



NEWSLETTER

DEAR PARENTS AND CARERS

PRINCIPAL'S WELCOME WELCOMING OUR NEW ARRIVALS! SCHOLASTIC BOOK FAIR!	PASTORAL SUPPORT OPEN EVENING SUCCESS! 24 APPS PARENTS NEED	PASTORAL TEAM, WHO'S WHO? SNOWDONIA YR10 FIELD TRIP 2025 SPARX MATHS CLUB	GOOD START! GOOD ATTENDANCE LIVERPOOL YEAR 11 FIELD TRIP NUMERACY CHALLENGE	ATTENDANCE EXPECTATIONS DRAGONS DEN ENTREPRENEURS SCOUSE GIRL SOCIAL	NO MOBILE PHONES SPORTS UPDATE CLASS CHARTS	YEAR 11 PREFECTS KNOWSLEY EDUCATION AWARDS 2025 OPEN EVENTS	SAVE THE DATE YEAR 10 WORK EXPERIENCE MERSEY CARE TEAM	CRADLE TO CAREER SELF-CARE SEPTEMBER 2025
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Welcome back to the new academic year. We are now well underway and have completed the first four weeks of the first half term.

I would like to thank you for your support in ensuring that the standards and expectations we set out in July and at the start of year have, by the overwhelming majority, been met. The policy on mobile phones is and will continue to make a difference and the learning experience students are receiving is strong. Please continue to support our standards to ensure **Halewood Academy** is a safe, calm and orderly school; your support is always appreciated.

This term we have welcomed many new colleagues who have all settled in extremely well. I am delighted that they have joined this school and I know they will make a difference in whatever role they have.

It would be amiss of me if I didn't mention the fantastic success of the **Class of 2025** and their excellent GCSE results. I know the **Class of 2026** want to achieve even higher outcomes and I am sure they can. Part of the success last year was the strong attendance of **Year 11** and I cannot stress enough the importance of regular attendance to school. The benefits of regular attendance are huge both academically and socially; please encourage your child to attend school each and every day. In this edition are the key people for pastoral support and advice and guidance for attendance. Please familiarise yourself with these pages.

The start of the year has been busy with a hugely successful **Open Evening** where we welcomed over 1000 people and 350 families.

The feedback we received was excellent. **Year 11 geography** students have undertaken their fieldwork in Liverpool and our extensive extra-curricular programme has started well. I would urge as many students as possible to attend extra-curricular activities either before, during or after school as there are great for making new friends and learning new skills.

This edition is full of important information about homework, safeguarding and celebrates many of the achievements of our students at the end of last academic year and at the start of this one. The start of this academic year we have formally welcomed our **Year 7** students who have started exceptionally well. Keep it up **Year 7!**

Finally, I would like to remind you of some key dates. On **Wednesday 1st October** all **Year 11** parents and carers should attend our **Coffee, Cake and Core** event; we want excellent attendance at this event as the strategies to help your child across the core subjects of English, maths and science will be shared. Additionally, on **Thursday 9th October** we have our **Year 7** meet the tutor evening – this will give you an opportunity to meet your child's form tutor to discuss how they have settled in to life in secondary school.

Thank you again for your continued support,

Best wishes,

Mr I Critchley
Executive Principal

KEY DATES 2025

Wednesday 1st October	YEAR 11, COFFEE, CAKE & CORE EVENING
Monday 6th October - Friday 17th October	Y10/11 P2S1 ASSESSMENT WEEKS
Thursday 9th October	YEAR 7 MEET THE TUTOR EVENING



A GREAT PLACE
TO BE A
PART OF

PASTORAL SUPPORT



HALEWOOD
ACADEMY

If you need to discuss any matter regarding your child, please feel free to contact us at school. We find that pupils achieve the best when there is open communication between home and school. Your child's Form Tutor should be the first port of call, please feel free to speak to the relevant **Progress Leader / Assistant Progress Leader** if you have any worries or concerns, or have any information that you would like to share as a reminder; please see below for your child's **Progress Leader/ Assistant Progress Leader**. We also have a **Learning Mentor** attached to each year group who will work with individual students and groups to support any barriers to learning,

Medication and Care Plans



A reminder that if your child takes medication during the school day then this should be brought into school and clearly labelled with pharmacy instructions for administering the medicine. **Parents/Carers** need to sign a form to say that you agree to your child being given medicine. Except for any inhalers or in some cases an epi-pen, a pupil should not carry any medication on them in school including paracetamol. If we held medication for your child last year, please contact school to check that we have enough stock and that this is in date.



Mrs Roberts is the **Pupil Support Co-ordinator** and will assist with any enquiries regarding medication. If your child has an ongoing medical condition and requires a care plan, please contact **Mrs Roberts** who will work with you to create or update the plan.

Contact Numbers

Please can we remind all parents/carers that it is a safeguarding requirement for all students to have at least 2 working contact numbers on our system in the event of an emergency. If you change your number part way through the year, or circumstances change around who should be listed as a contact please let school know as soon as possible.

Appointments to See Staff

If you wish to meet with a member of staff, please contact school by telephone and an appointment will be arranged for you. Due to timetables and diary commitments it is not always possible for staff to come and speak to parents/carers without an appointment so please do not arrive without an appointment.



Welcome to Halewood Academy

A warm welcome to **Mrs Campbell** who joins Halewood Academy as the **Leader of the Achievement Centre**.

Mrs Campbell will be co-ordinating and quality assuring all interventions and support that takes place on the

Achievement Centre to support a number of pupils. **Mrs Campbell** has experience in working with a range of young people across the age groups who may need

additional support to access the curriculum and provide the right support at the right time.



PASTORAL TEAM WHO'S WHO?



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	Mr Worrall Assistant Vice Principal SLT Link for Year 7		
	Mrs Dixon Year 7 Progress Leader		Mrs Slack Year 7 Assistant Progress Leader
	Mr Patten Year 7 Assistant Progress Leader		
	Mrs Scott Associate Assistant Vice Principal SLT Link for Year 8		
	Miss Martin Year 8 Progress Leader		Miss Barton Year 8 Assistant Progress Leader
	Mr Day Assistant Vice Principal SLT Link for Year 9		
	Ms Manning Year 9 Progress Leader		Mrs Carroll Year 9 Assistant Progress Leader
	Miss Martin Year 9 Assistant Progress Leader		

WE SEEK THE BEST





PASTORAL TEAM WHO'S WHO?



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	Mr Ellis Assistant Vice Principal SLT Link for Year 10		
	Mrs Gray Year 10 Progress Leader		Mr Bailey Year 10 Assistant Progress Leader
	Mrs J Hayden-Lyons Assistant Vice Principal SLT Link for Year 11		
	Mrs Traynor Year 11 Progress Leader		Miss Whittle Year 11 Assistant Progress Leader

PASTORAL LEARNING MENTORS

	Mrs Cross Vice Principal SLT Link for Pastoral Team		
	Miss Dobson Year 7 Learning Mentor		Miss McCulloch Year 8 Learning Mentor
	Miss Hall Year 9 Learning Mentor		Ms Redhead Year 10 Learning Mentor
	Ms West Year 11 Learning Mentor		

GOOD START! GOOD ATTENDANCE



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We have seen a good start to the new academic year for many of our students, with attendance rates during the first few weeks marginally higher than the same time last academic year. However, we have also seen too many pupils missing out on learning because they have not attended school. Days missed from school results in students having gaps in their knowledge and understanding and these gaps can be difficult to catch up.

We are sure you have noticed the recognition and celebration of good attendance on our social media platforms. If you are not doing so already, we would urge you to follow the school accounts so that you can join in the celebrations.

Every day counts in your child's educational journey, and we greatly appreciate your role in ensuring their attendance. Thank you for your ongoing support and commitment. Together, we can help them reach their full potential!

We are very much looking forwards to a strong period of attendance leading up to October half term break. Good attendance over the next 4 weeks will ensure we start the year off on a real high.

Your active involvement in your child's attendance is invaluable. Keep up the great work in prioritising their education. Thank you for all that you do to ensure their success.

As a reminder, I have included below the 6 aspects that underpin working together to improve attendance. In addition, I have also included the expectations of parents/carers and of school. By adhering to these concepts, we will improve attendance for all students.

Working Together to Improve Attendance

Successfully treating the root causes of absence and removing barriers to attendance, at home

and in school requires both parties to work collaboratively in partnership with each other, not against each other. To get the best for the young person school and home should work together to:

Expect

Aspire to high standards of attendance from all pupils and parents and build a culture where all can, and want to, be in school and ready to learn by prioritising attendance.

Monitor

As a school we use attendance data to identify patterns of poor attendance as soon as possible so all parties can work together to resolve them before they become entrenched.

Listen and Understand

When a pattern is spotted, discuss with pupils and parents to listen to and understand barriers to attendance and agree how all partners can work together to resolve them.

Facilitate Support

Remove barriers in school and help pupils and parents to access the support they need to overcome the barriers outside of school. This might include an early help or whole family plan where absence is a symptom of wider issues.

Formalise Support

Where absence persists and voluntary support is not working or not being engaged with, partners should work together to explain the consequences clearly and ensure support is also in place to enable families to respond. Depending on the circumstances this may include formalising support through an attendance contract or education supervision order.

Enforce

Where all other avenues have been exhausted and support is not working or not being engaged with, enforce attendance through statutory intervention: a penalty notice or prosecution to protect the pupil's right to an education.



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STUDENT FRIENDLY SAFEGUARDING INFORMATION



What is safeguarding?



Keeping you safe and healthy at school and at home



Making sure that you feel safe in your environment and are protected from harm from both adults and other young people



Educating you to know how to keep yourself safe

Who is available to help?

At school you can talk to;

- Your Form Tutor/Progress Leader/
Assistant Progress Leader/Learning
Mentor/Any trusted adult, e.g. Teacher,
TA, Mid-day Assistant
- The Safeguarding Team
- The School Nurse

Outside of school you can talk to;

- Trusted family member, trusted adult
such as sports coach or friends
- Your family doctor
- Kooth/CAMHS
- The police

Who can I go to?

In school you can go to:

- Pastoral Hub - F10
- Pupil Support - S01
- Progress Leader /
Assistant Progress Leader
- A Classroom Teacher
- School Nurse drops ins
- Any member of staff

Outside of school;

- The School Website
- Online Support Websites
- Childline - 0800 1111

When can I speak to someone?

At school you can talk to;

You or a family member can talk to a member of staff at anytime about a worry or a concern that you may have about yourself or a friend.

Safeguarding

at Halewood Academy



Our Safeguarding Team



Mrs Cross



Mrs Campbell



Mr Day



Mr Harrison



Mrs Smallwood

How will you keep me safe?

- We will educate you to ensure a strong culture of diversity and inclusivity where difference is celebrated positively;
- We will educate you to stay safe online and out in the community;
- All **Halewood Academy** staff are trained to spot the signs of abuse or neglect;
- Staff are trained to deal with incidents of abuse from adults to children and also abuse which can occur between young people;
- We will always listen and act upon your concerns. This may involve working with your parents or carers or getting help from other services outside of school:
- Your wishes and feelings will always be considered.

Why is it important?

From time to time, children can suffer abuse from adults and also young people. Abuse can be physically, sexually or emotionally harmful or neglectful and can happen in person or online, at home, within the community or in school.

We want to make sure that everyone at **Halewood Academy** is protected from abuse and harm.



ATTENDANCE EXPECTATIONS



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What YOU must do:

- ✓ Telephone or email school before 8.15am each day of your child's absence.
- ✓ Tell the school in advance, of any medical appointments and bring in appointment cards/ letters (remember these should be taken out of school hours wherever possible).
- ✓ If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival and/or throughout the day.
- ✓ Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.
- ✓ If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help.

What WE will do:

- ✓ Check your child's attendance every day.
- ✓ Phone home to discuss your child's attendance with you.
- ✓ Invite you into school for attendance meetings if we are concerned.
- ✓ If we cannot establish a reason for absence, then we may make a welfare home visit.
- ✓ Support you to remove barriers to good attendance.

Regards
Halewood Academy

ATTENDANCE
MATTERS

MOMENTS
MATTER,
ATTENDANCE
COUNTS.



A GREAT
PLACE TO
LEARN



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FREQUENTLY ASK QUESTIONS...



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My child is having an issue with their lesson and is finding the work too difficult?

In the first instance please contact school to speak to the class teacher to try and overcome this issue. The class teacher can be contacted by telephone by asking **Reception** to pass a message on or by emailing admin@halewoodacademy.co.uk and marking for the attention of the teacher concerned. If you are unsure of the teacher's name this is on your child's timetable or be sure to add your child's name and year group in the email correspondence.

My child has been diagnosed with a medical condition and needs to bring spare medication into school who should I tell?

Mrs Roberts our Pupil Support Co-ordinator stores and handles all medication for students. Please contact her through reception. There is a form to complete for storing and administering medicine in school and this will need to be completed. Your child's medication needs to be given into school in the original packaging with the prescription label on identifying your child's name and DOB.

I am having difficulty in getting my child to come to school- what should I do?

In the first instance contact your child's Form Tutor, **Progress Leader or Assistant Progress Leader**. Please do this as soon as the situation arises and please be honest if your child is having difficulty rather than state they are unwell if this is not the case. There are lots of students who from time to time find school life difficult and there is lots of support we can offer to try and overcome the issues.

I have received my child's P2S and I can't understand if my child is making progress how can I tell?

If you have any concerns about your child's academic progress please contact your child's **Progress Leader** who will be able to look across the range of subjects and discuss this with you. If your concern is regarding progress in a particular subject area each department has a subject leader who you can contact via reception to explore this further for you.



My child appears to have been targeted on social media and they are upset by the comments they have read, can school deal with this?

School has a duty to deal with issues online if they will likely impact on a child's wellbeing in school and we take any form of online abuse seriously. Please contact your child's **Progress Leader** if you have any issues in relation to online activity, evidence via screenshots for example are helpful when trying to resolve such an issue. We would urge parents/carers to exercise their parental responsibility and monitor regularly their child's online activity. In some cases school may need to refer to external agencies such as the police or **Children's Social Care** when dealing with inappropriate online activity.

We have a family emergency, and I need to contact my child during the school day- what should I do?

If you find you need to contact your child during the school day, please contact reception who will get information to your child on your behalf if needed. Please do not contact your child on their mobile throughout the day under any circumstances as they are not allowed to look at their phones or have them out of pockets or bags after **8.30am**. We would ask you for your support in telling your child to speak to an adult in school rather than contact you directly if they are unwell or upset for any reason. If your child goes to **Mrs Roberts** in **Pupil Support** she will contact you on their behalf if needed.

We believe that effective and honest communication between home and school is the best way to ensure that students have a happy and safe time here at school and we want parents / carers to feel they know who to turn to if they are unhappy or unsure about any aspect of school life. If you are unsure who is the right person to contact then please contact your child's **Progress Leader** who will signpost you to the right member of staff.

NO MOBILES PHONES

HALEWOOD
ACADEMY12th September 2025

Dear Parents/Carers

IMPORTANT INFORMATION - Mobile Phone Policy

Firstly, thank you to the overwhelming majority of students that have upheld the standards and expectations that have been made explicitly clear.

As you are aware I wrote to you in July about mobile phones, the information was also in the newsletter and we produced a social media post which was shared several times before the start of the academic year. Additionally, all students had an assembly with me during the first day back and the full day with their tutor who reiterated all key messages.

Furthermore, I have followed up with a virtual assembly on Wednesday 10th and all staff regularly remind students of the rule. The rule is simple.

Phones should **not be used or visible between 8.30am and 3.00pm.**

If it is used or visible, the member of staff will confiscate the phone and this can be collected at the end of the day. Refusal to comply with a reasonable request will result in suspension from school. We do not have the time to negotiate on basic standards.

As per our policy, if a pupil has their phone confiscated on more than one occasion in a term; students will not be given the item(s) back until collected by a parent/carer. This will not be negotiated on or with students. We would expect a parent/carer to collect the phone.

I am sure you are fully aware of the detrimental effect phones can have and we have attached some links to news articles for your information.

We understand that sometimes it might be necessary to get a message to your child during the school day. **Please DO NOT contact your child directly** as this will likely lead to them having their phone confiscated. **Messages should be passed to the school office.** For urgent messages, please call 0151 477 8830. For non-urgent messages, please email admin@halewoodacademy.co.uk.

IMPORTANT: As advised previously, we will carefully monitor mobile phone usage and confiscations to determine if the policy needs to be amended in the future to consider further restrictions such as a school wide ban.

Included within this letter is information on the damage phones can have also how you can support your child by restricting and monitoring their phone usage.



NO MOBILES PHONES



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This year alone, news articles have highlighted the increasing calls for restrictions and bans of mobile phones in schools due to concerns about online harm, mental health and distraction from learning. Excessive phone usage in teenagers can lead to various physical and mental health issues, including sleep disruption, anxiety, depression and addiction, as well as social and academic problems.

The Guardian only reported last month on how a study undertaken shows teenagers who report addictive use of screens are at greater risk of suicidal behaviour:

<https://www.theguardian.com/society/2025/jun/18/teenagers-social-media-mobile-phones-video-games-mental-health>

The National Institute for Health and Care Research (NIHR) funded research of 13-16 year olds and reported last year how they found a link between problematic smartphone use and mental health, stating teenagers with problematic smartphone use are twice as likely to have anxiety:

<https://www.nihr.ac.uk/news/teenagers-problematic-smartphone-use-are-twice-likely-have-anxiety>

Below is also some information and videos about how you can support us and your child by monitoring, limiting and controlling their mobile phone usage.

How to Create a Child Account with Family Sharing on iPhone

1. **Open Settings:** Launch the Settings app on your iPhone.
2. **Access Apple ID:** Tap on your name at the top of the settings screen.
3. **Go to Family Sharing:** Select "Family" (or "Family Sharing").
4. **Set Up Family:** Tap "Set Up Your Family" or "Add Member".
5. **Invite Family Members:** Choose to invite existing Apple ID users or create a new account for a child.
6. **Follow Instructions:** The setup process will guide you through inviting members, setting up parental controls (if applicable), and enabling location sharing.
7. **Share Purchases and Subscriptions:** You can choose to share eligible purchases and subscriptions
8. with your family.

Key features of Family Sharing:

<https://www.youtube.com/watch?v=8siFNH-brM4>

How to Set App Limits on iPhone iOS

1. **Open Settings:** Launch the Settings app on your iPhone.
2. **Go to Screen Time:** Scroll down and tap on "Screen Time".
3. **Enable Screen Time (if not already):** If Screen Time is not already enabled, tap "Turn On Screen Time" and follow the on-screen instructions. You may also need to set a Screen Time passcode.
4. **Tap App Limits:** Select "App Limits".
5. **Tap Add Limit:** Choose "Add Limit" to start setting limits.
6. **Select App Categories or Apps:** Choose the app categories or individual apps you want to restrict. For example, you can choose "Games" or specific apps within the "Social Networking" category.
7. **Set Time Limit:** Tap "Next" and set the desired time limit for the selected apps or categories. You can also customize limits for specific days by tapping "Customize Days".
8. **Add the Limit:** Tap "Add" to finalize the app limit.

NO MOBILES PHONES



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How to activate and Set Up System Downtime on iPhone

1. **Open Settings:** Locate and tap the "Settings" app on your iPhone's home screen.
2. **Access Screen Time:** Scroll down and tap on "Screen Time".
3. **Go to Downtime:** Tap on "Downtime".
4. **Turn On/Schedule:**
 - To enable Downtime immediately until the next day, tap "Turn On Downtime Until Tomorrow".
 - To schedule Downtime, toggle the "Scheduled" switch to the right. You can then choose to have the same schedule every day ("Every Day") or customize the schedule for different days of the week ("Customize Days").
5. **Set Start and End Times:** If scheduling, set the start and end times for each day you've selected. A 5-minute reminder will be sent before the scheduled Downtime.
6. **Configure Allowed Apps and Contacts:**
 - Within the Screen Time settings, you can also choose which apps and contacts are allowed during Downtime.
 - To do this, go to Settings > Screen Time > Always Allowed. You can add or remove apps and contacts from this list.
7. **Optional: Block at Downtime:** If you've set a Screen Time passcode, you can also choose to block all apps and activity during Downtime.

https://www.youtube.com/watch?v=z_D9xJoYMdM&t=2s

Kind regards

Mr I Critchley
Executive Principal

YEAR 11 PREFECTS



We are delighted to announce the appointment of our **Prefects and Senior Prefects** for the current academic year. This group includes our **Executive Principal and Deputy Principal Prefects**, all selected from the outstanding pool of candidates in **Year 11**. We saw more prefects nominated than ever before, with **36 pupils** taking up their positions. Prefects of all positions wear a new red tie to signify the additional roles and responsibilities they have in the school.

Year 11 pupils were given the exciting opportunity to apply for these key positions of responsibility by writing a letter of application and facing an interview process.

The response was overwhelming, with numerous pupils eager to take on the challenge and demonstrate their readiness for leadership roles within our school community.

The letters submitted by our aspiring prefects were nothing short of exceptional. Each one showcased a remarkable level of thought, dedication, and passion for contributing positively to life at Halewood Academy in line with our core values. These will be shared in the next edition of the newsletter.

#Respect

#Excellence



Prefects for the current academic year at Halewood Academy



NEW TERM! NEW YEAR 7



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Halewood Academy welcome all of our students back into the new term after the summer term especially our new Year 7 cohort who have made a great start, well done to you all.

Welcome!



Our school core values:

R A C E R



RESPECT

Respect Everyone



ASPIRE

Aspire to be the Best



COLLABORATE

Collaborate to Succeed



EXCELLENCE

Excellence in all we Do



RESILIENCE

Resilience at all Times

SAVE THE DATE



HALEWOOD
ACADEMY

YEAR 11

YEAR 11 COFFEE, CAKE & CORE EVENING

WEDNESDAY 1ST OCTOBER
4.30PM - 6.30PM

We would like to invite all **Year 11 Parents & Carers** and your child to our **Coffee, Cake and Core event on Wednesday 1st October.**

The evening is designed to enable us to share with you what support we, and you, can give to support them in achieving grade 4, 5 or 5 and above passes in all their core subjects. Light refreshments will be available throughout the evening.

Please can you confirm your attendance by **26th September 2025.**



MEMBER OF THE WADE DEACON TRUST

WE SEEK THE BEST

COFFEE, CAKE & CORE

YEAR 7

YEAR 7 MEET THE TUTOR EVENING 9TH OCTOBER

We would like to invite you to the **Year 7 'Meet the Tutor' Evening** which will be hosted on **Thursday 9th October 2025.**

This will provide you with an opportunity to meet your child's form tutor, to discuss how they have settled into **Halewood Academy** and identify areas where they may need additional support. Please can you confirm your attendance by **Monday 6th October 2025.**

Begins **4.00pm - 7.00pm**



MEMBER OF THE WADE DEACON TRUST

WE SEEK THE BEST

MEET THE TUTOR

WELCOMING OUR NEW ARRIVALS!



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We are thrilled to extend a heartfelt welcome to each of our new staff arrivals as they join the **Halewood Academy** family. Our school community is excited to have them on board, and we are confident that their unique talents and perspectives will enrich our environment.









Our Mission

At **Halewood Academy**, we are committed to fostering a nurturing and inclusive educational experience. Our mission is to inspire and empower every student to achieve their full potential, and we believe that our staff plays a pivotal role in this journey. Your dedication, passion, and commitment to education are integral to making this mission a reality.

Your Role in Our Community

As new members of our team, you will be instrumental in shaping the minds and futures of our students. We encourage you to bring your creativity, enthusiasm, and expertise to the classroom and beyond. Collaboration and innovation are at the heart of what we do, and we look forward to the fresh ideas and approaches you will bring.









Welcome!

	MR THORNTON	ACTING SUBJECT LEADER (GEOGRAPHY) & LEAD PRACTITIONER
	MR BELL	LEAD PRACTITIONER (MATHS)
	MISS MOONEY	TEACHER OF MATHS
	MR ROBERTS	TEACHER OF BUSINESS & COMPUTING
	MISS THOMAS	TEACHER OF ENGLISH
	MISS CHISNALL	TEACHER OF ENGLISH
	MISS MILLS	TEACHER OF GEOGRAPHY
	MRS CAMPBELL	ACHIEVEMENT CENTRE MANAGER

WELCOMING OUR NEW ARRIVALS!



HALEWOOD
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	MR PATTEN	ASSISTANT PROGRESS LEADER
	MRS FITZSIMMONS	FOOD TECHNICIAN & CLASSROOM SUPPORT ASSISTANT
	MR MULLARKEY	TEACHING ASSISTANT
	MISS NELSON	CLASSROOM SUPPORT ASSISTANT
	MISS FITZGIBBON	CLASSROOM SUPPORT ASSISTANT
	MISS WASLEY	CLASSROOM SUPPORT ASSISTANT
	MR ATKINSON	CLASSROOM SUPPORT ASSISTANT
	MISS STILLINGS	CLASSROOM SUPPORT ASSISTANT

"This year we will be including profiles of different staff members in each issue. If there's a certain member of staff you'd like to see included and anything you'd like to know about them (favourite food / holiday / hobby!) then let us know and we'll try our best to find out!"

OPEN EVENING SUCCESS!



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ACADEMY



Halewood Academy recently opened its doors for the annual **Open Evening**, an event dedicated to welcoming forthcoming Year 7 students and their families. This event is a cherished tradition, aimed at providing a warm introduction to the school community, showcasing the academy's offerings, and easing the transition for new students.

A Warm Welcome

As families arrived, they were greeted by a friendly team of staff and student ambassadors. The evening began with a welcoming address from the **Executive Headteacher**, who emphasised the academy's commitment to academic excellence and personal growth. The speech highlighted the school's values, achievements, and the supportive environment that Halewood Academy fosters.

Exploring the Academy

Guests were given the opportunity to explore the site through guided tours led by enthusiastic student ambassadors.



OPEN EVENING SUCCESS!

OPEN EVENING



HALEWOOD ACADEMY

These tours allowed prospective students and their families to visit various departments and see firsthand the facilities available, such as the state-of-the-art science labs, the well-stocked library, and the vibrant art studios.

Interactive Demonstrations

Each department showcased interactive demonstrations and displays. The science department intrigued visitors with exciting experiments, while the technology department demonstrated innovative projects created by current students. In the arts section, guests admired impressive artwork and even had the chance to participate in mini workshops, fostering a creative atmosphere.

Meeting the Staff

One of the highlights of the evening was the opportunity for families to meet the dedicated teachers and staff members. This personal interaction allowed parents and students to ask questions, discuss the curriculum, and understand the support systems in place for students' academic and personal development.



A GREAT
PLACE
TO BE A
PART OF

SNOWDONIA Y10 FIELD TRIP 2025



HALEWOOD
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Year 10 Geography Field Trip to Snowdonia: A Wet, Wild and Wonderful Adventure!

Our brilliant Year 10 students headed to North Wales last term for their Geography GCSE fieldwork trip, exploring the stunning landscapes of Snowdonia and the River Conwy. This was not just a scenic getaway — it was a compulsory part of the GCSE course, with fieldwork being assessed in Paper 3 of the exam.

The aim? To investigate the hypothesis: "Does the River Conwy follow the Bradshaw Model?"

For those wondering, the **Bradshaw Model** suggests that as a river travels from its upper to lower course, it gets wider, deeper, flows faster, and its sediment becomes smaller and more rounded. To test this, students collected real data from several sites, measuring width, depth, and velocity, as well as conducting Power's Roundness Index on bedload to see how sediment changed downstream.

Plenty of photos were taken along the way to help create revision infographics — a creative way to bring fieldwork data to life back in the classroom.

As you might expect in Wales, the weather played a major role in our adventure. Beginning sunshine and success — three full sites completed, spirits high, and sunscreen applied! But then came the horizontal rain, a broken-down coach, and just two sites ticked off. Still, our students powered through with admirable resilience.

Despite the drama, one thing remained constant:



SNOWDONIA

Y10 FIELD TRIP 2025



HALEWOOD
ACADEMY



fun, teamwork, and a sea of red jackets!

We want to give huge thanks to the Geography team — Mrs Hayden-Lyons, Mr Riley, Mr Knight, and Mrs Reynolds — and to Mrs Barton for stepping in at the last minute. Gratitude also goes to the Field Studies Council (FSC) for their support with teaching, transport, and equipment.

And finally, a massive well done to Year 10 — you showed **Respect, Aspiration, Collaboration, Excellence**, and above all, **Resilience**.

"Bring on Paper 3!"

Mrs Hayden-Lyons
Assistant Vice Principal



A GREAT
PLACE
TO BE A
PART OF

LIVERPOOL CITY CENTRE Y11 FIELD TRIP 2025



HALEWOOD
ACADEMY

What a day staff and students had on **Friday 12th September**! 120 of our Geography students took to Liverpool for their **Human Geography** fieldwork, investigating the regeneration of the city. Armed with clipboards and curiosity, they carried out land-use surveys, questionnaires, pedestrian counts, and environmental quality indexes.

The weather tried its best to dampen our spirits (and our booklets!), but nothing could stop the enthusiasm. To top it all off, we had an unexpected bonus: meeting a robot dog at the docks, part of the fun for **British Science Week** – a definite highlight!

Our students were an absolute credit to the school. Members of the public went out of their way to comment on how polite, engaged, and smart they were throughout the day.

A brilliant trip, full of learning and laughter.

Mrs Hayden-Lyons
Assistant Vice Principal



DRAGONS DEN ENTREPRENEURS



HALEWOOD
ACADEMY

Introducing Halewood Academy's very own Entrepreneurs, Daniel M, Harry J and Josh W. The trio's entrepreneurial journey started at **Halewood Academy Summer** school this August, with their idea coming to light during **Mr Hartley** and **Miss Brougham's Dragons Den** sessions. Their business 'Elite Bite Mouthguards' caught the eye of many of their peers and the Dragons, with their product having a slick and comfortable design and added protection, enhancing their unique selling point.

The sessions quickly ignited their young business minds and motivated them to turn this dream into a reality. Since the summer, they have been meeting weekly to discuss business operations, design their logo, plan marketing and the manufacturing of their product.

They plan is to bring 'The Elite Mouthguard' to market in early **October 2025** and are already taking pre orders!! You can get in touch via their social media platforms to ask any questions or place orders. We wish **Daniel, Josh and Harry** lots of luck with their new business and would encourage everyone to support these ambitious young men!"

#Excellence



SPORTS UPDATE



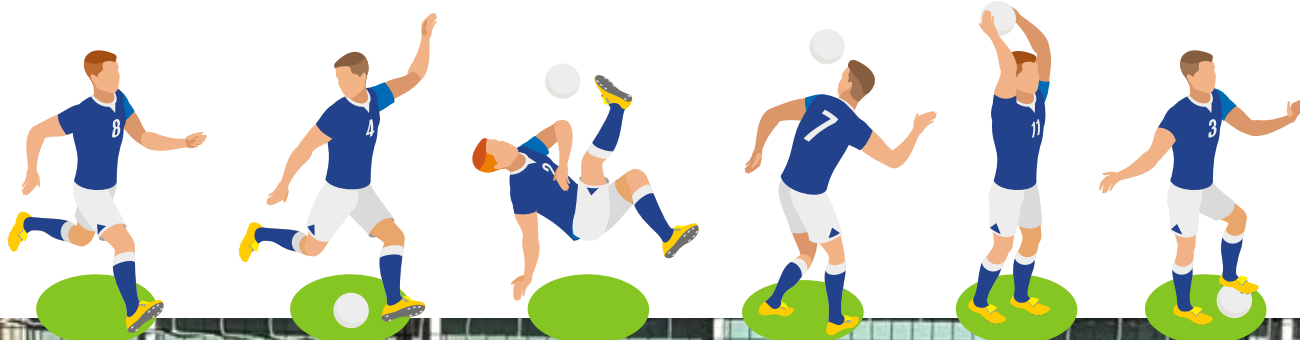
HALEWOOD
ACADEMY

Fantastic performance from our Year 8 boys in the ESFA National Cup. They beat Bishop Bluecoat of Chester 6v0. It was a great squad performance particularly getting used to the new format of 11-a-side. Our 1st goal was expertly finished by **Lennon D.**

The second was from **Mark T.** The 3rd was an own goal that was forced by good play. In the second half **Keegan C** scored and then **Joseph C** twice! A superb all round performance from the team!

Mr Rylands was delighted!

#Excellence



KNOWSLEY EDUCATION AWARDS 2025



HALEWOOD
ACADEMY

Sporting Achievement Award

Grace was recognised for her outstanding commitment to athletics and cross-country, consistently placing in the top tier of local and regional competitions. Her dedication to early morning training and positive spirit inspires everyone around her.



"It means a lot to be recognised. I love sport, and it's amazing to be part of a school that celebrates it."

- Grace Bomba



A rising star on the track, **Grace Bomba** is making serious waves in the world of athletics. A dedicated member of **Liverpool Harriers**, **Grace** has gone from local standout to national contender—proving she's a force to be reckoned with in every race she enters.

Her journey began in **May 2023** when she took bronze in the **300m** at the Merseyside Schools Championships. Just a month later, she represented Merseyside in York, running the medley relay—a clear sign of her growing talent. Her progress skyrocketed soon after. In May, she became **Merseyside Champion** in the **300m**, setting a new personal best, and by June, she'd broken her club record in the 4x300m relay.

In a triumphant moment, **Grace** reclaimed the **Merseyside Schools 300m** title, qualifying for the prestigious **English Schools Championships** - her biggest achievement to date. Running for **Merseyside**, she finished **9th in the UK**, an incredible feat for a young athlete.

The accolades kept coming in 2025. Competing in the **U17s**, **Grace** took silver in the 300m, followed by an impressive performance at the Northern Championships—finishing **2nd** in the heats and **6th** overall, despite being the youngest runner in the final.

Most recently, in June, **Grace** competed in the **Merseyside Schools Meet**, running both the 200m and 300m. She made the final in both events, securing 3rd place with a **PB of 26.7 seconds** in the 200m, and a thrilling joint **2nd/3rd finish** in the 300m.

KNOWSLEY EDUCATION AWARDS 2025



HALEWOOD
ACADEMY

Sports Award Winner

LJ's passion, discipline, and leadership on and off the pitch earned him the coveted **Knowsley Sports Award**. A natural athlete and role model for his peers, LJ has excelled in multiple sports and continues to raise the bar with every performance. Whether it's representing the school in football, athletics, or cross-training, LJ always leads with integrity and determination.



I'm really proud of this award. Sport has taught me resilience and teamwork, and I'm grateful for the support I've had from coaches and staff."

- LJ Devine



LJ Devine's sporting journey is more than just one of medals and titles—it's a story of resilience, transformation, and true character.

LJ began kickboxing at just eight years old, a time when his autism presented daily challenges. Under the nurturing guidance of his coaches, Ben and Lorraine at Senshi Academy, **LJ** discovered a path where discipline and structure helped him thrive—not just in sport, but in life. What began as an outlet soon became a passion, and that passion ignited a purpose.

Now, years later, **LJ** holds multiple **British, European, and international titles**, proudly representing **Team England** in the **World Championships**.

He's earned his black belt degree, but his greatest strength lies not just in his kicks or strikes—it lies in his determination, empathy, and dedication.

A Coach, A Role Model, A Leader

LJ now leads beginner classes at **Senshi Academy**, helping new fighters find their feet. He knows the fear of entering a new space, the nerves of learning unfamiliar skills among strangers. And because of this, he connects deeply with students—especially those with additional needs. His quiet leadership and positive influence make him a powerful role model for the next generation of martial artists.

These awards reflect a growing culture of excellence in sport throughout the school. From regular fixtures and inter-school competitions to inclusive clubs and enrichment activities, our aim is to give every student a chance to shine.



YEAR 10 WORK EXPERIENCE



HALEWOOD
ACADEMY

Year 10 Work Experience: Exploring Diverse Pathways

Year 10 students had the exciting opportunity to embark on their own Work Experience journeys, diving into a diverse range of sectors. This initiative allowed them to gain valuable insights and hands-on experience in fields such as engineering, retail, hospitality, construction, and catering. Each sector offered a unique set of challenges and learning opportunities that have equipped the students with skills valuable for their future careers.



A GREAT
PLACE TO
LEARN

Engineering

In the engineering sector, students were able to shadow professionals and work on real-life projects. They were introduced to the fundamentals of design, mechanics, and problem-solving. This experience not only enhanced their technical skills but also ignited a passion for innovation and creativity in many of them.

Key Experiences in Engineering

Shadowing Engineers: Observing day-to-day operations and understanding the intricacies of engineering projects.

Hands-on Projects: Participating in small-scale projects to apply theoretical knowledge.



Hospitality

The Hospitality sector provided students with insights into customer service, sales strategies, and inventory management. Working in hospitality helped them develop communication skills and an understanding of consumer behavior.

Hospitality Learning Highlights

Customer Interaction: Learning the importance of effective communication and customer satisfaction.

A GREAT
PLACE TO
LEARN



YEAR 10 WORK EXPERIENCE



HALEWOOD
ACADEMY

Hospitality placements were rich in experiences related to service excellence, teamwork, and operations. Students learned how to create a welcoming environment and the importance of attention to detail in customer service. The students were invited to **The Halyard Hotel in Liverpool City Centre** to experience roles that are vital in the day to day running of a 5 star hotel.

A GREAT
PLACE TO
LEARN



Construction

In the construction sector, students gained hands-on experience in building and project management. They learned about the importance of safety standards and the skills required to succeed in this physically demanding field.

Construction Experience Highlights

Safety Protocols: Understanding and applying safety measures on-site.

Project Management: Learning about planning and executing construction projects.



Catering

Catering experiences offered students a taste of the culinary world. They learned about food preparation, presentation, and the logistics of managing catering services.

Catering Sector Learning

Culinary Skills: Developing basic cooking techniques and food presentation.

These diverse work experience pathways have provided Year 10 students with a broader perspective on potential career paths, fostering a sense of responsibility and enthusiasm for their future endeavors.

A GREAT
PLACE TO
LEARN



CRADLE TO CAREER



HALEWOOD
ACADEMY

Cradle to Career at Halewood Academy
Halewood Academy is proud to be part of the Cradle to Career programme, led by the charity

What is Cradle to Career?

It supports young people from early childhood right through to adulthood – helping everyone achieve their potential in school, work and beyond. The programme brings together schools, families, and community organisations to create the best opportunities to learn, grow and succeed. It focuses on literacy, wellbeing, life skills and community support – so that no young person is left behind.

Where else has this happened?

The first Cradle to Career project began in North Birkenhead in 2021.

It was then introduced in Halton Lea (Halton) and Northwood (Knowsley) in 2022, where it has already improved literacy, family support and opportunities for young people.

Now, Halewood Academy is proud to be part of this growing movement across the Liverpool City Region.

Why Right to Succeed?

Right to Succeed is a national charity working with communities to tackle challenges in education and opportunities.

Their goal is simple: to make sure where you live does not decide how well you do in life.

By being part of this programme, Halewood Academy is helping to build a stronger future for every young person in Knowsley.

School Logo Competition

We are inviting pupils to take part in a logo design competition for the Cradle to Career Project in Speke. We'd greatly appreciate your support in encouraging students to get involved and showcase their creativity. There will be a **£40 Cineworld voucher** for the winning entry. Deadline for entries: **Monday 3rd November**

Pupils could think about:

- What represents a journey from childhood to adulthood? (footsteps, a growing tree, stepping stones etc.)
- The project supports young people in Speke as a whole community (people holding hands, houses etc.)
- Local landmarks or symbols that reflect pride in their area (map outlines, familiar buildings, nature etc.)
- Dreams or goals for the community in the future (arrows, ladders, stars etc.)

Examples:



SCHOLASTIC BOOK FAIR!

HALEWOOD
ACADEMY

Congratulations!

**THANK YOU TO EVERYONE
WHO ATTENDED OUR
SCHOLASTIC BOOK FAIR.**

Together we have raised **£698.00**
for our school to spend on **FREE BOOKS**
The School earned **£279.57** from this Book Fair!

 SCHOLASTIC



WE ARE HIRING!



Knowsley Council

**CASUAL POOL -
MULTI SKILLED
OPERATIVE/CATERING ASSISTANT**

Interested in working in the
casual pool of mutli-skilled
operatives/catering assistants,
based at Halewood Academy?
Apply to Knowsley Council Now!

APPLY NOW

<https://rb.gy/lm4jj9>



24 APPS PARENTS NEED



HALEWOOD
ACADEMY

24 APPS PARENTS NEED TO KNOW ABOUT

This list is not exhaustive, and will be updated each year to reflect new risks and dangers

THESE APPS CAN EASILY BE USED AS GROOMING TOOLS BY ONLINE PREDATORS LOOKING TO MEET UP & SEXUALLY ABUSE CHILDREN. (UPDATED 2021)



FACEBOOK



FACEBOOK allows you to connect with others and share comments, photos and videos. You can add friends, write on people's pages and posts, join groups and play games.

SNAPCHAT



SNAPCHAT is one of the most popular apps in recent years. Whilst the app promises that photo's, videos and stories disappear, others can take screenshots of private photo's.

INSTAGRAM



INSTAGRAM Kids are creating fake accounts to hide content from their parents, according to police. Messages are also deleted once a user leaves a conversation.

WHATSAPP



WHATSAPP allows you to send messages, images and videos in 121 and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group.

KIDSCHAT



KIDSCHAT.NET is a free online messaging app for children. You can talk to people you don't know on public forums and via private message. You can access the site as a guest.

SKYPE



SKYPE is a platform and app that lets you make audio and video calls to other people around the world. You can also send instant messages.

WHISPER



WHISPER is an anonymous social media app that promotes sharing personal secrets with strangers, (new people). It reveals a users location so people can meet up

CALCULATOR %



CALCULATOR % is only one of SEVERAL social media apps disguised as a calculator, the app is actually a secret photo vault to hide photos, videos, files and browser history.

HOT ON NOT



HOT ON NOT Strangers rate a user's 'attractiveness' with the aim of real-world meet ups in your local area.

ASK.FM



ASK.FM An app where users can anonymously ask questions and receive answers. The app has been featured in a number of cyber bullying cases.

YUBO



YUBO Similar to Tinder, the app is designed to allow teens to flirt with each other.

KIK MESSAGING Kik



KIK MESSAGING Kik is a messaging app that allows content normally filtered on a home computer.

BURN BOOK



BURN BOOK Anonymous rumours can be posted about people through audio messages, texts and photos.

WISHBONE



WISHBONE This app allows users to compare kids and rate them on a scale.

GRINDR



GRINDR is a dating app geared towards gay, bisexual and transgender people. The app allows people to chat, share and meet up in person based on a GPSS location.

SKOUT



SKOUT is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts.

MEET ME



MEET ME is a dating social media app that allows users to connect with people based on geographic proximity. The app encourages people to meet in person.

TIK TOK



TIK TOK is one of the most popular apps in recent years used for sharing short videos with very limited privacy controls users are vulnerable to explicit material.

TELLOYMN



TELLOYMN anonymous messenger app. It calls itself "the most honest place on the internet." Age controls are inconsistent and sexual explicit material can be found.

Zoomerang



Zoomerang is a popular app that looks like a harmless messaging app however it allows private anonymous messaging and is location enabled.

BUMBLE



BUMBLE is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts

FACEBOOK MESSENGER



FACEBOOK MESSENGER is one of the most popular message apps in the world. It has already heavily been used by predators and the end-to-end encryption will make it even more unsafe.

BADOO



BADOO is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts.

OMEGLE



OMEGLE is a video chat website where users are matched randomly with strangers.

#CHILDABUSEHELP
CHILD ABUSE RESOURCES
WWW.CHILDABUSEHELP.ORG.UK

NSPCC HELPLINE
0800 800 5000

NNECA
NATIONAL NETWORK TO END CHILD ABUSE
WWW.NNECA.ORG.UK



HALEWOOD
ACADEMY

Sparx Maths |CLUB

A GREAT
PLACE
TO BE A
PART OF

Every LUNCH TIME F56
computer room at the back of homebase 3

Homebase 3

F56

Open to everyone for help with their Sparx Maths homework

See MISS AITKEN in HB5A for more details



MEMBER OF THE WADE DEACON TRUST

WE SEEK THE BEST

LOST PROPERTY

We would encourage all students to check lost property by the end of term if they have lost any items within school.

Any items remaining in lost property will be donated to a local charity.

Regards
Halewood Academy

HALEWOOD
ACADEMY

NUMERACY CHALLENGE



HALEWOOD
ACADEMY

Maths Challenge

Can you work out the value of each item?

Send your answers in to Miss Devonshire in F48 or to your progress leader.

NUMERACY

$$\text{Candy} + \text{Candy} + \text{Candy} = 21$$

$$\text{Candy} + \text{Cookie} + \text{Cookie} = 11$$

$$\text{Cookie} + \text{Cookie} + \text{Lollipop} = 14$$

$$\text{Cookie} + \text{Candy} \times \text{Lollipop} = ?$$

[solveemoji.com](https://www.solveemoji.com)

KS3 Sparx Maths

Sparx
Maths

All students in years 7,8 and 9 are set weekly maths homework on <https://sparxmaths.com/>.

Homework is set on a Wednesday and due in the following Wednesday.

There is a SPARX Maths club running every morning before school and every lunchtime in F56.

Get in touch

Register interest >

Log in

Type in Halewood academy

Select your school

Start typing the name of your school to begin searching.

hale

Halewood Academy
The Avenue, Wood Road, Knowsley, L26 10U

Knowsley

Click on Log in to Sparx using Microsoft. They then use their school email log in and password.

To log on. Students, click log in at the top right hand corner

You are logging into:
Halewood Academy

Switch school

Log in as a student or teacher

Log in to Sparx using Microsoft

N

NUMERACY

SCOUSE GIRL SOCIAL



HALEWOOD
ACADEMY

SCOUSE GIRL SOCIAL

IN COLLABORATION WITH **GIRLS WITH DREAMS CLUB** AND **FRANCESCA COUTURE**
WE'RE BRINGING YOU LIVERPOOLS FIRST EVER EVENT FOR TWEENS AND TEEN
GIRLS, BLENDING FASHION, MUSIC, SPORT, WELLBEING AND INSPIRATION.

HERE'S WHAT YOU CAN EXPECT ON THE DAY:

POP UP SHOPS

Shop your faves and learn more about the amazing brand stories from Charlotte Tilbury, Mi Amor, Peaches & Cream and so much more.

PERFORMERS & DJs

We're bringing the vibes with a live performance from Liverpool's rising star Bethany Webster and DJ sets with Kaci Lea, Miss Mollie Dj and more.

GUEST SPEAKERS

Be inspired with Liverpool locals such as world champion boxer Natasha Jonas, fashion designer Francesca Couture, co-founders of Red Run and much more.

WORKSHOPS

High-energy interactive workshops covering skincare, fitness, mindset, content creation & more.

SCOUSE GIRL SOCIAL IS A DAY DESIGNED TO **EMPOWER** GIRLS, A SPACE TO BUILD **CONFIDENCE**, **CONNECT** WITH OTHERS, AND FEEL **INSPIRED**.

IT'S THEIR CHANCE TO MEET INCREDIBLE **ROLE MODELS** AND SUCCESSFUL LIVERPOOL-BORN **BRANDS**, GAINING TIPS, LESSONS, AND ENCOURAGEMENT TO SHAPE THEIR OWN **JOURNEYS**.

COME AND JOIN US FOR A DAY OF **FUN** AND **CREATIVITY**.

👉 CLICK THE **LINK** HERE TO SECURE YOUR **TICKET**



SGS TICKETS



12TH OCTOBER | 11 AM - 5PM | BOXPARK LIVERPOOL
£10 GENERAL ADMISSION | £5 ADULT COMPANION |
UNDER 13'S NEED TO BE ACCOMPANIED

HOMEWORK MONITORING - CLASS CHARTS

Dear Parents and Carers,

As you already aware, from September we are using **ClassCharts** as the primary platform for setting and monitoring homework. This user-friendly system is designed to strengthen the home-school partnership and ensure that students stay organised, supported, and successful in their learning.

Why Homework Matters

Homework plays a vital role in reinforcing classroom learning, building independent study habits, and preparing students for future academic challenges. It helps embed knowledge, encourages responsibility, and gives students the chance to practice key skills at their own pace.

The Role of Parental Support

Research consistently shows that parental involvement has a powerful impact on student achievement. By keeping informed about the homework your child is set, you'll be better placed to support them with time management, encourage their efforts, and celebrate their successes.

How to Monitor and Track Your Child's Homework

To make the most of this system, we encourage all parents to download the free Class Charts app. The app allows you to view your child's homework tasks, deadlines, and completion status in real-time, right from your phone or tablet. Your son/daughter should have provided you with a letter containing instructions on how to do this. If you haven't received this, please contact the school.

Thank you for your continued support. look forward to working together to help every student thrive!

Warm regards,

Mr J Marsh - Homework Lead



OPEN EVENTS

SATURDAY 4TH OCTOBER 2025
10AM - 1PM

THURSDAY 9TH OCTOBER 2025
5.30PM - 7.30PM

WEDNESDAY 15TH OCTOBER 2025
5.30PM - 7.30PM

TUESDAY 11TH NOVEMBER 2025
5.30PM - 7.30PM



LEARN MORE



CRONTON LANE, WIDNES, WA8 5WA | 0151 257 2022 | WWW.CRONTON.AC.UK



St Helens College

OPEN EVENTS

2025 - 2026**2025****OCTOBER****Wednesday****15****5PM - 7PM****2025****NOVEMBER****Wednesday****26****5PM - 7PM****2026****FEBRUARY****Wednesday****4****5PM - 7PM**

Scan the QR code to find out which campus you need to visit and register your attendance!





OPEN EVENTS

2025 - 2026

2025

OCTOBER

Wednesday

8

5PM - 7PM

2025

NOVEMBER

Wednesday

19

5PM - 7PM

2026

FEBRUARY

Wednesday

11

5PM - 7PM

Scan the QR code to find out which campus you need to visit and register your attendance!



Children and Young People's Mental Health Services

NHS
Mersey Care
NHS Foundation Trust

A safe space to ask questions or seek advice if you have any worries about mental health.



The Mersey Care team will offer advice and support and can help with referrals.

**Every Friday 10.30am to 12.30pm
at The Pride Centre**

2 Simonswood Lane, Kirkby, L33 5YP

An informal drop in for children and young people under 17 and their families or carers no appointment needed.

If you have any questions you can contact the Knowsley team on **0151 351 8610**.

Riverside College

Widnes & Runcorn

OPEN EVENTS

TUESDAY 21ST OCTOBER 2025
5PM - 7PM

TUESDAY 18TH NOVEMBER 2025
5PM - 7PM



LEARN MORE



KINGSWAY, WIDNES, WA8 7QQ | 0151 257 2022 | WWW.RIVERSIDE.AC.UK



Self-Care September 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together