



WEDNESDAY LETTER

14th January 2026



A WORD FROM MR BANKS...

A school where we all belong – this is what we strive to be.

This week, our assembly for pupils has a focus on charity. The key message is that charity goes far beyond fund raising, own clothes day, people with spare money and famous people.

We asked pupils to think about making choices that make a difference to people every day. Taking time to notice when someone else needs help and choosing to be proactive in helping that person in whatever way is most appropriate.

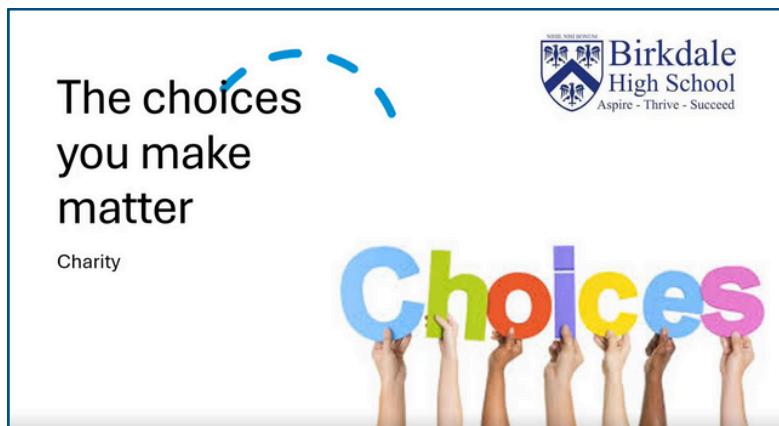
Part of our mission to be a school where we all belong is to be conscious that being part of a community brings responsibility and a need to look after each other.

With this in mind, we can ensure that charity in our school is far more than a single event and instead is a part of who we are.

Our Trust promotional video helps to illustrate how this is promoted across the whole of the Southport Learning Trust.



Why not take a look... [Southport Learning Trust Promotional Video](#)





Paris Trip - February 2026

The dates for the Paris trip are: Monday 23rd February (depart at 10.30pm) and arrive back to Southport on Saturday 28th February at approximately 11pm.

The information evening for all pupils and parents will be at school in the media hall on Wednesday 21st January at 6.30pm.

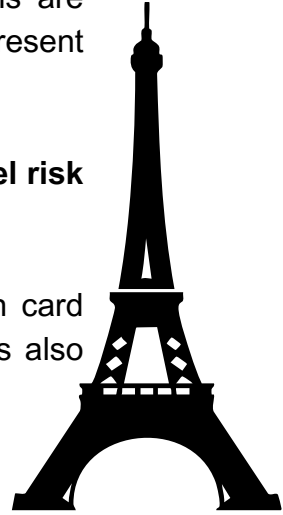
All pupils should attend, and all parents/guardians must attend. If parents/guardians are working and have other commitments, another family member should attend and represent each pupil. Pupils can wear their own clothes on the night.

Attendance at the information evening is compulsory and a part of the Paris travel risk assessment.

Please bring to the information evening your child's/ward's passport and their health card either E1 11 or GHIC. Both cards are acceptable, but dates must be valid. Passports also need to have 6 months expiry.

I look forward to seeing you on Wednesday 21st January at 6.30pm.

Mrs Wadhwa



Medication



Medication - Please see the guidelines, attached at the bottom of the newsletter. These must be adhered to for the safety of **all** students in school. **No students should be carrying medication on their person** aside from a prescribed inhaler, or emergency medication, as stated in their medical plan.

Illness - If a student reports feeling unwell or sick during the course of the school day, the school will monitor throughout the day. We will call home if we think they are not fit to remain in school.

First Aid - Although we have first aiders around school, please note that this is for injuries that occur during the school day, not at the weekend, or the night before. If you are concerned about your son's existing injury, please seek medical advice from your local GP, pharmacist, or A&E.

#WAKEUPWEDNESDAY

How do digital devices impact children's wellbeing?

This week's #WakeUpWednesday guide explores screen time effects and shares practical tips for healthier habits.





Monday Mile

Monday Mile is a great way to start the week - staff and pupils are invited to complete 4 laps of the track... run, walk or jog, rain or shine, every Monday.

We meet on the track at 8am. All fitness levels welcome!

All boys who take part will receive a raffle ticket each Monday, with the chance to win a prize.



Reminder - Catch Up Immunisations for Year 10 and 11

All secondary school children are offered immunisations to protect them against HPV-related cancers and to boost their immunity against Diphtheria, Tetanus, Polio and Meningitis ACWY, helping to keep them protected into adulthood.

The Immunisation Team will be attending school on **Wednesday 4th February** and can vaccinate your child on the day if consent has been provided.

If your child has missed any routine immunisations, please use the link [eConsent External Form](#) to complete the relevant e-consent forms.

If you are unsure whether your child is up to date, please contact the Immunisation Service at mcn-tr.seftonimmunisationteam@nhs.net or 0151 247 6130 and the team will be happy to check their records.

Liverpool Life Sciences UTC and The Studio School - Upcoming events for Year 10 and 11



Sixth Form Virtual Q&A Event, Thursday 22nd January, at 5pm

If you're looking to kickstart your future career, join Liverpool Life Sciences UTC and The Studio School for an engaging online session where you can discover more about our innovative programmes.

Our Sixth Form blends academic excellence with high-quality technical learning, placing students directly at the heart of Liverpool's thriving science, digital and creative sectors. We promise students who complete their programmes successfully a university place, job, or an apprenticeship at the end of their studies. Find out how we make that happen for you and [register here](#).

We recommend watching the [Sixth Form Virtual Open Evening](#) video before attending the virtual Q&A session.

Sixth Form In-Person Open Evening, Tuesday 3rd February, at 5pm

All students and parents/guardians are welcome to meet our specialist teachers, student ambassadors, and explore our state-of-the-art facilities and the equipment you'll be using.

Whether you're interested in A-Levels, T-Levels, BTEC qualifications or you already have a career in mind.

We are founded with partner businesses and universities to make sure you have lots of opportunities for work experience and projects that will make you stand out - [Register here](#).

WHAT'S COMING UP

Mr Keary's Run 31 Challenge for MND

One of our staff members, Mr Keary, is challenging himself to run 31 miles in January to try and raise vital funds for Motor Neurone Disease Association.

So far, he has ran 16.43 miles out of 31 and raised £411!

If any parent/carer would like to donate, however big or small, there is still plenty of time to do so, via the following link: [Mr Keary's Run 31 Challenge for MND](#)

Please feel free to share the link with your friends and family.



24 Hour Sponsored Swim for Alder Hey

Local firm, Swims'cool', is raising funds for Alder Hey Children's Hospital, Oncology Ward, to thank them for their care of one of their students, Harrison, who attends Stanley High School.

Thanks to Alder Hey, Harrison, 15, is in remission from Non-Hodgkin's Lymphoma.

Around 120 children every year, undergo treatment for cancer at Alder Hey's Oncology department.

Swims'cool' are inviting swimmers to support the 24-hour swim challenge by booking a 30-minute slot via; [24-hour Swims'cool' challenge](#) .

If you don't fancy taking the plunge, then please support by donating or getting tickets for their raffle - on sale at Marshside Health Club Reception.

Good luck to all participating!



Stanley High School

WEEKLY ROUNDUP

Liverpool Life Sciences UTC Trips

On Monday, Year 10 science leaders attended an engineering taster day at Liverpool UTC where they designed their own steering wheel for a high-performance sports car.

They were able to bring their own ideas into the 3rd dimension by creating 3D models of their designs.

A special congratulations goes out to Sean, Ernie and Angus who were judged to have produced the best designs!!

On Tuesday, some of our Year 11 pupils attended a MeDeVet taster day at Liverpool UTC.

The MeDeVet pathway at UTC is tailored for pupils interested in medicine, dentistry and veterinary careers.

During the day pupils were able to observe a scanning electron microscope in action, modelled the 3D structure of enzymes and studied prion diseases.

Well done to Charlie, Josh and Lucas who were commended for asking insightful questions.



Merseyside Cross Country

Today, Wednesday 14th January 2026, boys from each year group participated in a Merseyside Cross Country event at Arrowe Park.

All participants gave a fantastic effort, and a special mention to Matthew N and Marcus L in Year 7, who qualified to represent Merseyside in their annual match again Cheshire in March.



Well Done!!





Birkdale
High School
1970 - 1980 - 1990

MEDICATION IN SCHOOL

What you need to know:

- All medication needs to be brought into school by a **responsible adult**
- Each medication requires a **signed consent form**. This will need to be renewed for every medication we receive.
- **Medication must be prescribed** unless it is exceptional circumstances, described on their IHCP or agreed by office staff.
- Medicine will only be accepted in the **original dispensing container**, and include information on dosage provided by the pharmacist or manufacturer.
- **School will hold a stock of paracetamol and should a pupil require it, parents will need to consent to the administration of paracetamol through the Arbor app. Parents will be contacted to clarify when last dosage was administered, if contact cannot be made, we will not administer paracetamol until the pupil has been in school for 4 hours.**
- Parents will be informed of all medications administered to their child and also if the child declines their medication.
- Medication which is not stated on an individual health care plan will be destroyed after one month unless agreed otherwise.

If you require any further information, please do not hesitate to contact wellbeing@birkdalehigh.co.uk

The information in this newsletter is correct at the time of publication, however, is subject to change.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

Year 7	PERIOD X PERIOD X PERIOD X PERIOD X				
	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8:45am	Breakfast Club Birkdale Runs Field - Mrs Walker	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club
Foundation Lunch 12.30pm - 1.10pm	Junior Yard Giant Games Mr Duffy School Nurse Drop-in G23	Sci-Fi Film Club O16 - Mr Woodley Safe Space with Tabz Outside by Tennis Courts Advocates Club (Wk A) U14 - Ms Hunter	Junior Yard Giant Games Mr Duffy	Junior Yard Giant Games Mr Duffy	Games Club U2 - Mr Crossfield
After School 3.10pm - 4.00pm	Hub Homework Club Animal Club G8 - Mr Leece The Science & Wellbeing Garden Mrs Chalker Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Project X (Homework & Chess Club) U13 - Mr Duffy Hub Homework Club Animal Club G8 - Mr Leece Big Band Mrs Roberts Theatre Performance S3 - Miss Rimmer	Animal Club G8 - Mr Leece Debate Club U12 - Mrs Keating Robotics U4 - Mr Cummings Darts Club B4 - Mr Milner / Mr Ascough Theatre Performance S3 - Miss Rimmer / Mrs Roberts Lego Club Hub - Mrs Musselle	Project X (Homework & Chess Club) U13 - Mr Duffy Hub Homework Club Animal Club G8 - Mr Leece	Birkdale Rocks! S4 - Mrs Roberts Animal Club G8 - Mr Leece

Year 8	PERIOD X PERIOD X PERIOD X PERIOD X				
	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8:45am	Breakfast Club Birkdale Runs Field - Mrs Walker	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club
Foundation Lunch 12.30pm - 1.10pm	School Nurse Drop-in G23	SafeSpace with Tabz Outside by Tennis Courts		Games Club (Week A) U2 - Mr Crossfield	Advocates Club (Wk B) U14 - Ms Hunter
After School 3.10pm - 4.00pm	Hub Homework Club Animal Club G8 - Mr Leece The Science & Wellbeing Garden Mrs Chalker Theatre Performance S3 - Miss Rimmer / Mrs Roberts Literacy Leaders U10 - Mrs Roberti Dead Poet's Society G16 - Mr Duncan	Project X (Homework & Chess Club) U13 - Mr Duffy Hub Homework Club Animal Club G8 - Mr Leece Big Band Mrs Roberts Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Hub Homework Club Animal Club G8 - Mr Leece Robotics U4 - Mr Cummings Darts Club B4 - Mr Milner / Mr Ascough Debate Club U12 - Mrs Keating Theatre Performance S3 - Miss Rimmer / Mrs Roberts Lego Club Hub - Mrs Musselle	Project X (Homework & Chess Club) U13 - Mr Duffy Hub Homework Club Animal Club G8 - Mr Leece	Birkdale Rocks! S4 - Mrs Roberts Animal Club G8 - Mr Leece

Year 9	PERIOD X PERIOD X PERIOD X PERIOD X				
	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8:45am	Breakfast Club Birkdale Runs Field - Mrs Walker	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club
Foundation Lunch 12.30pm - 1.10pm	School Nurse Drop-in G23	Sci-Fi Film Club O16 - Mr Woodley SafeSpace with Tabz Outside by Tennis Courts Advocates Club (Wk A) U14 - Ms Hunter			Games Club Us - Mr Crossfield
After School 3.10pm - 4.00pm	Animal Club G8 - Mr Leece The Science & Wellbeing Garden Mrs Chalker Theatre Performance S3 - Miss Rimmer / Mrs Roberts Literacy Leaders U10 - Mrs Roberti Dead Poet's Society G16 - Mr Duncan	Project X (Homework, DoE and Chess Club) U13 - Mr Duffy Animal Club G8 - Mr Leece Big Band Mrs Roberts Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Animal Club G8 - Mr Leece Robotics U4 - Mr Cummings Latin Club O3 - Miss Bailey Darts Club B4 - Mr Milner / Mr Ascough Theatre Performance S3 - Miss Rimmer / Mrs Roberts Debate Club U12 - Mrs Keating Lego Club Hub - Mrs Musselle	Project X (Homework, DoE and Chess Club) U13 - Mr Duffy Animal Club G8 - Mr Leece	Birkdale Rocks! S4 - Mrs Roberts Animal Club G8 - Mr Leece

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Year 10	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8.45am	Breakfast Club Birkdale Runs Field - Mrs Walker	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club
Examination Lunch 1.30pm - 2.10pm	GCSE Art Drop-in S1&S2 School Nurse Drop-in G23	GCSE Art Drop-in S1&S2 SafeSpace with Tabz Outside by Tennis Courts	GCSE Art Drop-in S1&S2	Games Club (Week A) U2 - Mr Crossfield GCSE Art Drop-in S1&S2	GCSE Art Drop-in S1&S2 Advocates Club (Wk B) U14 - Ms Hunter
After School 3.10pm - 4.00pm	Animal Club G8 - Mr Leece The Science & Wellbeing Garden Mrs Chalker Theatre Performance S3 - Miss Rimmer / Mrs Roberts Dead Poet's Society G16 - Mr Duncan	Animal Club G8 - Mr Leece Project X (Homework, DoE and Chess Club) U13 - Mr Duffy Big Band Mrs Roberts Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Animal Club G8 - Mr Leece Robotics U4 - Mr Cummings Latin Club O8 - Mrs Whittle Darts Club B4 - Mr Milner / Mr Ascough Debate Club U12 - Mrs Keating Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Animal Club G8 - Mr Leece Project X (Homework, DoE and Chess Club) U13 - Mr Duffy	Birkdale Rocks! S4 - Mrs Roberts Animal Club G8 - Mr Leece

PERIOD X PERIOD X PERIOD X PERIOD X PERIOD X PERIOD X PERIOD X PERIOD X PERIOD X					
Year 11	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8.45am	Breakfast Club Birkdale Runs Field - Mrs Walker	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club	Breakfast Club Badminton Club Gym - Mr Keary	Breakfast Club
Examination Lunch 1.30pm - 2.10pm	GCSE Art Drop-in S1&2 GCSE DT Drop-in B4/B2 - Mr Milner School Nurse Drop-in G23	Sci-Fi Film Club O16 - Mr Woodley SafeSpace with Tabz Outside by Tennis Courts GCSE DT Drop-in B4/B2 - Mr Milner Advocates Club (Wk A) U14 - Ms Hunter	GCSE Art Drop-in S1&2 GCSE DT Drop-in B4/B2 - Mr Milner	GCSE Art Drop-in S1&2 GCSE DT Drop-in B4/B2 - Mr Milner	GCSE Art Drop-in S1&2 GCSE DT Drop-in B4/B2 - Mr Milner
After School 3.10pm - 4.00pm	Animal Club G8 - Mr Leece The Science & Wellbeing Garden Mrs Chalker Art GCSE Drop-in S1&2 - Mrs Carrington & Mrs Sindair Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Animal Club G8 - Mr Leece Project X (Homework, DoE and Chess Club) U13 - Mr Duffy GCSE Art Drop-in S1&2 Big Band Mrs Roberts Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Animal Club G8 - Mr Leece Latin Club O8 - Mrs Whittle Robotics U4 - Mr Cummings Darts Club B4 - Mr Milner / Mr Ascough Theatre Performance S3 - Miss Rimmer / Mrs Roberts	Animal Club G8 - Mr Leece Project X (Homework, DoE and Chess Club) U13 - Mr Duffy	Birkdale Rocks! S4 - Mrs Roberts Animal Club G8 - Mr Leece

SPORT X TIMETABLE - 2025-2026 - Term 1, Week A				
Day	BEFORE SCHOOL	LUNCH TIME - Years 7, 9 & 11	LUNCH TIME - Years 8 & 10	AFTER SCHOOL
MON		JQ - BA SKETBALL CLUB (Yrs 7, 9 & 11)	NO SPORTS HALL AVAILABLE	JQ, JF, PC & JD - FOOTBALL CLUB (Yrs 7, 8 & 9) <i>nb, this will not take place if a fixture has had to be arranged for a specific year group</i>
TUE	SK - BADMINTON CLUB (All years)	MB - INDOOR ACTIVITIES CLUB (Yrs 7, 9 & 11)	NO SPORTS HALL AVAILABLE	JQ - BA SKETBALL CLUB (All Years) MB, BB & SK - RUGBY CLUB (Yrs 7-11)
WED		MC - FITNESS SUITE CLUB (Yrs 7, 9 & 11)	NO SPORTS HALL AVAILABLE	BB & SK - Rugby Fixtures (Y7-11) Potential Football Fixtures (All Yrs) JQ & MB - PICKLEBALL CLUB (Yrs 7 & 8)
THURS	SK - BADMINTON CLUB (All years)	SK - INDOOR ACTIVITIES (Yrs 7, 9 & 11)	NO SPORTS HALL AVAILABLE	STAFF MEETINGS
FRI		NO SPORTS HALL AVAILABLE	JQ - BA SKETBALL CLUB (Yrs 8 & 10)	SK - BADMINTON CLUB (Team Practice)
SPORT X TIMETABLE - 2025-2026 - Term 1, Week B				
Day	BEFORE SCHOOL	LUNCH TIME - Years 7, 9 & 11	LUNCH TIME - Years 8 & 10	AFTER SCHOOL
MON		JQ - BA SKETBALL CLUB (Yrs 7, 9 & 11)	NO SPORTS HALL AVAILABLE	JQ, JF, PC & JD - FOOTBALL CLUB (Yrs 7, 8 & 9) <i>nb, this will not take place if a fixture has had to be arranged for a specific year group</i>
TUE	SK - BADMINTON CLUB (All years)	MB - INDOOR ACTIVITIES CLUB (Yrs 7, 9 & 11)	JQ - FITNESS SUITE CLUB (Yrs 8 & 10)	JQ - BA SKETBALL CLUB (All Years) MB, BB & SK - RUGBY CLUB (Y7-11)
WED		NO SPORTS HALL AVAILABLE	NO SPORTS HALL AVAILABLE	BB & SK - Rugby Fixtures (Yrs 7-11) MC - Football Club (Yrs 10 & 11) JQ & MB - PICKLEBALL CLUB (Yrs 7 & 8)
THURS	SK - BADMINTON CLUB (All years)	NO SPORTS HALL AVAILABLE	SK - INDOOR ACTIVITIES (Yrs 8 & 10)	STAFF MEETINGS
FRI		SK - INDOOR ACTIVITIES (Yrs 7, 9 & 11)	JQ - BA SKETBALL CLUB (Yrs 8 & 10)	SK - BADMINTON CLUB (Team Practice)