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21st February 2023

Dear Parents/Carers,

Year 8 Body Image Brook Workshop

On the 27th February and the 1st March, we are welcoming in the charity Brook for a 75-minute session on the topic of body image, this is a workshop which will support their PSHE education.

Tutor groups 8L, 8A, 8S and 8K will have their sessions on the 27th February in L1, and 8E, 8I and 8R will have them on the 1st March in L2.

This education session covers how social media can impact body image, including some strategies to support positive wellbeing online. This session enables young people to further understand how social media can influence and affect perceptions about body image and cause stress.

If you have any question regarding this workshop please contact Mrs E Lofthouse (elofthouse@liskeard.net)

Yours Sincerely

Emily Lofthouse