



Do you wonder about what kind of person your child will become?

What qualities do you want your child to develop?

Do you want ideas to increase your child's wellbeing?

If you would like to understand more about the importance of wellbeing, please join us for an informal evening for families and a cup of tea to learn more about:

- The link between wellbeing and learning
- Strategies to promote your child's wellbeing
- Tools and tips to improve children's self esteem, motivation and resilience
- Digital, school and community resources

When: Wednesday 9th August 7- 8.30pm (including a light supper)

Where: library

Who: Sheridan Kerr from Catholic Education's Wellbeing and Diversity Team

ALL WELCOME