



Re: Health & Wellbeing

18 May 2020

Dear Parent/Carer

I am sure you will agree the mental health and wellbeing of our young people is paramount, and I would like to share with you some resources from Kooth which we are presenting to students during form time sessions this week.

Kooth is an online platform that provides information and support around mental health and wellbeing for young people aged between 10 - 18 years old.

They offer a free service for young people and it is free to register. They offer support and advice, as well as several suggested activities to help support mental health.

The link to the Kooth online platform is <https://www.kooth.com/>

Please might I encourage you to take a look.

Yours faithfully

Mark Dixon
Assistant Principal
Student Development

