

This week is KS2 SATs week. Our Year 6 children will be taking part in the national standardised tests alongside children across the country. The children and staff have been working extremely hard to prepare for these tests so that pupils feel confident, calm, and able to do their very best. For those who may not know, there is a strong correlation between SATs outcomes and future GCSE results. Children who meet the expected standard at the end of Year 6 are statistically more likely to achieve at least a Grade 4 in their GCSE examinations. These tests are an important milestone and represent the culmination of the children's learning journey at St Anselm's Catholic School. For this Year 6 cohort, their first years at school were significantly affected by the disruption caused by COVID-19, and we are incredibly proud of the determination shown by the children, staff, and parents in ensuring they are fully supported and prepared. To help calm any nerves and provide a relaxed start to the day, they have all been invited to attend Breakfast Club each morning this week. I would like to thank all members of staff who have supported their learning over the years, those helping with Breakfast Club each morning, and parents for their continued support at home. As a school community, we keep all of our Year 6 children in our prayers this week and wish them every success.

Holy Day of Obligation

This Thursday, the Catholic Church celebrates the Feast of the Ascension, a Holy Day of Obligation. The Ascension marks the moment when Jesus returned to Heaven, forty days after His Resurrection, in the presence of His disciples. This important feast reminds us that Jesus opened the gates of Heaven for us and remains with us always through the Holy Spirit. As Catholics, Holy Days of Obligation are special days when we are called to gather together for Mass and worship God as a community of faith. Due to the KS2 SATs taking place this week, we will be unable to attend the published 9am Mass. However, Fr Emeka has kindly agreed to celebrate a special Mass for our school in the afternoon so that we are able to meet the obligation of the Church. The whole school will attend this special celebration together.

Special Assembly for Mary

Tomorrow, we will gather together for a special assembly and Celebration of the Word in honour of Mary, our Mother. During the month of May, Catholics traditionally dedicate time to celebrating Mary and reflecting on her example of faith, love, and obedience to God. Last week, all children were given a flyer with a flower stem attached. Families are invited to help their child create a flower at home and bring it into school tomorrow. During our celebration, the flowers will be presented to Mary as a sign of our love, prayers, and devotion to her. We look forward to coming together as a school community for this special occasion.

First Holy Communion 6th June

Last week, parents of children in KS2 received an email asking children from Year 3 (not making their Communion), Year 4, Year 5, and Year 6 to volunteer to sing for this special occasion. We really do want to make this a special occasion for everyone involved. If your child would like to participate, please complete the [Google Form](#) by Friday 22nd May. Thank you for your support.

Healthy Eating - Reminder

Thank you for continuing to pack healthier and more balance food options in your child's lunchbox. Can we please remind you that fruit juices are not allowed. Children should be drinking water during the school day. Thank you.

Mobile Phone Use on the Playground

Thank you to the many parents who are respecting the school's decision and are not using their mobile phone on the playground at the end of the school day. This is helping us maintain a safe, calm, and positive environment for all members of our school community.

'Trust in the Lord... and He will direct your path.' Adapted from Proverbs 3:5-6



In this week's Gospel, Jesus speaks to His disciples about the importance of love, obedience, and the gift of the Holy Spirit. He tells them that if they truly love Him, they will keep His commandments. Jesus promises that after He returns to the Father, He will send the Holy Spirit, the Advocate, to guide, strengthen, and remain with them forever. He reassures His followers that they will never be abandoned because He will continue to live within them.

This teaches that faith should be shown through loving actions and faithful obedience to God's teachings. It reminds us that the Holy Spirit helps us make good choices, grow in kindness, and stay close to God each day.



**Heavenly Father,
Thank You for sending Your Son, Jesus,
to teach us how to love and follow You.
Help us to keep His commandments by
showing kindness, patience, and
compassion to others each day. Send
Your Holy Spirit to guide us in making
good choices and to give us strength
when life is difficult. May we always
remember that You are with us, helping
us to grow in faith and love. Amen.**

Congratulations to these children who won an award last week

St Anselm's Catholic Primary School

Murewa

You have been trying hard to stay focused in lessons. During Phonics you make sure that you are listening and are often first to say the sounds and the words because of your good concentration. You are getting faster at writing your words and sentences too. Well done.

Teacher: Mrs. Hardy
Date: 08.05.2026

St Anselm's Catholic Primary School

Janella

Janella, the adults in Year 1 are so impressed with the hard work that you are putting into your reading and writing this term. You are using your phonics to work out any new words when you are reading and you are writing with more independence and accuracy. You behave well in the classroom and always try your best. Keep working hard. You are a star!

Teacher: Mrs. Swales
Date: 08.05.26

St Anselm's Catholic Primary School

Rachael

You show kindness and compassion towards others, including helping your younger friends or anyone who needs support. This helps others feel safe, happy and valued. This week you have been working on personal growth and learning from your mistakes, showcasing our PRIDE value of Personal Excellence. Keep up the great work. There is always something new to learn and opportunities to grow.

Teacher: Mrs. Hardy
Date: 08.05.26

St Anselm's Catholic Primary School

Vincenzo

You are someone who knows lots of amazing information about many different subjects. It is lovely to hear your ideas and thoughts in our class discussions, it really adds to our learning. This week we have seen you strive for 'Personal Excellence' in those things that you find more difficult. You have had great success with collaborative learning with your partner and our capacity learning. You have also tried hard with your writing this week. Well done, keep it up!

Teacher: Mr. Kelly
Date: 8.5.26

St Anselm's Catholic Primary School

Vienna

It has been fantastic to see you find your voice this week Vienna, sharing your ideas in class discussions more confidently. We have been especially impressed with your 'Determination and Courage' in maths, continuing to try even when things are tricky. Beyond your work in class, you have shown what a wonderful friend you are by being kind, encouraging, and supportive towards those around you. Keep believing in yourself and you will succeed, well done!

Teacher: Mrs. Hardy
Date: 08.05.26

St Anselm's Catholic Primary School

Nissa

This week, I've seen your 'Determination and Courage' in our maths lessons through the way you kept trying, even when faced with challenging questions. I've also noticed great progress in your confidence during class discussions. You are becoming much more confident in your own ideas and are sharing your thoughts more clearly and positively. You are on the right track so keep doing what you're doing. Your hard work and growing confidence are shining through every day.

Teacher: Mrs. Hardy
Date: 8.5.26

St Anselm's Catholic Primary School

Gabi

Gabi, you have consistently shown a wonderful determination to improve in everything you do. You are never afraid to ask thoughtful questions or seek help when needed, allowing you to make the most of every learning opportunity. This dedication is reflected in some of the best presentations I have seen - work that you clearly take immense pride in, and rightly so. It has also been lovely to watch your confidence flourish in subjects you once found challenging; this has been evident this week in your maths, where you have been truly shining!

Teacher: Mr. Patek
Date: 08.05.2026

Congratulations!

This certificate is awarded to

Year 4

for

being the top Doodling class this week!

Signed: Mrs. Swales
Date: 8.5.26

Congratulations!

This certificate is awarded to

Year 3

for

being the top Doodling class this week!

Signed: Mrs. Swales
Date: 8.5.26

Congratulations!

This certificate is awarded to

Year 4

for

being the top Doodling class this week!

Signed: Mrs. Swales
Date: 8.5.26

Congratulations!

This certificate is awarded to

Year 3

for

being the top Doodling class this week!

Signed: Mrs. Swales
Date: 8.5.26

Congratulations!

This certificate is awarded to

Anahe (Y5)

for

getting the highest number of stars over the last week (310)

Signed: Mrs. Swales
Date: 8.5.26

Congratulations!

This certificate is awarded to

Neriah (Y4)

for

getting the highest number of stars over the last week (650)

Signed: Mrs. Swales
Date: 8.5.26

Congratulations!

This certificate is awarded to

Anahe (Y4)

for

getting the highest number of stars over the last week (357)

Signed: Mrs. Swales
Date: 8.5.26

TWO TABLES ROCK STAR!

ON: 8.5.26

FOR: playing more than any other class this week!

CONGRATULATIONS!

Year 3

SIGNED: Miss Swingle

TWO TABLES ROCK STAR!

ON: 8.5.26

FOR: playing more than any other class this week!

CONGRATULATIONS!

Year 4

SIGNED: Miss Swingle

Lean and Green Award is awarded to

Y3

The most active class active on the way to school this week

08.05.26

Attendance Ted is awarded to

Y1 & Y2

99.6% attendance

08.05.26

Punctuality Pup is awarded to

Y5

99.6% punctuality

08.05.26

Congratulations to these children who received these PINS



Y1	Y2	Y3	Y4	Y5	Y6
William	Marcus	Clara Emilia Annabelle Giorgia Luiza Kimya Chizaram Edis	Alice Joshua Doneshia Udolisa Neriah Kai	Sarah Kaja Lottie Jayden Alesha Jasper Gabi	Francesco Eliakim Jade Nancy Angelina



YR	Y1	Y2	Y3	Y4	Y5	Y6
		Danny Elijah Michelle Wiktorja Success Jayden	Naomi Peter Nathan Edward Emilia Grace	Alice Kiki Chimribeotito Joshua Zara Jonathan Maya Isaiah Jason Isaac Alex Kai	Dionne Jayden Nina Alphonse	Jakub Sebastian C Jade Emmanuel Francesco Eliakim

KEY DATES

Monday 11th May – 14th May

KS2 SATS

Wednesday 13th May

YR & Y3 Kent Life Trip

Thursday 14th May

Feast of the Ascension

Friday 15th May

Y4 & Y5 Leeds Castle Trip

Monday 18th May – 22nd May

Y6 PGL Trip

Monday 25th May

Half Term Week – School Closed

Monday 1st June

Term 6 begins

Saturday 6th June

First Holy Communion

Tuesday 9th June

Class Photos

Friday 12th June

Sports Day

Thursday 18th June

America Team Celebration Day

Saturday 27th June

PTFA Family Festival

Wednesday 8th July

KS2 Aladdin Production

Thursday 9th July

KS2 Aladdin Production

Friday 17th July

Leavers' Disco

Tuesday 21st July

Leavers' Mass

Last day of Term. School closes

1pm

Snack Shack

PRICE LIST

- Piece of fruit 10p
- Welch's Fruit-based snack 30p
- Popcorn 15p
- Smoothies 50p
- Rosary Beads £1
- Team wristbands £1
- Water bottles £2
- Spare water bottle lids 50p
- Fruit Ice Pops coming soon
- Open Mondays and Wednesdays



DEMOCRACY
We all have the right to be heard and to take part in decisions that affect us all.

RULE OF LAW
We are all subject to the law which is applied fairly and equally to everyone.

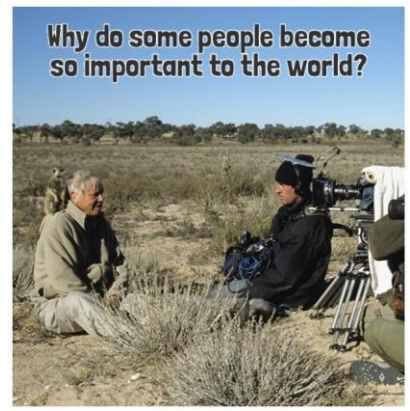
INDIVIDUAL LIBERTY
We have the freedom to make our own choices and express our own views.

MUTUAL RESPECT
We respect each other and treat everyone with kindness and consideration.

TOLERANCE
We value differences and celebrate the diverse communities we live in.

In the news this week

Sir David Attenborough, a famous naturalist and broadcaster, is celebrating his 100th birthday. For over 70 years, he has created and presented programmes that help people understand animals, nature, and the planet. His work has inspired millions of people to learn more about the world and take care of it. Many people are celebrating his life and the difference he has made.



Things to talk about at home ...

- Who is someone you think is important? Why are they important?
- What has David Attenborough done to help people understand the world?
- How can we learn about places and animals we can't see ourselves?
- Do you think you have to be famous to make a difference? Why?
- Can you share something you care about and would like others to care about too?

Which British Value?

This story relates to **Rule of Law**. This is because rules apply to everyone. From world leaders to giant companies, we must all follow the same rules to protect our planet.

This story relates to **Democracy** because it shows we have the right to use our voices and share our opinions to help protect the environment.

Which protected characteristic?

This week's story relates to the protected characteristic of **age**, because it shows that no matter a person's age, they can have a huge impact on the world.

Rainbow Curriculum Link

This story supports the Rainbow Curriculum by showing key values in action. David Attenborough demonstrates **resilience** through his 70-year commitment to educating people about the natural world, despite challenges and change. His long career also reflects **adaptability**, as he has embraced new technologies and ways of sharing information. As a broadcaster, he **communicates** complex ideas clearly and inspires millions, while his work on documentaries highlights the importance of **collaboration** with teams of filmmakers, scientists, and producers.



This week's focus for Y5 & Y6:

Risky objects

Key messages we learned:

Some everyday objects can become dangerous if they are used in unsafe ways. Objects such as stones, broken glass, fireworks, catapults, elastic bands and vapes can cause serious harm or injury. "Intent does not remove danger" — even if someone thinks something is "just a joke" or "only playing", people can still get hurt. Peer pressure can sometimes encourage unsafe choices, so it is important to feel confident saying "no". If we see risky or unsafe behaviour, we should prioritise safety rather than joining in or filming it. When faced with a risky object, we should: **STOP; MOVE AWAY; GET HELP; TELL A TRUSTED ADULT**. During the session, pupils discussed a range of real-life scenarios involving risky objects and explored how to respond safely and responsibly.

This week's task:

Choose a risky object and tell someone at home how they could be dangerous:

- Glass – Stones – Fireworks – Elastic bands
- – Catapults – Vapes

How you can support at home:

Talk with your child about making safe choices when out with friends or in the community. Reinforce that they should never feel pressured to try something unsafe and that getting help from a trusted adult is always the right thing to do if they are worried about someone's safety.



In Culture Club this term, we are learning about famous paintings.



"The Persistence of Memory" by Salvador Dalí is a strange and dream-like painting where clocks appear to be melting over objects like tree branches and tables, almost like soft ice cream. It shows that time doesn't always feel the same—sometimes it can feel slow, like when you're waiting, and sometimes it goes very fast, like when you're having fun.

The painting is part of a style called surrealism, which means it's meant to look like a dream and doesn't have to be realistic. The title means that even though time can feel confusing or change, our memories can still stay with us for a long time.

10 Top Tips for Parents and Educators

HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

1 TREAT ONLINE LIKE THE REAL WORLD

You wouldn't allow a child to cross a road without guidance – you'd hold their hand, use a pedestrian crossing, and model safe behaviour. In the same way, a neurodivergent child's first experiences online should be supported by an adult who can guide and explain safe and responsible digital behaviour to them from the outset.

2 MODEL RESPONSIBLE USE

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.

3 KNOW YOUR LIMITS

Current government guidance suggests no solo screen use below the age of two, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with an adult. However, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, encouraging slower-paced and meaningful material rather than fast-paced, overstimulating content.

4 CONSIDER AGES AND STAGES

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.

5 KEEP CONVERSATIONS OPEN

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong or being misunderstood, meaning these kinds of conversations should feel open and fair, rather than like a lecture. If a child encounters a problem – such as a scam or inappropriate content – they need to feel able to speak to a trusted adult without fear of judgement or embarrassment.

6 BUILD YOUR KNOWLEDGE

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media platforms have age limits, and many apps and games offer parental settings that can control access. Schools and families should work together to understand these tools, helping neurodivergent children use them safely while keeping up to date with new features and changes.

7 SET CLEAR BOUNDARIES

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be bypassed. Clear, predictable boundaries should be used, based on trust and consistency. Involving children in discussions that affect them helps them feel heard. This is particularly important for neurodivergent children, who may respond strongly to perceived unfairness.

8 UNDERSTAND AI CONTENT

The internet now includes large amounts of AI-generated content, including images, videos, and stories. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content literally, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.

9 EXPLAIN AI LIMITATIONS

AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it produces incorrect or unrealistic information, known as 'hallucinations'. Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.

10 CLARIFY AI RELATIONSHIPS

AI can feel conversational and personal, but it's not capable of real relationships. It learns from patterns in user input rather than human understanding. Some neurodivergent children may experience a sense of connection with AI chatbots, particularly if they find social situations challenging. It's therefore important to explain that these are simulated conversations and aren't a substitute for real, human relationships.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and Advisory Teacher who works with nurseries, schools, colleges, and businesses to improve inclusion for neurodivergent people. She is the Founder and Director of Neuroteachers and the author of "The Other 29 – How Supporting Your Neurodivergent Learner Can Improve Teaching and Learning for the Whole Class".



See full reference list on our website

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#WakeUpWednesday

The National College



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

APRIL TO
OCTOBER 2026

NOURISH



SPRING INTO SUMMER MENU

MONDAY

Beef Bolognese Pasta 1
Cheese & Pesto Swirl 1,7 V
Jackets with a Choice of Toppings 7,8,9

Baked Wedges
Seasonal Vegetables

Ice Cream 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

TUESDAY

Macaroni Cheese 1,7 V
Chick Pea & Spinach Biryani VG
Jackets with a Choice of Toppings 7,8,9

Carrots
Mixed Peppers

Toffee Tart 1,7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

WEDNESDAY

Roast Gammon & Gravy
Meatfree Meatballs & Gravy 6 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes
Cabbage
Swede

Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

THURSDAY

Chicken Korma
Vegetable Korma VG
Jackets with a Choice of Toppings 7,8,9

Rice
Green Beans
Carrots

Chocolate Orange Cake 1 VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

FRIDAY

Fish Fingers 1,8
Wrap Stack 1,7 V
Jackets with a Choice of Toppings 7,8,9

Chips
Sweetcorn & Peas
Coleslaw 9

Lemon Drizzle Biscuit 1,6 VG
Yoghurt 3,7
Fruit Pots VG

WEEK ONE

13 April
4 May
1 June
22 June
13 July
31 August
21 September
12 October

WEEK TWO

20 April
11 May
8 June
29 June
20 July
7 September
28 September
19 October

WEEK THREE

27 April
18 May
15 June
6 July
14 September
5 October

Vegetable Str Fried Noodles 1 VG
Vegetable Burger in a Bun 1,5,6 VG
Jackets with a Choice of Toppings 7,8,9

Baked Wedges,
Carrots,
Peas

Honey Cake 1 & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Minced Beef Curry
Pesto & Pea Pasta 1 VG
Jackets with a Choice of Toppings 7,8,9

Rice
Seasonal Vegetables

Summer Trifle 1,7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Chicken & Gravy
Samosa Puff 1 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes
Cauliflower
Carrots

Ice Cream 7
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Chicken Fajita 1
Tomato Spaghetti 1 VG
Jackets with a Choice of Toppings 7,8,9

Rice
Tomato Salisa
Green Beans

Carrot & Orange Cake 1 VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Salmon Fish Cake 1,8
Margherita Pizza 1,3,7 V
Jackets with a Choice of Toppings 7,8,9

Chips,
Peas,
Grated Carrot

Oaty Biscuit 1,15 VG
Yoghurt 3,7
Fruit Pots VG

Mild Chilli Beef
Tomato & Herb Penne Pasta 1 VG
Jackets with a Choice of Toppings 7,8,9

Rice
Peas
Mixed Peppers

Ice Cream 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Margherita Pizza 1,3,7 V
Loaded Cajun Bean Wedges VG
Jackets with a Choice of Toppings 7,8,9

Rainbow Rice
Sweetcorn
Coleslaw 9

Jam Roly Poly 1,6 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

BRUNCH
Pork Sausage & Bacon 1,3,6
Or Vegetable Sausage 1 VG
Jackets with a Choice of Toppings 7,8,9

Brunch Hash Potatoes
Baked Beans
Tomatoes & Mushrooms

Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Chicken Pie 1
Cheesy Pasta 1,7 V
Jackets with a Choice of Toppings 7,8,9

Crushed Potatoes
Seasonal Vegetables

Sultana Cake 1 VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8
Cheese & Bean Parcel 1,7 V
Jackets with a Choice of Toppings 7,8,9

Chips,
Peas, Baked Beans
Cucumber Sticks

Caramel Cookie 1,7 V
Yoghurt 3,7,
Fruit Pots VG

St Andrews

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

AVAILABLE
DAILY

PARENT & FAMILY SUPPORT

Mental Health, Wellbeing and Safeguarding Resources

St Anselm's Catholic Primary School

Safeguarding Support at School

If you have concerns about your safety, your child's safety, or their wellbeing, please contact the Designated Safeguarding Lead (DSL).

Email: dsl@st-anselms.kent.sch.uk

If a child is in immediate danger call **999**.

Domestic Abuse Support

National Domestic Abuse Helpline

Call **0808 2000 247** (24 hours a day)

Chat: Mon–Fri 10am–10pm

[Domestic abuse support information](#)

Additional Support Services

Childline: 0800 1111 (24hrs)

Samaritans: 116 123 (24hrs)

[YoungMinds](#)

[Beat Eating Disorder Support](#)

[Kidscape](#)

Fast Track Counselling for Parents

North Kent Mind offers fast track counselling for parents.

£40–£45 per session with short waiting times.

[Visit service page](#)

Kooth – Free Online Mental Health Support

Free anonymous online counselling for young people aged 10–25. Available daily including evenings and weekends.

www.kooth.com

Parent support email: parents@kooth.com

