

We have now reached the final week of the Spring Term, which is also Holy Week—leading us into the most important time in the Church’s calendar, the Easter Triduum. Our Lenten journey began six weeks ago with our Retreat Day, and since then we have continued to prepare our hearts each week through our weekly Celebration of the Word. As well as reflecting on the Sunday Gospels, we have explored the meaning of the Cross—our focus this year. We have thought about how the Cross helps us to say no to temptation, reminds us of God’s love (like a big kiss from God), protects us, connects heaven and earth, and calls us to trust in Jesus. Throughout this final week, our collective worship will provide opportunities for reflection on the significant final days of Jesus’ life. Last week, our KS2 children were also given the opportunity to receive the Sacrament of Reconciliation. We are very grateful to Fr Emeka, Fr Stephen and Fr Henry for giving their time to support our pupils in this special way. As we enter this sacred time, we are ready. Fr Emeka warmly encourages all families to take part in the Easter services at St Vincent’s Church wherever possible.

I would like to wish you all a holy and happy Easter, filled with the joy of the risen Lord. I look forward to welcoming you back for the summer term when school reopens on Monday 20<sup>th</sup> April.

### **Early Closure on Thursday**

I would like to remind all parents that school closes for the Easter holidays on Thursday at 1pm. There is no after school club provision on this day.

### **Stations of the Cross Thanks**

I would like to say a heartfelt thank you to our Year 5 and Year 6 children for leading the Stations of the Cross each week in church. They have guided both our school and parish community in prayer so beautifully, and we are incredibly proud of their efforts. Taking part in this devotion involves much more than simply reading on the day. The children have shown great commitment, generously giving up their own time to practise and prepare. We also extend our sincere thanks to Mrs Kelly for her time and dedication in supporting the children so carefully in their preparation. Finally, thank you to all the children and families who came along each week to pray together as a community. It has been a very special experience for us all.

### **Class Assemblies**

Thank you to all parents and carers who have attended their child’s class assembly throughout this term. These occasions have provided a wonderful opportunity to gain an insight into learning in the classroom, as well as to witness the children’s personal development and progress in our Rainbow Curriculum skills—especially communication, collaboration and confidence. A special thank you also goes to our staff, who work tirelessly to support the children, not only in their learning but also in preparing for these performances. They make it look so easy, but a great deal of care and effort goes on behind the scenes.

### **Summer term uniform**

Children are able to return to school after Easter wearing either their winter or summer uniform. Please note, it is not acceptable to wear a hybrid of the two uniforms e.g. tights are not permitted with summer dresses. Thank you.

### **St Anselm’s Day School Mass – Save the Date**

When school reopens, we will be celebrating the feast of our school patron, St Anselm. Families are warmly invited to join us for a special school Mass at St Vincent’s Church at 10:30am on Sunday 26th April. Following Mass, the celebrations will continue at the Irish Club, where we look forward to spending time together as a community. We really hope you are able to join us.

### **Rainbow Challenge – Communication and Collaboration**

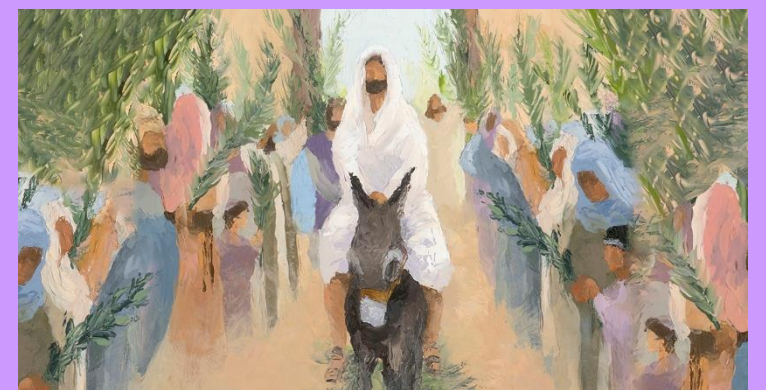
A new Rainbow Challenge with activities centred around communication and collaboration is available for completion during the holidays. More details will be shared via email later in the week.

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



Yesterday, we celebrated Palm Sunday, which marks the beginning of Holy Week. As Jesus entered Jerusalem, the crowds welcomed Him with palm branches and cries of “Hosanna,” recognising Him as the long-awaited King. Yet Jesus enters not with earthly power, but in humility—riding on a donkey, fulfilling the prophecy of Zechariah. He reveals Himself not as a king of conquest, but as the Prince of Peace, who comes to save through love and sacrifice.

As we begin this sacred week, we are invited to walk with Christ from the joy of His welcome to the sorrow of the Cross, trusting in the hope of the Resurrection.



**Lord Jesus Christ,  
as You entered Jerusalem in humility  
and peace, help us to welcome You into  
our hearts with faith and love.**

**Teach us to follow You, not only in  
moments of joy and praise,  
but also along the path of sacrifice and  
the Cross.**

**Gentle King and Prince of Peace,  
shape our hearts to be like Yours—  
humble, trusting, and full of mercy.  
May this Holy Week draw us closer to  
You, that we may share in the glory of  
Your Resurrection.**

**Amen.**

# Congratulations to these children who won an award last week

**St Anselm's Catholic Primary School**

Mila

You try hard in all areas of your learning. This week, you have been thinking of sentences to write and make sure that you read it back to make sure that it is correct. Well done, Mila.

Teacher Mrs Mackay Mrs D'Alto 27.3.2026

**St Anselm's Catholic Primary School**

Alicja

Alicja, the adults in Year 1 are so impressed by the way that you have grown in confidence since September. You now join in any discussions on the carpet and you can share your thoughts and ideas sensibly. You settle to your work quickly and this is helping you to make good progress. Keep working hard, you are a superstar!

Teacher Mrs Swindler Mrs Higgins 27.03.26

**St Anselm's Catholic Primary School**

Maya

Every single week, you consistently show all of the PRIDE values. You are always kind and considerate to everyone around you, and you're such a good friend to others. Your listening skills are fantastic—you really take the time to understand people and make them feel heard. You also lead by example, showing others the right thing to do through your actions. You are an example to all of your peers. Thank you.

Teacher Mrs Gordon 27.03.26

**St Anselm's Catholic Primary School**

Kimya

You are someone who works hard to achieve 'Personal Excellence' in all our activities. Though you are a quieter member of the class, you diligently apply yourself in all activities, doing your best to learn new skills and do your very best. I have particularly noticed your super organisational skills, looking out for others and how you can help around the classroom. Well done, keep it up!

Teacher Mrs Kelly 27.3.26

**St Anselm's Catholic Primary School**

Sommie

Your attitude and behaviour towards learning is always outstanding. You strive for 'Personal Excellence' in all that you do, pushing yourself to achieve. It is wonderful to see how selfless you are, consistently thinking of others first, supporting them and including them. We were impressed with your initiative and thoughtfulness this week when you helped to ensure everyone in Year 4 had the opportunity to attend Reconciliation. 'Respect and Friendship' is a true strength of yours. Well done!

Teacher Mrs Scott 27.03.26

**St Anselm's Catholic Primary School**

Adriano

This certificate celebrates your ongoing pursuit of 'Personal Excellence' in all that you do. You consistently demonstrate outstanding behaviour and always listen carefully to instructions. Your willingness to take on challenging tasks with 'Determination and Courage' is especially evident in our maths lessons throughout the week. I know how diligent you are when approaching difficult challenges, and this sets a wonderful example for others. Well done and keep shining!

Teacher Miss Aina 27.3.26

**St Anselm's Catholic Primary School**

Eliakim

One of the categories of our PRIDE award is for personal excellence, and you truly embody this in your effort and attainment in class. You are always willing to take on any challenge and show strong subject knowledge across all lessons, applying yourself to produce work of a very high standard. This was clear in our recent SATs practice, where you achieved almost perfect scores across the board. However, you remain humble and kind, always supporting others to succeed. I am extremely proud of you and what you achieve.

Teacher Mr Purock 27.03.2026

**Congratulations!**

This certificate is awarded to

Year 1

for

being the top Doodling class this week!

Signed Miss Scragg Date 27.3.26

**Congratulations!**

This certificate is awarded to

Year 6

for

being the top Doodling class this week!

Signed Miss Scragg Date 27.3.26

**Congratulations!**

This certificate is awarded to

Year 6

for

being the top Doodling class this week!

Signed Miss Scragg Date 27.3.26

**Congratulations!**

This certificate is awarded to

Anashe (Y5)

for

getting the highest number of stars over the last week! (612)

Signed Miss Scragg Date 27.3.26

**Congratulations!**

This certificate is awarded to

Neriah (Y4)

for

getting the highest number of stars over the last week! (610)

Signed Miss Scragg Date 27.3.26

**Congratulations!**

This certificate is awarded to

Anashe (Y5)

for

getting the highest number of stars over the last week! (715)

Signed Miss Scragg Date 27.3.26

**TIMES TABLES ROCK STARS**

ON: 27.3.26

FOR: playing more than any other class this week!

**CONGRATULATIONS!**

Year 3

SIGNED: Miss Scragg

**TIMES TABLES ROCK STARS**

ON: 27.3.26

FOR: playing more than any other class this week!

**CONGRATULATIONS!**

Year 4

SIGNED: Miss Scragg

**TIMES TABLES ROCK STARS**

ON: 27.3.26

FOR: playing more than anyone else over the last week! (203 minutes)

**CONGRATULATIONS!**

Samuel (Y4)

SIGNED: Miss Scragg

**NUMBOTS**

Joshua

For playing more than anyone else during the last week! (107 minutes)

27.3.26 Miss Scragg

**Lean and Green Award**

is awarded to

Y4

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

27.03.26

**Punctuality Pup**

is awarded to

Y4

100% punctuality 27.03.26

**Attendance Ted**

is awarded to

Y4 & Y5

100% attendance 27.03.26



# In the news this week

## What makes someone a champion?

Athletes from around the world have been competing in the Winter Paralympic Games in Italy. The Paralympics are an international sporting event for athletes with disabilities. This year's competitors took part in events such as skiing, snowboarding, wheelchair curling, and ice hockey. Many athletes train for years to compete at this level. Some have overcome injuries or health challenges, while others were born with disabilities. Using specialised equipment and incredible determination, they compete for medals.

## Things to talk about at home ...

- Who do you find inspiring in sport? Ask someone at home about who they find inspiring.
- What does being a champion mean to you?
- What helps people overcome challenges? Talk with someone about their experiences.

## Which British Value?

**MUTUAL RESPECT**

We respect each other.  
We respect others and expect them to show us respect.

The Winter Paralympics value every athlete's achievements equally. By **respecting differences**, they make sure that everyone has a fair chance to succeed and follow their dreams.

## Rainbow Curriculum Link

This story links strongly to our Rainbow Curriculum strand: **Resilience and Adaptability**. It shows how Paralympic athletes overcome challenges and keep going even when things are difficult. By learning these skills, it helps our children to understand that setbacks are a normal part of life and that they can learn to cope with them. It encourages children to be resilient—keeping trying when things are hard—and adaptable—finding new ways to succeed. Seeing real-life examples like these athletes can inspire our children to build confidence, develop a growth mindset, and believe in their own ability to overcome challenges.



## This week's focus for Y3 & Y4:

### Healthy Relationships

#### Key messages we learned:

Healthy relationships should make us feel safe, respected and valued.

- In a healthy relationship, we can be ourselves and still feel cared for, even when we make mistakes.
- We should be able to say "no" without feeling worried or getting into trouble.
- Unhealthy relationships might make us feel scared, worried, confused or like we are "walking on eggshells."
- It is not healthy if someone makes us feel bad for saying no or pressures us to do things we are uncomfortable with.
- We should never feel like we have to earn kindness — respect and care should be freely given.

During the session, pupils explored different scenarios and discussed whether they reflected healthy, unhealthy or unsure relationships. This helped them understand how relationships should feel, as well as how to recognise when something might not be right.

#### This week's task:

- Talk with a trusted adult about:
  - What makes a relationship feel safe and positive.
  - Times when it is important to say "no" and how that should be respected.
  - Who you can talk to if a relationship ever makes you feel uncomfortable or worried.

#### How you can support at home:

Talk openly with your child about what healthy relationships look and feel like — whether with friends, family members or others. Reinforce that they should always feel safe, listened to and respected, and that they can come to you or another trusted adult if something doesn't feel right.

## In Culture Club this term, we are learning about Dartford.



Mick Jagger and Keith Richards were both born in Dartford and went to the same primary school before losing touch. They met again by chance at Dartford train station, discovered their shared love of music, and formed The Rolling Stones.



The band became hugely successful, with 8 UK number one songs and over 30 top 10 hits. They have also gone on many world tours—more than 40—entertaining fans all around the world. The Mick Jagger Centre and the statues on One Bell Corner in the town are a tribute to their success.



# What Parents & Carers Need to Know about

# ANIME

Anime, which originates from Japan, is currently one of the most popular sources of entertainment in the world. This style of animation goes back to the mid 20th century, with a broad audience ranging from children to adults. Known for its epic stories, anime often crosses over with video games and other avenues of pop culture via adaptations or spin-offs – such as *Cyberpunk: Edgerunners*, an anime web series based on the popular video game, *Cyberpunk 2077*. The most common intersect, however, is manga: a form of graphic novel from which most anime is adapted.

## WHAT ARE THE RISKS?

### INAPPROPRIATE CONTENT



Some people assume that anime is safe for children purely because it's animation. However, a large amount is actually geared towards adults, often featuring swearing, graphic violence and nudity. Many anime series follow dark storylines, such as *Cyberpunk: Edgerunners*, which has swiftly become known for its extreme gore, sexual content and disturbing depictions of mental health conditions.

### COMMON CROSSOVERS

It's easy for children to get drawn into anime through its many crossovers into video games, such as *Fortnite* and *Call of Duty*, while anime art styles are often used for other products, due to its popularity. Titles like the RPG *Genshin Impact* may look quite cute and accessible, but its loot-box mechanics can introduce young players to behaviours that have much in common with gambling.

### DECEPTIVE APPEARANCE

It's easy to mistake anime graphics for a sign of harmless, child-friendly content. This style (big eyes, colourful hair and cute voices), however, can disguise some extremely adult themes. *Yandere Simulator*, for example, strongly resembles a child's game at face value, thanks to its art style, but in reality it features incredibly dark themes such as murder, kidnapping and torture.

### ROBLOX REPRODUCTIONS

There are hundreds of user-created Roblox games which take their inspiration from anime and manga. While many of these titles will be perfectly age appropriate, there are some that prefer to focus on the storylines of adult and horror anime. *Death Note*, for example (based on the manga and anime series of the same name) would probably be extremely disturbing for most younger players.

### MATURE MANGA



The majority of anime is adapted from manga: a form of Japanese comic book. Manga usually features an age rating on the back cover, and it's worth bearing in mind that just because it's a comic, that doesn't mean it's suitable for youngsters. In fact, most popular manga leans heavily towards darker subject matter, which is unquestionably aimed at an adult audience.

### ADULT THEMES



Hentai is a type of manga, anime and video game which revolves around characters engaging in explicit sexual encounters. While anime of this kind is usually only found on pornography sites, some gaming platforms – such as Steam – do allow the sale of these titles (referred to as 'H-Games' in the community) and even feature them on the front of their store page when sales are on.

## Advice for Parents & Carers

### DO YOUR RESEARCH

Despite all the problematic content, there's still a lot of anime out there which is completely child friendly. *Pokémon* and *One Piece* are all long-running anime shows which have family-friendly stories and content. Make sure you check for age ratings and content warnings on streaming platforms when deciding if a particular anime series is suitable for your child.

### WATCH WITH YOUR CHILD

Anime covers a multitude of topics, so it's easy to find something that the whole family can enjoy. Anime shows typically involve action and adventure, superheroes, romance, comedy and much more. Watching this content alongside your child isn't only a way to spend quality time together – it will also help you to spot quite quickly if there's potential for any difficult topics to arise in the show.

### IT'S NOT JUST TV

Anime is most often in the format of a TV series, but it is also presented as films. Studio Ghibli is often referred to as 'the Japanese Disney' due to the quality and number of films they produce. Most of their movies are fine for children, though they often feature more mature subject matter than western animation: *Grave of the Fireflies*, for instance, is set in Japan during the Second World War.

### CHECK GAMES' FEATURES

Often, crossovers with video games simply involve using anime characters as 'skins' to modify the appearance of characters while playing (as in *Fortnite*, for example). If your child's interested in an anime-inspired game that you're unfamiliar with, however, look online at the game's features and for any content warnings to gain a clearer idea of what your child might be exposed to.

### Meet Our Expert

Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as *Fortnite*, *Apex Legends*, *Valorant*, *Roblox* and *Minecraft*. With work published by the likes of *PC Gamer*, *Kotaku*, *Pocket Gamer* and *VG247*, he has reviewed more than 50 games and products over the past year.



# Meningococcal Disease – UKHSA information for parents

## Information for parents and carers

We are writing to update you on the current distressing outbreak of invasive meningococcal disease in Kent, and to reassure you about the low level of risk in your child or children's education setting.

## About invasive meningococcal disease

Meningococcal disease (meningitis and septicaemia) is an uncommon but serious disease caused by meningococcal bacteria. The onset of illness is often sudden and early diagnosis and treatment with antibiotics are vital. While meningococcal disease can affect all ages, recent outbreaks have shown that **older children, teenagers and young adults** are more likely to be affected.

## How invasive meningococcal disease spreads

Meningococcal infection doesn't spread very easily. The bacteria can only be passed to others through prolonged, close contact such as living in the same household.

People may be offered preventive antibiotics if they have had significant, close contact with someone with meningococcal disease in the last 7 days.

## What UK Health Security Agency is doing

UK Health Security Agency (UKHSA) is leading a multi-agency management team to respond to this outbreak. Specialists at UKHSA are interviewing affected individuals and their families to help identify all close contacts and arrange antibiotics to limit spread. Any close contacts identified in early years or other educational settings will be followed up by the local UKHSA health protection team.

If you have not been contacted directly by UKHSA, the risk to you and your children is very low.

## What you need to do

It is always important for parents and carers to make sure that children stay up to date with all their routine vaccinations, as these offer important protection against infectious disease outbreaks.

Parents and carers should also be aware and alert to the signs and symptoms of invasive meningococcal disease.

## Signs and symptoms

Meningococcal disease can progress rapidly, so it's essential that parents and carers are alert to the signs and symptoms of meningococcal meningitis and septicaemia. You should seek urgent medical help if you or your child develops any symptoms of meningococcal disease.

- a rash that doesn't fade when pressed with a glass
- sudden onset of high fever
- severe and worsening headache

- stiff neck
- vomiting and diarrhoea
- joint and muscle pain
- dislike of bright lights
- very cold hands and feet
- seizures
- confusion/delirium
- extreme sleepiness/difficulty waking

## Vaccination

There are several types of meningococcal bacteria that can cause meningitis. The current outbreak is caused by Meningococcal B (MenB). The MenB vaccine has been offered in the UK as part of the NHS vaccination schedule to young babies since 2015 (all children in year 5 and below) and has been shown to be effective. This means many children in primary school have already been vaccinated against MenB.

It is important to make sure that children stay up to date with all their routine vaccinations, as these offer vital protection.

## The Meningitis Research Foundation

[www.meningitis.org](http://www.meningitis.org)

**Helpline UK 080 8800 3344**

## Meningitis Now

[www.meningitisnow.org](http://www.meningitisnow.org)

**Helpline 0808 80 10 388**

or [helpline@meningitisnow.org](mailto:helpline@meningitisnow.org)

Kind regards,

UKHSA and DfE

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

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

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

## 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

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

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

## 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

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

**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

## 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

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

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

## 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

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

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. Angelina's

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](mailto: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](http://www.kooth.com)

Parent support email: [parents@kooth.com](mailto:parents@kooth.com)

