

QUEEN ELIZABETH'S GRAMMAR SCHOOL

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Chair of Governors: Mrs H Baker



QEGS Academy Sponsors:

J.C. Bamford Excavators Ltd. - The Woodroffe Benton Foundation
- The Old Ashburnian Society - The Old Trust (founders 1585)

31st January 2019

Dear Parent/Carer,

How can I support my child through secondary school (and life)?

What is the best way to deal with a teenager not wanting to come into school?

How can I manage my teenager's 'angry episodes'?

Why do teenagers self-harm?

Which social media platforms are safe to use?

Do the above questions sound familiar? Would you like to get some advice to help you answer them in a safe space with experts and other similar parents/carers?

QEGS and the QEGS FPTA are hosting two FREE Question and Answer sessions for parents who would like to listen to panellists giving expert advice on a range of topics: from health to social media use.

You can submit questions in advance, which will be read out anonymously (on the form below or Twitter @QEGS_Ashbourne leading up to each event); place them in a box at the event; or, simply attend in order to hear the responses to the questions from other people. However, you must **book your free place** in order to secure a seat at what we predict will be two popular events. Whilst you can attend both, similar information will be discussed and shared at each.

Due to the sensitive nature of some topics which are likely to be discussed, we would advise you to only bring students with you if you feel that they will be able to cope with issues relating to areas such as mental health, body image, self-harm, or drug misuse. Be aware that hearing about these topics can be triggers for those who have struggled with one or more of them in the past.

Please see below for more information:

Session 1 - Thursday 14th March 5.30-6.30pm

Venue: The Empire Ballroom, King Edward Street, Ashbourne, DE6 1BW

Panellists: James Rhodes-Doughty (gym owner and health expert); Dr Sunil Angris (medical expert); Janette Smeeton (CEO of Derwent Rural Counselling Service); and, James Illsley (online safety and social media expert)

Format: Questions will be presented to the panel by the host with the experts giving their opinions. Attendees are welcome to provide information or ask further questions.

Refreshments will be provided.

Session 2 - Monday 25th March 5.30-6.30pm

Venue: QEGS Main Hall, The Green Road, Ashbourne, Derbyshire, DE6 1EP

Panellists: James Rhodes-Doughty (gym owner and health expert); Maz Udall (teenage wellbeing expert); Janette Smeeton (CEO of Derwent Rural Counselling Service); and, James Illsley (online safety and social media expert)

Format: Questions will be presented to the panel by the host with the experts giving their opinions. Attendees are welcome to provide information or ask further questions.

Refreshments will be provided.

Yours faithfully,



Miss B Angris
English - (Key Stage 5 Coordinator)

Reply Form: To Be Returned by Friday 1st March 2019

Return to Miss Angris (students should ask for it to be placed in my pigeonhole in the staffroom on Level 3)
Alternatively, email all of the information below to Angris@queenelizabeths.derbyshire.sch.uk

I would like to book free seats at the following session(s):

Thursday 14th March 5.30-6.30pm Venue: The Empire Ballroom

Monday 25th March 5.30-6.30pm Venue: QEGS Main Hall

I give permission to be contacted with information about this and future FPTA events via the following email address
(this will not be passed on to any third parties):

Email address:

Your name:

Name of your child at QEGS: Form:

Please write below any question(s) you have for the panel. These will be collated and then asked anonymously by
the session's host.