



Spalding High School

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Headmistress Mrs M Anderson, B.Ed



13th March 2019

Dear Parents/Carers

'Spring Clean Your Skin' Evening – Monday 18th March 2019 6-8pm

We have the exciting opportunity to work with Joanne and Adelaide Esdale from Essential Well-being, to provide an educational evening about skin awareness and how it changes through adolescence. Joanne has worked in the skincare industry as a skin therapist for 20 years working with Dermalogica. Adelaide has also worked as a Dermalogica skin therapist and lecturer before working at Essential Well-being. Both ladies understand the negative impact of skin problems on the mental well-being and confidence of young people. They, along with their team, would like to volunteer their services to run an educational evening of talks and activities to support our pupils.

The topics covered will include:

How hormones impact on the skin

Oily skin, spots and blackheads

Acne; causes, how to treat it, product recommendation and treatment advice

Sun damage; protection and prevention.

The evening will take place on Monday 18th March 2019 from 6pm - 8pm and is open to pupils in Y7-11, accompanied by an adult, at a cost of £5 per pupil. There will be a raffle which will include prizes related to the theme of the evening. Refreshments will be provided by our Outlook Expedition team who are travelling to Africa in 2020. Funds raised through the evening will be used to support their fundraising and provide resources for use in our pastoral care system.

Joanne will visit the pupils in school to explain the purpose of the evening, prior to the sale of tickets. I do hope that you consider this a worthwhile evening and take the opportunity to join us. Tickets will be limited to 50 pupils and sold on a first come first served basis.

Yours sincerely

Amanda Schwarz

Tracy Jarvis