



Hello everyone!

Today's bulletin celebrates National Mental Health Awareness week with the launch of our Us Plus Student Team and a new app for your mobile phones, tablets and laptops! This will also be the last weekly bulletin. From now on the Us Plus Bulletin will be shared fortnightly.

Mrs Taylor.

The Us Plus Student Team



There was an exciting development in Penrice Academy's Emotional Health and Wellbeing support infrastructure when 18 Year 9 students were trained to become the school's first ever Us Plus student team.

The aim of the programme is to create a team of young people able to support the emotional, mental health and wellbeing of their peers, particularly those in the younger year groups.

Initial plans for the Us Plus Team include:

- Raising awareness of Mental Health and wellbeing through assemblies and tutor times.
- Drop-in sessions to support students who need to talk and find out more about looking after their mental health and wellbeing.
- Producing issues of the Us Plus Bulletin
- Resourcing and promoting Edukit.

The Edukit App was designed to help schools to ensure ALL students could access life-changing support in order to achieve their potential. It offers every student at Penrice chance to reflect on their feelings and access a library of resources that range from articles to activities to celebrity inspiration. You also have the chance to contribute to the app through your own videos and recommending resources that we can add to the library.

Through the app we can run surveys to get the very best idea about the worries, concerns and current focus of students at Penrice. This will help us make sure our wellbeing provision meets your needs more accurately and effectively!



To access the app you need to:

Step 1 - Go to the app store on your mobile phone and search for EduKit . Our app can be identified with the colourful e logo



Step 2 - Install and open the App

Step 3 - Click the **I'm new here, sign up** button Then enter your school email address then click the **Sign Up** button.

On pressing the **Sign Up** button you will be told go to your email (either on your mobile phone or on a computer) where you will have received an email from us. Please click the button in the email to verify your email address.

If you do not receive an email, please check the email address you entered on your mobile phone. If there is a mistake, please edit the email address and press the **Resend Confirmation Email** button.

Once you have confirmed your email, the app will proceed automatically, and you can move to the next step.

YOU WILL NEED A CODE THAT I WILL SHARE IN ASSEMBLY THIS WEEK BEFORE YOU CAN ACCESS THE APP.

Step 4 – There are 3 final actions.

1. Please set a password
2. Choose an avatar
3. Watch the welcome video to help understand how to use the app

