



Birchwood Community High School

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Dear Parents and Carers,

I hope this message finds you well, and that you had a restful and enjoyable Easter break. It has been a positive and purposeful first week back here at school.

Our Year 11 students have returned with focus and determination, and many of them have already begun their first exams. We are incredibly proud of the way they are approaching this important period, and we will continue to support them every step of the way.

A particular highlight this week was our **Mindfulness Showcase** on Thursday evening, which was a huge success. We were honoured to welcome **Esther Ghey** as our guest speaker. Her message around mental wellbeing, resilience, and mindfulness was truly inspiring and gave us all much to reflect on. Thank you to everyone who attended and supported the event and a huge well done to all the staff and children who took part.

A reminder to all parents and carers to **log into the new Warrington Online Safety Hub**, where you can access your **free Qustodio account**. This excellent tool allows you to help monitor and manage your child's online activity. The hub also provides clear reviews of popular apps and platforms, along with recommended age guidelines. For example, **Snapchat is rated 16+**—something many parents are surprised to learn.

Please do take a moment to explore the site and talk to your children about staying safe online. These conversations are vital in today's digital world.

Finally, it's lovely to see the sunshine making an appearance again—let's hope it's here to stay! Whatever your plans, I wish you and your family a relaxing and enjoyable weekend.

Best wishes and take care,

Emma Mills
Headteacher