



Understanding Adolescents Year 7 Parent Forum

To Parents/Carers of Year 7 students,

Adolescence can be a particularly challenging time for young people and their families. The experience of commencing high school combined with changes brought about by Covid 19 can have a significant impact on wellbeing and mental health.

A recent parent survey has identified a number of areas of concern shared by Year 7 parents, and we would like to invite you to participate in a Parent Forum designed to share information and strategies to support students and families.

The evening session will focus on Mental Health in these three areas:

- Expectations of High School and the Impact of Covid
- Developmental stages of the adolescent brain
- Technology and attachment/connection

Date: Wednesday 24 August 2022
Time: 6pm to 7.30pm
Venue: ERC Foyer, St Edwards College

Presenters: Terase Killin & Marcus Missio-Spiteri College Counsellors

RSVP By: Monday 22 August 2022 [PLEASE CLICK HERE TO RSVP](#)

We would love for you to join us at this parent only event. There will be an opportunity for questions at the end of the session, and light refreshments will be provided.

Heidi Englund
Year 7 Pastoral Leader

