

## Parent Bulletin

15 January 2021

### Weekly Wellbeing – Engage, Exercise, Enjoy!

As we continue in lockdown, it is increasingly important to look after ourselves, especially our mental health and wellbeing. This week Lower School pupils were encouraged to utilise the three E's to help them through this challenging time:

**Engage** – take advantage of opportunities to engage with each other, especially via video. Research shows seeing one another's faces reduces low mood and contributes to a more positive outlook.

**Exercise** – any level of increased mobility will help support our physical and mental health. Lockdown means we miss out on our usual physical activities so make an effort to be more physically active – even if it's just walking around your garden for half an hour!

**Enjoy** – just like exercise, it's important to make time each day to do something you enjoy. It doesn't matter what it is, just make sure it's away from a computer screen and ideally something that's creative or social.

### Mental Health Apps



**Student Health App**  
Reliable health  
advice for students

Please see the link below to find a list of NHS approved mental health apps. These are free apps that cover a range of issues; please explore and discuss any that might be helpful with your children:

<https://www.nhs.uk/apps-library/category/mental-health/?sort=new>

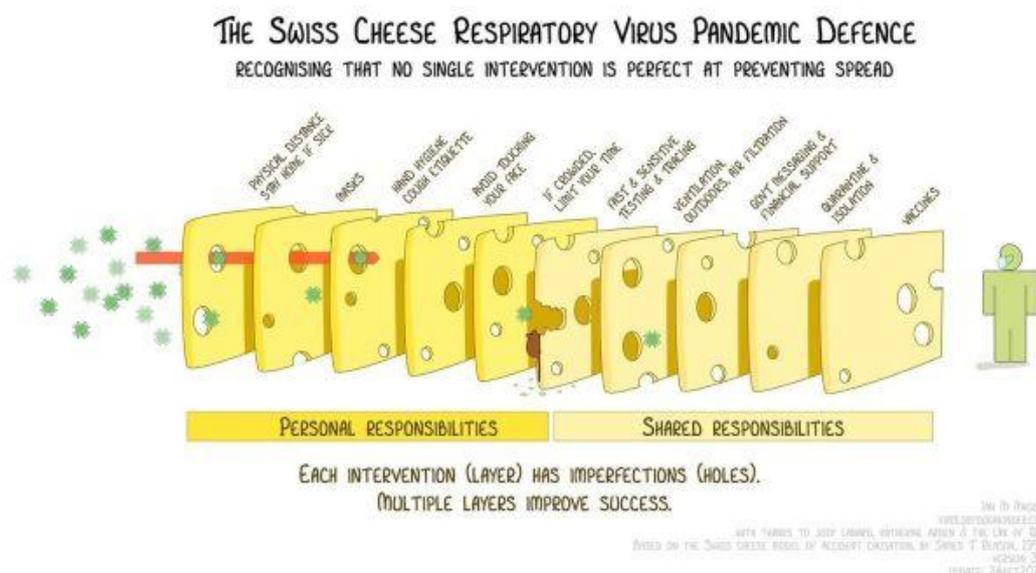
### The School Day – Changes to Lunch Timings

Please be aware that we have decided to change the timing of lunch so that from Monday 18 January everyone will have their lunch break from 12.40-1.55pm. This will mean all pupils will have lessons 1-5 before lunch and lessons 6-8 in the afternoon every day, Monday to Friday.

The rationale for making this change is to provide all families with as much shared time as possible in the middle of the day, giving parents and pupils a decent amount of time together and away from a computer screen.

## Medical Society – Dr Andrew Lee

Birkdale Medical Society welcomed back Dr Andrew Lee yesterday to speak to students about 'Pandemics and Public Health'. 25 students attended this virtual lecture and Dr Lee again gave a fascinating talk including the intriguing 'Swiss Cheese Respiratory Virus Pandemic Defence' model, please see below:



## Sharp Shooting Bridget



Congratulations to U6 student Bridget, who represented Birkdale in a National British Shooting competition. Competing in the 10m Target Air Pistol event, in the Yorkshire and Humber regional qualifying competition, Bridget qualified for the national final. This event is one of the hardest forms of competitive shooting and is the same format as the Target Pistol event in the Olympics. Well done Bridget – we look forward to seeing how you get on in the final.

*It is always a very great pleasure and privilege to tell you about the achievements of our pupils both in and outside of their involvement at Birkdale. Please do not hesitate to contact me at [prking@birkdaleschool.org.uk](mailto:prking@birkdaleschool.org.uk) if you ever have any news about your child that you would like to have included in the bulletin.*