

The NKS Healthy Community Blog

***NKS is a school
for people like me***

The purpose of this monthly blog is to promote a healthy culture and ethos across the school - a culture that challenges inequality and promotes positive ideals of how we should respect and treat each other.



Volume 3 – Jan '26

The NKS Respect Charter was created by the School Council a few years ago.

Our current School Council reviewed and agreed it again, just before Christmas.

It is a public way of expressing how we expect to be treated and therefore how we should treat others.

The idea is that each form group discusses the Charter and that everybody in the form signs to agree to uphold it.

The poster is then displayed in the form room to publicly pledge that this is what we believe in.

Posters will be given to Form Tutors in the second week of January 2026.



The NKS Respect Charter 2026

At NKS we:

- value diversity and recognise the different perspectives and cultures that people bring to our community
- treat each other with courtesy and respect
- respect differences and challenge inequalities
- respect each other's and the school's property
- respect confidentiality and privacy, and only share something online when given consent
- communicate with each other in ways that are clear and respectful
- respect each other online and outside of school

FORM:

SIGNATURES:



ER WE
GE IT

WE WON'T STOP
UNTIL IT STOPS

IF YOU SEE IT
OR HEAR IT,
REPORT IT.

WE WON
STOP

YOU

TAK
ACTION
TODAY

GET
INVOLV

TACKLING IT
TOGETHER

LOVE THE GAME
HATE THE HATE

TIME TO DO

WE

SEEN IT OR





Who are Kick It Out?

Since 1993, Kick It Out have been at the heart of the fight against discrimination in football. We've made huge progress on and off the pitch, leading the charge for positive change. Looking forward, we will aim to engage with other sports alongside football, including cricket. Our goal has never changed. Our dedication has never faltered. The hate, the abuse and inequality in sport still persists. But we won't back down. As long as discrimination exists, so will we.

What's next?

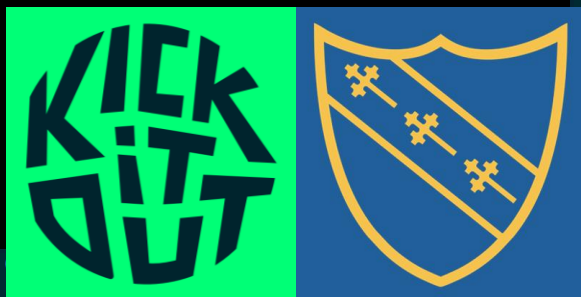
We will continue to lead the fight, supporting, challenging, educating, mobilising allies, and confronting all issues. We want to broaden our base of supporters, from the locker room to the boardroom, because together we can win. **Together we will Kick it Out.**



**TOGETHER
WE CAN
CHANGE IT**

**WE WON'T
STOP UNTIL
IT STOPS**

**IF YOU
SEE IT OR
HEAR IT,
REPORT IT.**



**WE'RE NOT
SORRY FOR
WHO WE ARE**

**IF WE DON'T
CONFRONT it,
WE'LL NEVER
CHANGE it.**

**RACISM.
HOMOPHOBIA.
MISOGYNY.
DISABLISM.**

**TAKE
ACTION
TODAY**

**GET
INVOLVED**

**WE SHOULDN'T
HAVE TO
COVER it UP**

**WE WON'T
STAND FOR it**

**TACKLING it
TOGETHER**

**LOVE THE GAME
HATE THE HATE**

**LET'S TELL it
WHERE TO GO**

**WHY DOES it
STILL EXIST?**

**TIME TO DO
SOMETHING
ABOUT it**

**WE
BELONG
HERE**

**SEEN it OR
HEARD it?
REPORT it.**

**LET'S PUT
AN END TO it**

ENOUGH.

End Violence Against Women and Girls

<https://enough.campaign.gov.uk/>



Making New Years Resolutions

Making a New Years Resolution can be difficult. Often, we are focused on 'New Year, New Me'. This can push us to set advantageous goals, which we will give up on in a few weeks.

Here are a few tips for setting your goals for 2026!

Change the language you are using to talk about your goals.

Instead of saying 'I have to...' or 'I must...' try reframing your mindset by using 'I get to...' or 'I will try...'

Base your goals in positivity.

Many New Years resolutions have negative motivations - such as 'to diet'. Shame is not a good motivator, as it just makes us feel bad about ourselves. Try to make goals rooted in positivity for a more confident start to the year.

Re-frame not meeting your goals.

Setting rigid goals can make success and failure feel very black and white. This stops us from assessing what we may have learnt in the process of trying to achieve our goals. When setting goals, set them with the intention of flexibility and the understanding that failure is a learning opportunity.



Make your resolutions attainable.

Rather than setting goals that will require a large lifestyle change like 'I must go to the gym every day', start off smaller and work your way up. For example 'I will try going for a walk twice a week and going to the gym once a week.'

Inspiration for your 2026 goals

Try a daily achievement list

Keep a list of everything you have achieved in a day, instead of a to-do list. Highlighting the positives of each day is great practice as it stops us from being overwhelmed by what we can't or don't achieve. It ends the day on a positive, uplifting note, which provides great motivation to continue to work towards our goals.

Remember!

Your goals do not need to be drastic changes. Small adaptations that you can maintain over time are more sustainable, and therefore more rewarding!

Goals you could set for 2026:

- Spend more time outside.
- Try something new – a new hobby, a new genre of music, a new route to walk your dog.
- Regularly move your body.
- Make plans to look forward to.
- Volunteer somewhere, or help out a neighbour or friend.
- Try to adopt a healthier sleep schedule.
- Recognise when you need time to rest, and take that time.



Yummy Energy Balls Recipe!

- 4 **dates**, pitted
- 50g **cashew** nuts
- ½ tsp **vanilla extract**
- 50g ground **oats** or protein powder
- 75g crunchy **peanut butter**
- 2 tbsp honey
- 1 tbsp **coconut oil**
- 2 tbsp **ground almonds**, plus extra as required
- chia seeds, **desiccated coconut** or raw cacao powder, for coating

1. Put the dates, cashew nuts, vanilla extract, ground oats, peanut butter, honey, coconut oil and ground almonds into a high-powered blender. Pulse the mixture until combined. You might find it sticks to the sides, so give the blender a shake. The mixture needs to be dry enough to hold together, but moist enough to roll into balls. If it's too wet, add more ground almonds.
2. Spread out your chosen coating in a shallow dish. Line a tray with baking paper.
3. Divide the mixture into 12 portions. Roll into balls in the palms of your hands, then roll each ball in your coating of choice and set it on the prepared tray. Transfer to the fridge and leave to set for about 2 hours.



HEALTHY COMMUNITY WORD SEARCH - FIND THE MISSING WORD

Amazing	T	M	R	I	J	G	K	H	C	S	J	O	G	G	I
Caring	L	H	W	O	M	S	A	I	O	X	T	N	V	N	J
Considerate	Y	Z	O	Q	T	W	Y	V	N	G	I	A	S	I	C
Friendship	U	V	N	U	B	F	R	T	S	D	L	C	C	Z	T
Fun	A	D	F	A	G	I	Z	O	N	H	N	U	W	A	C
Help	S	Y	J	U	E	H	B	A	I	M	F	E	A	M	E
Kindness	H	A	V	A	N	O	T	S	Y	V	A	O	S	A	P
Loyal	A	I	S	E	V	S	C	F	E	F	U	G	F	S	S
Respect	R	F	C	A	R	I	N	G	U	A	P	T	A	T	E
Sharing	I	B	L	E	O	D	W	O	Z	L	I	U	V	B	R
Support	N	K	D	P	G	K	A	R	E	O	N	D	C	Y	I
Thoughtfulness	G	N	G	R	H	P	I	H	S	D	N	E	S	W	C
Understanding	U	C	O	N	S	I	D	E	R	A	T	E	S	W	C
	I	P	C	A	E	W	O	F	L	A	Y	O	L	S	I

Send your answer to : krowell@nks.kent.sch.uk by the 16th January 2026.
For all correct answers received, 2 achievement points will be awarded.