

CoPA Cares



City of Peterborough Academy's Termly Safeguarding & Wellbeing Bulletin

Issue 3 Autumn 2023

Welcome!

Welcome to our 3rd edition of "CoPA Cares" our Termly Safeguarding and Wellbeing Bulletin. Lots has happened since we last wrote, including the launch of our new Student Leadership programme, the implementation of PSHE lessons in KS3 and a variety of different speakers visiting to talk to our students about key topics including Knife Crime, Drugs and Road Safety – we are committed to ensure that the students receive the best possible inputs on these key areas.

We also celebrated Culture Day in October – a fantastic day and one that showed the very best of our community, we highlight this in this issue – We are CoPA!

Finally, in November we celebrate Anti-bullying week – we look at this in this edition, including the work we are completing to ensure that CoPA is a bullying-free zone.

Stay safe!

The Power of Water

We will look into the importance of a balanced diet in a future edition, but just wanted to remind everyone of the importance of drinking 8-9 glasses of water a day and the benefits that it has for us physically and mentally.

All students should bring a filled water bottle with them to school each day. This can be refilled in the school building when needed. You can get more information [here](#).



Anti-Bullying Week

We celebrate Anti-bullying Week from Mon 13th – Friday 17th November. We have made a real effort to improve our systems and support to ensure that bullying has no place in our Academy. We recently became members of the **Anti-Bullying Alliance** and are currently enrolled on the **United Against Bullying Programme** to achieve the above aims. Part of this includes surveying our students, designing an Anti-bullying Action Plan and then re-surveying the students later in the year. We have had fantastic support for this from parents and students alike so are hopeful this programme will be a success and further strengthen our work in this area.



**ANTI-BULLYING
ALLIANCE**

School & College Member

October saw the launch of the **CoPA Anti-Bullying Ambassadors** following thought-provoking assemblies by Ms Gillespie-Beal. A group of motivated and inspirational students applied and have been selected for these roles. These students will take the lead on planning our anti-bullying week activities, as well as undertaking training to be anti-bullying champions and peer mentors - We are very excited to be working with the Diana Trust to become a lead anti-bullying school for the county. We are looking forward to working with a strong and dedicated student team to spread awareness of the impact of bullying and to work to eradicate it from our school. By the time this edition of "CoPA Cares" is published, students will have found out if they were successful in their application. Hopefully, in a future edition we can hear from them.

How To Report Bullying at CoPA

Students are always encouraged to report bullying and unkind behaviours if they see it or are victim to it. They can do this in a variety of ways, including:

1. Talking to a member of staff e.g. Teacher, Form Tutors, Head/Deputy Head of Year, Safeguarding Team.
2. Reporting it online via the Sharp System: [The SHARP System](#)
3. Posting a written record or report in our Red Student Voice postbox, situated opposite the library.

Online Safety

With Anti-bullying week in November it is a good time to talk about online bullying. Sadly, with the progression of technology and increased use of Apps and messaging services, online bullying and unwanted behaviours become more common.

Good online practice is always the best first defence with online bullying; ensure your children are only using Apps that are age-appropriate, ensure they only “add” people they actually know, inform them to never disclose personal information or photos. Secondly, if they confront online bullying they should deal with it immediately – the graphic on the right has some great advice such as, screenshot the messages, block/report the person, inform a parent.

We cover online safety, including online bullying, in both PSHE and ICT lessons at CoPA, but if you would like more information the websites below, and the accompanying graphics, may help you:

- <https://www.bullying.co.uk/cyberbullying/>
- <https://www.saferinternet.org.uk/>
- [The parents' guide to teaching your teen online safety | MyTutor](#)



How to beat online bullying



Recognising cyberbullying

Cyberbullying is bullying via electronic means. This could be via the internet, phone, laptop, computer, tablet or online gaming



Abusive Messages



Unwanted Content



Impersonation

Cyberbullying is never okay.

Always take action

Taking Action



here's how

The most important thing to do if you're being bullied online is to take a screenshot.

Windows: PrntScrn Button
Mac: Command + Shift + 3
Android: Vol Down + Power
iOS: Home+Sleep

The easiest way to stop someone bothering you online is to block their account from contacting you. Remember not to retaliate.



Most social networks will allow you to report offensive material. After taking a screenshot, you should report it to the service provider.

Cyberbullying is never okay. Don't keep it to yourself.

Getting Advice and Support

Always talk to someone you trust



Parent



Teacher



Friend

There are lots of organisations that can give you advice and support:

www.childline.com
www.iwf.org.uk
www.childnet.com

Play your part

If you see cyberbullying, speak up!

Always think before you post. Would you say it face to face?

Never share abusive messages, images or videos.



Wellbeing Calendar

Please find below Action For Happiness's November Wellbeing Calendar. They create calendar's each month and you can view these by clicking on the following link: [Happier Kinder Together | Action for Happiness](#)

New Ways November 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|---|
|  <p>8 Try out a new way of being physically active</p> |  <p>7 Be creative. Cook, draw, write, paint, make or inspire</p> | <p>1 Make a list of new things you want to do this month</p> <p>2 Respond to a difficult situation in a different way</p> | <p>3 Get outside and observe the changes in nature around you</p> <p>4 Sign up to join a new course, activity or online community</p> | <p>5 Change your normal routine today and notice how you feel</p> <p>6 Try out a new way of being physically active</p> | <p>11 Choose a different route and see what you notice on the way</p> <p>12 Find out something new about someone you care about</p> | <p>19 Broaden your perspective: read a different paper, magazine or site</p> <p>20 Make a meal using a recipe or ingredient you've not tried before</p> |
| <p>9 When you feel you can't do something, add the word "yet"</p> <p>10 Be curious. Learn about a new topic or an inspiring idea</p> | <p>16 Look at life through someone else's eyes and see their perspective</p> <p>17 Try a new way to practice self-care and be kind to yourself</p> | <p>23 Set aside a regular time to pursue an activity you love</p> <p>24 Share with a friend something helpful you learned recently</p> | <p>25 Use one of your strengths in a new or creative way</p> <p>26 Try out a different radio station or new TV show</p> | <p>30 Look for new reasons to be hopeful, even in tough times</p> |    | |
| <p>15 Build on new ideas by thinking "Yes, and what if..."</p> <p>21 Learn a new skill from a friend or share one of yours with them</p> | <p>22 Find a new way to tell someone you appreciate them</p> <p>27 Join a friend doing their hobby and find out why they love it</p> | <p>28 Discover your artistic side. Design a friendly greeting card</p> | <p>29 Enjoy new music today. Play, sing, dance or listen</p> |  | | |

Happier · Kinder · Together

ACTION FOR HAPPINESS

School Attendance

We all know the importance of good attendance for young people at school. If they aren't in lessons they can't learn. However, good attendance provides more far reaching benefits such as establishing positive routines, helping to build resilience and improving wellbeing.



There are times when school will be missed that is unavoidable – medical procedures, bereavements etc. However, we always encourage students to attend where possible and to book appointments out of school hours. The NHS have recently published guidance on when you should keep your child off school and when they can be sent in. This can be found here: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

For those that struggle more with their attendance and need support we always ask them to speak to their Year team who can try to support a positive return to school experience.

For more information on this and some really helpful advice please take a look at the following link: [School anxiety and refusal: How parents can help their child get through tough times - BBC Parents' Toolkit - BBC Bitesize.](#)

Likewise, the following guidance from Young Minds offers excellent information, including specific advice for scenarios that your child may be experiencing, and how you can help: [School Anxiety and Refusal | Parent Guide to Support | YoungMinds](#)

With a joined-up approach we can try to improve the experience for your child and make a really positive change in their attendance.

Culture Day

On Friday 13th October, we celebrated our 2nd Culture Day. It was a fantastic event and we got to see the very best of our CoPA Community. Students and staff looked fantastic in their cultural clothing and it was so pleasing to see students so openly proud of their backgrounds and willing to discuss this with others in the Academy.

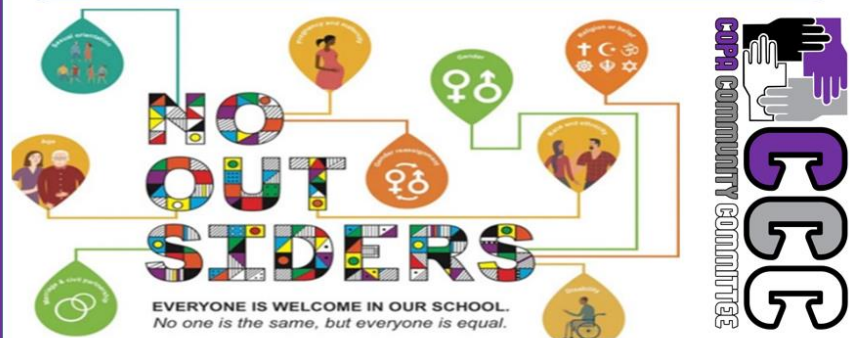
The day consisted of Culturally-themed lessons, a special assembly featuring Cultural performances from many of our students, including dancing and a fashion show. There was also a best dressed award and a Cultural bake sale that raised in excess of £200 for the Moroccan Earthquake Appeal.

CoPA Students come from:

Afghanistan, Bangladesh, Brazil, Czech Republic, Egypt, England, Germany, Guinea-Bissau, India, Indonesia, Iraq, Italy, Kenya, Kuwait, Latvia, Lithuania, Moldova, Nigeria, Pakistan, Philippines, Poland, Portugal, Romania, Spain, Slovakia, Timor-Leste, Trinidad, Turkey, Ukraine, USA, Wales, Zimbabwe

CoPA Students speak:

Albania, Arabic, Bulgarian, Chinese, Czech, English, Gujarati, French, Farsi, Hindi, Italian, Kurdish, Latvian, Lithuanian, Malayan, Panjabi, Pashto, Persian, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Sudanese, Turkish, Urdu, Ukranian, Yoruba



EVERYONE IS WELCOME IN OUR SCHOOL.
No one is the same, but everyone is equal.

CoPA Students are:

Muslim, Christian, Hindu, Sikh, Buddhist, Agnostic, Atheist

We must send out a huge thank you to the many different people who made this day possible, including; the teaching staff, the students for dressing up, parents and staff for donating cakes and the different performers during the day. Finally, a sincere thank you to our fabulous CoPA Community Committee for organising the whole day. Here's to the next one!







Notices:

Kooth

Kooth remain an excellent avenue of support for young people and we continue to grow our relationship with them; having recently had them delivering sessions in school to students and supporting at our recent Y10 and 11 evening.

They have produced the following videos for parents to see how Kooth can support them and their child: [Parent Carer video 15min.mp4 on Vimeo](#). You can also find information around upcoming webinars here:

- **How Kooth promotes and supports staying safe online** - Mon 6 Nov, [12-1pm](#) or [6-7pm](#)
- **Support for young people experiencing anxiety or stress this winter** - [Thurs 14 Dec, 6-7pm](#)



Nitrous Oxide

A message from PC Ambrose, our Safer Schools Officer:



*“The Home Office is updating the law to also make **possession** of nitrous oxide illegal, unless for a legitimate reason, making it a Class C drug under the Misuse of Drugs Act 1971. It will be a criminal offence to be found in possession of the drug where it’s intended use is to be inhaled for psychoactive effects, or ‘to get high’. From 8 November, those found in unlawful possession will face either an unlimited fine, a visible community punishment, or a caution - which would appear on their criminal record - and for repeat serious offenders, a prison sentence of up to two years. The penalty for supply or production will double, to up to 14 years in prison.”*

Student Details

As part of our Safeguarding responsibilities, it is important that we have the correct details regarding students’ contact details, medical information etc. Please remember to update these by contacting us: admin@cityofpeterboroughacademy.org or 01733 821440

Useful Websites/Contacts:

- www.itai.info/ - PREVENT information and advice
 - www.anti-bullyingalliance.org.uk – Anti-Bullying information and advice
 - www.bullying.co.uk – Anti-Bullying information and advice
 - www.nspcc.org.uk – Support for many areas around child welfare & wellbeing
 - www.childrenssociety.org.uk/ - Charity supporting vulnerable children
 - www.childline.org.uk/ - Information and advice in lots of areas
 - www.youngminds.org.uk – Excellent advice and support for families on wellbeing/mental health
 - www.net-aware.org.uk/ - Parent guides to Apps and gaming
 - www.bbc.co.uk/webwise/topics/safety-and-privacy/ - Online safety
 - www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider - How to set Parental controls on your internet
 - www.fearless.org/en/campaigns/county-lines - Information on “County Lines”
 - [CEOP Education \(thinkuknow.co.uk\)](http://CEOP Education (thinkuknow.co.uk)) – Online support to keep children safe
 - www.kooth.com – Free online counselling for young people
 - <https://www.camhs-resources.co.uk/> - Resources from CAMHS
 - <https://giveusashout.org> – Free and instant support when in crisis
 - www.annafreud.org/ - Excellent advice and support for families on wellbeing/mental health
 - <https://www.teenagehelpline.org.uk/> online mentoring and advice for your child
 - safeguarding@cityofpeterboroughacademy.org – CoPA’s safeguarding email address
 - <https://copa.thesharpsystem.com> - How to report bullying or child on child incidents
 - ineedtotalk@cityofpeterboroughcademy.org – CoPA’s wellbeing email address
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