



Allenbourn Middle School
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Headteacher: Mr M Legge B.Ed (Hons) NPQH

14th November 2024

Dear Parents/Carers,

Year 7 and 8 Kooth Mental Health Service Assemblies - Week beginning Monday 18th November

I am writing to inform you about an upcoming assembly for our Key Stage 3 pupils during the week commencing **Monday, 18th November**. This assembly will focus on the important topic of mental health, with the aim of providing pupils with resources to support their wellbeing.

As part of the assembly, pupils will watch a video about **Kooth**, an online mental health support service designed for young people. Kooth offers free, safe, and anonymous mental health and emotional well-being support, providing a space where pupils can explore their feelings and connect with professional support if needed.

To reinforce the assembly's message and open up supportive conversations, we encourage you to discuss the video with your child at home. Talking about mental health openly can empower young people to seek help when they need it and understand that they are not alone. If you would like to review the video that children will view together you can do so by following the link below.

[Kooth introduction](#)

Please let us know if you have any questions or concerns regarding this assembly or if there is anything further we can do to support you and your child.

Thank you for your continued support.

Yours sincerely

Mrs S Hazell
Mental Health Lead

