

# QUEEN ELIZABETH'S GRAMMAR SCHOOL

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April 2018

Dear Parent/Carer

## Wellbeing Workshops

It is my absolute pleasure to inform you that on Thursday 12<sup>th</sup> April and Friday 13<sup>th</sup> April, The Self-Esteem Team will be leading an assembly with every year group. Younger years will be given advice about body image and mental health and older year groups will also be given strategies to help them in dealing with exam pressures.

Moreover, we are delighted to offer a **Parent and Carer Information Talk**, also hosted by the Self-Esteem Team, which will give advice about how to support teenagers who are struggling with social or mental health problems, as well as a platform to share ideas and tools between adults. There will also be general advice about how to support a teenager through secondary school. The talk is free to attend and will be held in QEGS Main Hall from 6.30pm-8.30pm. Please come along and join us.

### **Information about the Self-Esteem Team**

In 2013, Nadia Mendoza and Grace Barrett founded The Self-Esteem Team (SET). Since then, they have worked with tens of thousands of young people, written a book approved by doctors, and added to their ever-growing team of educators with an army of new speakers.

Grace, Nadz, and the team continue to tirelessly tour the UK's schools, in their bid to equip young people with tools to navigate their mental health, manage the relationship with their bodies, and build self-esteem.

For more information about the nationally recognised 'teenage experts', please visit the Self-Esteem Team website:

[www.selfesteemteam.org](http://www.selfesteemteam.org)

Yours faithfully

Miss B Angris

**Teacher of English**