



WEDNESDAY LETTER

18th March 2026



A WORD FROM MR BANKS...

This week, pupils in Year 7 - 10 have been completing another round of NGRT reading tests. These tests are vital in informing us of the progress made by every individual towards reaching or exceeding their chronological reading age. We have a raft of interventions at our disposal to help our pupils improve and become more confident in their reading. Reading is a key feature throughout the curriculum including fiction and non-fiction. Why not ask your son about which book his tutor group are currently reading together?

We also encourage all pupils to read for pleasure at home and in their spare time; we have a wide variety of books in our library so why not take a look?

So why do we place so much emphasis on reading? Reading is important for so many reasons - here are just some of them:

Prefer an audio book? Why not try BORROWBOX?

Two weeks ago, we celebrated World Book Day in school by really focussing on ways to try and engage pupils with books and audio books.

Our first ever giant book swap was a tremendous success with over 900 books donated to share with our pupils.


We also ran a 'listen across the day' aimed at promoting audio books for young people.

A huge thank you is due to the staff who organised these key events, as well as all the teachers who facilitated throughout the day. At Birkdale, every teacher is a teacher of reading!

TEN AMAZING BENEFITS OF READING BOOKS



- Strengthens your writing skills
- Improves your memory and focus
- Enhances your imagination
- Increases your vocabulary
- Expands your knowledge
- Stimulates your brain
- Boosts your mood
- Deepens empathy
- Helps you relax
- Lowers stress



BORROWBOX IS ALWAYS OPEN






Attendance Matters

“A School Where We All Belong”



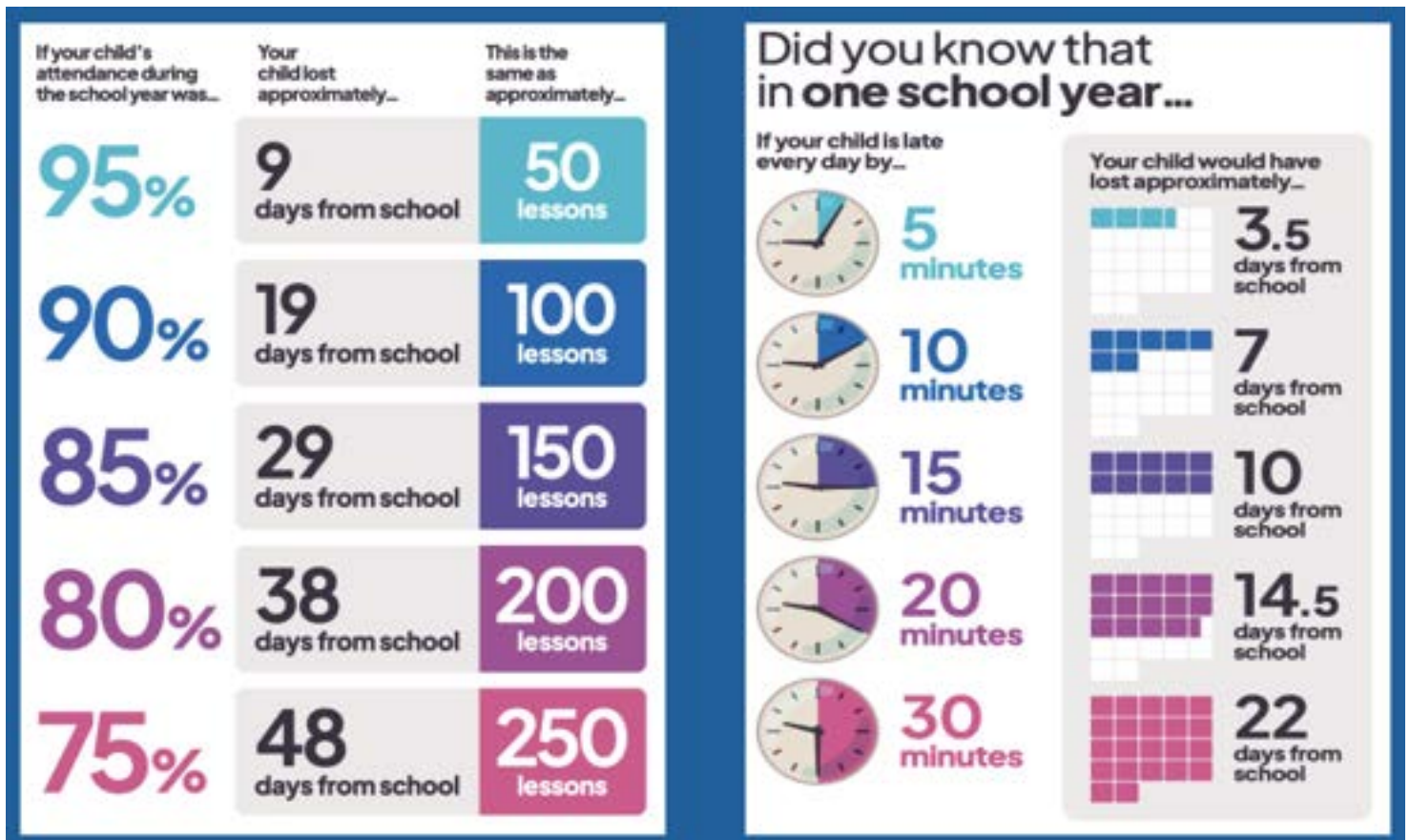
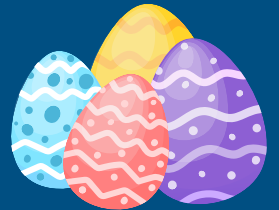
- **Absence** - If your son is not well enough to attend school, please either leave a message on the absence line 01704 577253 (option 1) or via email at attendance@birkdalehigh.co.uk by 8:30am.
- **Late** - If your son is late arriving, the reason will be obtained on arrival by a member of staff, and relayed to the attendance team. Phone calls are **not** necessary. If the reason for lateness is due to exceptional circumstances, please email attendance@birkdalehigh.co.uk .

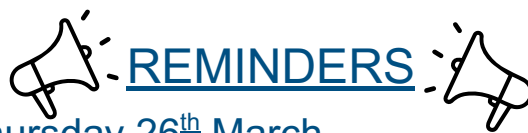
Appointments - Please ensure evidence is provided for any medical/dental appointments during the school day via email to attendance@birkdalehigh.co.uk. Where possible, please provide 24 hours notice in advance of the appointment.



Egg-cellent Attendance Challenge !!!

Please see the poster below about an Egg-cellent opportunity to win a range of Easter goodies on Friday 27th March.





Year 9 Parents Evening - Thursday 26th March

Year 9 Parents evening is taking place on Thursday 26th March from 3:30pm - 7pm.

Please note this is an online meeting.

A letter providing details and how to book appointments was emailed to parents on Friday 13th March.



The booking system is now open and will close at 6pm, Wednesday 25th March 2026.

House Own Clothes Day - Friday 20th March

This Friday, 20th March 2026, is Own Clothes Day, in aid of our House Charities; Cancer Research UK, Southport Soup Kitchen, Dress to Impress and Southport Saviours.



For a donation of £1, students can attend school in their own clothes. All monies raised will be divided between the charities.



Donations can be made either in advance via Parent Pay, or cash on the day, given during form time.



Please remember, that normal school rules will apply on the day, and pupils are still not allowed to wear jewellery or hats/caps in school.

Additionally, they will need to remember to bring their timetable, from out of their blazer pocket!

Birkdale Parents Association - Raffle

In order to raise funds, the Birkdale Parents Association are holding a raffle with lots of amazing prizes to be won. See the poster below for the full list.

Tickets can be purchased via ParentPay up until the 17th April, and the draw will take place the following week.



There are 2 separate payment options:

- BPA - 5 Ticket deal for £5;
- BPA Raffle 26 - Individual Tickets for £1.50.

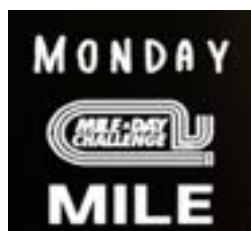
Once your payment has completed, if you would like to purchase further tickets, you will be able to click pay again until you have the number of tickets you want.

Thank you as always for your ongoing support

Monday Mile

Every Monday morning, staff and students take on 4 laps of the track... run, walk or jog, rain or shine!

Meet at 8am on the track.
 All fitness levels welcome!
 Great for mental wellbeing, physical health, and confidence!
 All boys who take part will receive a raffle ticket, with the chance to win a prize.



WHAT'S COMING UP

#WAKEUPWEDNESDAY

Violent trends & shock-value clips can spread across social media feeds, sometimes reaching young people who were not looking for them.

This weeks WakeUpWednesday guide explores how viral trends and violent content on social media can influence young people's safety, wellbeing and behaviour.



The guide also explains the risks and offers advice for parents and educators.

Tuesday 24th March - u16s Lancashire Plate Final

On Tuesday 24th March, Birkdale High will play Hutton Church of England Grammar School in the u16s Lancashire Plate Final.

The match is taking place at Southport Rugby Club, Waterloo Road. ETA for Kick off is 5pm. All are welcome to attend, so please come and join us in supporting our boys.

The Clubhouse will also be open for refreshments. Good luck boys!!!



Southport Learning Trust Open Art Exhibition

The Atkinson Art Gallery, Lord Street, Southport, is showcasing work from schools across the Southport Learning Trust, celebrating the bold creativity and unique visions of students from Years 7 to 13.

The exhibition runs from March 27th to April 27th 2026.

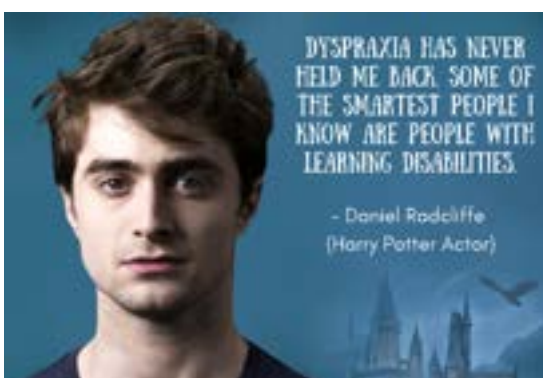
Neurodiversity Celebration Week: 16th - 20th March 2026

This week we are celebrating the strengths and talents of all of our students with Neurodiversity - over 200 boys!



Students in all Year groups are learning what neurodiversity is during form time this week and why it is so important that we recognise the strengths of neurodiverse people.

We are also discussing the importance of tolerance and kindness towards people's differences.



WHAT'S COMING UP

Sefton MHST Monthly Workshop Webinar

Sefton Mental Health Support Team (MHST) are holding monthly workshops. March's session is on Supporting Your Child with Worries.

Please see the links below to reserve your place. Both sessions are the same content, just different dates and times:

- Thursday (19th March) 17:00-18:00

<https://www.eventbrite.co.uk/e/parent-talks-pm-anxiety-tickets-1984883661463?aff=oddtcreator>

- Friday (20th March) 09:30-10:30

<https://www.eventbrite.co.uk/e/1984885556130?aff=oddtcreator>



London Marathon - 26th April 2026

Mr Woodley will be running the London Marathon on 26th April alongside colleagues from the Southport Learning Trust. He will be raising money for #kNOwKnifeCrime and donations will go directly to fund professionally led emergency first aid training for Birkdale High School students. You can help in one or both of these ways:

1. Send students in with £2 cash (or more!) to purchase one or more raffle 'times' - If their randomly selected time matches Mr Woodley's finish time, they win a brand new Chromebook. Cash will be transferred to the cash4kids charity account below, who are collecting for the #kNOwKnifeCrime campaign. There's a limit of 5 "times" per student.

2. Donate directly through the cash4kids charity webpage

[Mr Woodley's #kNOwKnifeCrime Charity](#)

Lots of effort has already gone into his training as he's going for a quick time of sub 3 hours 30 minutes. Any donation would be greatly received for motivation during the 5:30 am weekday & long weekend training runs!



WEEKLY ROUNDUP

KGV Maths Triathlon team

A group of our Year 8 students travelled to KGV College las week, to participate in a Maths Triathlon.

The day involved working in school teams of four, undertaking maths challenges alongside other schools from the local area.

Well done to all who participated; with one team coming first in the team challenges, and the whole team achieving an impressive overall win!!



Ms Humphreys Half Marathon achievement

You may remember from previous Newsletters, that Ms Humphreys has been training to run the Liverpool half marathon 15th March, raising money for the Merseyside charity, Open Door.

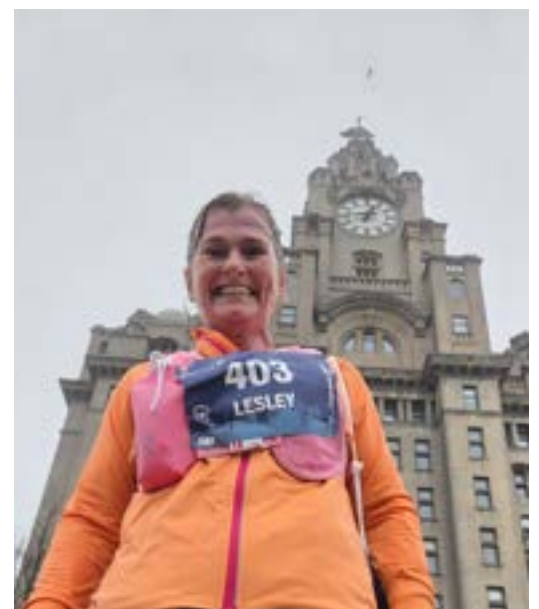
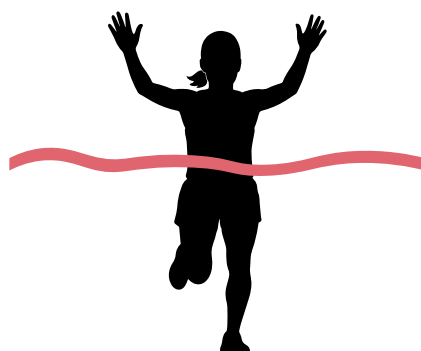
Open Door provides free, fast and effective mental health support, working to create inclusive communities and evidence-based programmes that empower people to be mentally well.

Despite the wind and pouring rain, and running alongside her daughter (who hadn't trained!), Ms Humphreys completed the full course — an amazing achievement!

Huge congratulations to Ms Humphrey's and to everyone who took part.

If any parents / carers would like to donate, there is still time. Please use the link below:

[Ms Humphreys - Open Door Half Marathon](https://www.opendoorcharity.com)



WEEKLY ROUNDUP

Interhouse Staff vs Pupils Competition

This year's Interhouse Staff vs Pupils competition has commenced...!

Each house is going head-to-head within their own community:

Hawking staff vs Hawking pupils

Turing staff vs Turing pupils

Constantine staff vs Constantine pupils

It has been pretty intense in the canteen the last few days with the the Tower Build challenge...over to Team Constantine now!!!

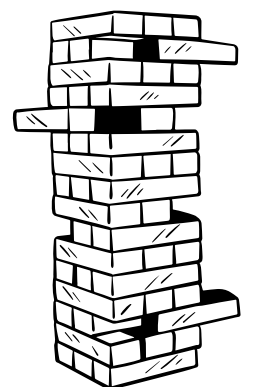


Team Hawking...
Mr Crossfield and
Mr Manwell full of
concentration!



Hawking leaders:
Mrs Kalthoeber and
Mrs Duffy
2.65m

Team Turing are looking very
proud with Mr Flaherty and
Mr Dunning leading the
competition with 2.71m!



Previous attachment

BIRKDALE HIGH SCHOOL EGG-CELLENT ATTENDANCE HOPPING INTO SCHOOL...

MONDAY 23rd MARCH to Thursday 26th MARCH
4-day attendance challenge. This is about one simple thing:
Turning up. Every lesson. Every day!

Achieve 100% attendance Monday to Thursday → your name goes into a prize draw. On Friday, three winners from each year group will be selected from the list of students with 100% attendance that week.
Winners will receive a range of Easter goodies on Friday 27th March!

YEAR GROUP CHALLENGE



Birkdale
High School
Aspire - Thrive - Succeed

At the end of the week, we will track which year group has the best attendance. The highest-attending year group will receive extra recognition! 🏆

HOP INTO SCHOOL AND HAVE EGG-CELLENT ATTENDANCE!

BIRKDALE HIGH SCHOOL RAFFLE!

Amazing
Prizes to be Won!

**HURLESTON HALL
GOLF 4 BALL**



**SOUTHPORT
AIR SHOW
4 TICKETS**



**SOUTHPORT
FOOTBALL CLUB
2 MATCH
TICKETS**



**SOUTHPORT
FLOWER SHOW
4 TICKETS**



**MAMMA MIA'S
£70 VOUCHER**



**ADVENTURE COAST
FAMILY TICKET**



**HEADLINES
HAIR
£25**



**VINCENT
2 x ROASTS**

**BIRKDALE DOG
WALKING
5 WALKS**



**VUE
CINEMA
x 2 TICKETS**



**5 CLASS
Eat Sleep Breathe
Yoga**



**TROPIC SKINCARE
PAMPER & GIFT SET**



**MR CHIPS
- 2 MEALS**



**TOM HODGE
FLORIST
£10**



**HIGH ROAD
CHURCHTOWN
£5 VOUCHERS
x 2**

**MR POLENSKY
2 HAIRCUTS**



**PETE'S
PLAICE
£10**



**ELEVENS
TAKEAWAY
£15**



**SERGEANT
PEPPERS
PIZZA £10**



**CHEWS NOODLES
BAR £20 x 2**



**GRAHAM EYES
BUTCHERS
£15**



ENTRIES £1.50 or 5 for £5!

Available via ParentPay

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as [reportharmfulcontent.com](https://www.reportharmfulcontent.com).

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via [childline.org.uk](https://www.childline.org.uk).

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



See full references on our website



**SOUTHPORT LEARNING TRUST
THE ATKINSON OPEN ART
EXHIBITION**

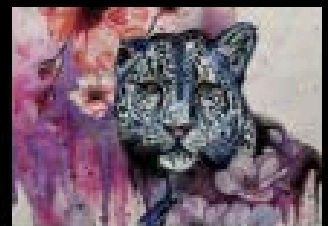
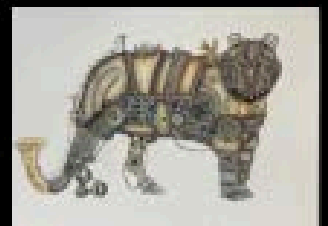
MAR TO **APR**
27 ^{TO} **27**

**THE ATKINSON ART
GALLERY**
LORD STREET, SOUTHPORT
PR8 1DH

Celebrating the bold creativity of young artists, this exhibition showcases work from schools across the Southport Learning Trust. Curated by Range High School's Creative Curatorial Council—students from Years 7 to 13—the exhibition highlights the voices, visions and creative journeys of these emerging artists.



www.southportlearningtrust.org



An Amateur production of arrangement with LW Entertainment Ltd

Music by
Andrew
Lloyd Webber



Lyrics by
Jim
Steinman

The title 'WHISTLE down the WIND' is displayed in a stylized, glowing neon font. 'WHISTLE' and 'WIND' are in large, blue, outlined letters. 'down the' is in a smaller, yellow, cursive script. The entire title is set against a dark, grid-like background and enclosed in a glowing yellow rectangular border.

With book by Patricia Knop, Gale Edwards &
Andrew Lloyd Webber
Orchestrations by David Cullen &
Andrew Lloyd Webber

9th - 11th April 2026

Box Office
01704 533 333

**THE
ATKINSON**

noda

Be inspired by amateur theatre