



Are You Ready for High School?

If you have a child starting high school next year, then this is the workshop for you!

APFACTS (the Association of Parents and Friends of ACT Schools) proudly presents “Keep that B.O.A.T. afloat” - a workshop for parents of children in Year 6. Help your child become a more confident student and YOU a less stressed parent!

Learn about:

- Finding that Balance between work and play
- Organisation Skills
- Attitude—keeping a positive one!
- Time Management techniques

Conducted by Angie Wilcock from High Hopes Educational Services.

Parents, with or without their Year 6 students, are welcome.

Wednesday 16 June, 6.30—8.00pm

Radford College, Bruce (follow the signs)

Cost: \$5.00 per family for APFACTS Affiliated Schools

\$10.00 per family for non affiliated Schools*

Payable on the night BUT RSVP Essential:

For RSVP or further information: ph 6287 3538 or email
apfacts@bigpond.com by COB Friday 11 June 2010

* not sure whether your school is affiliated? Contact us to find out!

Parent/Student Workshop (90 mins)

Transition from primary to high school is considered by many educational researchers to be one of the most exciting, yet traumatic phases of a young person's development. Parents are often just as concerned about the changes ahead as the students themselves!

The B.O.A.T program (90 minute session) offers parents AND students the opportunity to gain practical information and strategies by discussing:

- How to find a healthy Balance between work and play
- Tips on how to develop effective Organisational skills at home
- Promoting a positive Attitude towards the whole high school experience
- Strategies to become more Time managed to stay on top of the increased workloads in high school – such as how to 'chunk' assignments and how to use a planner (properly!)

The more informed parents are about the expected demands on children in high school, the sooner they can become involved in assisting their child to develop effective work techniques – the B.O.A.T program isn't based on 'theory' but on practical strategies that DO work! A handbook of tips, activities and summaries is provided.

ANGIE WILCOCK - BIO

With a strong international sporting background including dual City-To-Surf wins, Angie decided to translate her ability to motivate herself on the sporting field to motivating kids in the classroom! She has been teaching for more than twenty years, is married and has two teenage sons.

Angie's work with Year 5 and 6 students was the catalyst for starting her business, High Hopes Educational Services, and her first program - offering support and information to parents and students in transition to high school.

In early 2009, Angie appeared on the Mornings with Kerri-Anne show to discuss coping strategies for parents with children starting school, and was later invited to present and discuss her transition work at the APC & ACSSO National Education Conference.

She has had numerous articles on transition, learning styles and time management strategies published in national and state educational journals and on educational websites, and is currently an online advisor on parenting issues in education on the U.S website AllExperts.

Her work with students and parents extends beyond the school gate, as she also works with government, private and not-for-profit organisations as well as state and national parent organisations as consultant and facilitator.

