

# The Sir John Colfox Academy



**Inspiring Learning, Achieving Excellence**

Headteacher: Mr Adam Shelley MEd, BSc Hons, PGCE, NPQH

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Dear Parents

I am writing to let you know of a new FREE support service available to young people that we are promoting in our school.

As a fully commissioned service from Dorset Clinical (Children's Services) Commissioning Group, in conjunction with Dorset County Council and the New BCP Borough Council, Kooth.com is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support on-line. This very popular service is used by large numbers of young people and delivered over 39,500 counselling sessions last year. Staffed by fully trained and qualified counsellors and available until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and support.

Here, at The Sir John Colfox Academy, we feel it is important that the young people know about Kooth.com and understand what it can offer. We have therefore been running assemblies to highlight the service to our students. There will be a video and presentation explaining how the service works, what it offers, and how to access it.

After gaining an understanding of Kooth, teachers and support staff will be able to assist individual students where requested. They may also use the resources as part of themed Anti-Bullying, Mental Health or PHSE sessions, if and when appropriate.

If you would like any further information or advice about support for your child's well-being, please contact the appropriate Head of School.

Yours sincerely

Mrs C Duffy  
Deputy Headteacher