



8th October 2019

Dear Parent/Carer

Year 8 Flourish Self-Esteem Conference: Tuesday 15th October 2019

On Tuesday 15th October, your daughter has the exciting opportunity to take part in a 'Flourish Self-Esteem Girls Conference' delivered by Cherished.

Cherished is a non-profit organisation providing attachment focused support for girls in Primary and Secondary schools. They deliver self-esteem workshops and mentoring schemes that are committed to nurturing, empowering and developing the true potential of young girls. They support girls to feel safe, seen, soothed and secure and this is something at QEGS feel we would like to support our girls with. Your daughter will be taking part in the following workshops throughout the day:

- **Self-worth and body image:** To identify the importance of character over visual appearance. To explore where our negative thoughts originate. To understand the importance of physical and mental health.
- **Managing negative thoughts:** To recognise negative thoughts and use strategies to turn them into positive thoughts. To understand the importance of gratitude and what you have. To provide tools and strategies to encourage positive mental health.
- **Social Media and peer pressure:** To understand the power and impact of words. To identify the impact of social media on learning and performance. To learn how to use social media positively.
- **Hopes and aspirations:** To understand what your strengths are. To understand how to translate and apply your strengths to daily life. To understand the tools needed to utilise your strengths

The conference is being held at QEGS, normal school timings and uniform to be worn please.

It's set to be a fabulous day and I strongly believe this will have a positive impact on your daughter. If you have any questions please do not hesitate to contact me: Starkiek@queenelizabeths.derbyshire.sch.uk.

Yours faithfully

Mrs K Starkie
Assistant Headteacher