Dear Parents/Carers

**Re: JFS PIM Live Event**

We have organised for a variety of speakers to talk about how to help your child through difficult times in the form of a live event on **Monday 22nd March at 6.00 pm,** for approximately 45 minutes.

If you would like to participate please click [HERE](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDRhZDlkN2QtOTI2OC00ZTkxLWIwMDMtZTYwNmIxNDFkYTk1%40thread.v2/0?context=%7b%22Tid%22%3a%22aae65de8-4fcb-4c8d-bf88-648cbab36bb9%22%2c%22Oid%22%3a%22c770c58f-5902-4ea6-9aea-d534bdc48d92%22%2c%22IsBroadcastMeeting%22%3atrue%7d&btype=a&role=a).

The programme is as follows:

* A short introduction by our Headteacher, Rachel Fink
* How to spots signs of poor mental health and signposting - Phillipa Carr, Education Manager at Jami UK.
* An insight on the challenges facing children in the 21st Century - Suzanne Baum, JFS alumna, JFS parent, a lifestyle journalist, presenter and celebrity interviewer who writes regularly on parenting, family issues, mental health and Internet safety.
* How to talk to teenagers about death and grief and how to maintain open dialogue - Dr Anna Colton- Clinical Psychologist and parent of teenage children
* Vote of thanks - Howard Cohen, Deputy Headteacher.

Kind regards

**Rabbi H Cohen**

**Deputy Headteacher**