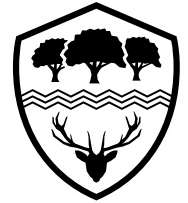


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MEDEN
SCHOOL

January 27, 2025

Tom Talks

Dear Parent /Carer,

As a part of your child's education at Meden School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic Education programme; this is known as Personal Development at Meden School. Personal Development is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and to meet their full potential.

As a school, we are delighted to welcome guest speaker Tom Dickinson, also known as Tom Talks. Mr Dickinson lost his brother to suicide in 2015, and has set up a company to raise awareness of mental health and to let people know that 'it's OK not to be OK.' Tom will be discussing some sensitive issues, which are very important for our students to understand. Tom will present his brother's story and speak about his own struggles with depression after finding his brother dead from suicide. Staff will be supporting students throughout the day should any students feel emotional.

The cost of these sessions has been kindly paid for by a community interest company called Paul's Pitstop who help invest in mental health. Please see the link to article for more information <https://www.bbc.co.uk/news/articles/cxr2v9rw1rno>

On Friday 14th February 2025 there will be sessions as follows:

- Period 1: all Year 9 & 12 assembly.
- Period 2: a small number of students will be involved in a workshop with Tom. Parents of students involved, will be contacted separately.
- Period 3 year 10 & 13 assembly.
- Period 4: a small number of students will be involved in a workshop with Tom. Parents of students involved, will be contacted separately.

We appreciate that many of the topics we cover in Personal Development sessions are sensitive subjects. If you have any further questions or concerns about the Tom Talks sessions, please contact Mr Sylvester via email msylvester@medenschool.co.uk.

Kind regards

Mr M Sylvester
Teacher of Geography
Curriculum Leader for Personal Development Meden School

