

# Kirkby High School

## Wellbeing Newsletter

January 2024



Merseyside Police have signed up to work with Bike Register (The National Cycle Database), to deter and reduce the theft of bikes within our communities. As part of the initiative, we are providing free bike

marking to the public and routinely checking bikes during stop checks/searches on the National Cycle Database. If you are happy for the bike to be marked for FREE, please register the bike with Bike Register by visiting: <https://www.bikeregister.com/join> - Your child will need to take a permission slip to enable the bike to be marked. These are available from the school.

Your local policing officers will be holding the following events in Kirkby Town Centre to provide **free** bike marking:

**Saturday 6<sup>th</sup> January 12.00 – 16.00 hours Unit 18 New Town Gardens**

**Sunday 7<sup>th</sup> January 12.00 – 16.00 hours Unit 18 New Town Gardens**

**Happier January 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

**ACTION FOR HAPPINESS** Happier · Kinder · Together

**WAS** promoting wellbeing and mental health

As you are aware, we are working towards the Wellbeing Award for Schools. In order to evaluate our current mental health provision, we need your input. Your views are important in helping us understand what we are doing well and how we can do even better.

Please follow the link below to complete the survey. It should only take a couple of minutes. Please respond within the dates shown below.

All responses and suggestions will be carefully considered and used to plan a range of school improvements.

If you have any queries about this survey, please contact Mrs Rigby at the school. Thank you!

### 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.



**Evaluation submissions are valid between: 04/01/2024 - 02/02/2024. Your submission will not be accepted outside of these dates.**

[Click here](https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/65968b103b64d)

Or copy and paste the following:

<https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/65968b103b64d>

# SAFEGUARDING

## Supporting Kirkby High School Families

Kirkby High School are delighted with the number of families we have been able to support at Christmas 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 is open each Thursday from 3.30pm—4.30pm.

Contact: Mrs Rigby on 0151 477 8710 or [admin@kirkbyhighschool.net](mailto:admin@kirkbyhighschool.net)



## Kirkby Christmas Toy Appeal

Kirkby High School would like to send a massive thank you to Nicola and all the volunteers at

Kirkby Christmas Toy Appeal.

We managed to send extra gifts for over 30 families!!

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College®

## 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.

**All you need to do is download the app and contact Mrs Rigby to get your unique log in code on 0151 477 8710**

## Kirkby High School Lockdown Procedures

Lockdown procedures are a sensible and proportionate response to any external or internal incident which has a potential to pose a threat to the safety of students, staff and the school. Similar to fire procedures, they aim to minimise disruption to the learning environment whilst ensuring the safety of all students and staff. Lockdown procedures may be activated in response to any number of situations, but some more typical might be:

- A warning being received regarding a risk locally, of air pollution (smoke plume, gas cloud etc)
- The close proximity of a dangerous dog roaming loose
- A major fire in the vicinity of the school
- A reported civil disturbance in the community (with potential to pose a risk to the students and staff)
- An intruder on school site (with potential to pose a risk to the students and staff)

For your information, we are planning a lockdown drill in the coming weeks, therefore it is important that students attend school to be aware of what to do in an emergency.