This popular workshop will provide Year 5 - 8 parents and students with practical and effective strategies to cope with the changes faced in secondary school. Topics covered will include:

- Adolescent change and development
- Balancing time between work and play
- Organisational skills - finding a system that works!
- Managing and Planning homework - be in control!
- Goal setting - steps towards success
- Understanding HOW you learn

**Presenter Angie Wilcock – High Hopes Educational Services**

Angie Wilcock is a highly regarded Australian expert and speaker on transitions in education. She has appeared on ‘Mornings with Kerrie-Anne’, and worked with experts such as Dr Michael Carr-Gregg and Dr Andrew Fuller on the ‘Generation Next’ team. She is a published author with a strong background in teaching, as well as being a mum of two sons.

Angie now works with teachers, parents and students across Australia in the area of transition to secondary school. Her sessions are a mix of humour, anecdotes, information, real-life parenting….but above all, strategies to support families during this very critical phase of education and personal development.

“The information I heard was the most useful information and advice I have ever received for any of my children. My son finally feels in control – thank you!” (Parent, St Patrick’s College, Sutherland)

"Empowering parents to recognise their contribution to their child’s education was a ‘take home’ message from your presentation for me…I enjoyed your genuine approach" (Parent, Kyabram P-12 School, Vic)

"Fabulous workshop and can’t wait to put into action. My daughter was excited to get the folders started. We will try the time management strategy." (The Entrance PS)

Please return completed form to Kim Twyford (Community Liaison Officer) by placing it in the marked box on the front counter of the GHS office.

I have received the information concerning the Parent/Student Workshop “Successful Transitions” to be held on Wednesday 12th October 6.30pm- 8.00pm at Gorokan High School. I will / will not (please circle) be attending the session with my child.

Student’s Name: _________________________   Number Attending (including student) __________
Parent's Name: __________________________   Parent Signature: __________________________