



The
Birkenhead Park
School

Spiritual
Moral
Social
Cultural

January Newsletter

Assemblies

07/01/19	Exercise
14/01/19	Calories
21/01/19	Sugary Drinks
28/01/19	Smoking

Form Focus:

- ★ Exercise - How important it is for young people to live healthy lives.
- ★ Calories - How to find out how many are in each item and thinking about the right number to have in your daily diet.
- ★ Sugary drinks - The effect of sugar on teeth, weight and health problems.
- ★ Smoking - The health implications smoking can cause.

'Ready, Steady, Cook!'

Working with the 'Putting fun back into food' team, Year 7 and Year 8 students and members of staff competed against the clock to create the best healthy dish from mystery ingredients.

The competition got students excited about eating well while learning more about the different food groups. Year 7 student, Natasha, said "I loved the challenge of using all the different ingredients to create a meal that was so tasty."

The teams had to choose from a selection of healthy ingredients to create a dish which was then tasted by the other students and a winner was chosen using voting cards.



THEME OF THE MONTH

Healthy Lifestyles

Thank You

Thinking about how others have helped them and ways in which to demonstrate gratefulness, students wrote a thank you note to a member of staff of their choice. The response that the students gave was overwhelming, taking staff in the Character team over ten hours to go through the thousands of notes received. Head of the Character programme, Miss Dawes said: "The students really did go above and beyond. Some of the notes were even written in French to thank the French teachers for all of their help."

Be PART

Standing for Positivity, Ambition, Resilience and Thoughtfulness, BePART aims to allow the students to learn different techniques for a mentally healthier and happier lifestyle, and is strongly grounded in scientific research and techniques.

Year 7 student, Jaden, said "Every session was helpful and relevant. I will now use meditation to help me deal with stress."



Reading Buddies

Year 7 students have been given the opportunity to buddy up with a Year 12 student from Birkenhead Sixth Form College and refine their reading skills every Monday and Tuesday after school. The volunteers from the college spend the time helping and encouraging the Year 7 students with their reading.



Building Character

Character lessons are helping students understand the importance of kindness, respect and confidence.

As part of our Character lessons, each student has written a sentence on the inside cover of their exercise book, setting out their ambitions and an impression that they would like to make on the world.

Levi, Year 8 wrote: "I want to be the most polite person in the school so that I make the school community a better place."



Next Month: Relationships