

29.3.2010

Dear Parents/ Carers

I am writing to invite you to Riverside School's Parent Discussion Forum on Thursday 22nd April at Riverside St Paul's Cray, Main Road, BR5 3HS. The forum will start at 10am and will finish at around 11.30.

The topic for April's forum will be:

Helping your Daughter through Puberty.

This topic is one that naturally lends itself to parents/ carers of girls that are currently going through or approaching puberty, but parents/ carers of much younger or older girls are most welcome. We would particularly like to invite parents/ carers of older students that have been through puberty, who would be happy to share their experiences and any successful strategies that they have used to help their daughters, particularly with issues surrounding menstruation.

We will be joined by guest speaker Lorraine (Lori) Hooton, Senior Community Learning Disability Nurse in the Transition team, who will give sound advice on different aspects of puberty for girls, particularly those with severe and profound learning difficulties and disabilities. Both Pelin Ahmet, (Specialist Support and Disabilities team and Kathy Morris (Consultant Clinical Psychologist CAMHS Tier 2) will also be on hand to input into discussion and share evidence based strategies.

Refreshments will be provided and a crèche will be available, if parents require this facility. The sessions are usually very informative, yet informal and all are most welcome.

We look forward to seeing you there and ask that you kindly complete the slip below and return this to me, so we have adequate staffing for the crèche. Thank-you.

Clare Chalaye
Head of Primary at Riverside, St Paul's Cray.

I will be attending the Parent Discussion Forum on 22nd April at 10am at Riverside St Paul's Cray on:

Helping your Daughter through Puberty.

I will/ will not require a crèche place (please delete as appropriate).

Name _____ Parent of _____