



Information for Parents



In order to monitor and evaluate the effectiveness of HeadStart Kent, The National Lottery Community Fund and its partners, including Kent County Council, will be collecting some information from schools.

Pupils will be asked to complete a survey annually (parents will be notified in advance and be given the opportunity to opt out of the evaluation). At times, children and their parents may be asked to participate in workshops and discussion groups.



HeadStart Kent is a preventative programme for 10-16 year olds to help improve emotional resilience.

Young people in Kent define resilience as 'the ability to be mentally strong enough bounce back from problems in life.'

Children and young people living in Kent, together with their parents, have told us what support they need to build resilience.



"There is always somebody to talk to"

"My wellbeing is not impacted by pressure to achieve and 'be perfect'"

"People around me understand wellbeing and how to promote it"

Our project provides early support by working in four areas.



Young people's times and experiences at school

Young people's ability to access the community services they need



Young people's home life and their relationship with family members

Young people's interaction with digital technology



Kent Wide You can visit our Resilience Hub at www.kentresiliencehub.org.uk. This helps you to find out what you can do to build your child's resilience. There is also information and advice that your child can access, and links though to local activities.

Universal Plus* Some schools, including your child's, have additional HeadStart support. These schools will offer mindfulness lessons, safe spaces, online counselling and peer mentoring. Near to these schools are extra safe spaces and HeadStart activities are available in the community. Look on the resilience hub for a full up to date list.

Additional* If a child has experienced, or is at risk of domestic abuse, we will ensure they can have one to one support.

HeadStart Kent is funded by The National Lottery Community Fund to support 10-16 year-olds.



* In specific areas of Kent across the next five years.

HeadStart Kent believes the most effective approach to getting it right is to ensure parents and young people are involved in the design, delivery and evaluation of the project. Should you wish to be involved please contact us direct.



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[@HeadStartKent](https://twitter.com/HeadStartKent)

You can find out more about the project by visiting our website www.kentresiliencehub.org.uk