Kirkby High School Wellbeing

Kirkby High School Mental Health Support Offer

At Kirkby High School we have 3 levels of mental health support through our safeguarding leads, the school counsellor, wellbeing worker, and the NHS Mental Health Support Team (MHST).

Beyond these services, the students also have access to the Head of Year and mentors who also provide emotional support.

External and Community Support

Meet the Team

Mrs Rigby
Designated Safeguarding Lead

Miss Unsworth
Deputy Safeguarding Lead

Miss Oldfield
School Counsellor

Miss Green
Wellbeing Support worker

Miss Rigby
Mental Health Support Team

Support available 24/7

Childline – call 08001111 or visit their website to chat online.

Samaritans – Call 116123 or email jo@samaritans.org

Mersey Care Urgent support – 0800 051 1508

No referrals necessary!

Self-Referral agencies.

Kooth online – www.kooth.com

Kooth f2f - facetoface.kooth.com

Listening Ear - https://listening-ear.co.uk/refer

A referral can be submitted to these services by Parents/Carers/Family, GP, or school.

More...

Chat Health (School Nurse) - Text-line 07312263254

Papyrus (Suicide prevention) – Text 07860039967

Mind SidebySide - https://sidebyside.mind.org.uk/register

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 . Please keep feeding back regarding the wellbeing at Kirkby High School , this will help us further improve our offer.

Mrs Rigby

Safeguarding at Kirkby High School

"There is a strong culture of safeguarding at the school. Teachers know pupils and their families well." Ofsted 2022

Safeguarding is much more than child protection at Kirkby High School. We ensure that the school is a calm and welcoming place and that students are happy and safe. All adults are trained to respond to safeguarding concerns; We also deliver lessons for students to have the knowledge and skills to keep themselves safe, including keeping safe online.

Being Safe Online

New research has uncovered the top five platforms young people feel the most unsafe whilst using. The Pupil Safeguarding Review investigated the effectiveness of school safeguarding policy, with an aim of understanding whether pupils feel safe in a variety of settings.

Pupils most commonly feel unsafe whilst using:

⇒ **Roblox (15%)**

⇒ **Snapchat (12%)**

⇒ **Instagram (7%)**

⇒ **TikTok (6%)**

⇒ **Fortnite (4%)**

NEQE online safety experts have compiled a comprehensive guide to help parents and carers understand why children and young people might feel unsafe on these platforms and what you can do to help them have better online experiences. Click to see advice top 5 platforms

Get Involved

Are you interested in receiving safeguarding training that will help you support your children?

Do you want to be part of a Kirkby High School support group?

**If you are interested or want to know more contact
Mrs Rigby on 0151 477 8710 or
admin@kirkbyhighschool.net**

Staying Safe Online

Lancashire Safeguarding Children Board

Know who online 'friends' are

Understand not everything online is true

Consider using home internet filters

Check security settings are in place

Know how to block unwanted calls & texts

Make sure you have an Anti-Virus program

Check age ratings on games

Be careful what you share

Ask your child to teach you about their online world

Set expectations and time limits

Know how to report problems on Social Media

If in doubt, always ask for help

HELP !

...useful tips for Parents and Carers

THINK U KNOW

3 ways to make gaming safer for your child

1. Talk with your child about gaming. Talk with your child to learn the games they like and the content and features of these. This will help you to understand more about how your child plays games and how appropriate different games are. You can use NSPCC's online safety hub to find out more information on safer gaming.

2. Learn together. Use our resources to teach your child about safer gaming at all ages. For primary age children you can use our Jessie & Friends (ages 4-7) and Play, Like, Share (ages 8-10) resources. Secondary age children can access advice about gaming through our website.

3. Set boundaries and safety settings. Internet Matters provides step-by-step guides for putting safety settings in place for each console or device. Spend time setting these up with your child and make sure they know how to block and report on the games they are playing. You should also talk with your child to create an agreement for gaming; think about how much time they can spend, which games they can access, if you will allow in-app purchases and what spaces they can play in. For primary aged children it is advisable to have them play in shared spaces or in the same room as you.