

KNOX GRAMMAR SCHOOL

PARENT SEMINAR SERIES

YEARS 5-8, 2021


BUSHRANGER

INTRODUCTION





We recognise no two boys are alike, knowing that their development progresses at varying rates, and within each cohort we see variance of several years. Equally, we understand a boy's personal and world view is deeply influenced by his family, friends, school, social media and connections with communities outside of Knox. In understanding these influences, our Academy teams offer the boys a mentor program which is contemporary in nature, wide reaching and explores the issues and challenges confronting boys at their stage of development. The programs offered at the school are designed to assist our boys in making safe, ethical and positive decisions, and to teach the understandings and skills promoting respectful interactions with communities in and outside of Knox.

Complimenting the programs offered to the boys, we have designed a parent seminar series, equipping parents with the knowledge and strategies to support their sons during adolescence. We feel the presentations will offer new learnings and insights for the upcoming years, and enable parents to have considered and intentional conversations with their sons about the influences on them. The presentations and workshops are timed to occur prior to, or in parallel with the student mentor lessons on the topic. Supplementing these presentations is the work of our school psychology team, who will be providing Vlogs and helpful literature on key topics, assisting parents to dive deeper into the focus area.

We recognise Knox plays a substantive role in providing boys and parents with informed understandings of the issues and influences affecting the development of young men. Each of our Academies has a Director of Student Development and two psychologists, who work closely with the Team leaders to develop relevant, engaging and meaningful Mentor programs. This team reflects deeply on the requisite experiences for the boys, both in and outside of the classroom, fostering the development and application of positive character traits and values in our boys.

Whilst each presentation is identified with a specific audience, parents with boys outside these year groups are welcome to attend any of the presentations.

Mr Phil O'Regan, Deputy Headmaster, K-12 Students and Mrs Sue Floro, Head of Knox Prep

NOTES AND FURTHER INFORMATION

This booklet provide an overview of our Senior School parents seminars throughout the 2021. Each seminar has a target audience, however Knox parents from other years groups are also welcome to attend.

Dates are subject to change and will be notified via our Senior School weekly year group newsletters.

Due to copyright, unfortunately the major of these seminars will not be streamed online or available afterwards by via video link. We warmly invite you to attend in person.

If you have any questions, please contact the relevant staff:

Peter Voysey, Director of Students, Knox Grammar Preparatory School
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E: voyseyp@knox.nsw.edu.au

Andrea Wiffen – Director of Student Development, Knox Junior Academy
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RAISING YOUNG MEN: RESILIENCE AND WELLBEING

When: Tuesday 1 June, 7pm-8.30pm
Where: Great Hall
Target audience: Years 5-8
Supplementary material: Judith's book, *The Bonsai Child*, will be available to purchase on the night
Bookings: www.knox.nsw.edu.au/judith-locke

This seminar will provide practical and realistic parenting strategies to help raise young men with higher self-esteem, resilience and wellbeing. From her research and experience, Judith will touch on the pressures of parenting and outcomes of over-parenting.

Dr Judith Locke



Judith is a registered clinical psychologist with more than 20 years experience in adult, child and family therapy. Most recently, Judith has authored *The Bonsai Child*, a parenting book which details modern parenting trends, and offers practical and realistic strategies for parents, which have worked for hundreds of parents she has helped.

Currently she provides psychological assistance to individuals, groups and organisations.

Judith delivers dynamic psychological training sessions in parenting, resilience, staff wellbeing and related fields to parents and staff in schools, childcare centres, and government and community organisations, as well as private companies.

Judith is also a Visiting Research Fellow at the Queensland University of Technology where she researches modern parenting, child and parent wellbeing, and how children and parents interact with academic environments.

Her psychological commentary has been featured in newspapers, magazines and on television and radio around Australia.

HELPING YOUR SON COPE WITH ACADEMIC DEMANDS

When:	Tuesday 8 June, 6.30pm-8pm
Where:	Great Hall
Target audience:	Years 7-8 boys with parents in attendance
Supplementary material:	ELES username and password
Bookings:	www.knox.nsw.edu.au/prue-salter

Prue will share with you some simple but powerful strategies which you can implement at home to help students to cope with the academic demands of school, become powerful learners and achieve their personal best. You will have the opportunity to discuss with your son what will work best for your family.

Dr Prue Salter



With over 20 years' experience in high school education, as well as stints in both industry and academia, Prue Salter is the founder and driving force behind Enhanced Learning Educational Services. Her research into how students can achieve their personal academic best translates into informative, entertaining and action-oriented sessions and online experiences for students.

To date, Prue has written 20 resources for schools to use to help students improve their study skills. Prue also developed and manages a subscription-based study skills website for schools and is in high demand for her study skills seminars in schools.



THE TECH DIET FOR YOUR TEEN

When: Wednesday 21 July, 6.30pm-7.30pm
Where: Wenkart Theatre, Junior Academy and Performing Arts Centre
Target audience: Years 5-8 parents
Supplementary material: unpluggedpsychologist.com
Bookings: www.knox.nsw.edu.au/brad-marshall

In this seminar, Brad will provide practical skills for working with your son and his digital use. Based on solid psychological research explaining why screen addiction is so powerful, his jargon-free advice gives a clear plan for parents intent on improving the way their boys use and interact with technology.

Brad Marshall



Brad Marshall is the Director of the Internet Addiction Clinic at Kidspace. Has has a focus on helping families struggling with internet, screen and gaming addiction. He has a focus on providing practical and concrete strategies to manage and maintain their children's technology diet. He specialists in treatment of young people experiencing excessive internet use or 'internet addiction'; and related disorders. In his clinic, he routinely helps families find a balance between healthy screen time and problematic overuse.

He is the author of 'The Tech Diet for your Child & Teen; The 7 step plan to regain your kid's childhood (and your Family's Sanity)'.

CONVERSATIONS THAT MATTER: ESTABLISHING AND MAINTAINING POSITIVE RELATIONSHIPS

When: Wednesday 18 August, 6.30pm-7.30pm
Where: Wenkart Theatre, Junior Academy and Performing Arts Centre
Target audience: Years 5-8 parents
Supplementary material: yourchoicez.com.au
Bookings: www.knox.nsw.edu.au/kobler

The seminar addresses the intimate questions that parents have, considers consent, pornography, dating, sexting, supporting young people to establish positive relationships and the role parents play as an influential presence in their children's lives.

David and Kate Kobler



After working with young people for a number of years, David and Katie began to notice a common struggle amongst teens in the area of sex, dating and relationships. With an extensive background in youth work, youth communication and leadership, they began to dream of a program which could reach teenagers all across Australia at this time of need.

They are both gifted communicators and have a strong connection with teenagers. They speak with both authority and compassion to an audience who is searching for answers. Their honesty and openness in drawing on their own life experiences, alongside some of the best research available allows them to deliver a truly unique and exceptional presentation.

SUPPORTING POSITIVE DIGITAL BEHAVIOURS THROUGH ADOLESCENCE

When: Monday 11 October, 6.30pm-7.30pm
Where: Wenkart Theatre, Junior Academy and Performing Arts Centre
Target audience: Years 7-8 parents
Bookings: www.knox.nsw.edu.au/andrew-campbell

Dr Campbell will step parents through age appropriate development of our Junior Academy boys with helpful insight into the 'hows and whys' of behaviour your son might be displaying at home. Andrew will provide practical strategies to take away and use at home.

Dr Andrew Campbell



Dr Andrew Campbell has been researching and teaching in the area of e-Mental Health, Cyberpsychology and Child, Adolescent and Family Mental Health for more than 15 years. He is currently a Senior Lecturer in the Faculty of Health Sciences. Dr Campbell obtained his PhD in psychology in 2003 and was the first psychologist in Australia to research and publish about the use of the internet for social fearfulness/anxiety self-help.

He is often approached to speak in the media on the topic of communication technology and its impact on health and wellbeing (e.g. video game addiction, mobile phone use, youth culture and technology).

Dr Campbell has conducted research notably in the area of online therapies for depression and anxiety, AD/HD treatment using bio-feedback videogames and social networking for managing young people's mental health.





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Knox Grammar School, Wahroonga, Sydney, Australia
A Uniting Church school

www.knox.nsw.edu.au