

17.09.2021 TERM ONE

Kesteven & Sleaford High School

NEWSLETTER

www.kshs.uk



Useful Dates

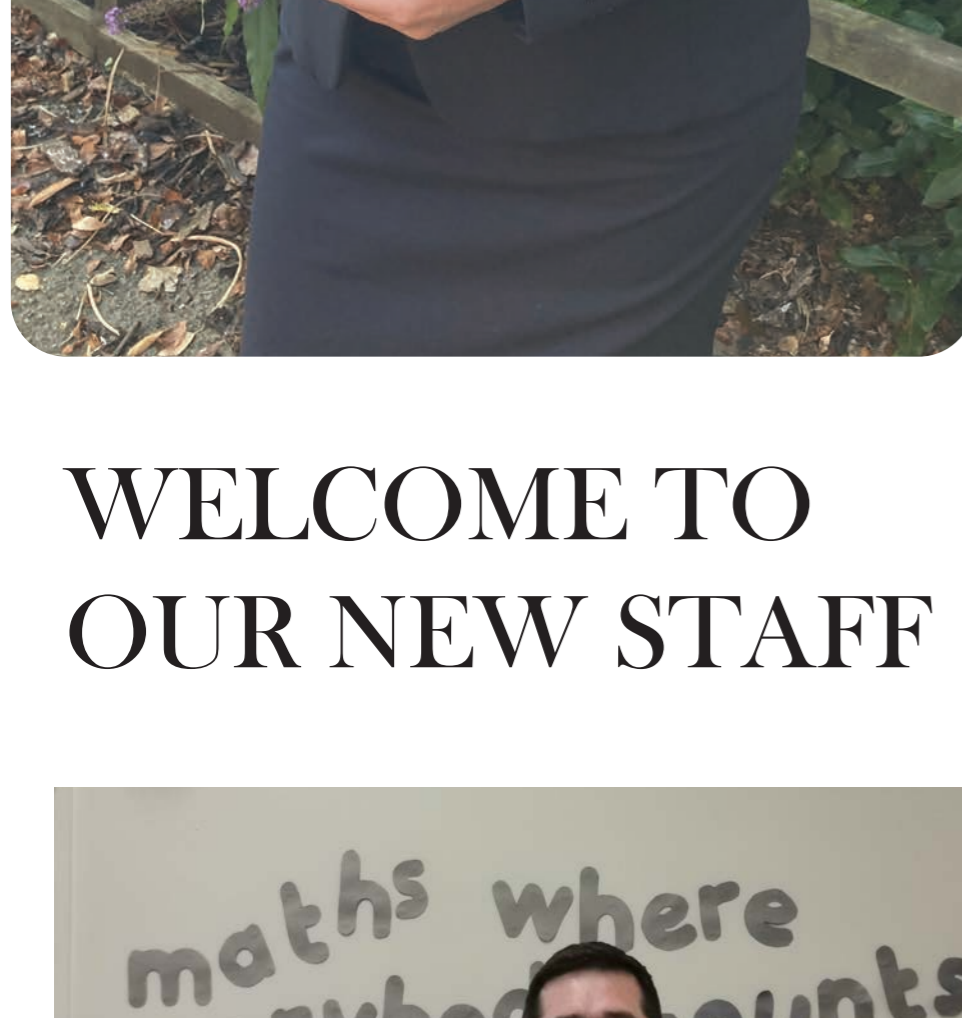
17 Sept	Year 11 Geography trip to Hunstanton
22 Sept	Year 11 Music NEA Performance Exam
28 Sept	Year 10 Food group to Holbeach Lincoln University
29 Sept	Year 7, 8, 9 and 12 School photographs

Dear Parent/Carer

As memories of the summer holidays fade I'd like to welcome you to our first all colour newsletter of the Autumn Term. Hopefully you received the welcome letter and reminders last Friday. Thank you for your support of the Lateral Flow Testing. Testing all our students twice on their return revealed one Covid positive case who isolated before the start of lesson 1 of her first day back. Please do continue to test your children every Wednesday and Sunday and upload results via our quick access buttons on our [website home page](#). Given the recent news regarding the immunisation programme for 12-15 year olds we will be in touch as soon as we have further details about the roll out of this programme in school.

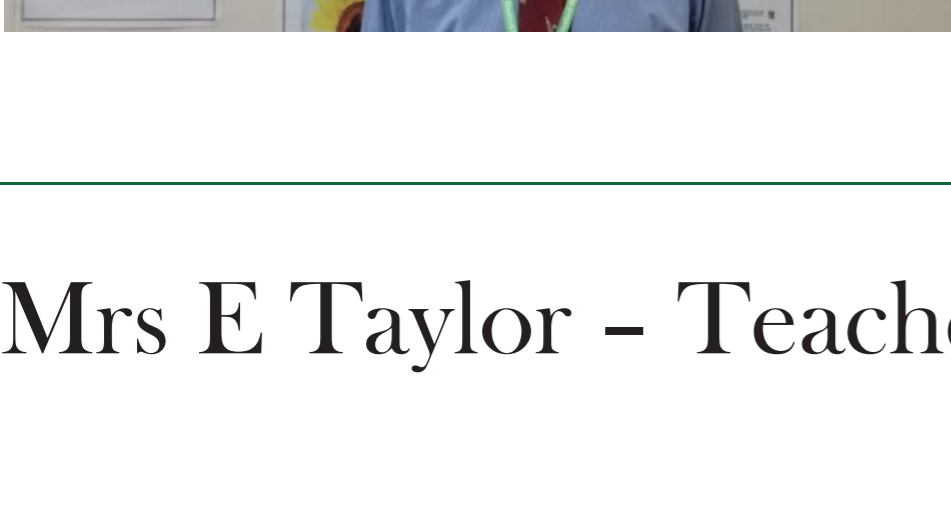
We are delighted with how our 123 Year 7 students are settling in and hoping that they have signed up for one of our many clubs and activities this week in form time. Do have a look at the schedule which is printed below. It's been great to see our Year 12 students embarking on their A Level studies across the town too. I am also looking forward to welcoming Year 6 students onto our site for their 11+ tests over the next two Saturday mornings. Constantly looking for ways to make home school communication timely and informative, you will shortly see our new school website go live as well as receive details of the launch of our My Child at School (MCAS) communications app. More details about MCAS can be found below. Wishing you a restful weekend.

Mrs J Smith
Head of School



Congratulations to Mrs Collet, Assistant Head who has successfully completed the National Award for SEN Coordination (NASENCO). This professional qualification marks two years of additional postgraduate study ensuring that the school's work on behalf of students with Special Educational Needs in school is grounded in best practice.

WELCOME TO OUR NEW STAFF



Mr D Drake - Teacher of Mathematics

Prior to joining KSHS I spent 7 years leading maths in a multi academy trust and before that was the Secondary Maths Lead for the county school improvement team. I am really looking forward to spending time in the classroom, supporting our students to develop their understanding and use of maths. At home I have two young children, one with additional needs, which has led to the opportunity to learn and use sign language. When some peace and quiet is needed then I can normally be found on the golf course or in the garden.

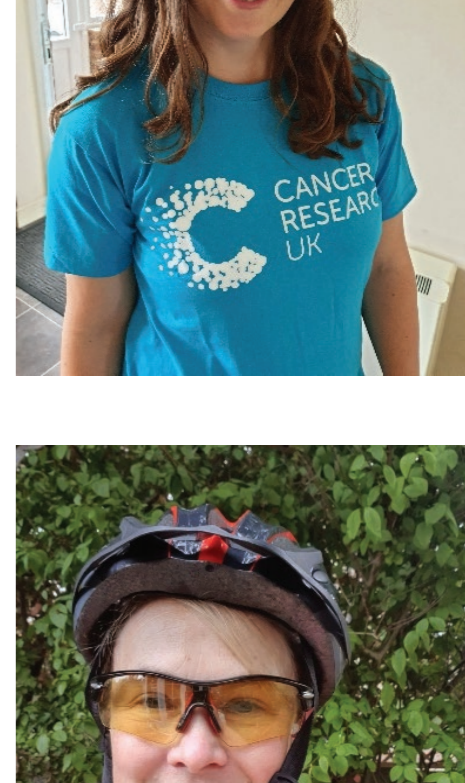
Mrs E Taylor - Teacher of Business

Hello. I am excited to be joining the Business Studies Department at KSHS for the new academic year. I am really looking forward to working with students to develop their interest and knowledge in Business Studies. I enjoy seeing students being enthusiastic about the subject and bringing lots of ideas to class. Prior to joining KSHS I taught Business Studies, Economics and Accounting at a school in Lincoln. Before becoming a teacher I worked in Finance; so I have lots of real world experience to bring to the classroom. Outside of school I enjoy baking, going to the gym, swimming and I am continually trying to learn the piano without much success!

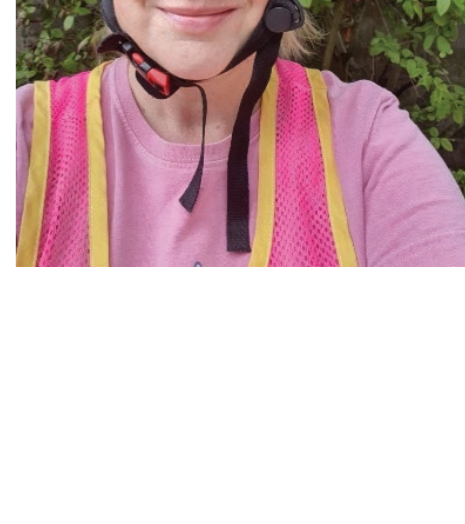


Fundraising

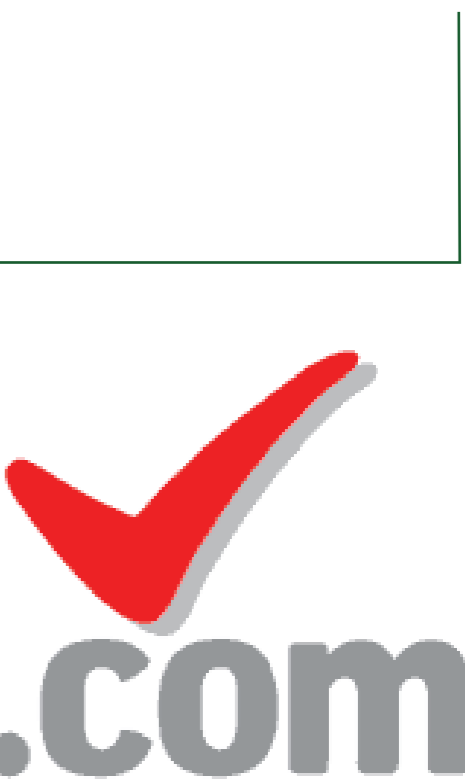
The start of the new academic year has seen three staff members throw themselves into some physical exploits to raise money for charities close to their hearts. On Sunday 12 September Mr Shivas ran the 40th edition of the Great North Run representing the charity Shelter as they seek to address the issue of homelessness. He had an injury scare 5 days before running the event but managed to cover the course in 2 hours 12 minutes. He was particularly encouraged to hear from the Elite runners that it was "a very challenging route".



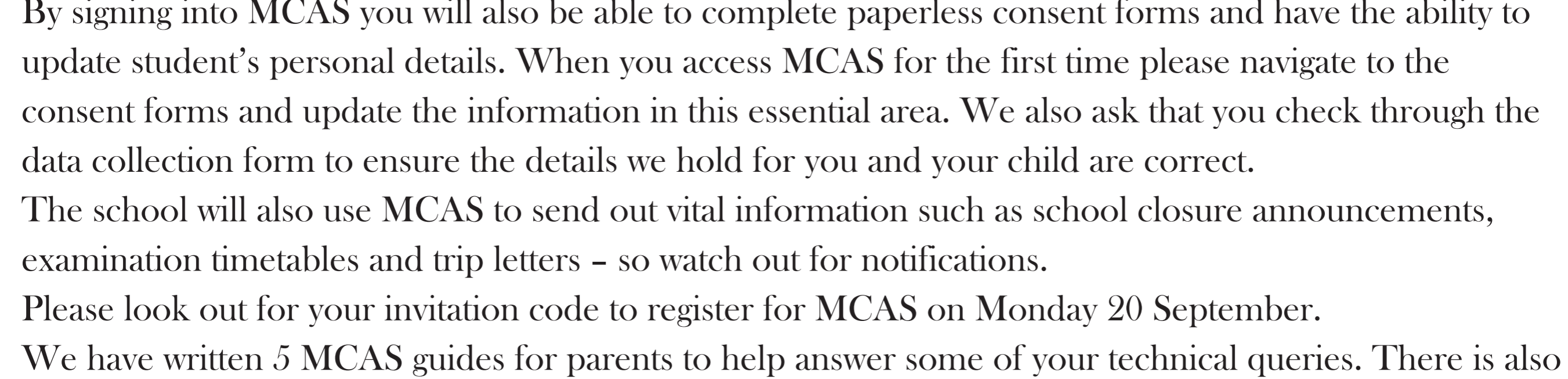
Mrs Thomas has set herself the challenge of running 60 miles in September for Cancer Research. She knows that many people are impacted by Cancer daily whether it be a friend, family member or colleague. She has never done anything like this before so would like to be wished luck, but she thought it was for a great cause. Plus, she loves a challenge!



Mrs Cowell has swapped two legs for two wheels as she is cycling 300 miles in September. She has decided to take part in the 'Cycle 300 miles in September' challenge to raise money for Cancer Research. She has 2 family members and a dear friend from school living with cancer, and she wanted to do something to help raise funds for people like them. After all, 1 in 2 people will develop some form of cancer in their lifetime. Although she cycles regularly, she is finding the 300 miles is still a challenge to strive for and will make sure she meets her target by the end of the month.



If any members of our school community would like to make a donation to any of these staff members undertaking their challenges please do so directly to their fundraising links:
Mr Shivas: <https://uk.virginmoneygiving.com/AllyShivas/1>
Mrs Thomas: <https://www.justgiving.com/Tracy-Thomas18>
Mrs Cowell: <https://fundraise.cancerresearchuk.org/page/kylies-cycle-300-giving-page>



We are pleased to announce our online portal for parents - 'My Child at School' (MCAS) will go live on Monday 20 September. MCAS, which can be accessed as either an app or via a web page, provides parents/carers with real-time information about their child's life in school. Alongside viewing key information such as your child's attendance, behaviour, their timetable, and the latest tracking information, parents/carers will also find MCAS allows quick and easy communication with the school via instant messaging.

By signing into MCAS you will also be able to complete paperless consent forms and have the ability to update student's personal details. When you access MCAS for the first time please navigate to the consent forms and update the information in this essential area. We also ask that you check through the data collection form to ensure the details we hold for you and your child are correct.

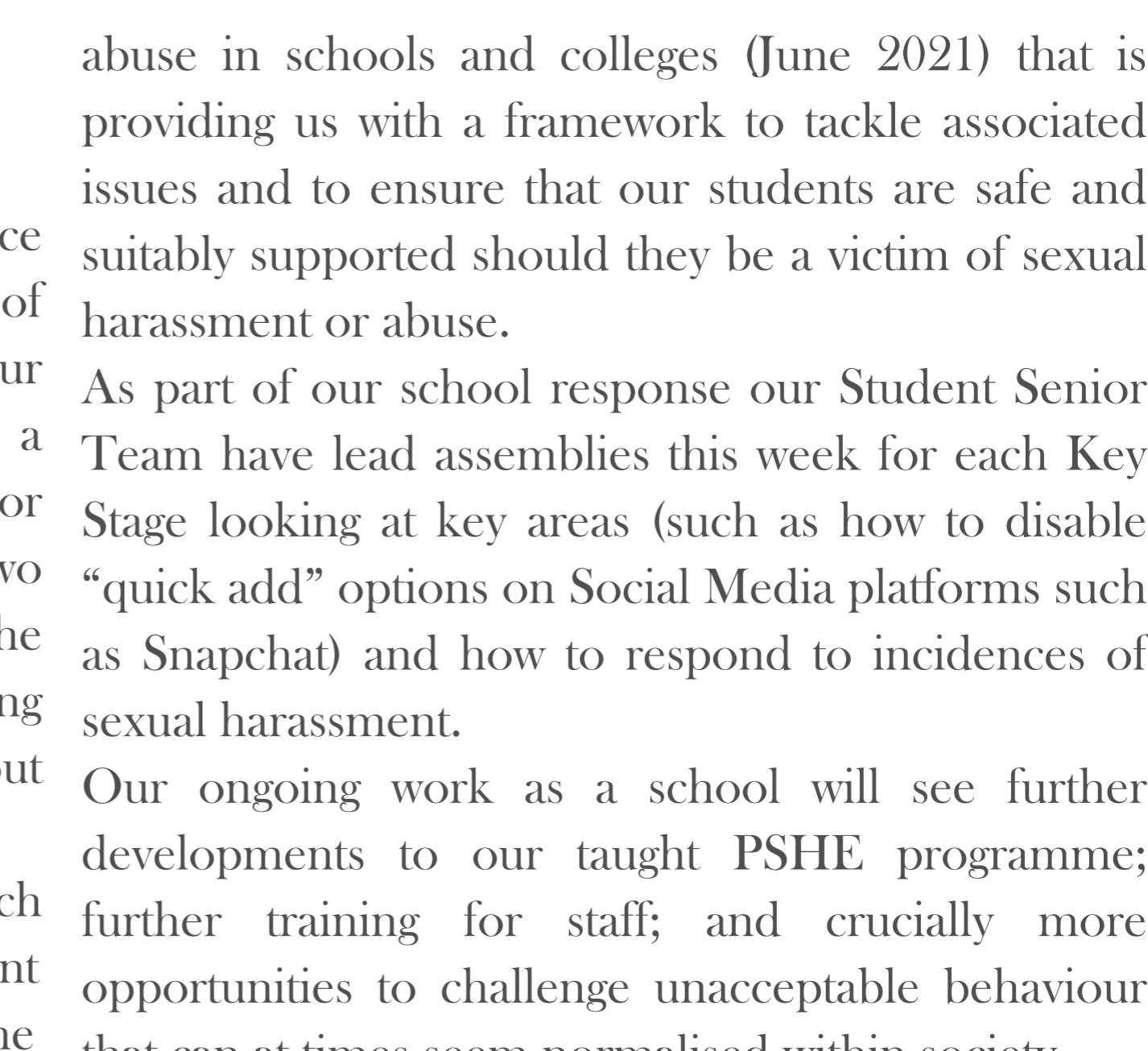
The school will also use MCAS to send out vital information such as school closure announcements, examination timetables and trip letters - so watch out for notifications. Please look out for your invitation code to register for MCAS on Monday 20 September. We have written 5 MCAS guides for parents to help answer some of your technical queries. There is also a guide on what to do if you have a child at both KSHS and Carre's.

You can view them here,

My child at school

Environmental Awareness Competition Winners!

Last term the National Centre of Craft and Design (Hub) in Sleaford launched a competition to encourage students to become 'Community Environmental Champions' and share environmental messages.



The Art and Geography departments at KSHS were keen to celebrate students' work. By designing posters and placards, they shared their knowledge and concerns about climate change and raised awareness of environmental human impact.

Congratulations to Beatrice (8L), Alice (10A), and Ava Grace (8W) who all won prizes in the competition!

Mr Letchworth and Mrs Livingstone

Assemblies



It has been wonderful to resume a face-to-face assembly programme this year having spent much of the last 18 months pre-recording all of our assemblies. It has been great to gather again as a school community in person. The Student Senior Team have played a pivotal role in the first two assemblies of the year; firstly introducing the wellbeing ambassadors and secondly delivering assemblies this week to the school community about sexual harassment.

abuse in schools and colleges (June 2021) that is providing us with a framework to tackle associated issues and to ensure that our students are safe and suitably supported should they be a victim of sexual harassment or abuse.

Within society recently there has been much discussion around the issues of sexual harassment and sexual abuse as the *Me Too* movement and the *Everyone's Invited* campaign have shone a light on the magnitude of these issues. Within the world of education OFSTED released their review of sexual

As part of our school response our Student Senior Team have lead assemblies this week for each Key Stage looking at key areas (such as how to disable "quick add" options on Social Media platforms such as Snapchat) and how to respond to incidences of sexual harassment.

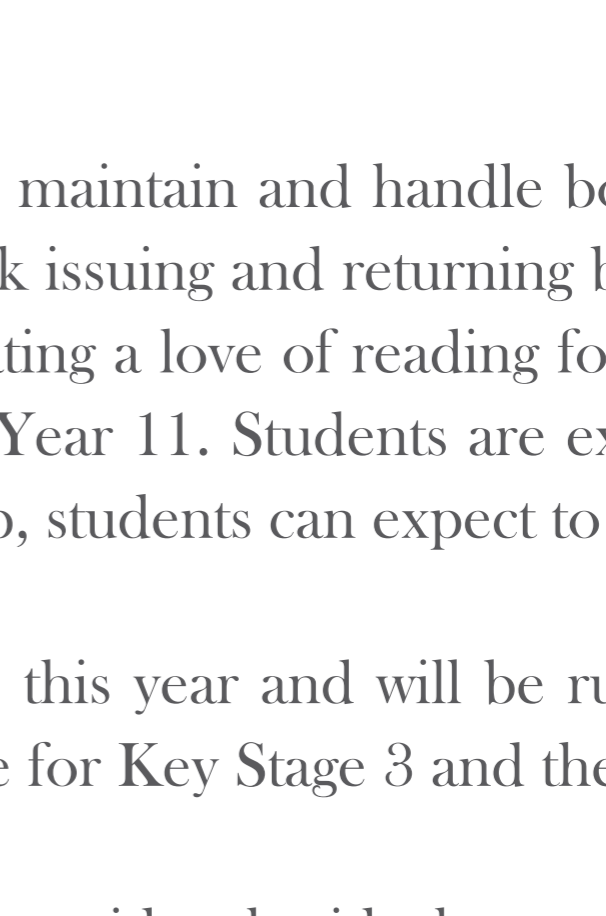
Our ongoing work as a school will see further developments to our taught PSHE programme; further training for staff; and crucially more opportunities to challenge unacceptable behaviour that can at times seem normalised within society.

Mr A Shivas
PSHE Co-ordinator

Pupil Premium for children previously in care

If you're caring for a child under a Special Guardianship Order (SGO), Adoption Order or Child Arrangement Order, additional funding is available to ensure they are given extra support at school. Please email Jeremy.green@robertcarretrust.uk our Finance Director to let us know if you have a child in any of these categories.

Thank you



Library News

The library has always been a popular place for our students to visit, whether it is for independent study, borrowing books or meeting friends. Now that our school day is following a more pre pandemic approach once again, here is a reminder of the library resources and access times available to all our students this year.

New opening times Monday- Friday 8.30am-4.30pm

Students from all Key Stages may access the library before school if they need to borrow or return a book, use the computers and printers or spend a quiet few moments reading before the busy day ahead. Once again, after school, students from all Key Stages may use the library for further study, browsing, borrowing and reading. Library staff will always be on hand to help and supervise students.

- Monday & Thursday- breaktime and lunchtime.....Key Stage 3
- Wednesday- break and Lunchtime- Quiet reading only.... All Key Stages welcome
- Tuesday & Friday- breaktime and lunchtime.... Key Stage 4 and Key Stage 5

Wellbeing Wednesday

Quiet reading sessions

It might seem that the library is a super quiet place all of the time, but as a popular school resource centre our break and lunchtimes can often have a lively atmosphere as students meet together to work or socialize. Dedicating a day per week for quiet reading sessions- with a clear expectation that students are using the library for reading alone- is a great way to ensure that the library provides the opportunities for students to focus on their wellbeing through the power of reading. There are various seating configurations, including the very popular giant beanbags- so curling up with a good book can be achieved in amongst a busy timetable.

Resources for all

What we offer

The library collection holds a diverse and ever-expanding collection of fiction titles that include books by both classic and contemporary authors, a young adult section, quick reads and a collection from the Barrington Stoke publishers that is especially designed for students who are on the dyslexic spectrum. Our Non-fiction collection contains books that support both pastoral and academic interests- including our Shelf Help section that is full of books that can help students with their mental and physical health and wellbeing.

All students have a library account and can borrow three books at a time for a two-week period each-longer if required (this will not include any textbooks which are generally issued for the whole academic year). There are no late fees for overdue books, but students will be made aware of any books that are overdue, and if a book remains unreturned or is lost then a polite request is made to parents/carers for a replacement copy or charge.

As well as a great physical collection of books to browse and borrow from, the school library also subscribes to an Ebook service. All students are introduced to this in Year 7 and it provides access to a further collection of books that can be downloaded to read for free on mobile devices and home computers.

We have a monthly magazine subscription that includes BBC History, BBC Music, Empire, Focus and Olive. A quarterly subscription to Teen Breathe and The Happy News and a weekly delivery of The Week Junior. All these are available to read in the library and are situated in the read and relax area along with chess sets and jigsaws that are also available for students to use. BBC News plays on a loop throughout the day (volume off with subtitles).

Clubs

All the extras

Students who sign up to be a Library Captain can expect to learn how to maintain and handle book stock, contribute to book displays and events as well as helping at the library desk issuing and returning books. As a school that loves to read, our Captains play an important role in advocating a love of reading for pleasure amongst their peers- many return as Captains each year right through to Year 11. Students are expected to commit to one lunchtime session per fortnight and as this is a popular club, students can expect to be placed

on a waiting list if the uptake is high.

Ride a Bicycle is new to the collection of extra-curricular clubs this year and will be run by staff members once a fortnight- split into two separate groups, one for Key Stage 3 and the other for Key Stage 4 and Key Stage 5.

After school from 3.30pm-4.30pm is our popular Homework Club that provides the ideal opportunity for independent study along with access to the suite of computers and the comprehensive collection of non-fiction titles that support the curriculum. Students will need to sign in at the Main Reception on their arrival and remember to sign out before they leave.

Our Library provides the opportunity for all our students to read, relax or study at a time that is best suited to them. I hope that over the next year your child explores all that the library has to offer and enjoys the wide variety of resources available to them.

Happy Reading
Mrs C Gibson
Learning Resource Centre Manager

commitments. What's more, this pattern is self-perpetuating. As time goes on, something else we enjoy, some more 'fun for you' goes the next week. In a bid to not to let others down (for fear of feeling guilty and that's unpleasant) we become more depleted, stressed and something else has to go...Sound familiar? To truly care for ourselves we need to become more self-aware.

WELLBEING AMBASSADORS

Last week the newly trained Sixth Form Wellbeing Ambassadors introduced themselves in assemblies to all year groups. They are a group of very friendly sixth formers who are here to support students with their wellbeing. They are very happy to listen to absolutely anybody about absolutely anything whether that's struggles, exams or even if they would just like a chat with someone different. They can even help you with that homework you might be struggling with! They will be in K3 on Monday and Friday lunchtimes for anyone to come and chat to them, students can bring their lunch if they would like to. The Wellbeing Ambassadors can be identified by their smiley face badges which they are wearing on their lanyard.

Mrs D Collett
Assistant Headteacher - Pastoral and Wellbeing

Wellbeing Ambassadors

WELLBEING FOR ALL

SELF-CARE SEPTEMBER

This month as part of our Wellbeing Wednesdays we are focusing on self-care as our theme and students have been given new ideas about how to be kind to themselves and others. Tutors are emphasizing that self-care isn't selfish, it's essential and this month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases young people's resilience and helps us all get more out of life. It also helps us accept others as they are too.

Why self-care is vital to our mental wellbeing

We are all familiar with the drill: life is okay until that 'something' happens... work becomes overwhelming, a family member falls ill, we fall out with someone or we just have lots on and life suddenly feels too much. We then have a realisation and tell ourselves we can't do it all; something will have to go. But what? Usually, the first thing we drop is something inessential, something that won't entail letting others down: doing exercise, going to the cinema, taking a lunch break, seeing a friend, listening to music, cooking something new, reading a book. Consequently, the very things we enjoy, that nourish us, that make us feel alive, drop off our agenda. By the end of the week we are a little more tired and jaded, and our mood dips too. Why? Well, we've chosen not to do the things that fulfil us and make us feel resourced. We're left juggling life's essentials as we perceive them - chores, work, family

commitments. What's more, this pattern is self-perpetuating. As time goes on, something else we enjoy, some more 'fun for you' goes the next week. In a bid to not to let others down (for fear of feeling guilty and that's unpleasant) we become more depleted, stressed and something else has to go...Sound familiar? To truly care for ourselves we need to become more self-aware.

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Assistant Headteacher - Pastoral and Wellbeing

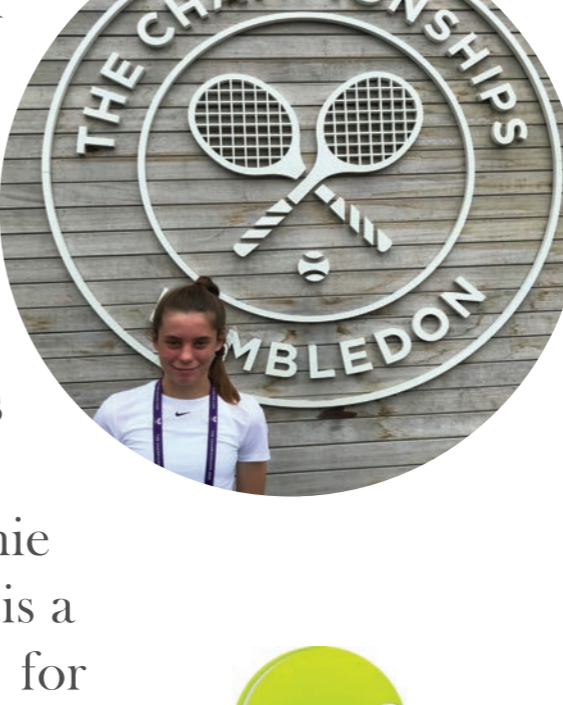
Wellbeing Ambassadors

Spotlight on Sport

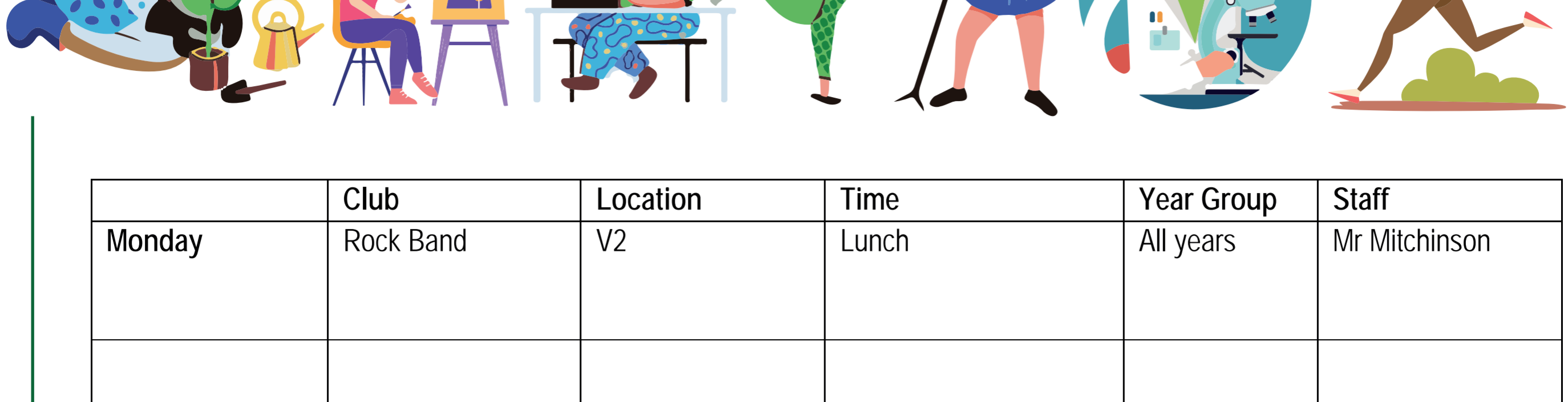
Sophie 9APO has had a fantastic summer of tennis. The highlight was her week playing at Wimbledon which was a magical experience for all the competitors. Playing on the grass courts there, is something very special in itself, but also having access to the player lounge, restaurant, chefs and changing rooms seemed a little surreal! According to Sophie she and her peers were treated as professionals in every sense.

Aside from Wimbledon, Sophie played two other week-long regional level tournaments. At Cromer (also on grass courts) she reached the final of the 14u singles, semi-final of 16u singles, won the 14u doubles and came runner up in the 18u doubles! The second tournament was the Lincolnshire Festival of Tennis held at the end of the holidays. Sophie couldn't have ended on better results having won all the events she entered: 14u singles and doubles and 16u singles. This means she is triple County Champion!

As with school, September is a time in tennis to start a new season. Sophie has now moved to Grantham Tennis Club as her main club. Grantham is a Local Player Development Centre which is very well equipped for performance players. Sophie is starting with a new coach and has been invited to train with a performance squad.



Kesteven and Sleaford High School Clubs and Activities Timetable



	Club	Location	Time	Year Group	Staff
Monday	Rock Band	V2	Lunch	All years	Mr Mitchinson
Monday	Library Captain	LRC/Library	lunch	Year 7,8,9	Mrs Gibson
Monday	Wellbeing Ambassadors- Drop in with Year 13's	K3	Lunch	All years	Mrs Collett
Monday	Language Nut League of Champions	K3	Break 1	Year 7-11	Mr Shivas
Monday	Year 8 Drama Club	Drama studio	Lunch	Year 8	Dr Pawley
Monday	KS3 Maths Challenges	V5	Lunch	KS3	6 th Form Maths prefects/Mrs Brown
Monday	Gardening club	Tbc	Lunch	All years	Miss Cartwright (Mrs Cowell)
Monday	Football	Field	Lunch	Year 7&8	Mrs Hunt
Monday	Badminton	Sports hall	Lunch	Year 9, 10 & 11	Mrs Stacey
Monday	Biology Club	S1	Lunch	Year 7	Mrs Fairhead and Biology Prefects
Starting Term 2					
After school	Performing Arts Club	Hall	3.40pm-5pm	All year groups 7-13	Mrs Thomas
Mon After school	KS4/5 Art club	k14/k20	4-5pm	Yr 10-13	Mr Clifford Mr Letchworth
Monday	Netball	Court	3.30-4.30pm	Year 7&8	Mrs Stacey
Monday	Volleyball	Sports Hall	3.30-4.30pm	KS4	Mrs Hunt/ Mrs McGann
Tuesday	School Band	V1	Lunch	All years	Mr Mitchinson
Tuesday	Library Captain	LRC/Library	Lunch	Year 10,11	Mrs Gibson
	Pride Club	LRC/Library	Lunch-Week2	Year 10,11,12,13	Mrs Simpson
Tuesday	Dress a Girl - Textiles	M4	Lunch	Year 8 & 9	Mrs Fleming
Tuesday	Interact	Food room	Lunch	All	Mrs Pankhurst and Students
	Bronze Arts Award	K15	Lunch	Year 7 & 8	Miss Cartwright
Tuesday	Netball	Court	Lunch	Year 10&11	Mrs Stacey
Tuesday	Interact	Food room	Lunch	All	Mrs Pankhurst and Students
	Bronze Arts Award	K15	Lunch	Year 7 & 8	Miss Cartwright
Tuesday	Netball	Court	Lunch	Year 10&11	Mrs Stacey
Tuesday	Dance	Dance studio	Lunch	Year 7&8	Mrs McGann
After School	Homework Club	LRC Library	3.30-4.30	All Years	Mrs Gibson
	Expressive Arts Club	K15	3:30 - 4:45	KS3	Mrs Milnes / Miss Cartwright
Tuesday	GCSE practical	Sports hall	3.30-4.30pm	GCSE PE	
Wednesday	Senior Choir	V1	Lunch	KS4 and KS5	Mr Mitchinson
Wednesday	Flute Ensemble	V0	12.55	All years	Mr Mitchinson
Wednesday	Show Choir	V2	Lunch	KS3	Mrs Kasperczyk
Wednesday	Netball	Court	Lunch	Year 7	Miss Ward
Wednesday	Dance	Dance studio	Lunch	Year 9&10	Mrs McGann
Wednesday	Art Space	K15	Lunch	All Years	Miss Cartwright
Wednesday	Bingo Club!	C2	Lunch	7F and 7A (week 1) 7L and 7W (week 2)	Mrs Livingstone and Mrs Moncur
Wednesday	Science Club	C5	Lunch	Years 7-11	Miss Powell
After School					
Wednesday	Football	Field	3.30-4.30pm	KS3	Mrs Hunt
Thursday	Composition GCSE Wider Listening	V1	Lunch	KS4	Mrs Kasperczyk
Thursday	ABRSM Theory	House	Lunch	All years	Mrs Mitchinson
Thursday	Library Captain Pride Club Lego League	LRC/Library LRC/Library S9	Lunch Lunch-week1 Lunch	Year 7,8,9 Year 7,8,9 Year 7-11	Mrs Gibson Mrs Simpson Mr Norris
Thursday	Netball	Court	Lunch	Year 8 & 9	Mrs McGann
Thursday	Year 7 Drama Club	Drama Studio	Lunch	Year 7	Mrs Thomas
Thursday	Running club	Field	Lunch	All years	PE
Thursday	Girls' News Team	M11	Lunch	All years	Miss Willers
Thursday	Italian Club	L3	Lunch	Y8	Mrs Ellison
After School	Guides and Rangers	Drama studio	After school 4-6pm	All years	Mrs Dye
Thursday	Gymnastics	Sports hall	3.30-4.30pm	All Years	Miss Ward
Friday	Bells and Buckets	V1	Lunch	Year 7 and 8	Mrs Kasperczyk
Friday	Football	Field	Lunch	Year 9, 10 & 11	Mrs Hunt
Friday	Find Your Voice - Public speaking competition	TBC	Lunch	Years7-11	Mrs Smith
Friday	New Views - play writing	M8	Lunch	Years 10 and 12	Mrs Cowell
Friday	Gymnastics	Sports hall	Lunch	Year 7&8	Miss Ward
Friday	we	L4	Break 1	Year 11	Mr Shivas
		LRC/Library	Lunch	Year 10,11	Mrs Gibson
Friday	Earth Club	C2	Lunch	Years 7 and 8	Mrs Livingstone
After School					
Each Day After School	Homework Club	Library	Monday-Friday 3.30-4.30	Years 7-13	Mrs Gibson Mrs Oswald



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

BACK TO SCHOOL

Online Safety Tips for Children

Wow, it's September already! The month when autumn officially starts and ... oh yeah, the beginning of a new school year. Every cloud has a silver lining though! Another term means new friends to make, different stuff to learn, fresh online trends to jump on and exciting new games to play on your phone, computer or console. We've compiled a list of our top tips to ensure that - whether you're going online to chat, research things or just have fun - you can do it safely.

Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles. Details like your full name, address or school's name could all help strangers to actually find you online. A trusted adult can help you make your profiles private - so only your family and actual friends can contact you.

Lock your devices

Taking your phone or tablet to school? Turn password protection on. It keeps your private info safe and stops anyone accessing your device without permission. Passwords should be memorable to you - but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!

Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night; you'll feel fresher and more focused the next day.

Know how to deal with bullies

Sadly there are people online who enjoy picking on other users. If you ever feel like you're being bullied online - by anyone, not just someone from school - talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person who's targeting you.

Manage online relationships wisely

Most people in a relationship chat to their partner online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it. Messaging someone you've never actually met - and who might not be who they say - is definitely best avoided.

React well to inappropriate content

When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset. If this happens, you can report it as inappropriate and (hopefully) get it taken down. Tell a trusted adult what happened: they'll help you decide what to do next.

Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats. Our advice? Find out how to block or mute those bad losers.

Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too - if it seems too unbelievable to be true, it's probably fake.

Keep it 'real' with online friends

Everyone enjoys adding friends and followers on social media. It's important, though, that the people you interact with online really are your friends. If they're just random people - you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).



www.nationalonlinesafety.com @atnlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.09.2021



Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

- Magazine**
Helpful articles, personal experiences and tips from young people and our Kooth team.
- Chat with the team**
Chat to our helpful team about anything that's on your mind. Message us or have a live chat.
- Discussion boards**
Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!
- Daily journal and goal setting**
Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.
- Mini activity hub**
Select from a growing menu of fun, therapeutic and useful activities.

How to sign up

- Head to Kooth.com
- Click on the 'Join Kooth' button on the homepage.
- Choose your **area** and **location** from the drop down menu.
- Select the **year** and **month** you were born.
- Click on the **gender, ethnicity** and **background** that most closely describes you.
- Create an **anonymous username** and secure **password**.
- Let us know how you found out about Kooth from the drop down menu.
- Select **Next Step** to complete your registration!

Where to find us

- kooth.com
- @Kooth_UK
- Kooth_UK & Kooth Podcast
- Kooth-Podcast

