



5 September 2017

Dear Parent/Carer

In September 2017 Leighton Academy became a KiVa school...

KiVa is an innovative school-based anti-bullying program which has been developed using cutting-edge research on bullying and its mechanisms.

Prevention, intervention, and monitoring.

KiVa is an evidence-based program to prevent bullying and to tackle the cases of bullying effectively. The former is crucial but also the latter is important, as no prevention efforts will make bullying disappear once and for all; there need to be tools to be utilised when a case of bullying comes to light. The third aspect of KiVa is constant monitoring of the situation in one's school and the changes taking place over time; this is enabled by the online tools included in KiVa. These tools produce annual feedback for each school about their implementation of the programme as well as the outcomes obtained.

The main components of KiVa

KiVa includes both universal and indicated actions. The universal actions, such as the KiVa curriculum (student lessons and online games), are directed at all students and focus mainly on preventing bullying. The indicated actions are to be used when a bullying case has emerged. They are targeted specifically to the children and adolescents who have been involved in bullying as perpetrators or victims, as well as to several classmates who are challenged to support the victim; the aim is to put an end to bullying.

KiVa is based on decades of research on bullying and its mechanisms

KiVa was developed at the University of Turku in Finland, with funding from the Finnish Ministry of Education and Culture. Its developers are experts who have been studying the phenomenon of bullying and its mechanisms for decades.

Strong evidence of effectiveness

There are numerous anti-bullying programmes on the market but unfortunately, only few of them have been tested in rigorous scientific studies. This means that there is no evidence of whether or not the programmes actually help in reducing bullying in schools. KiVa is now being evaluated in several countries: the first international studies from the Netherlands, Estonia, Italy, and Wales are emerging, showing that KiVa is effective outside of Finland as well.

KiVa is targeted at various age groups

KiVa has two units. Unit 1 is designed for children of 6–9 years of age. Unit 2 is suitable for children of 10–12 years of age.

Material for teachers, students and parents

KiVa includes an extensive amount of material for teachers, students and parents including e.g. teachers' manuals, videos, online games, KiVa student and staff surveys, posters, vests and parent's guide. KiVa has several language versions available and more translations are underway.

KiVa is not meant to be a one-year project, but a permanent part of the school's anti-bullying work.

Please take the time to visit our school website, where you will find our updated Anti bullying policy and parent information <http://www.leightonacademy.com/page/kiva>

Thank you for your support.

Yours sincerely

**Mrs J Young
Principal**

'Making Learning Real and Unforgettable'

