

Summer Support Bulletin

Educational Support

- [GCSE Pod](#) – all students have full free access to GCSE Pod via their Office 365 login. Look out for the [Getting Ready](#) resources which support transition to KS4 and KS5.
- [GCSE Pod Summer Programme](#) - From 26 July and over the course of 3 weeks, students and parents are invited to participate in engaging and interactive webinars, and gain access to interviews with subject specialists, resources, task sheets, podcasts and more.
- [Oak National Academy summer classroom](#) identifies priority curriculum units and lessons for catch-up up to year 11 as well as enrichment resources.
- [Invicta National Academy](#) – free daily online lessons in Maths, English, wellbeing and fitness running 26 July - 27 August covering KS1-4.
- [Audiopi podcasts](#) offers free access to podcasts in GCSE English, English Literature, RE and History and A Level History, Sociology and Psychology
USERNAME: wealdofkent@audiopi.co.uk PASSWORD: audio
- [The Day](#) contains lots of good resources spanning across the whole curriculum.
USERNAME: wealdofkent PASSWORD: Weald#2019

Local Events & Support

- [TMBC summer holiday activities](#)
- [£25 leisure passes](#) available for young people across Kent. Further discounts available for students eligible for free school meals.

Financial Support

- [Holiday Activities and Food Programme Kent](#) – funded programmes for families eligible for free school meals.
- [Reconnect Kent](#) have a wide range of programmes and support on offer.

Emotional & Physical Health Support

- [Kooth](#) is a fantastic free online mental health and wellbeing service for young people aged 10 to 16. It's a place to get advice, information and support 24/7. A young person can chat to a friendly, qualified counsellor Monday to Friday between 12noon to 10pm and Saturday and Sunday between 6 to 10pm.
- Young people aged 11 to 19 can also text the award-winning **Chat Health** text service. They can text with a member of our team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am to 5pm on 07520 618850.
- [Release the Pressure](#) are available for in-the-moment help for any age, 24/7. Call 0800 107 0160 or text Kent to 85258.
- The [Kent Resilience Hub](#) is aimed at parents of children aged between 10 and 16. It has a range of helpful articles, tools and resources for parents and carers, so that you can increase understanding and find tools and approaches to help build your child's resilience.
- [Young Minds](#) is a Charity that offers support and raises awareness of young people's mental health. They have information for young people and parents on a range of mental health conditions.
- [B-eat \(Beating Eating Disorders\)](#) Youth Helpline provides information, help and support for anyone affected by eating disorders. Telephone 0845 634 7650 (Monday to Friday, 4.30pm to 8.30pm; and Saturday, 1.00pm - 4.30pm).
- [Kent Community School Nurse](#) website details ways to contact the service and allows students and parents to self-refer.
- [NHS Every Mind Matters](#) for mental health and wellbeing advice.
- [The BeYou Project](#) provides safe spaces and support for LGBT+ young people in Kent. They are also offering free virtual Youth Mental Health First Aid Training for parents/carers. Booking required [here](#).
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FREE LEARNING FESTIVAL

GCSEPod are hosting an exciting and inspiring FREE programme designed to support you and your child with learning this summer!

Join GCSEPod this summer for SummerPod!

From July 26th parents and carers are invited to attend a series of 3 webinars with headline guest hosts, covering topics like:

- What is an IGCSE/GCSE, how do I find out what my child should be learning and what does a grade really mean?
- How to motivate and avoid distractions
- How to build a healthy routine at home
- Understanding the pressures your child might be experiencing

3 STUDENT WEBINARS RUN BY MOTIVATIONAL SPEAKER, CAMERON PARKER

To register your interest please visit:

www.gcsepod.com/summerpod

ALSO INCLUDED:

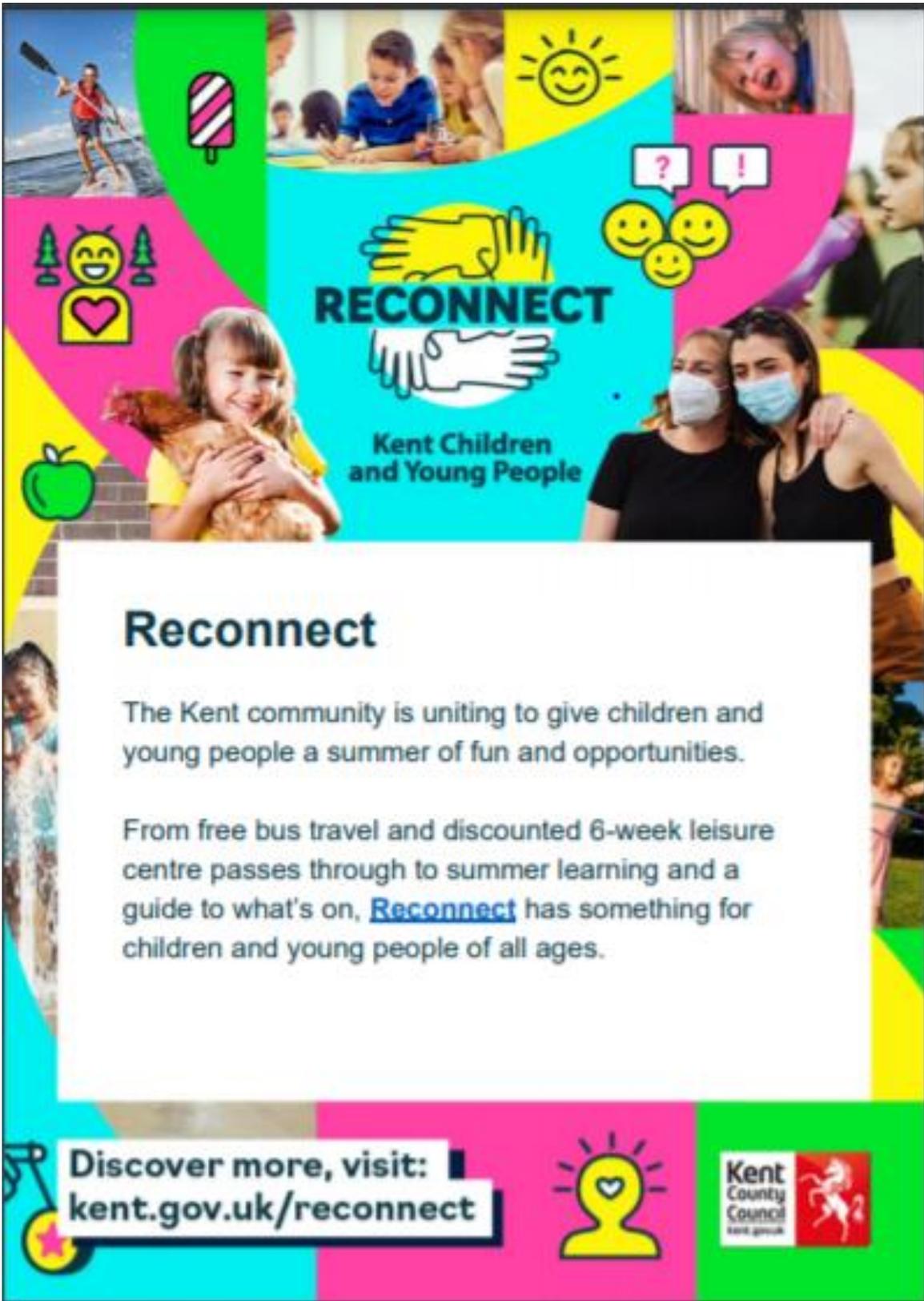
You will also have access to exclusive podcasts, worksheets, subject specialist interviews and much more!

Keep an eye on www.gcsepod.com/summerpod for more details



info@gcsepod.com | +44 191 338 7830





Reconnect

The Kent community is uniting to give children and young people a summer of fun and opportunities.

From free bus travel and discounted 6-week leisure centre passes through to summer learning and a guide to what's on, [Reconnect](https://kent.gov.uk/reconnect) has something for children and young people of all ages.

Discover more, visit:
kent.gov.uk/reconnect

