

Kirkby High School Wellbeing Newsletter

March 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

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



We had our first interim visit from Wellbeing Award for Schools recently and it went extremely well. We are continuing on the exciting journey of improvement to achieve the award

I will keep you informed of our progress



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

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**



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

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

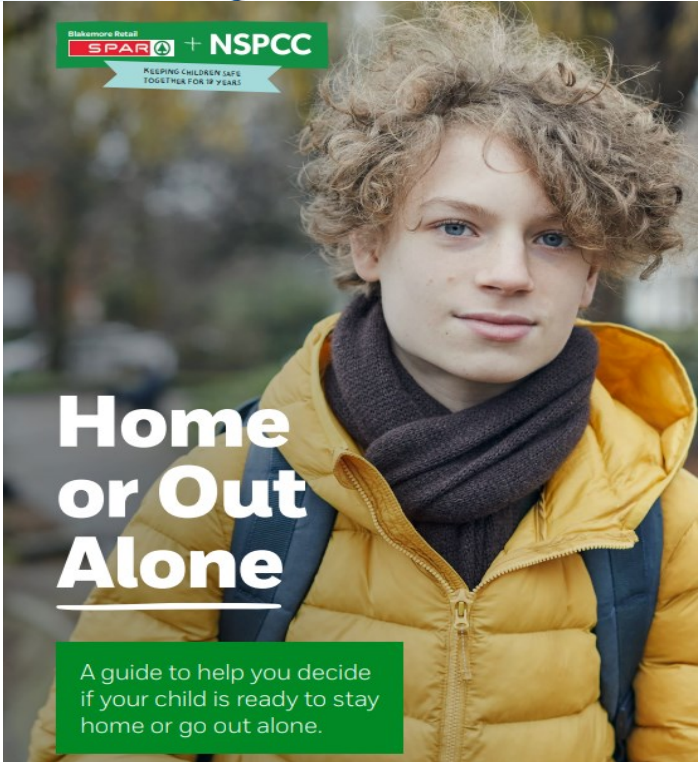
SAFEGUARDING

A guide to help parents and carers decide whether their child is ready to either stay at home or go out alone

This guide provides practical tips and advice to help parents and carers decide what is best for their child when it comes to staying home alone or going out alone.

It covers some of the risks parents should consider before making a decision, such as how their child feels about the idea and who they should contact in an emergency.

There is also a checklist for parents and children to work through together to help them prepare for different types of scenarios. This includes questions about what to do if there is an accident at home or they are approached by a stranger outside. [Home alone or out alone guide | NSPCC Learning](#)



Blakemore Retail
SPAR + NSPCC
KEEPING CHILDREN SAFE TOGETHER FOR 19 YEARS

Home or Out Alone

A guide to help you decide if your child is ready to stay home or go out alone.



Be smart on the internet

Childnet International
www.childnet.com

- S SAFE** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
- M MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R RELIABLE** Information you find on the internet may not be true, or someone online may be lying about who they are.
- T TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at [www.thinkuknow.co.uk](#)

[www.kidsmart.org.uk](#)

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

Make yourself heard

Experiencing domestic abuse, need the police, but can't speak?



NO MORE DOMESTIC ABUSE

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55** This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police

KNOWSLEY

How can I talk to my child about sharing nudes online?

It's important to have open conversations with your child about what they're doing online from a young age, especially about the types of content they're sharing.

Start by talking to them about image sharing in general and ask your child what sort of photos they'd feel comfortable posting online. This will give you a chance to see how much they already know about what is and is not appropriate to share. Remind them to never post or send anything that contains personal information and encourage them to come to you if they are ever asked to share something that makes them feel uncomfortable.

If your child is older, you might want to talk to them more directly about sharing nudes online. We know that this can be an awkward topic to bring up so we would recommend reading Childline's advice on sharing nudes and sexting to give you some tips around how to approach it and what language to use.

Look out for opportunities in everyday life to start a discussion informally, such as a storyline on TV. This way you can have a conversation about sexting and sharing nudes without it being the main focus. Consider how you talk about this more widely, e.g. when discussing TV shows or news stories, and ensure that you aren't using victim blaming language. Phrases to avoid using:

- 'They weren't thinking'
- 'It shouldn't have been shared in the first place'
- 'They are attention seeking'
- This type of language could make your child not want to talk to you about what they are experiencing.

Further information can be found at [Sharing nudes and semi-nudes | NSPCC](#)