



Children's Mental Health Week and Safer Internet Day

Dear King's Oak Families,

On the afternoon of Tuesday 7 February, we are proud to be marking **Children's Mental Health Week and Safer Internet Day**, with a range of activities for children to take part in during the school day.

Children will complete their normal learning during the morning before completing sessions around the theme of 'Let's Connect' with their class teacher or tutor in the afternoon. Sessions will include guidance on connecting safely online and maintaining good friendships.

Students in Year 7-11 will have an assembly from 'Off the Record' an organisation offering free mental health support for young people aged 11-25 living in Bristol and South Gloucestershire.

If you would like to discuss any of the themes raised during the day with your child, there are some useful links included on the next page.

Best wishes,



Simon White
Vice Principal of King's Oak Academy

WORK HARD, BE KIND

PRINCIPAL: MISS K OGDEN CEO: MR STEVE TAYLOR | BROOK ROAD, KINGSWOOD, BRISTOL BS15 4JT
TEL: 0117 9927127 EMAIL: KOA.PRINCIPAL@CLF.UK | WEBSITE: WWW.KINGSOAKACADEMY.ORG.UK

Place 2Be Parenting Smart

Practical tips to support children's wellbeing and behaviour.



<https://parentingsmart.place2be.org.uk/>

UK Safer Internet Centre

Tips, advice, guides and resources to help keep your child safe online.



<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Off the Record

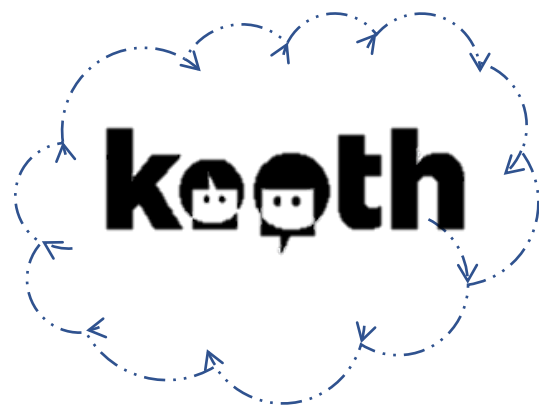
Free mental health support for young people aged 11-25 living in Bristol and South Gloucestershire.



<https://www.otrbristol.org.uk/>

Kooth

A free, safe and anonymous advice and counselling for young people



<https://www.kooth.com/>

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