

# Seaburn Dene

## Primary School

HEADTEACHER : Mr J K HOWE

TORVER CRES.  
SEABURN DENE  
SUNDERLAND  
TYNE AND WEAR  
SR6 8LG

TEL (0191) 5634100  
[admin@seaburndeneprimary.co.uk](mailto:admin@seaburndeneprimary.co.uk)  
<http://www.seaburndeneprimary.co.uk>

Wednesday, 20<sup>th</sup> January 2021

Dear Parents & Carers,

As part of our support for children at Seaburn Dene Primary School, we are supporting **Kooth**, a safe, online platform available in Sunderland, for children and young people.

**Kooth** is a Free, Anonymous and Safe Online Mental Wellbeing Community for young people aged 10-18 years (up to 25 for care leavers) within Sunderland.

Kooth have provided a range of services to support young people's wellbeing, increasingly important in the latest lockdown. Their trained and qualified online support team are available until 10pm each night, 365 days per year. Kooth has pre-moderated, age appropriate peer to peer discussion boards, live forums and articles all of which hold young person friendly information as well as therapeutic content.

Whilst your child may not need or use the service, Kooth is ensuring all children are aware of the service in Sunderland that could not only assist them now, during the pandemic, during their transition to secondary school or at some point in the future.

If you have any questions or would like to discuss what Kooth can offer, please speak to either myself or our mental health lead Mrs Cruddas who will be able to answer your queries. If you would prefer to speak to representatives from Kooth directly, please email the Kooth team on [parents@xenzone.com](mailto:parents@xenzone.com).

There is more information on the Mental Wellbeing part of our website:

<https://www.seaburndeneprimary.co.uk/mental-health-and-wellbeing/>

Mr Howe

Headteacher



# kooth



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