



# Guru Nanak Multi Academy Trust Ltd

Incorporating:  
Nanaksar Primary School &  
Guru Nanak Sikh Academy  
Founder – Sant Baba Amar Singh Ji

11<sup>th</sup> September 2020

Dear Parent

Student safety and well-being is always our number one priority and with that in mind, we acknowledge that lock down was tough on families. The stresses placed on young people and adults should not be underestimated and at Guru Nanak Sikh Academy we strive to support students with their well-being wherever possible.

Some of the current provisions at GNSA include:

- Professional Psychotherapist (School Counsellor).
- Two Drama and Play Therapists.
- Children's Welfare Practitioner from CAMHS (Child and Adolescent Mental Health Service).
- 'Toot Toot' - An online, safe and secure student reporting platform to allow students a discrete and confidential way to speak up about their concerns, no matter how big or small.
- Mental Health and Anti-Bullying Ambassadors.
- All staff Level 1 Safeguarding trained.
- 15 x Staff Level 3 Safeguarding trained.
- Dedicated weekly visit by our Safer Schools Police Officer.
- Dedicated weekly visit by our NHS School Nurse.

In addition, we are delighted to announce the launch of WildHearts Mental Well-being Webinar Series for Parents, Carers and Young People. The first one is '**How to Manage Worry, Stress and Anxiety**' taking place **7pm – 8pm on Thursday 17<sup>th</sup> September 2020**.

The session is for students aged 10+ and is designed to support families as children and young people return to school. It will be led by Alicia Drummond, one of the UK's leading adolescent therapists and founder of Teen Tips. By participating, you will gain the tools to help your child avoid the anxiety trap, build their self-awareness, self-management skills and boost emotional resilience. You will also have the opportunity to ask Alicia any burning questions you might have.

Places are limited, so please click [here](#) to register for your FREE place. Please do not hesitate to get in touch if you have any questions or queries via [info@wildheartsgroup.com](mailto:info@wildheartsgroup.com).

Yours faithfully

Mr T Perryman  
Assistant Principal  
Designated Safeguarding Lead