

KOOTH Information Session

For Years 6, 7 & 8 Parents



March 2019

Dear Parents,

I am writing to invite you to the third in our series of 'Parent Information' sessions, which we hope will prove useful and informative and will cover a range of topics throughout the year.

The topic of this session will be on using 'Kooth' (Xenzone) – a free, safe and anonymous online support for young people aged 11-18. It will be hosted by Jayne Archer, who last year delivered an assembly to KS3 children, on how to use this new tool. She will be in earlier on this day to repeat the assembly to the current Year 7 cohort and any children new to Year 8. Having someone to talk to about our worries and anxieties, whoever that may be, is a great starting point for the prevention and reduction of possible future problems or mental ill-health.

The session will take place on **Wednesday 13th March at 3pm 2019 for parents of children in Years 6,7 and 8.** Venue: Enrichment Centre. Refreshments will be available.

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. For more information about XenZone, please visit XENZONE.com. If you are a parent looking for more information about Kooth, please email parents@xenzone.com.

There will be a short presentation followed by plenty of time for questions.

If you think you would like to attend either of the two sessions, please contact the Academy Reception to reserve a place.

Email: oakfieldacademy@educ.somerset.gov.uk

Phone: 01373 462539

We look forward to seeing you there.

Mr Nathan Webb
Parent Information Project Coordinator

Mrs Ruth Stacey
Wellbeing ambassador



Oakfield Academy
Information Page

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