



Spiritual
Moral
Social
Cultural

THEME OF THE MONTH
Healthy Lifestyles



JANUARY NEWSLETTER

Assemblies this month

11/01/17 KOOTH Year 7
16/01/17 Road Safety Year 7
19/01/17 Brook Bitesize Event Year 9
23/01/17 NCS Year 11

Form Focus:

- ★ 11th Jan - Students were shown a film clip focussing on 'Change 4 Life' and discussed the importance of fitness
- ★ 16th Jan - This week challenged students to think about calories and the right number to have in their daily diet
- ★ 19th Jan - The theme this week was sugary drinks and the effect of this on teeth, weight and health problems
- ★ 23rd Jan - Students looked at the health implications smoking can cause

KOOTH

Year 7 students at The Birkenhead Park School attended an assembly this month which focused on the emotional well being platform, KOOTH.

Sophie Carr from KOOTH advised the students about ways in which they could use the website as part of their own personal well being. It is accessible through mobile, tablet and desktop and free at the point of use. Students who wish to use the service can login and gain access to forums and an online magazine.

The assembly took place as part of the school's commitment to ensuring all students continue feeling safe and supported.



Sophie Carr from KOOTH

Head of Year 7, Mrs Kirwan, said "KOOTH is an excellent resource for students to use. KOOTH will be re-visiting to do group work with some of our Year 7 students in the near future"



Spiritual
Moral
Social
Cultural

THEME OF THE MONTH
Healthy Lifestyles



Road Safety

Year 7 students this month took part in a road safety session delivered by Becky and Lisa from the Wirral Council Road Safety Team.

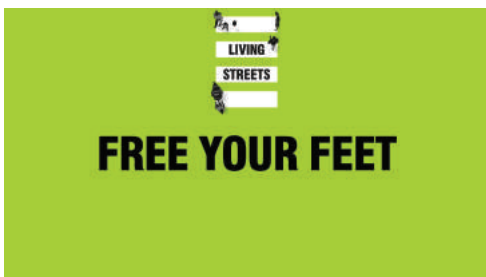


Becky from the Road Safety Team

The sessions were designed to advise students on road traffic when travelling safely to and from school.

Free Your Feet

As part of this month's focus on healthy lifestyles, students from The Birkenhead Park School took part in the FREE YOUR FEET initiative.



This five-day walking challenge encourages students to walk all or part of the way to school every day for a week and is a great way for students to feel the benefits of regular walking.

By way of encouragement, all students who participated had the chance to win a prize.

Careers Connect

Year 9 students have been taking part in a 'Careers Connect' programme over a five-week period. The main themes of this were fulfilling potential and further raising aspirations.

"I participated in a careers choice workshop with my History class. I really enjoyed the sessions in which we discussed our hobbies, likes and our future aspirations."
Halle, Year 9



Next
Month

Relationships
Marriage and Family