We had a Kooth Parent session take place on Monday 12th October 2026.
It was so lovely to see so many parents attend and learn about their parents mental health. The importance of looking after ourselves, so that we can be more present for our children.

The children in Years 4, 5 and 6 had a Kooth assembly. Children's Emotional Health was talked about and the importance of talking, releasing worries and being kind to one another.

If you would like more information about Kooth and its digital service you can contact them at contact@kooth.com. It is a free service and is in line with NHS guidelines