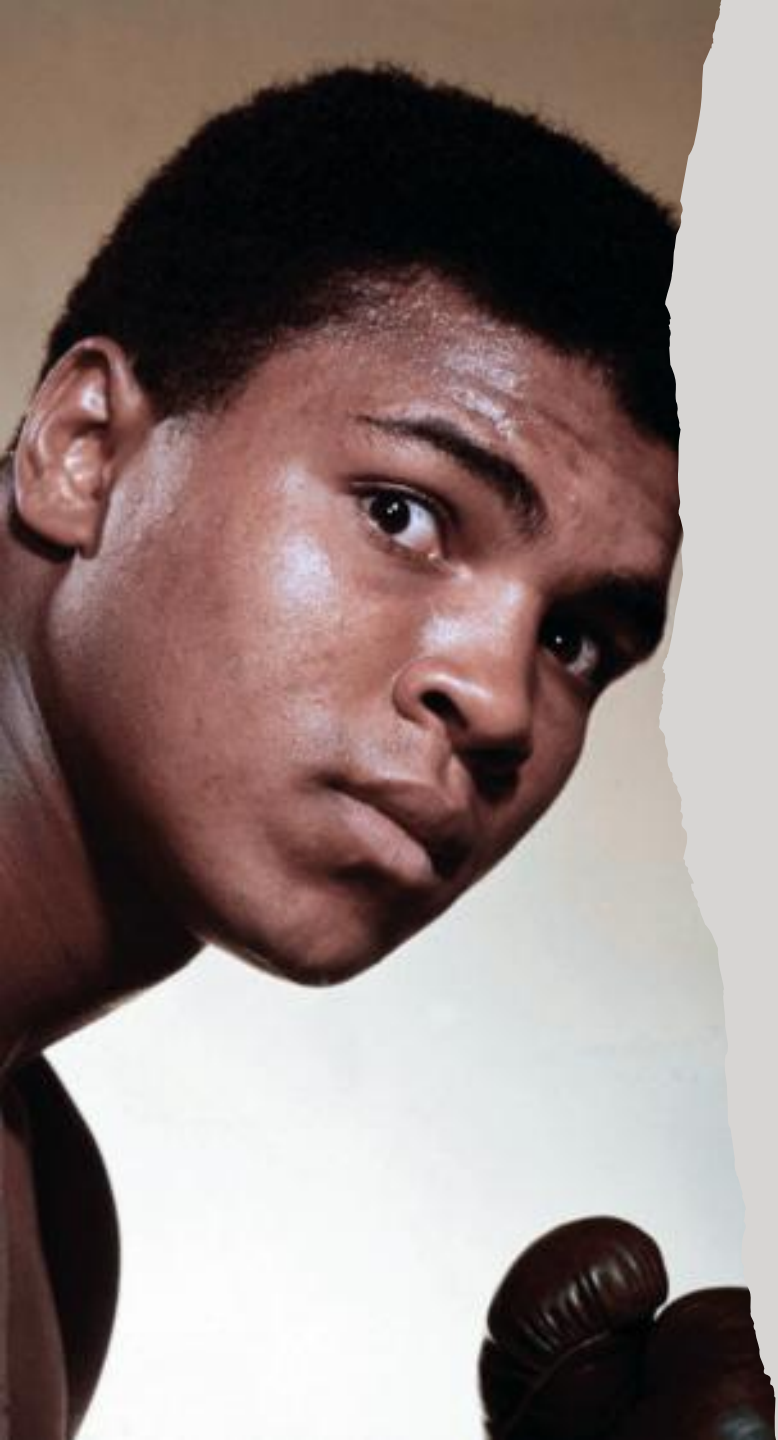


The NKS Healthy Community Blog

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.





“If my mind can conceive it, if my heart
can believe it – then I can achieve it.”
(Muhammad Ali)

INSPIRATION

“How do we change the world?
One random act of kindness at a time”
(Morgan Freeman)



'How We Treat Each Other' - survey 2025

Since 2021 we have regularly asked students to complete a survey to help us understand more about the issues of Sexism, Racism, Homophobia, Biphobia, Transphobia and Ableism.

These surveys help us to raise awareness and combat some of the problems.

A link to the 2025 survey will be sent to all students via satchel:one on Monday 10th November.
Please take a few minutes to complete it.



'How We Treat Each Other'
November 2025

Since 2021 we have been conducting regular surveys to help us understand more about the issues of Sexism, Racism, Homophobia, Biphobia, Transphobia and Ableism. These surveys help us to raise awareness and combat some of the problems.

We want to survey you again to help us evaluate how far we have come.
Please answer the following questions, thinking back over your experiences of the last year.
Year 7 - please answer the questions only considering your time at NKS.

This survey is anonymous. It will take approximately 5 minutes.

Thank you for taking part.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

About You

1. About you - Year Group

Select your answer

2. About you - Gender

Select your answer



Odd
Socks
Day



We'll be wearing our
odd socks this Odd
Socks Day, will you?



Monday 10th November 2025



Andy and
The
OddSocks



ANTI-BULLYING
ALLIANCE

#AntiBullyingWeek
#OddSocksDay





GROW A MOUSTACHE

PATCHY, LOPSIDED, ITCHY
OR EPIC – WHATEVER MO
YOU GROW THIS
MOVEMBER, YOUR FACE
WILL RAISE FUNDS AND
AWARENESS FOR MEN'S
HEALTH.

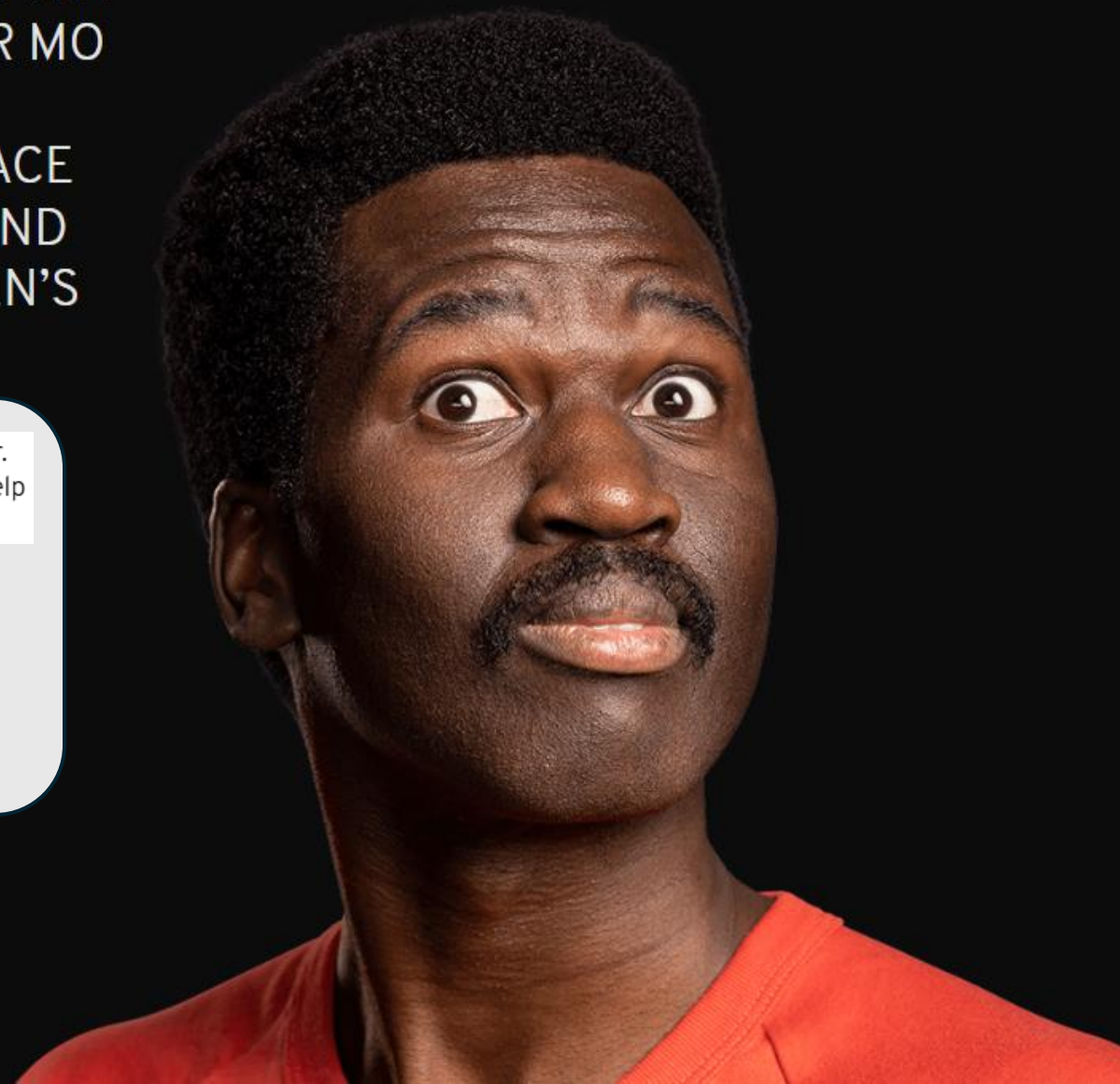


Join the global movement tackling mental health, suicide, prostate and testicular cancer. Grow a Mo or choose how you'll get involved. Sign up today: have fun, raise funds, and help men live longer, healthier lives.

Visit the MOVEMBER website for more
details: uk.movember.com



Check back next month for a gallery of Mos.





BE KIND ONLINE

Treat others online the way you want to be treated. Don't say or share mean things, and stand up against cyberbullying.

Use kind words

Don't spread rumors

Support friends online



BE AN UPSTANDER, NOT A BYSTANDER

AND BE IN WITH THE CHANCE OF WINNING
AN AWARD FROM KENT POLICE

REPORTING YOUR CONCERN IS
SAYING 'THIS IS NOT OK AND I
WON'T LET IT CONTINUE, BUT I
NEED HELP TO STOP IT'. DON'T LET
THE FEAR OF BEING LABELLED
PREVENT YOU FROM DOING THE
RIGHT THING.

*KENT POLICE
UPSTANDER
AWARDS*



**DON'T DO
NOTHING!**

STEP UP. SAY SOMETHING. TELL SOMEONE!

Ashford Safe Spaces



✓ Identify safe spaces in Ashford

Find businesses such as shops, restaurants and public spaces that offer safe spaces for those in need of help.

✓ Plan a safe route home

Use the app to plan your route home that offers the most safety including CCTV, street lighting and safe space providers.

✓ Easy to download app

Download Ashford Streetwise on your android or Apple device:
[download the app here](#)

✓ locations of life saving equipment

Find information on defibrillator and emergency trauma pack locations.



CULTURAL Awareness!

A JOURNEY THROUGH TWO TRADITIONS OF REMEMBRANCE

Every year, around the beginning of November, many countries pause to remember loved ones who have passed away. In Spanish-speaking countries such as Mexico, people celebrate El Día de los Muertos (the Day of the Dead) on 1st and 2nd November. Meanwhile, in France and Belgium, people observe La Toussaint (All Saints' Day) on 1st November. Although these two traditions are very different in atmosphere, both share the same purpose: honouring and remembering those who are no longer with us.

Día de los Muertos – A Celebration of Life

Far from being a sad occasion, El Día de los Muertos is a colourful and joyful celebration.

Families create altars (ofrendas) at home to welcome back the spirits of their loved ones. These altars are decorated with:

- Photos of the deceased
- Candles, flowers (especially marigolds, cempasúchil)
- Food and drinks they enjoyed
- Sugar skulls (calaveras) and papel picado (paper decorations)

Music, parades, and face-painting also form part of the celebration, symbolising that death is not an end but a continuation of life in memory and spirit.



La Toussaint – A Day of Reflection

In France and Belgium, La Toussaint is a public holiday celebrated on 1st November.

Families visit cemeteries to clean and decorate graves with chrysanthemums, the traditional flower of remembrance.



It's a quieter, more reflective occasion, marked by respect and contemplation rather than festivity.

Despite their differences, both traditions teach an important lesson:

Remembering those we've lost keeps them alive in our hearts.

Culture Club

In Culture Club, we created our very own altar, inspired by El Día de los Muertos.

Our altar included photos of Pablo Picasso, Frida Kahlo, and Diego Maradona — all famous for having left an unforgettable mark on art, culture, and sport.

This activity helped us reflect on how language, culture, and memory connect us across borders.



Challenge 1

Design a new symbol that brings together:

- the poppy (Remembrance Day),
- the marigold (Día de los Muertos),
- and/or the chrysanthemum (La Toussaint).

It could be:

- a drawing or digital design,
- a 3D model (paper, fabric, clay, etc.),
- or a photo collage.

Challenge 2

Write a short reflection or poem (6–10 lines) on the theme of memory, peace, or someone who inspires you.

Example prompts:

"If I could thank one person from the past..."

"How my culture remembers..."

"What poppies, marigolds, and chrysanthemums mean to me..."

Submission Info

 Email or give your work to Mrs Aslan-Isted in B35.

 Individual or group entries (max 3 per group).

 Winning works will be displayed on NKS Facebook page and students will get a Level 2 Achievement point.

Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some **self-care tips** to help **protect against stress**:



Try

Nurture your physical health – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

Set aside time to have fun or do something nice for yourself – positive emotions can help build a buffer against stress.

Spend time on an activity you enjoy – whether painting, playing guitar, or learning a new sport.

Talk to someone – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.

Avoid

Overdoing it on caffeine, alcohol or sugar – they're a quick fix which can increase stress in the long term.

Overworking – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

Chasing perfection – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

Too much screen time – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

Bottling up your feelings and assuming they will go away – this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself – **there is no shame in seeking help**.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See **list of support organisations**



© MHFA England 2019

Helpful resources for young people's mental health



Here are some trustworthy sources of support, guidance, advice and training around young people's mental health and wellbeing.

Action for Happiness actionforhappiness.org

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Anna Freud Centre annafreud.org | Tel: 0207 794 2313 | Email: info@annafreud.org

A children's mental health charity providing specialist help, research and training for children, young people, families and schools.

Association for Young People's Health (AYPH) youngpeopleshealth.org.uk

A charity and membership forum working to promote the health and wellbeing of 10-24 year olds.

Barnardo's barnardos.org.uk

A leading children's charity which provides services, research and guidance on a range of issues concerning children's wellbeing including child poverty, sexual exploitation, disability and domestic violence.

Charlie Waller Memorial Trust cwmt.org.uk

Awareness, information and resources for young people who are depressed, as well as training for families, schools, colleges, universities, workplaces and GPs.

ChildLine childline.org.uk | Tel: 0800 1111

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

Early Intervention Foundation eif.org.uk

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

Family Links familylinks.org.uk

Offers programmes for parents of children from -9 months to 18+ providing adults and children with skills to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. Specialist programmes include parenting with Islamic Values, work with parents in prison and with parents of children with a disability or special needs.

Heads Together headstogether.org.uk

A campaign to end mental health stigma spearheaded by the Duke and Duchess of Cambridge and Prince Harry.

Hub of Hope hubofhope.co.uk

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.



MHFA England

Helpful resources for young people's mental health



Kooth kooth.com

Free support services for young people delivered by qualified counsellors via online chat.

Mental Health and Behaviour in Schools

gov.uk/government/publications/mental-health-and-behaviour-in-schools-2

The Department for Education (DfE) developed this set of advice and practical tools to help schools promote pupil mental health, identify and support pupils with more severe needs and make appropriate referrals to specialist agencies where necessary.

Mental Health Foundation mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues. Includes information, research, resources and an invaluable A-Z of mental health terms.

Mind mind.org.uk

National charity providing information, advice, and campaigning to promote and protect good mental health for everyone.

MindEd minded.org.uk

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

Mindfulness in Schools Project training courses mindfulnessinschools.org/courses

A charity whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

MindUP mindup.org/u-k

A learning programme for teachers and pupils based on positive psychology and mindfulness.

The Mix themix.org.uk | Tel: 0808 808 4994

A leading digital support service on a range of issues impacting young people's wellbeing including mental health, money, homelessness, employment, relationships and drugs. An online chat and a crisis messenger is available on the site.

myHappyMind myhappymind.org

A curriculum to help schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Supports schools in creating a positive and growth-oriented whole school culture.



Helpful resources for young people's mental health



Place2Be place2be.org.uk | Tel: 0207 923 5500 | Email: enquiries@place2be.org.uk

Offers counselling support for young people in schools helping them to cope with wide-ranging and complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

Reading Well Books on Prescription

reading-well.org.uk/books/books-on-prescription/young-people-mental-health

A set of books about mental health for 13-18 year olds, available at local libraries. Provides advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

Rethink Mental Illness rethink.org | Tel: 300 5000 927 | Email: advice@rethink.org

National mental health membership charity working to help everyone affected by severe mental illness recover a better quality of life. Provides services, information and support.

Rise Above for Schools campaignresources.phe.gov.uk/schools/topics/rise-above/overview

Resources for teaching PSHE curriculum topics to KS3 and KS4 pupils with flexible lesson plans, slide decks and video content. Covers a range of wellbeing topics including bullying and cyberbullying, alcohol, exam stress and body image.

Royal College of Psychiatrists rcpsych.ac.uk

Readable and well-researched information about mental health with information for parents, teachers and young people.

Samaritans samaritans.org | Tel: 116 123 (any time) | Email: jo@samaritans.org

A confidential emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Student Minds studentminds.org.uk

A charity working with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students. Offers information and support for students.

Switchboard switchboard.lgbt | Tel: 0300 330 0630 (10am-10pm every day) |

Email: chris@switchboard.lgbt

Confidential support and information for the lesbian, gay, bi, and trans community.

Time to Change time-to-change.org.uk

An anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Website includes resources for campaigning against mental health stigma and discrimination.

Winston's Wish winstonswish.org.uk | Freephone helpline: 08088 020 021

Provides specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

YoungMinds youngminds.org.uk | Tel: 0808 802 5544

A UK charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.



Kooth - is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it (Video 1:30 mins – click to play)

