

Kirkby High School

Wellbeing Newsletter

October 2025



ARTIFICIAL INTELLIGENCE (AI) - STAYING SAFE

WHAT ARE THE RISKS?

CONTENT AND ACCOUNTABILITY



REDUCED SOCIAL CONTACT



LACK OF SENSITIVITY



UNINTENTIONAL BIAS



COGNITIVE LIMITATIONS



PRIVACY CONCERNS



Advice for Parents & Carers



CHAT ABOUT CHATBOTS

CREATE A SAFE ENVIRONMENT

FIND A BALANCE

RECOGNISE THE RISKS

TAKE CONTROL

If you feel you need to know more contact Mrs Rigby on 0151 477 8710 or complete the webinar at home by connecting to the National College

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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. **Contact Mrs Rigby for further information**

All you need to do is download the app and contact Mrs Rigby to get your unique log in...Enjoy!!

Stronger Starts



Fruit & Veg for Schools



The response from students has been great. They have enjoyed free apples, bananas, tangerines, grapes, honeydew melon, watermelon and blueberries. This has all be made possible by Tesco Stronger Starts. The free fruit at breaktimes will continue throughout the school year, so please encourage your child to take the fruit and try fruit they have not tried before !!

We can also provide families with recipe bags containing all the ingredients you will need to make delicious, healthy vegetable dish at home. If you are interest in receiving a recipe bag contact:

Mrs Rigby on 0151 477 8710

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 term 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 will run each Thursday from 3.15pm—4.15pm from September.



Mischief Night

This month Merseyside Police Safer Schools Officers will be delivering assemblies focusing on Halloween and Bonfire night. This initiative aims to help students understand anti social behaviour (ASB), general safety and the dangers of fireworks. They will also explain how it effect individuals and communities and what they can do if they experience or witness it.

For further information click on the links below or go to the Kirkby High School website

<https://kirkbyhighschool.net/wp-content/uploads/2025/10/>



Digital Wellbeing

Digital wellbeing is about how the internet and other technology can make us feel. This includes recognising the impact being online can have on:

- ◇ Our emotions
- ◇ Our mental health and wellbeing
- ◇ Our physical health and wellbeing

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

However, not all online experiences are positive for young people and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

Any negative online experience could impact a young person's digital wellbeing. Talking helps!!

