



# THE WAY

TERM 2 : FRIDAY 11 MAY  
2018

**Wellbeing** YOUR CHILD'S  
**MATTERS**

**POSITIVE PARENTING IN AN AGE OF ANXIETY**  
UNDERSTANDING ANXIETY & SELF-REGULATION IN YOUNG PEOPLE

**WEDNESDAY 11 APRIL 2018 @ 7.30PM**

LEARNING | WISDOM | SERVICE

## WELLBEING MATTERS EVENT

Thank you to everyone who supported our second Wellbeing Matters event – ‘Positive Parenting in an Age of Anxiety’.

We were fortunate enough to have clinical psychologist Colleen Hirst come and share with us from her wealth of experience in this area.

Over 200 parents and friends attended the event and the feedback has been very positive from many participants.

May I also commend the many parents that have accessed ‘School TV’ – a fantastic Wellbeing and Mental Health resource freely provided by the College.

Please see this link if you haven’t had a chance to access this resource as yet -  
<http://thac.nsw.schooltv.me/category-latest-newsletter>

Thank you again for your support and we look forward to the next Wellbeing Matters event in the near future.

**Mr Stuart McCormack**

*Deputy Head of Senior School - Student Wellbeing*