

Kelso High School

Welcome to the first KHS Parent Council Newsletter!



Firstly I would like to introduce myself, I am Gemma O'Brien, Parent Council Chairperson. I have four children; Beth 13yrs, Opie 4yrs, John 2yrs and Riario 9 months old. So I am kept very busy. I have chosen to come forward to introduce myself to you all in the hope that knowing who is in the Parent Council might just help you come to us for help, advice, information you may need at this very strange time.

The Parent Council has some wonderful parents on the team and we are all very willing to help in any way we can at this time. Please if you or you know of someone who may need help, advice, more information or just to reach out to someone who can chat and hopefully understand some of what they are going through, get in touch through our new Parent Council email address or direct through the school whatever is easier for you. If you know me out with the school and would like to get in touch please feel free we are all here to be of any help we can.

Parent Council Survey

We need your help! Please take a few minutes to complete short survey by following the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=0yzTzM4Wj0KVQTctawUZKXuQxDT50FtMqQOPzg1J-uBUMjNHVUZLWUJLMkJWWTKyVVFBU5UT1ExRC4u>



Important Announcement

New KHS Parent Council Email Address!!

KHSParentCouncil@scotborders.gov.uk

**Feel free to get in touch,
we would love to hear from you!**



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HELPFUL LINKS

Here are some useful links for all:-

- [Coronavirus \(COVID-19\) information specifically for children](#)
- [ES- Mental Wellbeing Wakelet](#)
- [Breathing Space](#) : Helpline 0800 83 85 87

Here are some useful links for young people:-

- [Reach: My Learning and Support during Coronavirus](#)
- Young minds - 24/7 text support - Text YM to 85258
- Mind for better Mental Health Helpline 0300 123 3393
- [Young Scot Covid 19](#)
- [Childline](#)

Here are some useful links for parents:-

- [NHS Inform](#)
- [Parentclub](#)
- [Parenting Across Scotland - Info for Parents/Carers](#)
- [Free online resources for learning at home \(includes ASN\)](#)
- NSPCC – Helpline 0808 800 5000
- Young Minds Helpline for Parents 0808 802 5544
- [Scottish Attachment in Action](#)

And finally more helpful documents:-

[CEOP - Online Safety at Home.pdf](#)

[Health Wellbeing Briefing - Parents & Carers.pdf](#)

