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8th February 2022

Dear Parents/carers,

As part of National Wellbeing Week this week, year 6 pupils will be taking part in a virtual assembly tomorrow (Wednesday 9th February) delivered by the Service Kooth.

Kooth provides a free, safe, secure means of accessing help via the internet from a professional team of qualified counsellors, youth workers and emotional wellbeing practitioners. Kooth will be working with all schools and professionals in Kent to support students' mental health and wellbeing, in and out of school. It is available for all 10-25 year olds in Kent.

Kooth offer wellbeing support 365 days a year and we have our wellbeing team online from midday to 10pm Monday to Friday and 6pm-10pm at weekends. Kooth is free to access - your child simply needs to visit www.kooth.com and click 'Join Kooth'.

We have a vast range of self-help materials, peer to peer support and young people are able to contribute too. Everything is pre-moderated in order to safeguard our users, so you know that what your child is accessing is safe.

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email parentsandcarers@kooth.com.

Kind Regards

Emily Hughes
SENCO

'One Childhood One Chance'

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