

Kirkby High School

Wellbeing Newsletter

July 2024



As the school year comes to a close, I would like to thank you for your ongoing support this year, especially for your support with the Wellbeing Award for Schools. The final verification will be on 12th July and I will let you know if we are successful.

Throughout the holidays there will be lots going on in the community and I will keep the website updated with all the information that we receive. If you need further information regarding any of the contents of the newsletter, please do not hesitate to contact me at the school.

Once again, thank you for your support. Mrs Rigby

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

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet"	3. Be willing to ask for help when you need it	4. Find something to look forward to today	5. Get the basics right: eat well, exercise and go to bed on time	6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy
8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation	12. Write your worries down and save them for a specific 'worry time'	13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head
15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it	20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life
22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgmental and be kind instead	26. Catch yourself over-reacting and take a deep breath	27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem
29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human				

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

5 Tips for Surviving School Holidays

The best things in life are free — Make sure the list includes plenty of free activities such as picnics, bike rides, trips to the beach, the local library and the great outdoors.

Holiday connections help us the rest of the year—

School holidays provide unique opportunities to connect with, listen to and get to know your kids. Use the time to spend one-on-one time with each family member.

Support and company— Having a support system can be crucial to any parent. It also gives parents the opportunity to interact with other parents whilst giving the kids a bit of play time.

Consider your child's mental health and wellbeing —

Whilst it may be a family tradition to go on an annual family holiday or attend a family dinner, maybe your teenager is too depressed or your child with ADHD will be labelled by judgemental relatives. Consider if it is really worth maintaining the tradition when it may be at the cost of mental health and wellbeing.

Don't forget self-care — Look after yourself and take time out to relax, even if it is half an hour whilst you have a cuppa and read a book. Remember, happy and relaxed parents make for happy children.

Year 6/7 Transition

As the Year 6 students prepare to continue on their school journey to high school, they may feel worried or anxious about starting a new school. This is completely normal. This animation is to support students who will be preparing to transition to our school later in the year. The animations were developed in collaboration with young people, teachers and mental health experts. The animation aims to support pupils to:

- Identify potential worries associated with starting secondary school
- Know they are not alone if they are feeling worried
- Talk to a trusted adult or friend if they have any concerns
- Identify solutions and strategies for looking after their mental health, including self care

https://www.youtube.com/watch?v=kFpVOIpeksk&feature=emb_rel_pause

If you are worried yourself or need to ask any questions, please contact the school.

SAFEGUARDING

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.



Supporting Kirkby High School Families



Kirkby High School are delighted with the number of families we have been able to support this year with our school pantry cupboard. With the support of MCKS Charitable Foundation UK, we are able to continue with the *Kirkby High School's 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 3.15—4.15 until school finishes and on we will also open on Monday the 22nd 3.15—4.15. The pantry will be open each Thursday from 3.15pm—4.15pm from September. If you need support outside of these times, please contact the school.

Contact: Mrs Rigby on 0151 477 8710 or admin@kirkbyhighschool.net



10 DROWNING FACTS

307 UK and Irish citizens lose their lives to accidental drowning each year, on average.*

49% of accidental drownings occur between May and August.

83% of those that accidentally drown in the UK are male.

19 people drowned across 4 days in July 2022 as temperatures exceeded 38°C.

59% of UK accidental drownings occur in inland waters, e.g. rivers, lakes and canals.

Alcohol and or drugs are a factor in **29%** of all UK accidental drownings.

In our analysis, **73%** of drownings occurred in the absence of professional supervision, such as an RLSS UK qualified lifeguard.*

The number of **child drowning deaths in England has doubled** in the last 4 years.**

In our analysis of outdoor drownings in the UK, **cold water shock** was cited in **38%** of cases.^

44% of those that lost their lives to accidental drowning in the UK never intended to be in the water.

Water safety for teens

Once your child becomes a teenager, water safety becomes even more challenging. Even if adolescents have completed a swim program and are confident in the water, many enjoy hanging out with friends at the pool or beach away from your supervision.

Why does the drowning risk rise for teenagers?

The risk of drowning for adolescents likely increases for a number of reasons, including:

- **Teens are more likely to overestimate their skills and underestimate dangerous situations**

Although they often lack experience, adolescents tend to feel invincible. The part of the brain that controls complex decision-making and impulse control is still developing at this age, making teens more likely to take risks. In addition, teenagers typically feel like they are being judged by their peers and may try to keep up with them or impress them even if they don't have the swim skills and experience

- **Drinking and drowning dangers.**

The risks of substance use become a bigger factor during adolescence

Remember: Water is dangerous. Have a conversation with your child and let them know the dangers