

# Kirkby High School

## Wellbeing Newsletter

February 2024



### Worrying about money?

Many of us are worrying about money at the moment and most of us do at some point in our lives. If you feel that your financial situation is making you feel anxious or stressed all the time and is affecting you and your family, it is a good idea to get some help. This could be:

- Talking to school (we may be able to help with the household fund)
- Talk to your GP

*Check out the school website for useful help and advice for safeguarding, support and well-being*



As you are aware, we are working towards the Wellbeing Award for Schools. I would like to thank everyone who completed the evaluation to help us develop further the mental health support that we provide for our students at Kirkby High School.

**I will keep you informed of our progress**



**Free to Families struggling with the cost of living** -Offering essential baby items include nappies, wipes, toiletries, clothing, coats, baby food AND MORE!

**Facebook@tippytoesbb**

### 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.



### Kirkby High School Pantry Cupboard

**Free to Kirkby High School families** We have 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 3.15pm—4.15pm every Thursday.

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

Friendly February 2024

#### MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

#### TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

#### WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

#### THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

#### FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

#### SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

#### SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

# SAFEGUARDING

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## Mental Health and Online Safeguarding Training Opportunities

We have exciting opportunities for parents and carers to access online training such as 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**

# time for bed

Having no comfortable place to rest means a child will have disturbed or little sleep with enormous implications for their wellbeing. It can lead to a child experiencing low moods, feeling irritable, emotional and sad. We all know that a bad night's sleep has a big impact on our mood, motivation and the activities of the following day. For children who must sleep on the floor or share a bed with a sibling or parent, this is a perpetual cycle of exhaustion. They start each day in the knowledge that it will end with another night of uncomfortable, disturbed sleep.

## Support for Families

Kirkby High School is now able to make referrals on the behalf of families where children do not have their own beds. We can apply for beds and bedding. We can also help with the cost of living crisis and provide **financial support, food parcels** from our "Food Hub", access to **pre-loved uniform** and **advice on health and wellbeing**.

Kirkby High School would like to remind families that support is available for those who need it.

**Contact Mrs Rigby for further information:**

**0151 477 8710/admin@kirkbyhighschool.net**

## Kirkby High School Lockdown Procedures

As you know, we completed a lock down drill on the 8th of February. 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)

