



Holly Lodge High School

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Dear Parents/Carers

It is vital during this time of isolation and uncertainty, that you and your family follow Government advice and stay safe and healthy.

As much of the home learning provided for students is online, **West Midlands Police** have asked us to forward the following link which offers help and advice for families in a digital world.

https://parentinfo.org/?utm_source=Thinkuknow&utm_campaign=11c85df25c-TUK_GLOBAL_MAR_2020_MESSAGE&utm_medium=email&utm_term=0_0b54505554-11c85df25c-64894453

CEOP have produced a package to help support families over the coming weeks and months. The home activity packs contain simple 15-minute activities parents/carers can do at home with their child using their Thinkuknow resources. They cover a range of ages from 5 to 14+.

https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55075637

CEOP have also produced an article on looking after your family's mental health when you are stuck indoors.

https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55075637

KOOTH offers online counselling and support for young people, the flyer on page 2 of this document reminds our students how to access it.

If you require further help or support please do not hesitate to contact **Mrs D Southall** (dsouthall@holly-lodge.org) or **Mrs S Mann** (SMann2@holly-lodge.org).

Yours faithfully

Mr P Shone
(Headteacher)

Kooth.com

Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](https://www.kooth.com) where young people can register and others can find out more about the service.

kooth

