



# THE WAY



## FROM THE JUNIOR SCHOOL DIRECTOR OF OPERATIONS AND WELFARE

**We are thrilled to welcome Dr Kristy Goodwin to a Junior School Parent Information Evening at College on Thursday 1 September.**

It is an evening not to miss. [Register using the link.](#)

Dr Kristy Goodwin will assist concerned parents feel confident about how they can best support their children's physical health, mental wellbeing as well as learning online, without proposing 'digital amputation', banning the gaming console or iPad.

### Session Overview:

- why children and teens are susceptible to potential pitfalls online given their brain development;
- why the online world is appealing to children and adolescents (there's science to explain their digital infatuation and 'techno-tantrums');
- simple & realistic formula to determine healthy screentime limits for children and teens;
- the 5 vital digital boundaries parents must establish to ensure their children and teens develop healthy digital behaviours;
- the current risks facing kids and teens in the online world and simple solutions to mitigate these; and why digital disconnection is critical for your child's physical health and mental wellbeing.

We look forward to seeing you at this event.



**Mrs Kylie Singles**  
Director of Operations & Wellbeing – Junior School

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