



April 2017

THE BIRKENHEAD PARK SCHOOL

NEWSLETTER



Students take part in unique life skills programme - 'BePART'

Year 7 and Year 8 students from The Birkenhead Park School have been taking part in 'BePART', focusing on their mental health and wellbeing.

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The latest news and activities from
The Birkenhead Park School.

Also featuring...



School's New Age
Kurling Team reaches
County Finals



Students visit Unilever
for inspirational tour



Plus - Well done to our
'Stars of the Term'

Headteacher's welcome

Every time we put our newsletter together, I am reminded of and quite honestly staggered by the huge amount and variety of activity that takes place across a term here at The Birkenhead Park School.

This term has been no different and has been packed with events and activities that we are proud to offer our students as part of their wider school experience. Raising the ambitions and aspirations of all students is central to our aims and I hope you will agree that this is evident once again in this edition of our newsletter. This term is generally a shorter one than the autumn term and yet we seem to have packed so much in!

I am reminded that young people today face many pressures and challenges in a fast-paced, digital age that were simply not imaginable a generation ago. There are many demands placed on young people by society and, as a school, we are very aware of this. Our staff are already highly skilled in supporting all students throughout their secondary school journey, whatever bumps in the road may emerge. In addition, I am delighted that the school is able to offer our **BePART programme** to students, which is designed to provide them with strategies to better manage the demands of modern-day living. This is possible through our links with Wirral Academy Trust and Birkenhead Sixth Form College as our sponsor and we are looking forward to rolling this programme out further over the coming months.

Finally, I would like to take the opportunity to thank all of the students and staff at The Birkenhead Park School for their continued commitment this term. We believe strongly that anything is possible with hard work and a positive attitude. Our Stars of the Week continue to demonstrate the outstanding effort shown routinely by so many students and I look forward to meeting them every Tuesday.

Thank you as ever for your continued support and I wish you all a happy and restful spring break.



A handwritten signature in black ink, which appears to read 'Helen Johnson'.

Helen Johnson,
Headteacher



We look forward to seeing our students again for the start of the Summer Term 2017 on Tuesday 18th April 2017



Our next Open Event for students wanting to join The Birkenhead Park School is taking place on Wednesday 21st June 2017, 4-7pm

Our Stars of the Term

At The Birkenhead Park School, we recognise our students' efforts on a weekly basis. We would like to congratulate all of our students who received the Headteacher's 'Star of the Week' Award this term for their hard work and achievements.



Year 7 and Year 8 students from The Birkenhead Park School have been taking part in the unique life skills programme, 'BePART'.



The six-week programme focuses on the mental health and wellbeing of students and includes sessions on challenging negative thoughts, the importance of sleep and diet and using gratitude to build resilience.

The scheme, which was created by Psychology teachers, Roy Owen and Amanda Hoey of Birkenhead Sixth Form College, consists of six 45-minute sessions, each specifically designed to assist students in coping with the daily demands of life in a fast-evolving world.

Standing for Positivity, Ambition, Resilience and Thoughtfulness, BePART, aims to allow the students to learn different techniques for a mentally healthier and happier lifestyle, and is strongly grounded in scientific research and techniques.

Year 7 student, Aron, said: "Last week, we were asked to think about somebody who is important to us in our lives and write them a letter. I really enjoyed doing this as it made me think about how lucky I am in life."

Each class includes a task, such as writing a gratitude diary, as well as meditation at the

beginning of the session to allow the students to relax and take the time to think about how they are feeling.

"We want the students to use these skills to help them be successful in school and beyond."

Roy Owen, BePART Programme creator and Psychology Teacher

Headteacher, Helen Johnson, said: "I am extremely proud that we are going to be able to offer our students this unique programme in addition to the academic and enrichment opportunities they already have. The welfare of our students is of the highest priority and, with BePART's grounding in proven science, I am confident that the programme will lead to improving the lives of our students both in their academic work and outside of school."



Year 7 students take on the Vocabulary Challenge

As part of the Year 7 Vocabulary Challenge, students at the school were asked to complete a series of tasks on their own initiative, aimed at developing their writing skills across the curriculum. These tasks supported the students in understanding that English is a transferable skill which can be applied across all other subjects.

The Challenge has a positive impact on the overall quality of students' written work, which will support them in accessing higher grades in GCSE exams.

Ola, who is originally from Poland and who has English as an additional language, excelled in the Challenge and picked up the Winner's trophy from Headteacher, Mrs Johnson, earlier this week.

Ola said:

"I really enjoyed taking part in the Challenge and am so pleased I have won."



Students visit one of Wirral's leading employers for a 'behind the scenes' inspiration tour organised by Wirral Young Chamber of Commerce

Year 11 students from The Birkenhead Park School got the chance to visit Unilever as part of the school's commitment to providing support with career and further education choices.

Unilever have more than 400 brands in the global marketplace and offer a fantastic range of career pathways. The visit gave students an insight into different roles within a company and how they all offer different skill sets and opportunities.

Following a tour of the engineering plant, the IT department and production line, students attended a talk by the CEO about his journey within the company.

Students had the opportunity to meet current apprentices and graduates throughout the day, to talk about their career journeys and how the company supports their progression.

"It was amazing. I was so impressed by how well Unilever look after their employees and it was brilliant to see all the different things that go on which you don't realise happen right on our doorstep." Michael, Year 11 Student.



Assistant Head of Year 11, Mr Huyton, said "Unilever is the fourth largest company in the world and this was a fantastic opportunity for students to see how a global business can offer a fantastic range of careers and progression to suit everyone's interests"

The trip was organised by The Young Chamber of Commerce, of which the school is proud to be a member.

School's New Age Kurling Team reaches County Finals

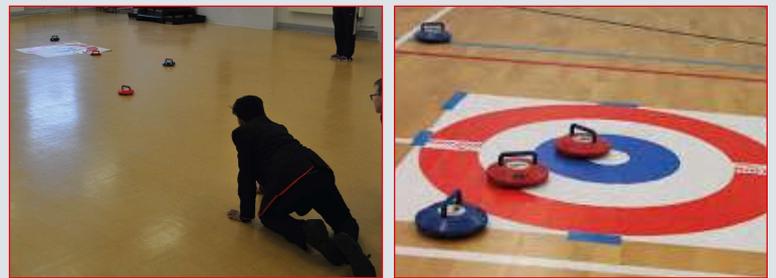
A team from The Birkenhead Park School have won the honour of representing Wirral in the county finals of a sport that is taking off around the country.

New Age Kurling is an indoor version of the traditionally ice-based sport, curling, and was only invented in the year 2000.

Having established an after school club for the sport at the beginning of the academic year, The Birkenhead Park School entered three Year 7 teams into the Wirral Schools New Age Kurling Tournament.

The Birkenhead Park School team were victorious and will now head to Liverpool to represent the Wirral borough in the county finals.

Team member, Harry, 11, said: "We worked really hard to win the competition and are so pleased we will be representing Wirral. It's a huge achievement for our team and we all work really well together."



School games organiser, Mrs Barnes, said: "The students are really enjoying New Age Kurling and they definitely deserve their place in the final after winning against very tough opponents. It's quite an honour to be representing Wirral now."

Students set to take on UK Mathematics Trust Challenge

Students from The Birkenhead Park School are taking part in a UKMT Mathematics Challenge in April this year.

The UK Mathematics Trust Challenges are lively, intriguing multiple choice question papers designed to stimulate students' Mathematical knowledge.

The school has entered students from both Year 7 and Year 8 who show an interest and engagement within the subject to further excel themselves. The Mathematics Challenge papers will be taken into school and returned to the UK Mathematics Trust for marking. After the results of these multiple choice questions, the most successful students will be invited to enter follow-up rounds.

Good luck to all our students who will be taking part in the competition!



**United Kingdom
Mathematics Trust**



Tag, You're It!

Children from Bedford Drive Primary School were treated to a game of tag rugby recently, when they visited The Birkenhead Park School.

Year 5 pupils were welcomed by our Year 7 team and shown around our unique Year 7 Base, which helps ease our younger students from primary to secondary education.

The children then took part in a game of tag rugby in which each player wears a belt that has two Velcro tags attached to it, whilst they dodge, evade and pass a rugby ball, other defenders attempt to prevent them scoring by “tagging” – pulling the Velcro tags off them.

Charlie from Bedford Drive Primary School said: “It has been great; I’ve had a fantastic morning.”



Two students from The Birkenhead Park School have won the honour of representing the North West in the EGKA Karate Nationals later this year

Charlie, 13, and Mark, 15, took part in the regional championships in March at Woodchurch Sports Centre.

Charlie, Year 9, came 2nd in Kata, a performance of patterns, and 3rd in fighting whilst Mark, Year 11, who was competing in his first ever competition, came 2nd in Kata and 1st in fighting.

Both Charlie and Mark will now head to Stratford Upon Avon in October to represent the North West and compete in the national championships.

EGKA Karate is dedicated to teaching the traditional Okinawan martial art of Go Ju – Ryu: a style focused on competition fighting.

The true motivation of this sport is the benefit it gives to both mental and physical self-improvement, with the discipline seeing marked differences in individuals’ self-confidence, fitness and co-ordination, which is something that follows the boys into their academic lives.

Mark, who was competing against a purple belt opponent which is four grades higher than his red belt, said after his win: “I was nervous but had trained really hard, I am so pleased to have won. Learning a new discipline has taught me that dedication pays off which is something I apply to my school work.”

Birkenhead Karate Academy Sensei, Peter Galer, said: “I am so proud of both boys. They are a credit to their school and to the karate academy.”



How to be safe and smart online

Our top tips to help you get the best out of the internet whilst staying safe:

- ❗ **Do not over share.** especially personal things like photos, as you can not always control what happens to them.
- ❗ **Protect your reputation.** type your name into a search engine like google, you'll be amazed how much there is about you.
- ❗ **Think before you post.** A good rule is: if you wouldn't say it in real life, do not say it online.
- ❗ **Keep it private.** Check the settings on your social media accounts and keep your passwords private.
- ❗ **Not like it? Block it and report it.** For more information on blocking and reporting visit: www.childnet.com/resources/how-to-make-a-report.
- ❗ **Do not believe everything.** Not everything or everyone online can be trusted. If you have met someone online and the conversations with that person are making you feel uncomfortable, tell an adult you trust or report it to the police at www.thinkuknow.co.uk.



Polite Notice:

Could we kindly remind parents not to use the staff car park or block disabled parking bays when dropping off or collecting students from The Birkenhead Park School.

Also, we would ask all parents to not park in the car park of the flats opposite The Birkenhead Park School. They are private residential properties which we must respect at all times.

Thank you for your co-operation.



Wirral Academy Trust

Working in partnership with the Wirral Academy Trust



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