



September: Back to school

Hello Education Staff,

Welcome back! Hopefully you feel well rested after your summer break. At Kooth we know last year was an incredibly difficult year for teachers and students. In order to support you we have our new monthly Kooth newsletter. We hope it can provide you with some ideas and resources for the new term to support your students with their ***Mental Health and Wellbeing.***

What's New from Kooth

Kooth Engagement Package Offer

We are pleased to announce that we are launching our pilot Kooth Engagement Package whereby education provisions can achieve beginner, intermediate and expert level in embedding Kooth amongst students. Each level completed will achieve certification and be part of Ofsted's framework requirement where students

are supported to develop resilience, confidence, independence and how to keep mentally healthy.

If you want to know more about this, please click [here](#).

Each month we will share some resources that you can adapt and use within your classes to prompt discussion and to provide information. We will have lesson plan ideas and links to our podcasts and videos.

Reach out to your local Kooth engagement lead, Sarah Clark, for additional and more personal support and any questions at : sclark@kooth.com

If you have ideas or feedback about resources or are interested in our research or the presenting issues of young people accessing Kooth - please do reach out and your local lead can provide you with some more information.

Some local data may also support ***your own planning around mental health and wellbeing***. With new **Ofsted** requirements for wellbeing in schools, Kooth wants to support you with additional capacity to respond to the needs of your students.

We are funded by local CCG's & Local Authorities and all services are FREE for schools and students.

For **September** we are focused on **Anxiety & Stress** as it's the number one reason young people are contacting Kooth.

Support for Teachers & Students : School Offer

Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.

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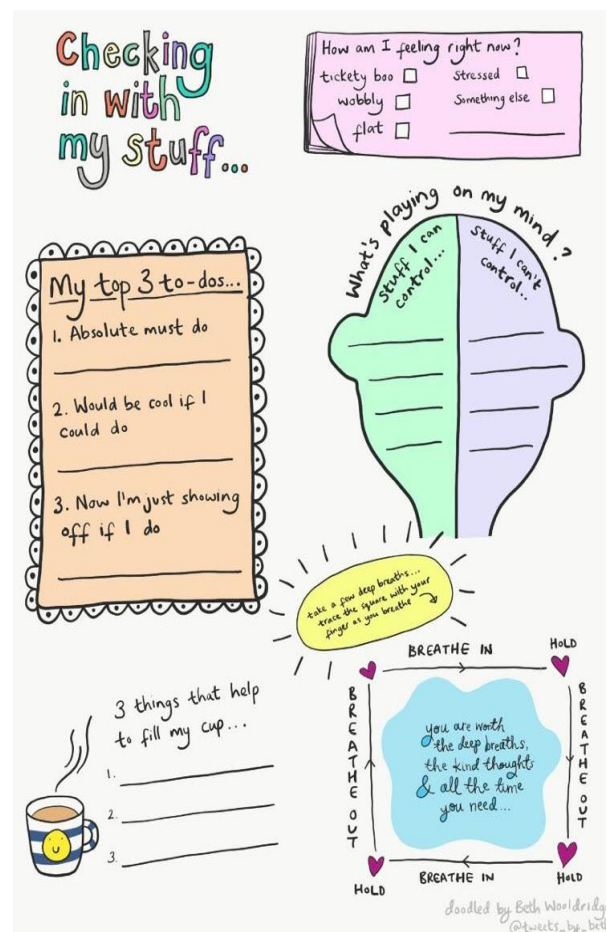
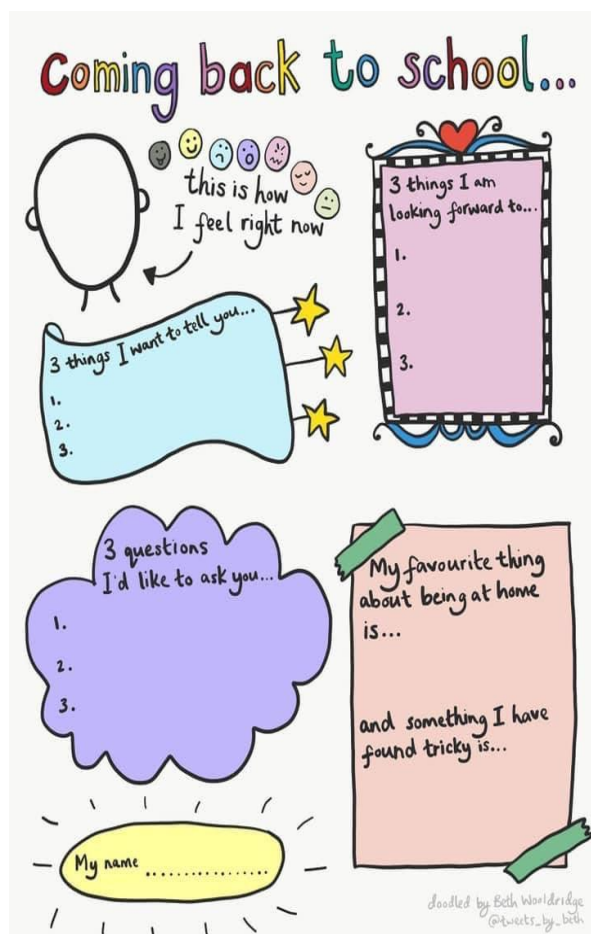
Sign up for free at **Kooth.com**

Returning to school can be a tough time not only for students but for staff too. At Kooth, we have worked hard to ensure we are able to support schools across the academic year.

All of the following are free when you sign up to our Kooth Engagement Package - some examples are below of what is included. We can also adapt to fit into 'Mental health weeks' or Campaigns such as 'Anti Bullying week' in November. Early booking is advised.

- Book a live intro to **Kooth Virtual Assembly** - It can be tailored to the time available or request a recording.
- Book a **Sign up to Kooth session for a year group**.
- Book **Workshops** - Wellbeing, Bullying, Anger Management, Young Men or Stress & Anxiety.
- Book **Staff Awareness session** - to inform staff how kooth can be integrated as an intervention within your school as part of your mental health & care pathway.
- Book a **Wellbeing stall** - Have a Kooth stall at your school/college event, provide students with kooth information and activities.

Some extra back to school content....



Parent/Carer Info Sessions on Kooth Rt

We run regular events for parents - this can be helpful if you are signposting young people to Kooth. Remember Young people can still use Kooth while they are Waiting for other services and we work alongside many Mental health services and CAMHS. These sessions are a good opportunity for parents to find out more and to ask questions. Share the EVENTBRITE to access dates. Sessions Run Monthly. **CLICK THE IMAGE FOR THE LINK**



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Kooth information session for Parents and Carers

Find out how Kooth can help your child with their Mental Health and Wellbeing.

Next bite-sized sessions:
Monday 16 August & Wednesday 20 October
at 12pm to 12.30pm.

Register at:
<https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-bitesize-sessions-tickets-163865069835>

The graphic features the Kooth logo (two speech bubbles with faces) and an illustration of a woman with long black hair wearing a red jacket, and a young man with red hair wearing a white t-shirt, standing together against a teal background.

You can provide the links to parents/carers and I have attached an additional letter that you can share to support parents in knowing that you are offering Kooth to their child. Email to request a copy of the parent letter.

The link for parents/carers to book a free webinar can be found here:

Bitesize session (half an hour):

<https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-bitesize-sessions-tickets-163865069835>

1 Hour session:

<https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875>



COME AND TRY OUR MINI-ACTIVITY HUB

- Connect with others
- Build helpful habits
- Manage your emotions
- Express yourself

Sign up for free at kooth.com



BUBBLE BREATHING ACTIVITY

Step 1: Find a quiet & comfortable space.

Step 2: Imagine you are holding a pot of bubbles.

Step 3: Take out the wand from your pot of bubbles.

Step 4: Take a deep breath in and imagine gently blowing a bubble, so you focus more on breathing out.

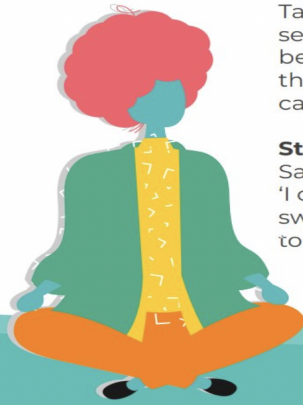
Step 5: Repeat this technique for at least five minutes to give yourself a chance to practice. Notice any differences in how you feel afterwards.

Mindfulness is a simple and easy way to calm the body and mind. Try this exercise with your class. It can be a short 5 minute exercise or you might add some breathing activities.

Practice being present

Something you can try that may help you feel calmer and safer in times of stress or panic, by noticing the present moment.

Remember you don't have to try it, and you can stop at any time.



Step 1

Take a moment to notice what you see around you right now (this may be objects, colours, people or even the detail of a pattern you see on a carpet.)

Step 2

Say what it is you see out loud (e.g. 'I can see a grey rug with a white swirly pattern on it that looks soft to touch.')

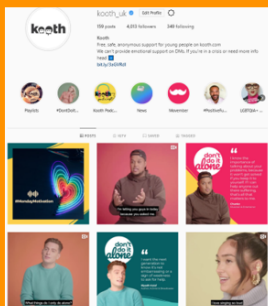
Step 3

Follow the same steps for something you can hear, touch or smell - perhaps spending just a few minutes on each sense, around 10 minutes each day.

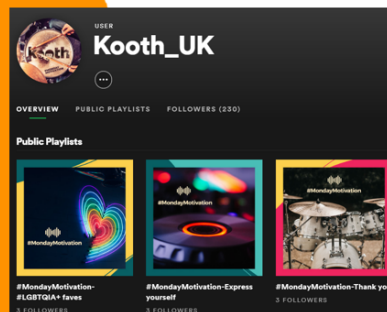
Step 4

Take a moment to see how you feel after doing this activity. If you found it helpful remember you can practice it again in times of stress and worry.

Kooth beyond Kooth.com



Instagram:
@kooth_UK



Spotify Playlists:
Kooth UK



"Kooth Podcasts" on
Spotify & Apple

You can find Kooth on Instagram, as well as on Spotify & Apple

Kooth has a range of playlists, from Stress Busters to Pride Anthems, which you access on Spotify by searching Kooth_UK. Also, make sure to check out our latest Kooth podcasts. You might find our guided meditation useful for an in-class activity