



Shore Association Weekly

Vol. 6, Term 1, Week 8, 2017
saw@shore.nsw.edu.au

Bringing Parents Together

2017 Calendar

2017 Term 1

March 24 th	Year 10 Morning Tea
March 28 th	Parent Seminar: Parenting Academic Procrastinators – Year 11/12 parents
March 30 th	Year 2 Mum's Dinner

2017 Term 2

May 1 st	Year 3 Morning Tea
May 4 th	Year 7 Dad's Social Evening
May 10 th	Parent Seminar: Parenting Academic Procrastinators – lunch time session
May 12 th	Year 12 Prep Leaver's Dinner
May 15 th	Year 8 Mum's Dinner at Public Dining Room, Balmoral
May 17 th	Parent Seminar: Parenting Academic Procrastinators – final session
May 19 th	Year 7 Mum's Dinner
May 24 th	Parent Seminar – Sleep for Better Health, Resilience and Performance
May 29 th	Careers Expo organised by Old Boys' Union – details attached
May 30 th	Skittles Movie Night, Cremorne Orpheum



SHORE ASSOCIATION PARENT SEMINAR:

Changes to the "Parenting Academic Procrastinators" Seminar on 28th of March

The Shore Association has had an overwhelming response to this seminar and are over subscribed for the venue. The intent is to keep the seminar more personal and interactive, so rather than moving to a larger venue, we have scheduled two more seminars. Those already registered, have been informed they will be required to reregister for the event. If you have not registered and are keen to attend, please do so quickly to avoid disappointment, as places are limited.

1. **Tuesday, 28th March (6:30pm):** — **Year 11 & 12 ONLY**
2. **Wednesday, 10 May (12:30pm):** All Parents
3. **Wednesday, 17 May (6:30pm):** All Parents

<https://www.trybooking.com/PGEZ>

For further information contact, Electra Wiggs - ewiggs@bigpond.net.au



SHORE ASSOCIATION PARENT SEMINAR: *Sleep for Success*

“Sleep for Better Health, Resilience and Performance”

The Shore Association invites parents to attend an informative seminar on **Sleep** by **Lisa Maltman** from **The Sleep Connection**.

Lisa collaborates with key Australian adolescent sleep specialists and psychologists from the Sydney Woolcock Institute of Medical research, who are world leaders in sleep research. www.thesleepconnection.com.au

Sleep is an important study tool. **30% of primary school students** and **70% of teenagers** experience sleep deprivation.

The Seminar will focus on the consequences of sleep deprivation on our children’s learning and academic performance, along with their emotional health and will also provide tips on how to develop smart sleep habits.

DATE: Wednesday 24th May 2017,
Smith Auditorium

TIME: 7.00-8.00PM

COST: No charge, Refreshments will be served

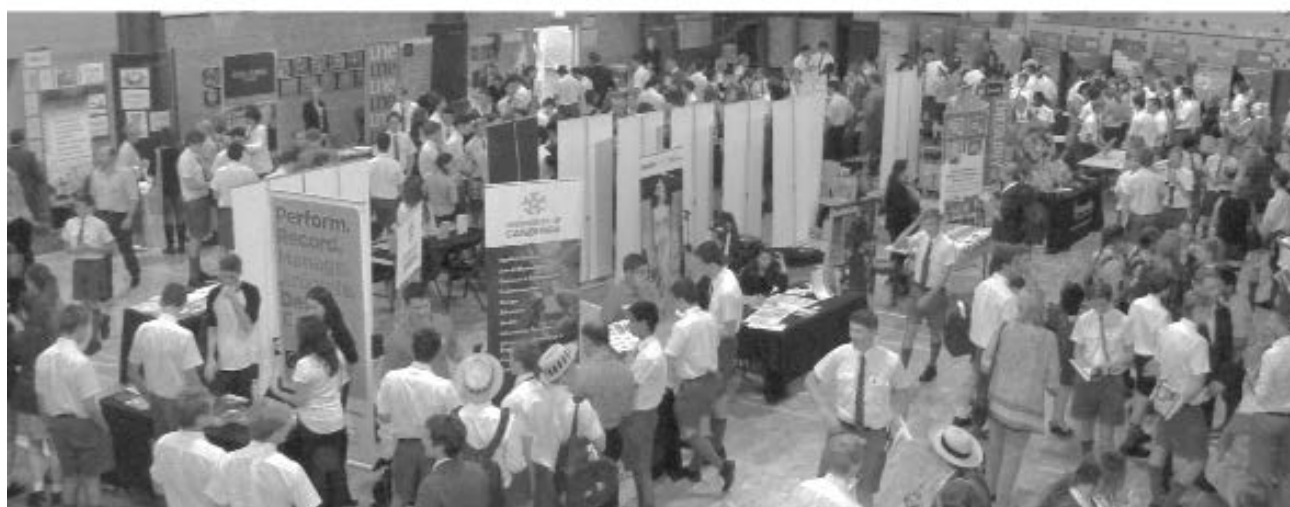
CONTACT: Electra Wiggs, ewiggs@bigpond.net.au

RSVP: <http://www.trybooking.com/PIYT>

2017 Lower North Shore Careers Expo



SHORE
Old Boys' Union



Monday 29 May 2017

Shore Gymnasium, Blue Street North Sydney

4-6.30pm

For Year 10-12 students and their parents

50+ tertiary exhibitors, including major universities

Light refreshments available

