



## Key people

Heads of Year  
7 Mr Clifford  
8 Ms Redmond  
9 Mrs Booth  
10 Mr Evans  
11 Mrs Threlkeld

## Put it in the diary

W/C 11<sup>th</sup>

November

Year 11 mocks

11<sup>th</sup> November

Armistice Day

19<sup>th</sup> November

Children in Need

## What we are reading

9CWA – The Ruins of  
Gorlan



In this newsletter we aim to highlight key aspects of life at The De La Salle Academy, give tips to help your son with his education and also provide wellbeing information for you and your family.

## What we've been up to so far this year...

On 25th September we took part in the Macmillan Coffee Morning. We invited the local community to join us for tea, coffee and a fabulous selection of cakes! Some of our Year 9 students were wonderful waiters for the morning and it was lovely to see members of our school and local community after a difficult 18 months while raising money for such a worthwhile cause.

On Friday 8th October we supported Young Minds #wearyellow campaign to mark World Mental Health Day. We held a cake sale at break time and students had lessons on various aspects of mental health including how to recognise mental health issues, how to keep their minds healthy and where to get help should they need it. Staff and students also wore yellow for the day.



We have a busy half term coming up with Children in Need, collecting for our local food banks, creating Advent food hampers and taking part in Pyjama Party Liverpool. We are also starting to plan our Pensioners' Christmas Party.

Any donations for the food bank, new pyjamas or small gifts for the Pensioners' Party would be gratefully received and can be sent in with your son or dropped at reception.

## Staff spotlight

Each issue we will give an insight into a role held by a member of staff at the academy.

Mr Makin is our Designated Safeguarding Lead. This is one of the most important roles in the school and requires intense training.

The role involves being available for all staff and students to discuss any safeguarding issues or concerns and then ensuring that cases of suspected or actual child protection or safeguarding concerns are referred to the appropriate agencies.

Although Mr Makin leads on safeguarding, all staff are fully trained in safeguarding and know how to spot and raise concerns.

## Learning spotlight - Revision

Year 11 mock examinations are coming up after half term. Here are some top tips to help your son prepare for his exams:

- Discuss what they need to do and help them create a revision timetable
- Provide an area for them to revise free from distraction
- Ensure they plan in breaks
- Be supportive – ask them how they are getting on or if there's anything they need
- Promote regular bedtimes – sleep is vital
- Ensure breakfast is eaten – food is fuel!

## Wellbeing tips

Here we will share some wellbeing tips for students, parents and families.

This month we marked World Mental Health Day. One focus of the day is to raise the profile of mental health and reduce the stigma of discussing our mental health. We want our students to know that it's ok not to be ok and there is always someone in school to turn to. You can make talking about mental health with your children part of your daily routine. Here are some conversation starters you could use.

## Questions to ask your child



## In the news...

There has been a lot of debate in the media over Netflix's Squid Game. This is currently the most watched show on Netflix with many episodes of the '15' rated show containing violent and gruesome scenes. The link below contains information about managing specific websites and challenges.

[There's a viral scare online. What should I do? \(thinkuknow.co.uk\)](#)

['Squid Game' Trending across Platforms: What Parents Need to Know](#)

## PAPYRUS: Prevention of young suicide

PAPYRUS is the national charity dedicated to the prevention of young suicide. They have recently collaborated with a BAFTA-award winning animation studio to create 'Sinking Feeling' - a video which tackles the heart-breaking reality that many children and young people are suffering in silence.

You can find the video here: <https://www.papyrus-uk.org/sinking-feeling-animation-launch/>

If you are having thoughts of suicide or are concerned for a young person who might be you can contact [HOPELINEUK](#) for confidential support and practical advice.

Call: 0800 068 4141 Text: 07860 039 967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## Useful contacts

[Childline](#) - under 19s can confidentially call, email or chat online about any problem, big or small.

[Anxiety UK](#) – 08444 775 774 between 9.30am and 5.30pm Monday to Friday to speak to someone in complete confidence, or email [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

[The Mix](#) - support service for young people to help them with anything from mental health to money and finding a job. You can talk via phone, email text message or one-to-one chat.

[No Panic](#) – these are the people to call if you're suffering from panic attacks, OCD, phobias and other related anxiety disorders.

[Kooth](#) – offers emotional and mental health support for children and young people aged between 11 – 24 years. Available up to 10 pm every day.

## ASD Training Team

07522800193/07515501854  
Advice and strategies for families of children and young people with autism or social communication needs. Monday to Friday: 9am – 12pm Alternatively, you can email your concern to

[ASDtrainingteam@liverpool.gov.uk](mailto:ASDtrainingteam@liverpool.gov.uk)

**Parent Coffee Event**  
Back to School Tips & Advice  
(Secondary Age)

Hosted by YPAS Parent Team, online via Zoom  
Grab yourself a hot drink and join us for Information, Support and Advice

WEDNESDAY 27TH OCTOBER 10AM-11.30AM

Services attending  
KOOH- Wellbeing Platform  
Bullybusters- Bullying Support  
Child and Young Peoples Wellbeing Team

Please email [bookings@ypas.org.uk](mailto:bookings@ypas.org.uk) to secure your place

Book via Liverpool Camhs

### MANAGING YOUR CHILD'S WORRY

All parents, carers and staff are welcome  
You will learn:  
20/10/21 10am  
13/12/21 4pm

How worry differs from anxiety  
The importance of allowing our children to worry  
Effective ways to control worry  
Learning children about the anxiety response  
Explore ways to communicate with children about worry  
self-help strategies to support worry and anxiety