



## Welcome!

Welcome to the second issue of "CoPA Cares", our Termly Safeguarding and Wellbeing bulletin. This time we look at Mental Health Week, CoPA's inaugural "Culture Day" and our new Academy approach to supporting each other's Mental Health and wellbeing. We also share some useful websites that can support students understand "Healthy Relationships" a bit better and make positive choices.

We hope that you find this edition useful and please don't hesitate to contact us if you have any feedback or suggestions for future editions.

Stay safe!

## Healthy Eating

A new mobile phone app has been launched that allows you to scan the barcodes of popular foods to know what is inside them. The NHS Food Scanner App brings food labels to life by showing the user to see how much sugar, salt and saturated fat are contained within. This allows the user to make better informed choices around the food and drink that they consume.

The app is part of an NHS healthy eating campaign and the 'scan, swipe, swap' take-home pack has plenty of resources to help encourage children to build healthier habits for life. Whilst it might be more suited to children of a younger age it is still a useful resource to help educate us all on what is actually in our food.

Find out more here:


<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

and download the app here: [NHS Food Scanner app | PHE School Zone](#)




## Mental Health Week - LLL

May 15<sup>th</sup> saw Mental Health Awareness Week. We used this week get the students talking about Mental Health and, specifically, our new Academy-wide approach to Student Wellbeing: Look-Listen-Link. Look-Listen-Link is a Psychological First Aid response to traumatic incidents or general wellbeing concerns in people. It allows the whole community to be on the lookout for each other and gives advice on how to support those who might be struggling.




# STUDENT WELLBEING @ CoPA




## Look

For signs of distress or that they might be struggling.



## Listen

Be empathetic.  
Build understanding.  
Be kind.



## Link

To sources of support.  
Friends. Wellbeing Board.  
Key Staff.

Email: [ineedtotalk@cityofpeterboroughacademy.org](mailto:ineedtotalk@cityofpeterboroughacademy.org)

IT'S OK TO NOT BE OK...

At CoPA we want to encourage all students and staff to:

**Look** – Look out for each other, notice changes in mood, appearance and behavior. Is this a cause for concern? Are you worried about a friend?

**Listen** – Take time to talk but, more importantly, listen to that person with empathy – what are their concerns? How are they feeling? Listening is one of the most powerful things we can do to support each other – and it's free to do!

**Link** – Link them to sources of support which could be general advice, websites\*, informing a Pastoral member of staff, suggesting interventions or agencies.

\*Don't forget to check out our list of useful websites at the end of this edition.

## Healthy Relationships

There's been quite a lot in the media recently around the importance of healthy relationships and positive behaviour between people. We broach these subjects at CoPA regularly through pastoral interventions, work in tutorial and our PSHE curriculum. The statutory changes to Relationships & Sex Education and Health Education have brought these themes to the forefront and we discuss areas such as commitment, respect, honesty, trust, boundaries and consent as we tackle Healthy Relationships in our PSHE offer.



It's really important that parents and staff can speak freely and regularly to their youngsters around these themes. Therefore, as part of our approach we felt it would be good to share with you the following links around Healthy Relationships.

- There is an abundance of information and resources on how to speak to your children about Consent here: <https://www.nsvrc.org/blogs/how-parents-can-talk-their-kids-about-consent>
- "Teenage Helpline has some excellent information about Healthy Relationships and how to try to support your children understand what these are and how to achieve them: [Healthy Relationships | Teenage Helpline](#)
- "Think U Know" has resources and advice filtered by age: <https://www.thinkuknow.co.uk/>
- Finally, "Parents Protect" have produced an online training programme for parents around sexual abuse – spotting risks, identifying signs and seeking support. This can be found here: <https://www.parentsprotect.co.uk/sexual-abuse-learning-programme.htm>

If you or your child have any concerns about this and want some support or advice please speak to us and we will do all we can to help.

# Wellbeing Calendar

Please find below Action For Happiness's June 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](https://www.actionforhappiness.org/)

## Joyful June 2023

MONDAY



5 Think of 3 things you're grateful for and write them down

TUESDAY



6 Get out into green space and feel the joy that nature brings

WEDNESDAY



7 Do something healthy which makes you feel good

THURSDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

FRIDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

SATURDAY

3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

SUNDAY

4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

17 Take time to notice things that you find beautiful

16 Speak to others in a warm and friendly way

15 Look for something to be thankful for where you least expect it

14 Share a happy memory with someone who means a lot to you

13 Take a light-hearted approach. Choose to see the funny side

12 Write a gratitude letter to thank someone

25 Show your appreciation to people who are helping others

24 Bring to mind a favourite memory you feel grateful for

23 Create a playlist of uplifting songs to listen to

22 Watch something funny and enjoy how it feels to laugh

21 Send a positive note to a friend who needs encouragement

20 Rediscover and enjoy a fun childhood activity

19 Get outside and find the joy in being active



30 Make a list of the joys in your life (and keep adding to it)

29 Share a friendly smile with people you see today

28 Notice how positive emotions are contagious between people

27 Be kind to you. Do something that brings you joy

26 Make time to do something playful, just for the fun of it



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Culture Day

One of the ways to look after your own Mental Health and Wellbeing is by being true to yourself. In order to do this you need to be supported by friends, family and a community that support you for who you are.

In February we invited students to apply for a position in our CoPA Community Committee (CCC). The aim of the CCC is to promote the different Protected Characteristics that are protected by law and to promote these and raise awareness and celebrate the diverse community that makes up CoPA.



The first job of the CCC was to organise CoPA's first "Culture Day". The day provided a great opportunity for students to celebrate each other's cultures, faiths and backgrounds. Students were able to come into school in their own traditional/cultural dress and talk openly about what they were wearing. The students were treated to live dance performances, themed lessons, food from around the World and a quiz all about the diversity that is central to CoPA.

Take a look on the next page at some pictures from the day and some of the facts about our fantastic students.



*CoPA students come from over 30 different home countries and speak 25 different languages.*



## Notices

### Online Safety

CyberFlix is a free-to-access, interactive video learning resource aimed at 11-14 year olds, that supports how to stay secure online in an engaging, age-appropriate way.

As pre-teens and teenagers become more independent online, they also become more vulnerable to cyber-crime. This can be accessed via the following webpage:

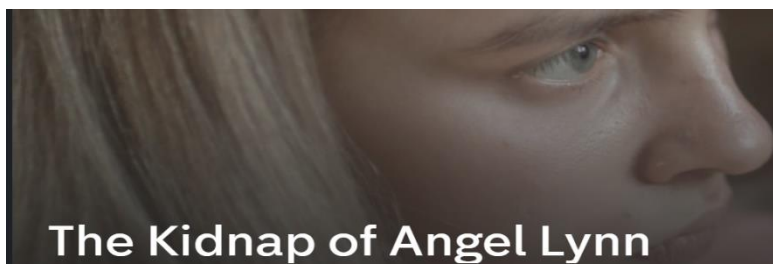
[www.ncsc.gov.uk/collection/cyberflix](http://www.ncsc.gov.uk/collection/cyberflix)



### The Kidnap of Angel Lynn

Tied-in with our piece above about Healthy Relationships, Coercive Control can be a real problem in relationships; where one partner demonstrates controlling behaviour on the other. Channel 4 recently aired a powerful and thought-provoking documentary on this, called “The Kidnap of Angel Lynn”. This is still available to watch online and, despite being a difficult watch at times, is incredibly moving.

You can watch it here: [The Kidnap of Angel Lynn | Channel 4](#)



## **Notices:**

### **Young Minds**



YoungMinds have created a free Crisis Messenger text service that provides 24/7 crisis support across the UK. If your child is experiencing a mental health crisis and need support, you can text YM to 85258. More details available here:

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

We will throw a spotlight on YoungMinds in a future edition – it is an excellent website offering support to young people and their parents/carers.

### **Online Safety**

Financial Times Films have published a really useful video that exposes the risks of social media and online threats to young people. It's a bit of a heavy watch at times, but perfectly raises the seriousness of these threats.

Take a look here: [Capture, who's looking after the children? | FT Film Standpoint - YouTube](#)



### **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](mailto:admin@cityofpeterboroughacademy.org) or 01733 821440



## **Useful Websites/Contacts:**

- [www.itai.info/](http://www.itai.info/) - PREVENT information and advice
  - [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) – Anti-Bullying information and advice
  - [www.bullying.co.uk](http://www.bullying.co.uk) – Anti-Bullying information and advice
  - [www.nspcc.org.uk](http://www.nspcc.org.uk) – Support for many areas around child welfare & wellbeing
  - [www.childrenssociety.org.uk/](http://www.childrenssociety.org.uk/) - Charity supporting vulnerable children
  - [www.childline.org.uk/](http://www.childline.org.uk/) - Information and advice in lots of areas
  - [www.youngminds.org.uk](http://www.youngminds.org.uk) – Excellent advice and support for families on wellbeing/mental health
  - [www.net-aware.org.uk/](http://www.net-aware.org.uk/) - Parent guides to Apps and gaming
  - [www.bbc.co.uk/webwise/topics/safety-and-privacy/](http://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](http://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](http://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](http://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/](http://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](mailto:safeguarding@cityofpeterboroughacademy.org) – CoPA’s safeguarding email address
  - <https://copa.thesharpsystem.com> - How to report bullying or child on child incidents
  - [ineedtotalk@cityofpeterboroughcademy.org](mailto:ineedtotalk@cityofpeterboroughcademy.org) – CoPA’s wellbeing email address
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