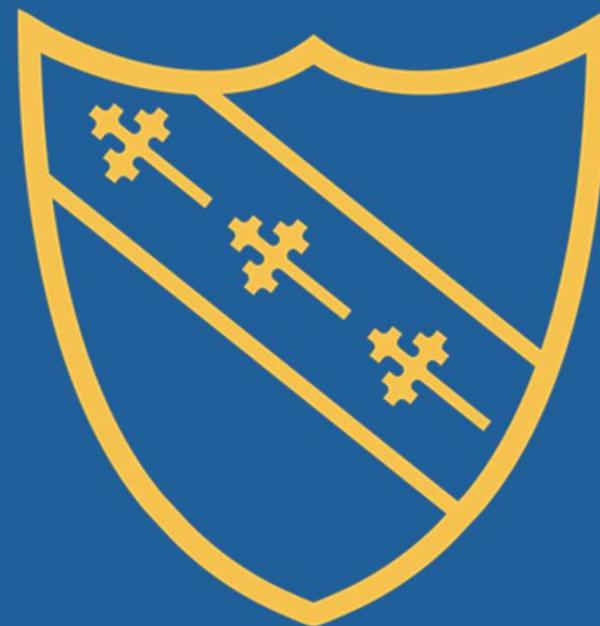


The NKS Healthy Community Blog

***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 4 – March '26

Milano Cortina Paralympics

6th - 15th of March

The Milano Cortina Paralympic games mark 50 years since the first Winter Paralympics. It is the second time they have been held in Italy. This year, wheelchair curling mixed doubles will feature for the first time.

Around 665 athletes will compete in 79 medal events across 6 sports.

These sports are:

- Para Alpine Skiing
- Para Biathlon
- Para Cross Country Skiing
- Para Ice Hockey
- Para Snowboard
- Wheelchair Curling



Athletes to watch

Jo Butterfield MBE & Jason Kean
Mixed Doubles Curling



They are the first Brits to compete in the Mixed Doubles event. Jo is chasing a rare Summer/Winter double gold, as she won Gold in Rio 2016 in Para athletics.

Neil Simpson (with Andrew Simpson and Rob Poth)
Para Alpine Skiing



Neil is the defending champion of the Beijing 2022 Gold medal. He is visually impaired, and will be guided by his brother, Rob Simpson, in speed events and Rob Poth in technical events.

Athletes to watch

Oksana Masters Para Biathlon



Oksana Masters is the USA's most decorated Paralympian of all time. She has 19 medals across 4 sports: Para cross-country skiing, Para biathlon, Para cycling and Para rowing.

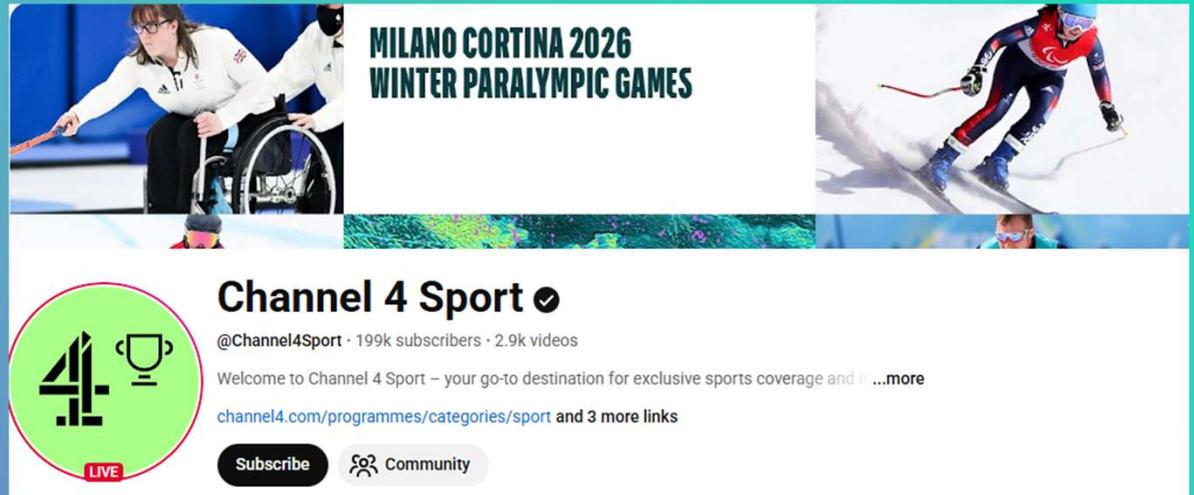
The Aigner Siblings Para Alpine Skiing



Veronika and twins Johannes and Barbara won nine out of the 11 medals that Austria earned in Para Alpine Skiing at Beijing 2022, racing in the vision impaired class. This year, they are aiming for 10 medals.

Where to watch?

The Channel 4 Sport YouTube channel is streaming 60 hours of sports across the games.



It is also on Channel 4 from 8am - 2pm every day.



Highlights of the whole Paralympic day are shown on Channel 4 at 6:30pm - 7pm every day, making it really easy to catch up on anything you might have missed!

ART COMPETITION: END VIOLENCE AGAINST WOMEN AND GIRLS



**End violence that
inspires change.**

**Original hand-created designs to be submitted on
A3 paper.**

**Open to all students. Deadline: May 22nd 2026
Entries to be submitted to Mrs Turner**

Ashford Borough Council are looking to display a piece of art, designed by an NKS student, in Ashford town centre on the theme of ending violence against women and girls.

The rules:

- Open to students in every year group
- Designs must not be created using AI and we would prefer them to be hand-created rather than digital. You may use photographs as long as they have been taken by you and you have the permission of the people in the photo
- All submissions should be on A3 paper
- Deadline for submissions is midday on the 22nd May 2026

The theme asks for students to unite in their efforts to raise awareness, advocate for stronger protections and foster safer environments for women. You should interpret and represent this theme in your own unique way.

Please submit to Mrs Turner when completed.

NKS Healthy Community Blog



I must be
careful and not
use unkind
words

**PLEASE BE KIND.
DON'T BE THE REASON
SOMEONE SKIPS A
MEAL, DREAMS WAKING
UP, OR FEELS LEFT OUT.
YOUR WORDS AND ACTIONS
STAY WITH PEOPLE FOREVER.**

Think Before You Speak!

Your Unkind Words & Actions Will Stay With Someone Forever

Source: Mental Health Believe UK

NKS Healthy Community Blog



Source: Mental Health Believe UK

Depression looks different on everyone.

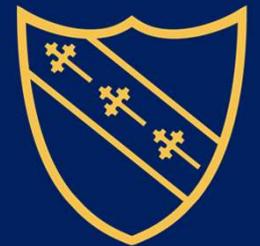
**Some people stay in bed.
Some show up to work.
Some lose their appetite.
Some eat to feel something.
Some cry.
Some go quiet.
Some take meds.
Some don't.
Some have support.
Some feel invisible.**

**It's not always obvious.
It's not always dramatic.
It's not always what you expect.**

**So be gentle.
Don't assume.
Don't judge.**

Because pain doesn't always look like pain.

**If you, or one of
your friends, is
feeling low –
talk to your
SSM.**



**They are there
to help!**

Reminder...



There are many terms that NKS has agreed it is totally unacceptable to use. The following examples relate to racism...

The 'N' - word



The use of the 'N' - word is a hate crime. It is one of the most horrible words in the English language and must not be used. The 'N'- word has been used aggressively throughout history, often accompanied by physical violence. It is a derogatory and dehumanising racial slur directed at black people. Because of its deeply offensive and problematic previous usage; no matter the circumstance, it is unacceptable.

ADDITIONAL DETAIL

The use of the term derives originally from the Atlantic slave trade in the 16th century. The Africans slaves were referred to using the Spanish and Portuguese words for black – negro. The 'N' word has derived from that. From this early time, the 'N' word was tied into the idea that African people weren't really viewed as human beings; but seen more like animals or beasts of burden, that could be bought and sold. Millions of black people were taken from their homes in Africa, chained up in horrendous conditions on slave ships and taken across the Atlantic to be sold as slaves. At that time in history, these people literally had no rights. Following on from this, white slave owners would use the n-word to demean and further oppress Black people.

The 'N' word in literature – note for English lessons

Some books covered at school include the 'N' – word in the text. One example is 'Of Mice and Men'. It was a word used at the time the novel was written, and the author uses it to highlight a point about discrimination and racism which was prominent in America at the time. When studying any book that includes the 'N' - word we wouldn't read it out and it should not be used when discussing the book.

Slavery reference



Making slurs relating to slavery is unacceptable. It is a derogatory and dehumanising racial slur, often directed at black people. It is racist and could constitute a hate crime.

EXAMPLES:

- Referencing people in chains
- Referencing picking cotton / working on a plantation

ADDITIONAL DETAIL

The Atlantic slave trade started in the 16th century. Millions of black people were ripped from their homes in Africa, chained up in horrendous conditions on slave ships and taken across the Atlantic to be sold as slaves. Millions died on the journey. At that time in history, these people literally had no rights. By the slavers of those times, these people weren't really viewed as human beings; but seen more like animals or beasts of burden, that could be bought and sold. Can you imagine what that was like? Referring to horrific historic events such as these is incredibly insensitive and inappropriate.

Terrorism reference



Making slurs relating to terrorism is unacceptable. It is derogatory and dehumanising racial stereotyping and a racist slur, often directed at people of Islamic faith. It is racist and could constitute a hate crime.

EXAMPLES:

- Calling someone a bomber
- Linking a person to 9/11, Twin Towers or another terrorist event

ADDITIONAL DETAIL

Terrorism is defined as the use or threat of action which: involves serious violence against a person, involves serious damage to property, endangers a person's life. Is this really what you meant to suggest in your comment?

9/11 details - On Tuesday 11 September 2001, suicide attackers seized US passenger jets and crashed them into two New York skyscrapers, killing thousands of people. What unfolded that day has had profound consequences across the globe. In all, 2,977 people (not counting the 19 hijackers) lost their lives, most of them in New York. All 246 passengers and crew aboard the four planes were killed. At the Twin Towers, 2,606 people died - at the time or later from the injuries sustained. At the Pentagon, 125 people were killed. The youngest victim was two-year-old Christine Lee Hanson and the oldest was 82-year-old Robert Norton, who were both passengers on planes.

Have you really considered how this impacts on someone you called a terrorist?

Have you considered that many lives are broken by the impacts of terrorism? You don't know if anyone who heard you has been directly or indirectly affected by terrorism.



Future editions of the blog will remind students about sexist and homophobic terms that are also totally unacceptable...