

Hendon Prep opens doors to community for mental health talk

The private nursery and prep school in North London is focusing on preventing mental health problems arising



Hendon Prep educates children from two to 13 years old

Tuesday 24th September 2019

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Hendon Prep is opening its doors to both parents of its pupils and parents in the wider community for a talk on promoting positive mental health in children.

The talk is led by child behaviour expert Dr Aric Sigman and will highlight practical steps that parents, schools and pupils can take to reduce the risk of mental health problems developing.

This takes place the day before the school will collapse the timetable to mark **Global Be Well Day**, a worldwide event led by Cognita, the group of 73 schools of which Hendon Prep is a member.

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Pupils will begin their day with a whole school ‘wake and shake’ in the playground, followed by activities such as yoga, healthy eating, mindfulness and sleep workshops.

Hendon Prep said: “With attention currently focusing on identifying and treating children with mental health problems once they arise, there is little attention on preventing mental health problems arising.

“While a child’s life and family circumstances, as well as genes, are obvious factors influencing their mental health, there are additional lifestyle and family factors that we do have some control over and that can make an enormous difference to a child’s mental wellbeing.”