## Parent Webinar Series

Helping Parents Navigate School in 2020

- Independent Learning
  - How to know that your child is focusing on the right kind of work that gets top marks.
- Stress & Wellbeing

Understanding your child's stress triggers, symptoms, and a tool-kit for stabilising during tough periods.

Exam Preparation

Developing a pre-exam roadmap with your child to maximise their chances of success and keep overwhelm at bay.

Technology

Understanding the impact of technology on your child's habits and how to develop techniques for responsible use.

## Term 4, 2020 Webinar Dates

September							October						
S	M	T	W	T	F	S	s	M	T	W	T	F	s
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31
November							December						
S	M	T	W	T	F	S	s	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

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