



OCTOBER NEWSLETTER

Assemblies this month

03/10/16 - Human Rights

10/10/16 - Black History Month

17/10/16 - Role Models

31/10/16 - Keeping safe - Halloween and Bonfire Night

FORM FOCUS:

WC 3 Oct: Students were shown two film clips focussing on human rights and civil rights campaigner Martin Luther King. They then used the clips to discuss the importance of Human Rights and differentiated Martin Luther King made.

WC 10 Oct: This week form time focussed on Nelson Mandela's life and the struggles he faced.

WC 17 Oct: Role Models - students watched two video clips and discussed how they would define a role model and who are our role models of today and why.

Restart a Heart Day

North West Ambulance Service, St John Ambulance and British Red Cross visited the school on Tuesday 18 October to teach 80 students vital life-saving skills as part of the country's biggest every CPR training event, 'Restart a Heart Day'. Three one hour sessions were delivered throughout the day to students from Year 7, 8 and 9 who were taught how to deal with an unconscious patient and practiced CPR on dolls.

Headteacher Helen Johnson said: "We were really keen to be involved in such a fantastic and important campaign and although we hope they will never have to put these skills into action, it is reassuring that they will know what to do if the worst happens."



BePART Programme

Students at The Birkenhead Park School are going to benefit from a unique life-skills programme focusing on their wellbeing in school. The BePART programme is being delivered to Year 7 and 8 students, before being rolled out across the school and was launched in October. The six week scheme will include sessions on challenging negative thoughts, the importance of sleep and diet and using gratitude to build resilience.

The 'BePART' programme, which stands for being Positive, Ambitious, Resilient and Thoughtful, is borne out of scientific research, expert psychology and the practice of Mindfulness, which has been proven to improve academic performance and mental wellbeing in students across the country.



Spiritual Moral Social Cultural

COLOMENDY



Ninety Year 7 students went on a three day residential trip to Colomendy, North Wales. They took part in a range of activities aimed at building resilience, develop organisational skills and team building. Activities included a 3G swing, caving, archery, a nature trail and raft building. The students were so happy to have achieved things they never thought they would:

Lily said: "It was absolutely amazing. The 3G swing was scary and so was the caving but I was so proud of myself for doing them."

Ola said: "It was amazing! I was crying on the top of the Leap of Faith but with everyone shouting up at me "you can do it" I jumped off and reached the swing. I was so proud. I would love to go in year 8."

Stan said: "I loved building the raft. It took my breath away when I jumped off the raft into the freezing cold water."

Ellie said "I am really scared of heights but I did the 3G swing. It was all amazing and I would love to go again."

The trip took place from Wednesday 12 October to Friday 14 October and is an annual event for our Year 7 students. It is another way for teachers and staff to ease the transition process from primary school to secondary and is an invaluable way for our new students to get to know their peers and teachers even better.



Next month:

Keeping Safe focussing on the Halloween and Bonfire period, anti-bullying and Internet Safety.