



Blundell's

FOUNDED 1604

Parents' Fair

Saturday 4th February 2017

Insights into the current issues for parents today

Programme

9.00 – 9.15

Tea/ Coffee & Bacon Rolls

Nicola Huggett, Head, Blundell's School

Welcome

9.15 – 10.15

Susannah Costelloe

Body Image

10.15 – 10.30

Tea/ Coffee

10.30 – 11.30

James Shone

Remaining Positive in the face of adversity

11.30 – 11.45

Tea/ Coffee

11.45– 12.45

Dr. Joanna North

Mental Health and Wellbeing in young people

Location

Big School, parking available behind Big School

R. S. V. P

If you would like to attend the Blundell's Parents' Fair please email the School Office via info@blundells.org by Friday 3rd February

Welcome

It is a great privilege to be able to welcome our three speakers to Blundell's for our 4th Parents' Fair. This event is now an annual fixture and we hope that this series of talks will once again encourage and inspire Blundell's parents.

Much has been made in the national press about raising the profile of mental health issues and the Prime Minister has promised to make it a priority in British schools. We are encouraged by this increased coverage, but of course mental health issues are not new and at Blundell's we have been mindfully engaged with looking after the whole child for far longer than the topic has received prominence in the media. What has progressed at Blundell's is the manner in which we recognise the partnership between parents and the school as being vital in supporting our pupils. And perhaps where early intervention has been the focus, I think we are now moving more discerningly and deliberately into a phase of prevention. But whether it is early intervention or prevention, that partnership is essential, and that there is consistency in the messages being given to pupils between the home and school is more important than ever.

And so we are delighted to welcome parents into the school to participate in what should be both an informative and important series of lectures.

As always, we hope the morning stimulates conversation in our community and that you will leave feeling empowered and encouraged.

Nicola Huggett

Head, Blundell's School





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Our Speakers

Susannah Costelloe – Body Image



Susannah Costelloe is the lead paediatric dietitian at the Royal Devon & Exeter Hospital. She cares for children and young people with a wide variety of medical disorders affecting nutrition, from premature babies to teenagers. Currently, Susannah's main specialty areas are gastroenterology, inherited metabolic disorders, neonatal nutrition and eating disorders. She is particularly interested in the influence of social media on young people's eating habits and body image.

James Shone – Remaining Positive



James Shone runs a charity called I can & I am. Prior to this he was a teacher for sixteen years and a housemaster for nine. In 2012 he was appointed to become the Headmaster of Monkton Prep School and then....' James is a man who embodies a positive attitude to life and a determination to turn setbacks into springboards. As a housemaster, this was at the heart of his pastoral message but it is now fundamentally important that he lives this message out every day.

Dr. Joanna North – Mental Health



Dr. Joanna North is a Doctor of Psychotherapy, a Chartered Psychologist and Chartered Scientist. She specialises in work with children, adults and families and focuses on Child Mental Health and wellbeing. She discusses in an accessible way how parents can support their child's mental health and wellbeing within the home.

