

6 January 2025

Dear Parents and Carers

Webinar - Eating Disorder Support - 22 January 18.30 - 19.30

We hope you are well and had a restful winter break.

We have pleasure in inviting parents of students across all year groups to attend an **online webinar** supporting parents and carers in navigating eating disorders. This is on Wednesday 22 January 2025, from 18.30 and is hosted by eating disorder specialists, [Orri](#).

Overview

Through a collaborative and compassionate approach, this webinar aims to offer parents and carers practical tools and knowledge to support a young person with an eating disorder.

During this webinar, participants will:

- *Learn about different types of eating disorders and their signs and symptoms*
- *Gain an understanding of the complexities of eating disorders and explore some of the common misconceptions*
- *Acquire insight into how eating disorders affect young people both physically and emotionally, and how this can impact life at home and at school*
- *Explore the 'developing mind' and some of the factors that put adolescents at risk of developing an eating disorder*
- *Gain insight into 'food narratives' and body image and how best to navigate concerns around food and body.*
- *Acquire practical strategies for effective communication*

If you would like to attend the webinar, simply click [here](#) on the evening of 22 January – there is no need to pre-register.

Kind Regards

David Durning
Assistant Head (Student Development)