

December 2015

Dear Parents

A brilliant opportunity has arisen, at fairly short notice, for Dr Nihara Krause, a leading Consultant Clinical Psychologist who also works with the charity Stem4 [www.stem4.org.uk](http://www.stem4.org.uk) to come into school on Monday 8 February to speak to the girls in Form IV about body image and eating disorders.

There is also an opportunity for her to speak to you as parents, to make you aware of these issues and how you can help your daughter through what is potentially a very difficult problem. We strongly recommend that you attend this presentation, if at all possible, as it would be very beneficial to you and your daughter.

Timings are as follows:

- 12.30 pm-1.15 pm – Lunch (you are more than welcome to come and eat with your daughter)
- 1.30 pm-2.30pm – Talk for parents

Please indicate below if you are able to attend this talk and whether you are coming for lunch beforehand. Please reply by Tuesday 5 January 2016.

Kind regards

Sister Margaret Couzens  
Senior Nursing Sister

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**Presentation by Dr Krause Monday 8 February 2016**  
**(Please return form to Sister Margaret by Tuesday 5 January 2016)**

- ☐ I/we will be able to attend the talk by Dr Krause
- ☐ I/we will not be able to attend the talk
- ☐ I/we will attend lunch before the talk

Name of Parent.....

Number attending.....