



Dear Parents/Guardians

I hope you enjoy reading this week's newsletter which is a real celebration of everything that has been going on in school this week in recognition of Mental Health Awareness Week. I was particularly delighted to give out fruit to all colleagues to support them in 'eating well'. Clearly looking after our mental health and the well being of those we are close to is something we should think about all year and not just this week. In terms of supporting our children I thought the questions shared here are excellent prompts for us all to use. I would also draw your attention to the information about 'Kooth' a mental well-being community we can all sign up to.

In other news, I would like to finish by saying a massive well done to our Year 11s who are working tirelessly on the assessed work which will result in their GCSE grades. These are obviously exceptional times and the way they have adjusted to this form of assessment is exemplary. Please keep up the good work Year 11 you are nearly there! I would also like to thank all the teachers of Year 11 and Subject Leaders who are working hard to support our pupils at this crucial time. We all want the best for the Class of 2021 and are doing everything possible to see them achieve the success they deserve!



Please take care and remember Hands, Face, Space and Fresh Air!

Mrs Amanda Ryan, Principal

Questions to ask your child



What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

How are you finding things at school at the moment?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

What are you worried about when you lie in bed and can't sleep?

Can you show me what you like about gaming?

How do you feel about things changing?

What do you think could help you to feel better?

Excellence in the Heart of the Community



12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.





**Top students for the week
beginning:**

26th April 2021



hegarty**maths**

Mr Pattison



hegarty**maths**

- Jack Corbett
- Jessica Harrington
- Grace Coffey
- Fiona Zhen
- Kelly Leung
- Nathan Oyobagie
- Samantha Harrington
- Liam Egerton
- Ella Liang
- Ebony Fraughan



hegarty**maths**

- Jack Woods
- Lewis Bruce
- James Shaw
- Rosa Dwyer
- Louise Eseosa Igbinedion
- Shelby Ehigiator
- Chiedza Lameck
- Alex Dygg
- Tolin Aljabour



gcse**pod**
education on demand

Top Podders are the pupils who have streamed the most pods
Questions Answered are the pupils who attempted the most questions
Diamond League - are the pupils who have answered with the most accurate knowledge, the more correct responses, the more diamonds.

GCSE Pod
For KS4

TOP PODDERS

1st James W, Year 10 - 32

2nd Samantha H, Year 10 - 12

3rd Afia S, Year 10 - 11

Excellence in the Heart of the C

GCSE Pod
For KS4

QUESTIONS ANSWERED ?

1st Harry E, Year 11 - 177

2nd Kelly L, Year 11 - 139

3rd Joseph Z, Year 11 - 136

Excellence in the Heart of the C

GCSE Pod
For KS4

DIAMOND LEAGUE

1st Harry E, Year 11 - 315

2nd Kelly L, Year 11 - 232

3rd Joseph Z, Year 11 - 203

Excellence in the Heart of the C

Times Tables Rockstars

A massive well done to our TT Rockstars
this week, they are:

Year 7:

Grace Coffey 7GW, Joshua Williams 7THE,
and Tilly Wallace 7TG

Year 8:

Jessica Harrington 8NW, Artin Bayat 8SDo
and Kira Dodd





Safeguarding, Emotional Wellbeing and Mental Health Bulletin

kooth
Your online mental wellbeing community

Mental Health Awareness Week
10th - 16th May

- Discussion Boards
- Kooth Magazine & Help Articles
- Chat with the team
- Journal & Self-Help Tools

Sign up at **Kooth.com**



PREPARATION FOR ADULTHOOD NEXT STEPS IN EDUCATION PARENT/CARER ZOOM EVENT

WHEN
24th May 2021

10.00am—11.30am
Join Zoom Meeting
<https://zoom.us/j/99475984566>
Meeting ID: 994 2598 4566

or

6.30pm—8 pm
Join Zoom Meeting
<https://zoom.us/j/97346846766>
Meeting ID: 973 4684 6766

FOR PARENT/CARERS OF YOUNG PEOPLE ON THE SEND REGISTER WHO ARE LOOKING AT PROVISION POST 16/19

TO GIVE PARENT/CARERS THE OPPORTUNITY TO FIND OUT MORE INFORMATION ABOUT WHAT IS AVAILABLE FOR YOUNG PEOPLE WITH SEND LEAVING SCHOOL

AGENDA
INTRODUCTION
TALKS BY
FE COLLEGES
CAREER CONNECT
TRANSITIONS TEAM
SEND TEAM
QUESTION TIME

Ask questions on the day or in advance by emailing
stephen.evans@sefton.gov.uk

"What's the bravest thing you've ever said?" asked the boy.



"Help," said the horse

Mrs Cross

