



**Teddington
School**

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Dear Families

Mental Health Talk by Dick Moore (Charlie Waller Memorial Trust)

Following the recent Independent State Schools Partnership talk hosted by Lady Eleanor Holles School, parents of Year 9 and Year 10 students are now invited to a talk at Teddington School on Tuesday 11 December 2018.

Dick Moore from the [Charlie Waller Memorial Trust](#) is an instructor in Youth Mental Health First Aid and has spoken at over 150 schools in the UK and overseas. He has been a housemaster, English teacher, rugby coach and headmaster, and he has a passionate interest in the emotional wellbeing of young people.

He delivers training across the country on the following topics:

- Depression
- Anxiety
- Disordered eating
- Self-harm
- Stress
- Adolescent development

In addition students from Year 10 will attend a special assembly from 1.30pm – 2.30pm.

Students from Year 9 will attend a special assembly from 2.35pm – 3.30pm. Please note this will mean that students will be late leaving school.

The parents evening will take place from 6.00pm - 7.15pm in the theatre. You must reserve a seat and space will be limited. Please [click here](#) to request a place at the talk. This link will close on Friday 7 December or when the theatre capacity is reached.

Yours faithfully

Ms N Meston

Assistant Headteacher

