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# THE COOPERS' COMPANY AND COBORN SCHOOL

*Love as Brethren*

Headteacher: Ms Sue Hay, BA(Hons), PGDip, NPQH

St Mary's Lane, Upminster, Essex RM14 3HS

| Tel: 01708 250500 | Email: [info@cooperscoborn.org.uk](mailto:info@cooperscoborn.org.uk) | Website: [www.cooperscoborn.org.uk](http://www.cooperscoborn.org.uk) |

Thursday 13<sup>th</sup> January 2022

**Dr Dominique Thompson: 'How to Grow a Grown Up'**  
**Year 13 Student Session: Tuesday 8<sup>th</sup> February**  
**Parent/Carer Session: Monday 7<sup>th</sup> February, 7pm-8pm**

Dear parent(s) and carer(s)

As mentioned in our update letter this week, the school has been fortunate in securing a session for your son/daughter with Dr Dominique Thompson. Dr Thompson is an award-winning GP, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students, including as a police and expedition doctor, and as Director of Service at the University of Bristol Students' Health Service.

On 8<sup>th</sup> February she will be leading, what I am sure will be an outstanding session for students in Year 13. Students will come out of their usual lesson (during Period 4) and get to spend an hour with Dr Thompson. Her TED talk: ['What I learnt from 78,000 GP consultations with university students'](#) is a good indicator of what she will cover in her session. For more information on Dr Thompson please [click here](#).

Additionally, Dr Thompson will also be offering a bespoke parent/carers session in the evening, on the night before the student session. The session will last for 40 minutes and provide the opportunity for 20 minutes of questions. This will take place on Monday 7<sup>th</sup> February at 7pm. For the convenience and safety of parents the session will take place virtually, over Zoom. Further details will be sent out a few days before.

As you will remember we have also organised for 'Maximise' – a nationally recognised revision skills/motivational company to come into school and lead a session with your son/daughter in March. Whilst the school has been able to subsidise the cost of these sessions, securing such superb outside speakers does come at considerable cost, as such we will be asking parents for a small contribution towards the cost of the two sessions.

**We are asking all parents/carers for a small contribution of £5 to enable these two student sessions to take place. This payment has been activated on ParentPay and we would ask you to kindly make payment by Wednesday 19<sup>th</sup> January. Unfortunately, if the school is unable to partly fund the events through parental contributions, then they are at risk of being cancelled.**

Further information about Dr Thompson's talk to parents can be found at the bottom of this letter.



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A further letter will be sent home at the start of February with the details of how you can join the parent/carer session on 7<sup>th</sup> February.

Yours faithfully

Mr J Teece  
Head of Year 13

Mr Bell  
Deputy Head



## 'How to Grow a Grown Up: parenting tips for the 21st century'

Join award winning GP and author Dr Dominique Thompson for an enlightening and entertaining talk with Q&A about raising teens to thrive in the modern world, and living with a teenager!

The talk is based on her book *How to Grow a Grown Up*, a Finalist in the 2020 People's Book Prize, and is aimed primarily at parents of secondary school age children, but it will also be of interest to teachers, and others who work with young people everywhere. Dominique has been interviewed about the book on [Sky TV](#) and in [The Times](#).

Parenting in the 21st century means navigating a very different world to the one in which we grew up. Our children are under 24/7 pressure to be 'always on' and their 'best self' and they need to be prepared for a challenging world. COVID19 has added an extra layer of pressure to the mix.

Dr Dominique Thompson is the UK's leading GP on student mental health and an expert in teen wellbeing, and she will reveal why young people may be struggling more, and what we can all do to help our children develop the life skills they need to thrive in this new and changing world. Tips for coping with the impact of COVID will be included.

Whether you are supporting a child struggling with life, or you are curious about what lies ahead for your teen, *How to Grow a Grown Up* will help you to build your child's confidence and resilience - so that they can become a strong, happy and independent adult.



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## Praise from parents and teachers:

*"The talk was great. For me as a parent it is good to know what kind of behaviour I can see in my children, why it is happening with us and what to do or not to do in some cases. It was explained why young people have mental health problems. The talk was very useful. Many thanks!"*

*"Dom was brilliant and such an informative talk - interesting and helpful material covered"*

*"Excellent, Dominique Thompson always manages to give me something else to think about- she is a really engaging speaker"*

Find more, including blogs, resources and newsletter at [www.growingagrownup.com](http://www.growingagrownup.com)

*"It's so good that someone knows what world I have to live in. She speaks sense Mum." 16 year old*