



Safeguarding Newsletter
Edition 4, November 2020

**ANTI-BULLYING
WEEK 2020**
16th - 20th November

Anti-Bullying Week 2020

Mr A. Kilbane, Anti Bullying Lead, Deputy Designated Safeguarding Lead.

The theme for Anti-Bullying Week 2020 is: United Against Bullying. Anti-Bullying Week will happen from **Monday 16th - Friday 20th November 2020** and will start with Odd Socks Day to mark the first day.

This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.

"Anti-Bullying Week is no different. Bullying has a long lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers, children and young people, we all have a part to play in coming together to make a difference."

"We're all a piece in the puzzle, and together, we're united against bullying."

Most people understand bullying as behaviour by an individual or group, repeated over time, that is intended to hurt another individual or group either physically or emotionally. All bullying, whatever the motivation or method is unacceptable and should not be tolerated. It can affect anyone and we are all potential targets - whether we are adult, child or the bullying is at school, in the community, at work, on line or at home.

At Khalsa Secondary Academy we create a nurturing environment based on the values of: excellence, care, kindness and respect and believe that every child matters. We aim to support every child and throughout the week there will be a range of form time activities, assemblies and activities to support with anti-bullying.

Should you have any concerns or would like to speak with us to gain some help and support, please contact your child's Head of Learning or Mr Roopra, Assistant Headteacher for Pastoral.

Additionally, there is a range of online support available via the national bullying helpline.

<https://www.nationalbullyinghelpline.co.uk/>

Types of bullying behaviour

V - Verbal bullying behaviour is the repeated, negative use of speech, sign language or verbal gestures to intentionally hurt others e.g. using hurtful words, discriminatory or offensive language or swear words.

I - Indirect bullying behaviour is the repeated, negative use of actions which are neither physical nor verbal to intentionally hurt others e.g. spreading rumours, purposefully excluding another person, damaging or stealing someone's property or cyberbullying.

P - Physical bullying behaviour is the repeated, negative use of body contact to intentionally hurt others e.g. kicking, punching, slapping, inappropriate touching or spitting.

Signs and symptoms to look out for if you believe your child is experiencing bullying behaviour:

- Isolation from social groups or gatherings
- Changes in personality (quieter or acting out for attention)
- Fall in school grades
- Defensive body language
- Stopped doing activities they enjoy
- Regularly truant from school
- Does not want to go to school
- Being upset before or after school
- Being secretive and hiding their phone or other devices



**Mental Health Awareness Week at Khalsa Secondary Academy: 5th-9th October 2020,
Ms N. Tim, Mental Health Lead & Deputy Designated Safeguarding Lead.**

Mental health is a key priority at Khalsa and we heightened focus on this during Mental Health Awareness Week. We began the week with a whole-school virtual assembly where students engaged in discussion on what mental health encompasses, explored the idea of a mental health spectrum and shared their ideas on the importance of raising awareness of it. Later in the week, students took part in a whole-school quiz where they competed to come up with key facts and statistics surrounding mental health. Our year 7s participated in a treasure hunt, introducing some key information about mental health to them. A whole-school competition ran throughout the week where students were asked to produce a creative depiction of mental health. Students all had extended tutor time where they delved deeper into mental health, exploring factors that can impact where we sit on the mental health spectrum and also developing strategies for fostering our mental health. On Friday 9th October, along with thousands of other schools, offices and community groups in the country, we participated in the YoungMinds fund-raising initiative #HelloYellow; staff and students came to school dressed in yellow in exchange for a donation for the YoungMinds charity, the UK's leading charity fighting for young people's mental health.

A very well done to the winners of the various competitions which took place throughout the week:

11S – Whole-school quiz
7WA - Most 'yellow' form
Gorwin Sidhu (7WA) - Treasure hunt
Anand Khalsa (9A) - Poster Competition

Check out youngminds.org.uk/find-help
YOUNGMINDS

Overall, we raised a fantastic £600.03 for YoungMinds, which means young people's mental health will get more of the much needed support it continues to seek. We are very proud of all of our students for contributing and engaging so positively in the week.

Yours faithfully,
Mr J. Roopra
Assistant Headteacher
Designated Safeguarding Lead