

PARENTS-IN-TOUCH SEMINAR

CONNECTING FOR REAL LIFE

With
Mark Allen



Mark Allen is a father of 3 and a proud State School Principal with 23 years' experience in working with young people, their families and their communities. Mark has worked in many schools in the Cairns region, Cape York, the Torres Strait and now at Malanda State School. As FNQ Principal of the year in 2022, Mark is also recognised in the State system as a leader in an award-winning school. Mark prides himself on 'connection before curriculum', and knows the power that positive, productive relationships can hold for our young people.

Mark Allen is a multifaceted individual with diverse interests and accomplishments. As a Cycling Australia Luminary recipient, he developed the Bikebus program, a free government-endorsed program aimed at getting children and their families to ride to school, fostering connections, improving confidence, and promoting good health. The program even set a Guinness World Record for the most kids in a Bikebus with 639 riders at Trinity Beach State School. Additionally, Mark's musical talents were inspired by his mother, Mary-Anne, who led the first-ever musicals between Saint Augustine's and Saint Monica's. Mark and his brother participated twice in the Cairns to Cooktown bikeride, a week-long event that involved rough dirt roads and self-discovery on wild Cape York.



**FREE
EVENT!**

PARENT SEMINAR WITH Q & A

WEDNESDAY 22 MARCH 2023

Mark Allen's message will emphasise the value of working together, of connecting face-to-face, mates for mates, whether in a sports team, a school, or other organisation. He'll speak about the many benefits that a sense of brotherhood can bring young people. Parents will hear how to assist your people in:

- Creating lifelong bonds by supporting mates through thick and thin
- Helping develop a sense of belonging and acceptance, especially important for those who feel isolated or disconnected from their families or communities
- Helping individuals overcome challenges and achieve their full potential
- Developing the confidence to take on new challenges which creates a culture of growth and inspiration in the group
- Creating opportunities to build relationships with mates by unplugging from devices and having conversations, listening to others' perspectives and showing genuine interest in their lives.

R U OK? Day provides a framework for such conversations and helps build a culture of openness and support. By challenging our young men to support their mates and even widen their friendship group, Saints hopes to strengthen the "Men of Saints" among its students.

TIME: 5:30-7:00PM

**LOCATION: St Augustine's College
Lennon Hall, entrance via Severin Street**

**THIS A COMMUNITY EVENT
AND ALL ARE WELCOME!**



ESTABLISHED 1930