



RAINHILL
HIGH SCHOOL

FRIDAY 18TH JULY 2025

PARENT & STUDENT NEWSLETTER

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HAVE A
**GREAT
SUMMER**



Friday 18th July 2025

Dear Parents and Students,

Good afternoon and welcome to this week's newsletter, our final newsletter of this academic year.

We have reached the end of another academic year. A huge thank you to the students, parents and staff for all their support over the course of the year.

This newsletter focuses on many of the highlights of the school year from trips to French Bistros to Sports Presentation Evening and the Star of Rainhill Awards.

During the course of the holiday, we will send an electronic summer pack full of information to parent/carers via Synergy. Please ensure you read this carefully.

The new school year starts on Tuesday 2nd September 2025 for Year 7-11 and our Sixth Form. We look forward to seeing many of you on GCSE and A Level results day before then.

I wish you all a lovely, safe summer break.

Mrs Thorogood
Principal



YEAR 10 STEP UP TO SIXTH FORM

Our Year 10 students well and truly *stepped up* to Sixth Form on Friday 11th July.

As part of our "Step Up to 6th" event, they experienced a packed day of A Level taster sessions, explored our Sixth Form facilities, and even got a glimpse into life beyond school with an inspiring talk from Liverpool John Moores University about post-18 education and apprenticeships.

One of the highlights? A hands-on CPR session where they became certified lifesavers – a fantastic achievement.

Throughout the day, they showed real maturity, enthusiasm, and curiosity. We could not be prouder of how they embraced every opportunity.

A big thank you to our incredible Sixth Form staff for organising a smooth, successful, and inspiring day.

RH6 Team.

SIXTH FORM ENROLMENT

Year 11 students will be able to enrol into the Sixth Form from 9am on Thursday 21st August 2025 after they have collected their GCSE results. Results will be collected from Sixth Form. There will be key members of staff from school, the sixth form and the senior leadership team on hand to give practical advice and guidance and to assist in enrolling students.

Enrolment continues until 4pm on Thursday 21st August and from 9.30 am to 2:00 pm on Friday 22nd August 2025. Should these dates prove problematic for any reason then students can still enrol from Tuesday 26th August until Friday 29th August (inclusive) from 9.30 am – 12.30 pm and from 1.30 pm to 3.00 pm on each day. Students are advised to call to make appointments on these days.

However, given the volume of applicants for Rainhill Sixth Form from both internal and external applicants it is advisable for Rainhill students to secure a place at the Sixth Form on GCSE results day. If you know you are going to be away on this date but are certain that your son/daughter would like to come to Rainhill Sixth Form, please make contact via Synergy with Mr Cunningham before results day on Thursday 21st August 2025 for guidance about what to do on GCSE results day.

RH6 Team.

SIXTH FORM - EXAM RESULTS

Year 13 Final Exams

Year 13 students will be able to collect their final exam results for A-level and Applied General qualifications from the Sixth Form Centre from 8.30 am on Thursday 14th August 2025. There will be key members of staff from school, the sixth form and the senior leadership team on hand to give practical advice and guidance and to assist students in their progression.

Year 12 Modular Exams

Year 12 students will be able to collect their applied general qualification modular exam results from Sixth Form Study Area from 11 am on Thursday 14th August 2025. There will be key members of staff from sixth form available should students/parents wish to discuss the results.

GCSE Resits

Sixth Form students will be able to collect their GCSE resit exam results in Maths and English Language from Sixth Form Study Area from 10 am on Thursday 21st August 2025. There will be key members of staff from sixth form available should students/parents wish to discuss the results.

RH6 Team.



LIBRARY NEWSLETTER

Please [click here](#) to view our weekly Library Newsletter.

Ms Griffa, School Librarian.

STAR OF RAINHILL AWARDS 2025

On Tuesday 15th July, Rainhill High hosted our annual Star of Rainhill Awards for Year 5 students from our six feeder primary schools. We had over 160 guests attending for what was an outstanding evening. The awards recognised all the wonderful things that Year 5 students are displaying not just within their studies, but in their personal development too.

The award categories are aligned with our school's core values of Learn, Think, Contribute and Care, recognising excellence in nine categories:

- **Learn:** Inspirational Learner Award and Perseverance in Learning Award
- **Think:** Inclusivity and Equality Award and Community Champion Award
- **Contribute:** The Little Leadership Award and The Terrific Teamwork Award
- **Care:** The Kindness Counts Award and The Above and Beyond Award
- **Star of Rainhill Award:** For a student who has made an outstanding contribution to school life.

Year 5 teachers nominated students in their class who they felt encompassed the award categories; the citations that were provided were a testament to the amazing students in our primary community. Each nominee was congratulated with a certificate, with the overall winner receiving a trophy in recognition of their wonderful attributes and efforts.

The evening was met with many faces of awe, inspiration and pride, from peers as well as parents and staff from both the primary schools and Rainhill High. It was heartwarming to hear the citations being read out without the nominees knowing who the winner was, as well as seeing the pride within the audience on the winner's nomination was for.

Thank you to the students, families and staff who attended the event and made it a truly spectacular evening. We are looking forward to welcoming Year 5 students back for some further events next academic year, as well new Year 5 students for the Star of Rainhill Awards Evening next year too. We also look forward to welcoming all primary students to our Open Evening on Wednesday 24th September 2025 for more experiences.

Miss Hunter, KS3 Transition Co-ordinator.



SPORTS PRESENTATION EVENING 2025

Thank you to everyone who attended. It was so lovely to share our sporting achievements with you all and to celebrate a great 2024/25. Well done to all nominees below and winners (highlighted).



Endeavour Award			
Y7 Girls	Ava McGee	Caitlin Littler	Camilla Tyrer
Y7 Boys	Harley Woods	Jake Watson	Luke Stephenson
Y8 Girls	Lilly Holme	Poppy Holme	Hannah Moane
Y8 Boys	Sam Lutas	Lucas Vine	Harry Rushton-Woods
Y9 Girls	Amelia Grant	Taigan Hunter	Sophie Gillett
Y9 Boys	Cameron Clarke	Noah Hammill	Alfie Croxton
Y10 Girls	Daisy Best	Scarlett Roxby	Zuzanna Smolen
Y10 Boys	Archie Hicking	Callum Grady	Joel Hatton

Sports Boy/Girl			
Y7 Girls	Ruby Murphy	Sophie Barr	Amy Pullen
Y7 Boys	Michael Valentine	Henry Fullerton	Jack Abbott
Y8 Girls	Annie Bolland	Jess Lewis	Ava Reynolds
Y8 Boys	Nathan Thain	Archie Wagstaff	Robbie Ablewhite
Y9 Girls	Taigan Hunter	Lottie Ellis	Daisy Hatton
Y9 Boys	Sam Callaghan	Finn Platt	Billy Hagan
Y10 Girls	Eve Gannon	Fearne Kenrick	Amelia Turner
Y10 Boys	Daniel Majekodunmi	Will Frost	Tom Williams

Team of the Year			
KS3 Boys	Y9 Football	Y7 Rugby	Y7 Town Sports Athletics
KS3 Girls	English Schools Junior Girls Athletics	Junior Girls Swimming	Y9 Netball
KS4 Boys	English Schools Inter Boys Athletics	Y10 Football	Senior Boys Town Sports Athletics
KS4 Girls	Y9/10 Football	KS4 Trampolining	Y10 Netball



Colin Charters Award for Leadership	Lewis Cashman
Overall Sports Boy and Girl	
Girl	Amy Hunter
Boy	Evan Lovell

RAINHILL AWARDS EVENING

On Tuesday 15th July our sports hall was transformed for our annual Rainhill Awards Evening.

The evening culminates years of hard work for our Year 11 and 13 students as they are nominated for academic awards in all subject areas whilst also recognising the rest of our school community with a series of pastoral and house awards.

It was great to see the venue so full of pupils, staff and parents/carers who came to the evening to celebrate the great and the good of Rainhill High. It was also fitting to remember staff and pupils from Rainhill's past where awards are given out in memory of some of our school community, who are sadly no longer with us.

A full list of awards and winners can be found [here](#).





GOODBYE AND GOOD LUCK REVEREND ALAN

Reverend Alan is leaving St Anns Church, Rainhill, to go to a new parish in Bromsgrove. He has worked closely with the school promoting community links and building upon the school's core values of Care and Contribute. His last service is the All-together for worship service on 3rd August. We wish him the best of luck in his new parish.



MR GILES BRAVED THE SHAVE

Mr Giles 'braved the shave' during R Fest on Thursday to raise money for Macmillan Cancer Support.

The number of people diagnosed with cancer is growing, and every one of them needs the best support to meet their unique needs.

That is why Macmillan will do whatever it takes to help everyone living with cancer across the UK get the support they need right now and transform cancer care for everyone who will be diagnosed in the future.

If you can spare a little, please donate through the link below, your support is greatly appreciated.

[Matt Giles is fundraising for Macmillan Cancer Support](#)





SPORTING HIGHLIGHTS

Year 9/10 Girls Football

This team has gone from strength to strength this season and played some magnificent football in process. None more so than in the St Helens Cup Final, when facing a very strong St Cuthbert's team. Short interchanges of passes, combined with accurate shooting enabled this team to go back-to back.

Whilst their performance on the pitch was exceptional, it was their togetherness, grit and determination to succeed that really shone through. With several players having to play out of position, this was not a problem as the girls recognised exactly what a team is and committed whole-heartedly to one another to seal the win.

It was a delight to see them lift the trophy in front of so many parents and guardians; thank you for your support throughout the season. Special mention must also go to Eve who was awarded Player of the Match in the final – a tremendous achievement.

A Merseyside Cup semi-final then followed against National Finalists, Archbishop Blanch, in the baking heat. With a depleted squad, the girls put in a tremendous shift and gave their all, losing out to a very strong opponent. It has been a joy to coach these girls and encourage them on their footballing journey. Long may their success continue.



Year 10 Boys Football

After last year's enormous success, it was always going to be difficult to match the performance level and number of trophies for a second year.

The year started off positively with a narrow victory against a solid Caldy outfit in the National Cup which gave us hope of going far in the competition. A thumping victory away at Hilbre then saw us into the third round where we faced Mosslands. An uncharacteristic performance saw us defeated 2-1 which was the end of our run. Attention then turned to the Merseyside Cup against our old foes Rainford. Another poor performance and we were beaten 3-2, all eyes now on the St Helens Cup.

After a much-needed break and a few additions to the team, our St Helens Cup run got underway, our opponents... Rainford at home. With a point to prove, we put in one of our best performances over the past 3 years. A dominating victory from minute 1 saw us win 4-0 with our player of the year, Will F, scoring a hat-trick. The final saw another emphatic victory as we beat De Le Salle 5-0 with Will scoring another hat-trick.



Overall, a mixed bag of a season but another trophy makes it four in the past two years. Special mention the team for showing great commitment and determination in every game.

Finally, a massive thank you to all parents who are there every game supporting the team and all the boys.



Junior Girls Swimming

Our Junior Girls Swimming Team delivered an exceptional performance at our very first English Schools Championships Swimming Gala, achieving an impressive second place in the North-West for their freestyle relay event. Competing against some of the strongest teams in the region, the girls demonstrated remarkable composure and determination under pressure, showcasing both their talent and teamwork. Their outstanding performance on the day is a testament to their hard work and determination. We are incredibly proud of their achievement and look forward to seeing them continue to strive for excellence in future competitions.





Netball

The Year 10 netball team has continued to grow and develop as a cohesive unit this year, building on their strong foundation and maintaining the high standards and competitive reputation they have become known for. Their commitment to training and teamwork has paid off in a series of impressive performances, with one standout player even earning the honour of representing Merseyside. Embracing every new challenge with grit and determination, the team has shown resilience and unity in the face of tough competition. With their continued drive and dedication, there is no doubt they will be an even stronger force next year.



The Year 9 Netball team has gone from strength to strength again this season, demonstrating their grit and determination on court as a team successfully. They have played some tough competition in the St Helens Town Cup as well as the Liverpool Netball League. Their attitude and resilience on court has been admirable, with all players working hard for each other to either decrease their goal deficit or maintain their winning performances. They finished their season coming second in the St Helens Town Cup and represented St Helens in the U14 Liverpool Schools County Qualifiers – the only school in St Helens to compete. We are excited to see how they perform next year with them going from strength to strength this year again.





Junior Girls Athletics

Our Junior Girls Athletics team have had a successful year representing Rainhill High in the English Schools Athletics Event. In the first round of the event, they came 6th overall and therefore qualified for B final. After the second round, the team finished 6th overall in the Northwest, which was a fantastic achievement. All team members showed an admirable display of resilience and determination to succeed in their individual events and the team relay. The attitude across the team was exemplary. It was also a lovely introduction for our Year 7 athletes who have had a positive experience of their first performances at English Schools Athletics.



Year 9 Boys Football

The boys had another great campaign and the loss in the town cup final in Year 8 clearly spared them on to make amends this year. The year started off well with a series of home draws in the National Cup. We looked comfortable in the opening rounds, winning 3 consecutive games without conceding a goal.

At the end of the first term, St Helens Town hosted a competitive 9 a side tournament which we went there to win. We won every game comfortably on the way to the final, eventually getting the better of Rainford and going some way to exercising last year's demons. A great start to the year.

The boys kept playing some great football all the way through the year and we had a brilliant balance of strength and leadership in defensive areas and flair and speed in attack. We continued to do well in the National Cup and our resolute defence proved we were a tough side to beat. We ground out 2 penalty shoot-out wins to make it through to the National Cup last 16 – a rare achievement for a Rainhill side when we consider over 1000 schools enter in round 1. We eventually suffered our own penalty shoot-out defeat, but we did ourselves proud and a last 16 finish is something to be incredibly proud of.

In the Merseyside Cup, we also managed to get through to a quarter final, but an injury hit side could not quite get over the line. As the year drew to a close, we had a Town Cup final to look forward to as we beat Rainford 4-1 in the semi-final. That set up a final against Hope. The game was played in very hot temperatures, but we kept the ball moving and controlled the game from minute 1. We could not have hoped for a more controlled performance in possession, and we eventually stormed to a 9-2 victory. A huge winning margin to reward our outstanding performance and our outstanding year.

Well played team, we are looking forward to Year 10 already.



Year 7 Boys Rugby

Since back in September when we saw the talent and numbers in our first training session, we had high expectations of this cohort. Their communication and teamwork from an early stage was evident and we could not wait to get started.

Our first challenge was to make the Champion Schools competition. Only the top 3 schools in the borough qualify to enter and we had to attend a full-size competition at Cowley in September to prove ourselves. This was our very first outing, and we performed immensely. Our first ever competitive game was at that tournament vs Rainford who were the eventual National Cup winners, so it was a tough first test. We managed to navigate our way through the competition with resolute defending and some outstanding, quick attacking play which eventually became the hallmark of our team throughout the year. We qualified and became only the second team in 2 decades to play in the Champion Schools in Year 7. An amazing achievement to start the year.





As the year progressed, we had plenty of competitive tests and friendly festivals. Each and every time, the team showed why they deserve to be revered as a force which no one school team can take lightly. We beat big rugby schools like Cowley and Kings Warrington on our way to a NW Plate Quarter Final and a Town Cup Semi Final, only for Cowley to get their own back and beat us in the last moments of the game.

After a great winter and spring, the biggest game came vs St Cuthberts in a 3rd place play off. The winner would qualify, once again, to play in the Champion Schools. No other team in 2 decades have qualified in Year 7 and in Year 8. On a scorching afternoon at St Cuthberts, the boys put their best foot forward and played their best game of the season running out 22-16 winners and made history. We did not stop there as we represented St Helens in the North West Inspired by 9's Tournament, organised by the RFL, at Victoria Park in Warrington. The tournament had 15 schools from all over the North West and we were grouped into 3 groups of 5. We won 3 of our 4 games in the group stage to qualify in first place and over lunch, we were reseeded to compete in the winners group alongside the 2 other winners from the groups. We managed to win 1 and unfortunately lost out on bonus points to the eventual winning school from Bradford. An amazing experience and a superb event to be a part of.

The next 10 days saw us play 2 crucial games in the North West Plate. We first beat Hawley, from Wigan, 22-0 in the quarter finals, before beating Saddleworth 18-12 in the semi-final to book our place in the Northwest Plate Final. The first Northwest final we have ever been a part of. Unfortunately, the boys will have to wait till September to play – so fingers crossed we start next year how this year has finished.





KS4 Trampolining

This year saw us enter the BSGA Team Trampolining competition. A competition that runs the like and breadth of the UK with schools entering from as far afield as Northern Ireland, with Francesca, Belle and Kira representing Rainhill. The competition is split into several rounds with the first, local qualifying round, for the Northwest held at Robin Park on Saturday 30th November.

Our girls produced three exceptional, clean and precise routines to easily navigate their way through this round with relative ease and a place in the Northern Final was theirs!

On Saturday 25th January a trip in the minibus all the way to South Shields ensued. Despite the three-hour travel time, our girls were not deterred from producing some fine displays on the trampoline with several Personal Bests achieved. As all the girls got their 'safe' routine performed first, they then pulled out all the stops in their second routines to win the Northern Final by over 25 points from Wilmslow High. It was clear as the girls were performing that other schools were in awe of the routines the girls were producing and that we were to be feared! After such excellent performance, the girls had achieved their place in the National Final!

March 15th saw the day we had all been waiting for. Another long trip, this time to Derby ensued. The girls had an awful long time to wait before performing as their flight was second to last at 4.00pm. With 12 other schools in the National Final from all over the country, it was clear that the competition was extremely high. Our girls followed in the same format from the previous round with less difficulty routines first and higher ranked difficulty routines for their second attempt. It was wonderful to see the girls perform at such a high standard. As we watched the live scores come through, we knew that we were in a strong position and we held our breath as we watched our girls perform, knowing that clean routines would seal the victory. As our last performer went, we knew the girls had done it – we knew their routines were clean, difficult and had great height! A true privilege to witness such performances and we could not be prouder of the girls.

Rainhill has never had a team of National Champions. The girls have made history and paved the way for others to follow. Their achievements may never be eclipsed but the path they have created can never and should never be underestimated. We could not be prouder, and it gives us great pleasure to celebrate their success here tonight. Their hard work, unwavering commitment to training and continued sacrifice has not gone unnoticed. This, combined with the continued and devoted support of their families has been a pleasure to witness and has enabled them to succeed at the highest level. What a journey, what a team.





Inter Boys English Schools Athletics

The English Schools Athletics is a prestigious event whereby schools in each region in the country enter to compete in track and field. Pupils must compete in 2 events, 1 track and 1 field event. All times and distances are then converted to points and are compared to other regions in the country to determine qualification.

Selection for English Schools, as a result, is often difficult. But this cohort of Y10 boys have been incredible since Y7, so we selected a strong team and went to Wavertree in good spirits. It was a lovely day for athletics with barely any wind and a fast track so the boys were looking forward to it.

The morning saw us compete on the track and our team stormed to the lead after excellent races, noticeably from Jack B in the 200m, Dan M in the 100m and Tom S in the 800m. In the afternoon, we went to the field to compete in the throws and jumps. We held off some great schools to hold onto the lead and put us in a great position for a Finals qualification. Some excellent performances in the field from the likes of Pranav J in Javelin and Archie B in High Jump.

After a nervous wait, we got the email to inform us that we'd qualified for a Final and were invited to Ellesmere Port with other schools in Merseyside, Greater Manchester, Cheshire and Cumbria. We felt confident to do it all over again and we did ourselves justice in the end finishing 3rd in the Finals behind 2 huge athletics schools. Outstanding track performances on the day from Joel H and Tom W in the 300m, and Lewis W in the 1500m; and superb distances in our Triple Jump from Will F and Jack B.

Overall, a huge achievement to qualify and then come 3rd in a Regional Final for a National Athletics Competition. Well done, boys.





Junior Boys Town Sports

After a good year of athletics, qualifying for a North West B Final and winning Quad Kids, our Y7 boys athletics team finished off in style by performing incredibly well at this years Town Sports.

The day started off with the 100m and 200m heats and we were the only school to have both sprinters qualify to the finals in both events. A wonderful start.

The events then started on a rotation with all track and field athletes competing against our neighbouring schools. With 18 competitors in total for each event, medals and podium finishes were hard to come by but our lads fought off competition to medal at least once in all bar 1 event.

An incredible finish to the year. Here is a summary of our achievements and medal winners:

- Kian Lennon-Vaughan – Javelin Gold, Relay Silver
- Jack Abbott – 200m Gold, Relay Silver
- Harry Pye – 300m Silver
- Theo Bartley – Shot Putt Bronze
- Michael Valentine – 1500m Silver
- Seb Dubois – 800m Silver
- Woody Deane – Relay Silver
- Henry Fullerton – Long Jump Gold, Triple Jump Gold, 100m Bronze, 200m Silver, Relay Silver

Special Congratulations to Henry Fullerton who also broke the Y7 Triple Jump record with a huge jump of 9.80m

Senior Boys Town Sports

Our Y10 boys have been an incredible athletics team for 4 years. This year, they capped off an amazing year with an outstanding showing at Town Sports.

All our sprinters qualified for the finals after a morning session of heats, meaning we were the only school to have 2 sprinters in the finals.

The team dominated on the track, finishing on the podium in every event, sometimes even winning double medals. In the field events, we managed to medal in all but 1 event. This meant the senior boys won the overall category by a huge margin and have now won every category dating back to 2022 when they first started off as Juniors.

Medal winners are as follows:

- Daniel Majekodunmi – 100m Gold, Long Jump Bronze, Relay Gold
- Jack Barks – 200m Gold
- Tom Williams – 300m Gold, Relay Gold
- Will Frost – Triple Jump Gold, Relay Gold, 300m Silver
- Joel Hatton – 800m Silver
- Oliver Almond – Long Jump Gold, 800m Bronze, Shot Putt Bronze
- Reece Kennedy – 1500m Silver
- Vinci Unwin – Relay Gold
- Archie Hicking – Javelin Silver

A wonderful end to the year for our Year 10 boys.





Elite Performer News

Well done to Amy P, Year 7, who was nominated at Parents Player of the season for Knowsley and St Helens School Girls Football team. A true reflection of her hard work and dedication both on and off the pitch.



Congratulations to Tom S, Year 10, who has gained a two-year scholarship playing Rugby league for St. Helens R.F.C. Tom was spotted playing for the school team and was added to the scholarship programme via the talent transfer scheme.



Well done to Maya H, Year 7, who has recently been selected for the Merseyside School Girls Football team after a series of trials.



YEAR 8 SPANISH TRIP TO LUNYA IN LIVERPOOL

On Wednesday 9th July, Miss D'Anna, Ms. Gomez and Dr. Rotheram took 41 of our Spanish students to Lunya, a Spanish restaurant in Liverpool.

Our visit to Lunya was an enriching experience which has not only engendered an appreciation of dining out but also allowed pupils to sample a wide range of traditional Spanish Tapas style dishes.

They tasted meatballs (albondigas), croquetas, pan tumaca (bread with tomato and garlic), patatas bravas and lágrimas de pollo (breaded chicken with pink sauce).

Finally, they were really pleased to eat the churros with chocolate (plates were very much empty at the end).

We asked them to write their opinion about the tapas in Spanish, and they chose their favourites (patatas bravas and churros).

They were beautifully behaved, and we even received praise from a retired teacher that came to our table to say how impressed she was.

It was also lovely to see a couple of our past Spanish GCSE and A-level students in town as we walked to and from the restaurant.

It was wonderful to see them all enjoying the food and using Spanish.

¡Buen provecho!





YEAR 8 FRENCH RESTAURANT TRIP - BISTRO FRANK, HANOVER STREET, LIVERPOOL

Last week, the Languages department organised a restaurant visit to Bistro Franc, a French-style restaurant with the same class and ambiance as a real Parisian restaurant.

Last Friday, 32 year 8 students along with Miss Foy and Miss D'Anna enjoyed a lunchtime visit to Bistro Franc to try some French cuisine, which they thoroughly enjoyed. Travelling by train, the half hour train delay in 30-degree heat didn't stop our dedicated linguists, as while we waited, they practised their French, Finnish, Russian and Portuguese on Duolingo.

The students had a two-course meal featuring classic French specialities such as ratatouille, beef bourguignon and crème brûlée. A lot of students hadn't tried these types of food before – even the plates with Sea Bass were licked clean.

As the train delay had delayed our lunch by quite a bit, we were all feeling ravenous, but the food certainly did not disappoint. Every student said that the food was delicious, and we had such a great time at the restaurant; it was a very memorable experience. We spoke about what types of careers in hospitality would need French as well as other languages, and some students mentioned restaurants they had been to on holiday.

As we left Bistro Franc, the staff mentioned how 'well-behaved and polite' our year 8s were, and we all shouted 'merci!' as we left. After such a successful visit, we are looking forward to visiting again.





SUMMER HOLIDAY ACTIVITY AND FOOD PROGRAMME (HAF)

The Summer Holiday Activity and Food Programme (HAF) will be running from Monday 28th July to Friday 29th August for all eligible children, young people and families.

We would like to ensure that as many eligible families take this offer up over the summer break to remove some of the financial burden to families who are already on the brink.

Please [click here](#) to view the HAF webpage for more information.

SUMMER WATER SAFETY

Summer water safety

Accidents are mostly preventable with the correct knowledge and judgment and here are our tips to staying safe in the water during the summer:

To enjoy the water safely and make the right call...

- **Enter slowly and carefully**
Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers*. Are you really a good swimmer?
- **Stay within reach**
Don't go too far and stay within a standing depth.
- **Always be supervised**
Over 70% of fatal accidents occur in the absence of professional supervision. Seek life guarded areas and always make sure some one is available to raise the alarm.



Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is equipped to handle and there is a lack of professional supervision.

In an emergency...

- **Call 999**
Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.
- **If you're in trouble FLOAT and call for help**
Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT



OPERATION GEARS

Please [click here](#) to view Operation Gears letter to parent/carers.

TOP TIPS TO PROTECT YOUR BIKE

M Mark your bike

Attend a free bike marking event advertised by Merseyside Police. These are advertised on the local Merseyside Police social media channels. Your bike is 83% less likely to be stolen if it is both marked and registered.

A Awareness

When you are out on your bike be aware of your surroundings and don't let thieves try to steal it. When out on the street leave your bike in a well lit area where it can be seen by passers by. Lock both wheels and the frame to a cycle stand, or an immovable object. Make sure the lock goes through the frame, wheel and the post you are securing it to. Take any removable items with you.

R Register your bike

Register your bike for free by visiting The National Cycle Crime Database/BikeRegister. Merseyside Police are now actively checking bikes on the National Cycle Database. If your bike is stolen, this will significantly increase the chances of you getting your bike back. Scan the QR code (to the right) to register your bike on BikeRegister.

SCAN ME



K Keep out of view

When at home store your bike in a shed or garage. Don't leave the bike unattended outside the front of your house. Remember to secure it to an immovable object.

I Insure

If you have invested a significant amount of money into your bike, consider specialist bike insurance or check your home insurance covers you for theft away from home.

T Top bike lock

A decent bike lock is worth its weight in gold. A heavy-duty bike lock can make thieves jobs more difficult, often meaning they want to steal a bike that is less secure. Make sure you buy a Sold Secure Diamond or Gold Lock.

