



THE KING'S SCHOOL GRANTHAM

Ref: U:\Work\Aric Sigman February 2019

Dear Parent,

You are invited to a talk in the Old School on Monday 11 March from 4.30pm – 6.00pm by Dr Aric Sigman on 'Preventing Mental Health Problems in Children'.

Dr Sigman is a Fellow of the Society of Biology, Associate Fellow of the British Psychological Society and a Chartered Scientist. He has worked extensively with the Department of Health, European Parliament and the Royal College of Paediatrics on teenage health. Dr Sigman is also a contributing author to the new Parliamentary Group report on Mental Health in childhood.

This talk will discuss practical and achievable steps that parents can take to strengthen children's mental health and resilience and reduce the risk of mental health problems developing.

Dr Sigman has received positive feedback from schools he has visited:

"Your exciting talk is still generating positive comments from staff and parents alike" Uppingham School

"Aric's talk had them hooked. He did not patronise them, nor did he preach. He gave them the facts in an entertaining and thought-provoking way, with just the right amount of science – some of it cutting edge" Tonbridge School

"Brilliant. You really were inspiring" Bedford School

"Excellent feedback from parents and colleagues" Oundle School

"It was excellent and I'm delighted with the positive feedback. We'd like to have Aric again" Marlborough College

I would be grateful if you could return the reply slip to the school office or email admin@kings.lincs.sch.uk by Monday 4 March if you would like to attend the talk. I should also point out that the evening talk is for parents only and has an early start time to accommodate Dr Sigman's schedule. Please also find attached a recent article by Dr Sigman on screen time and mental health to give you some background of his work. Please do not hesitate to contact me should you have any questions regarding the talk.

Yours sincerely,

[Handwritten signature of Justin Dixon]

Justin Dixon

Deputy Headmaster

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Return to: School Office or email admin@kings.lincs.sch.uk by Monday 4 March 2019

Preventing Mental Health Problems in Children on Monday 11 March from 4.30pm – 6.00pm in the Old School

Name of student: ..... Form: .....

- I would like to attend the 'Preventing Mental Health Problems in Children' talk on Monday 11 March between 4.30pm and 6.00pm in the Old School.
I would like 1/2 seats (please circle).

Parent's Signature: ..... Date: .....