

## 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](http://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](http://www.gcsepod.com/summerpod) for more details



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## 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** has something for children and young people of all ages.

Discover more, visit:  
[kent.gov.uk/reconnect](http://kent.gov.uk/reconnect)

