



Kirkby High School Wellbeing Newsletter

December 2023



Supporting Kirkby High School Families

This will be the last safeguarding and wellbeing newsletter for this year and you are probably looking forward

to your Christmas break. For some of us it can be a very daunting and expensive time.

We have access to lots of support that we can offer and our food hub is open each

Thursday from 3.15pm to 4.15pm



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END FURNITURE POVERTY

If you are on low income and unable to afford furniture or white goods, there are a number of ways that we can support. We have additional support that we can access if you need new beds or bedding.

Contact Mrs Rigby for further information

0151 477 8710

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Support a charity, raise or campaign you really care about	Give a gift to someone who is homeless or feeling lonely	Leave a positive message for someone else to find	Give kind comments to as many people as possible today	Spread kindness and share the December calendar with others	Contact someone you can't be with to see how they are	Offer to help someone who is facing difficulties at the moment
Buy an extra item and donate it to a local food bank	Be generous. Feed someone with food, love or kindness today	See how many different people you can smile at today	Share a happy memory or inspiring thought with a loved one	Do something helpful for a friend or family member	Notice when you're hard on yourself or others and be kind instead	Listen wholeheartedly to others without judging them
Ask for help and let someone else discover the joy of giving	Contact someone who may be alone or feeling isolated	Help others by giving away something that you don't need	Appreciate kindness and thank people who do things for you	Congratulate someone for an achievement that may go unnoticed	Choose to give or receive the gift of forgiveness	Bring joy to others. Share something which made you laugh
Treat everyone with kindness today, including yourself	Get outside. Pick up litter or do something kind for nature	Call a relative who is far away to say hello and have a chat	Be kind to the planet. Eat less meat and use less energy	Turn off digital devices and really listen to people	Let someone know how much you appreciate them and why	Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS Happier · Kinder · Together

WAS promoting wellbeing and mental health

We are excited to let you know that Kirkby High School will be working towards The Wellbeing Award for School. This provides formal recognition that a school has met very high standards of provision for emotional wellbeing and mental health. It provides schools with a rigorous framework for implementing a range of strategies to bring about positive change for the wellbeing and mental health of the whole school.

If you are interested in working with us, please let us know

Cost of Living Support in Knowsley

The Council has a cost-of-living helpline where residents can access advice and guidance on how to access all elements of support across the borough. Call 0151 443 330 or scan the QR code below.



Wishing all our students and their families, a very happy Christmas



SAFEGUARDING

Mental Health and Online Safeguarding Training Opportunities

We have exciting opportunities for parents and carers to access online training in topics covering mental health and online safeguarding. The training can be completed at home, on a laptop or phone and can be a quick 5 minute summary or a half hour session, depending on your chosen topic. The training will give you up to date information on understanding mental health and new technology. This will support you to support your child at home. **Contact Mrs Rigby for further information**

All you need to do is download the app and contact Mrs Rigby to get your unique log in...Enjoy!!



Supporting Kirkby High School Families



Kirkby High School are delighted with the number of families we have been able to support this term with our school pantry cupboard. With the support of MCKS Charitable Foundation UK, we are able to continue with the **Kirkby High School Pantry Cupboard** next year. The aim is to provide our families with store cupboard essentials at no cost at all. We have supplied families with items such as cereals, cereal bars, biscuits, long-life milk, part-baked bread, tinned items, noodles, pasta, pasta sauce and toiletries. Get in touch. The pantry cupboard will run each Thursday from 3.30pm—4.30pm from September.



IS YOUR PARTNER WATCHING YOUR EVERY MOVE?



STAYING SAFE ONLINE

Free Guidance on Digital Stalking available from www.womensaid.org.uk/onlinesafety



Come Together To End Domestic Abuse

Coming together across society and communities to **end domestic abuse**

Does your partner:

- isolate you from friends and family?
- deprive you of food or heating?
- monitor your time?
- check up on what you do online?
- take control over aspects of your everyday life, telling you where you can go, who you can see, what you can wear and when you can sleep?
- stop you from getting medical help or support?
- repeatedly put you down, such as saying you're worthless?
- humiliate or degrade you?
- control your money and access to your home?
- make threats or intimidate you?



It can be easy to miss the signs of a coercive, abusive relationship. I didn't know the signs, but I want to make sure that other women do. Please know there is help if you need it.

Mel B, patron of Women's Aid

Support is available at: www.womensaid.org.uk

You are not alone.