



Welcome!

Welcome to the first issue of "CoPA Cares", our new Termly Safeguarding and Wellbeing bulletin. We hope that we can use this publication to keep parents and students up to date with any relevant local and national issues that come under these two areas.

Safeguarding and Wellbeing often go hand in hand and so we hope that you find this issue of some use and we would also encourage you to discuss any relevant issues with your child(ren).

Stay safe!

Safe Cycling

As an advocate of a healthy and green lifestyle it is great to see so many of our students travelling to school on their bicycles. However, we felt it was a good time to remind students of some key safety points:

- Making sure the cycle is road worthy and wearing a helmet
- Sticking to roads and cycle paths and obeying traffic signs and road rules
- Using hand signals when turning and avoiding sudden or unpredictable maneuvers

Find out how you can stay safe cycling in the winter online at www.environment.admin.cam.ac.uk/what-are-we-doing/travel

BE SAFE BE SEEN

- 1 Wear bright reflective clothing.
- 2 Put a white front light and red back light on your bike.
- 3 Put a red back reflector on the back of your bike.

CUenvironment
@CambridgeSust

Web: www.environment.admin.cam.ac.uk
Email: environment@admin.cam.ac.uk

THE CAMBRIDGE green CHALLENGE

Children's Mental Health Week

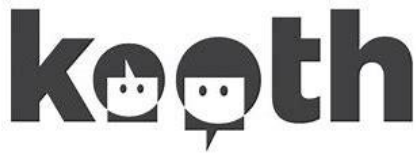
We celebrated Children's Mental Health week last half-term between 6th and 12th February. Students completed work in tutorial and KS3 received a live online session from Kooth.

At CoPA we have worked hard to develop our support for young people around their wellbeing and Mental Health. Students now see Wellbeing as just another part of being healthy and know how to care for this as well as how to seek help. Here are 5 quick tips on how you can support your child's mental health:



- 1.** Talk about it – The biggest thing you can do is to normalise talking about wellbeing and mental health. This makes the young person feel that it's OK to talk, it stops it being stigmatised and it raises their confidence to reach out and ask for help when needed.
- 2.** Keep them busy – Ensure that your children have established routines – these might include wake-up and bed times, sports clubs, hobbies etc. Routines and commitments keep them busy, entertained and stimulated – all of which help.
- 3.** All-round Health – a healthy diet and exercise have a huge impact on wellbeing. If your child is gaining the right nutrients, is adequately hydrated and exercises regularly the chances of struggling with mental health issues can be decreased dramatically.
- 4.** Limit screen time – whilst mobile phones and games consoles are great distractors and appear to be a good way to socialise, it is important that they don't become slaves to their devices. The pressures of having an interesting and active social media profile can really put stress on all of us.
- 5.** Ask for help – if you are worried about your child's wellbeing please ask for help. This can be by contacting your GP, us at school or accessing excellent websites such as Anna Freud & Kooth (see useful links at the end of this edition).

Spotlight on Kooth



Kooth is an excellent online resource for Parents and Children when it comes to Mental Health and Wellbeing. The website contains helpful articles and advice, but also moderated forums where young people can share their concerns. However, it is Kooth's free online counselling that is perhaps the most sought after feature. Young people can create a user name profile very quickly (this can be anonymous) and then access the online chat. They can talk about any issues or worries they have and will receive replies from a trained counsellor. As we know, the waiting lists to get support from counsellors via the NHS are currently very high so this is a valuable resource used by thousands of students each week.



Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Kooth have kindly pre recorded 2 sessions for you to watch. The 5 minute overview can be found [Here](#) and a more in-depth 15 minute recording can be found [Here](#). Please also find a really useful selection of parent/Carer resources that can be accessed using this link: [Shared assets \(brandmaster.com\)](https://brandmaster.com)

We also signpost students in all year to different websites, including Kooth, through our Wellbeing cards.







For more information, please take a look at the Kooth website: [Home - Kooth](#) and check out the links above.

Mindful March

“Action for Happiness” create monthly calendar’s with different themes. March is “Mindful March”. How many of these can you tick off? Happier Kinder Together | Action for Happiness

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>6 If you find yourself rushing, make an effort to slow down</p>	 <p>7 Take three calm breaths at regular intervals during your day</p>	<p>1 Set an intention to live with awareness and kindness</p> <p>8 Eat mindfully. Appreciate the taste, texture and smell of your food</p>	<p>2 Notice three things you find beautiful in the outside world</p> <p>9 Take a full breath in and out before you reply to others</p>	<p>3 Start today by appreciating your body and that you're alive</p> <p>10 Get outside and notice how the weather feels on your face</p>	<p>4 Notice how you speak to yourself and choose to use kind words</p> <p>11 Stay fully present while drinking your cup of tea or coffee</p>	<p>5 Bring to mind people you care about and send love to them</p> <p>12 Listen deeply to someone and really hear what they are saying</p>
<p>13 Pause to watch the sky or clouds for a few minutes today</p>	<p>14 Find ways to enjoy any chores or tasks that you do</p>	<p>15 Stop. Breathe. Notice. Repeat regularly</p>	<p>16 Get really absorbed with an interesting or creative activity</p>	<p>17 Look around and spot three things you find unusual or pleasant</p>	<p>18 Have a 'no plans' day and notice how that feels</p>	<p>19 Cultivate a feeling of loving-kindness towards others today</p>
<p>20 Focus on what makes you and others happy today dayofhappiness.net</p>	<p>21 Listen to a piece of music without doing anything else</p>	<p>22 Notice something that is going well, even if today feels difficult</p>	<p>23 Tune into your feelings, without judging or trying to change them</p>	<p>24 Appreciate your hands and all the things they enable you to do</p>	<p>25 Focus your attention on the good things you take for granted</p>	<p>26 Choose to spend less time looking at screens today</p>
<p>27 Appreciate nature around you, wherever you are</p>	<p>28 Notice when you're tired and take a break as soon as possible</p>	<p>29 Choose a different route today and see what you notice</p>	<p>30 Mentally scan your body and notice what it is feeling</p>	<p>31 Discover the joy in the simple things of life</p>		

Happier · Kinder · Together

ACTION FOR HAPPINESS

Mindfulness

Mindfulness has really begun to become more popular over the last few years. It's increase in popularity mean that most have heard of it now but many probably don't have a clear understanding of what it is and what it entails.

Mindfulness is about stopping, being in the moment and opening all of your senses to the things immediately around you – being present and aware of what you are doing. A short video that explains this is available from the Mindfulness In Schools Project: [What is mindfulness?](#)

In a modern world where the mobile phone makes it harder to get away from it all and take a genuine moment to yourself, the benefits of mindfulness have never been greater. Mindfulness has been found to help improve relaxation and sleep, reduce stress, increase attention and reduce anxiety.

Mindfulness is best done in a quiet environment, but can be completed anywhere – some excellent tips can be found here to get the most out of the experience: [How to Practice Mindfulness - Mindful](#)

Please see below for some sample exercises that you can have a go at yourself:

[Mindful Moment](#)

[Five Minute Mindful Breathing - YouTube](#)

And here for a guide on how to introduce it into everyday life: [5 Simple Mindfulness Practices for Daily Life - Mindful.](#)

Finally, there are some excellent apps out there that can help, such as Calm, Serenity and Mindfulness Coach.



Notices:

Anna Freud Parent Webinars

Please see the attached letter at the end of this bulletin for some fantastic supportive sessions that Anna Freud are leading for all parents and carers.

The webinars will cover:

- Anxiety in adolescence: how can parents help?
- Adolescent self-harm: how to make sense of it and when to seek support
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen
- Managing teen behaviour that challenges: tips and tricks

Full details on each session, including how to join, can be found at the end of this bulletin. We hope that these are of some use and interest for you.

Anna Freud are an excellent organisation that does so much work in the area of mental health and supporting young people and their families. We will focus on them and their work in an upcoming issue, but in the meantime please have a look at their website: www.annafreud.org



Notices:

Safer Internet Day

Safer Internet Day was on 7th February. Please see here for details [Safer Internet Day 2023 - UK Safer Internet Centre](#) and for more information on staying safe online see here: [Think U Know](#)

In the meantime please see below for advice for parents and carers from the UK Safer Internet Centre and the following link that looks at “Digital Wellbeing”: [Topic: Digital Wellbeing | SWGfL](#)



▲ Make space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

● Make space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

◆ Make space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

★ Make space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.



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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Schools and Colleges Early Support Service

Information regarding Webinars for Parents and Carers February/March 2023

Dear Parents/Carers,

We would like to invite you to attend the February/March 2023 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

Five topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- Anxiety in adolescence: how can parents help?
- Adolescent self-harm: how to make sense of it and when to seek support
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen
- Managing teen behaviour that challenges: tips and tricks

Further details on each webinar are below. To register please click on the relevant Zoom link.

Anxiety in adolescence: how can parents help?

Date: Monday 27 February & Tuesday 7 March

Time: 12.15-1.15pm & 5-6pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

Monday 27 February:

<https://annafreud.zoom.us/meeting/register/tJYpfuigqzsiGNDFUeuiP-gJ4IWLOTP8c-ay>

Tuesday 7 March:

<https://annafreud.zoom.us/meeting/register/tJUkc-GprDgpHdYFg4fZ51h8ErW3qJoL9N05>

After registering, you will receive a confirmation email containing information about joining the meeting.

Adolescent self-harm: how to make sense of it and when to seek support

Date: Tuesday 28 February & Monday 6 March

Time: 5-6pm & 12.30-1.30pm

Venue: Virtual via Zoom

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Tuesday 28 February:

<https://annafreud.zoom.us/meeting/register/tJMofu6trj8qHtOrqzqzlf1mz4pHaW7mlhk7>

Monday 6 March:

<https://annafreud.zoom.us/meeting/register/tJ0pceCtqjwuHdcq-Ogifxv2OgvIQeA2mQf8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Date: Wednesday 1 March & Tuesday 14 March

Time: 11.45am-12.45pm & 5-6pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of

being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Wednesday 1 March:

<https://annafreud.zoom.us/meeting/register/tJclf-2ppjgrHdMGlyHGQLog9MVM3vwCb6BA>

Tuesday 14 March:

<https://annafreud.zoom.us/meeting/register/tJMsf-mtpzMjH9Po9rKYPVqNbMmH0fLC1VWX>

After registering, you will receive a confirmation email containing information about joining the meeting.

Building resilience, staying connected and nurturing your relationship with your teen

Date: Thursday 2 March & Wednesday 8 March

Time: 5-6pm & 12.30-1.30pm

Venue: Virtual via Zoom

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Thursday 2 March:

<https://annafreud.zoom.us/meeting/register/tJwpd—vqjlrGda71JUNCJHH15L4HiaVjr7A>

Wednesday 8 March:

<https://annafreud.zoom.us/meeting/register/tJYqceuppz0sHdfw4ApswKgKhRMorU4ZTXIY>

After registering, you will receive a confirmation email containing information about joining the meeting.

Managing teen behaviour that challenges: tips and tricks

Date: Friday 3 March & Thursday 9 March

Time: 12-1pm & 12.30-1.30pm

Venue: Virtual via Zoom

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Friday 3 March:

https://annafreud.zoom.us/meeting/register/tJlIcumhpzkrGtAn9eq2s7MyJ-8NH_-RWL31

Thursday 9 March:

https://annafreud.zoom.us/meeting/register/tJMld-2rqz8vGNCH_lkTVsC3oi2Dkb4Y5mWj

After registering, you will receive a confirmation email containing information about joining the meeting.
