



SHARON WITT



PARENT SEMINAR

STARTING SECONDARY SCHOOL

The transition from Primary to Secondary School for children (and their parents) can be an anxious time. It marks the beginning of their teenage years and a new phase in their education. High School typically involves processing a time of change, developing a greater level of independence, more challenging academics and new social dynamics.

During this one-hour presentation (with additional time for questions) experienced secondary educator and author, Sharon Witt will share some of the best tips and strategies parents can use to best support their young person entering secondary school.

TOPICS COVERED INCLUDE

- Understanding the adolescent brain
- Managing change: timetables, new school, teachers
- Homework
- Navigating friendships
- Communication with teachers
- Managing Health: sleep, exercise, nutrition
- Coping with stress
- Keeping kids safe online



ABOUT SHARON WITT

Sharon Witt is a seasoned educator with over 30 years' experience, and is a sought-after expert in the fields of youth, parenting and education. She has contributed to numerous publications and is regularly sought after in the media, appearing in print, television, and radio.

Sharon is a best-selling author of 18 books, including the hugely popular *Girlwise* and *Wiseguys* series, *Teen Talk*, and *Starting Secondary School* (co-written with Dr Michael Carr-Gregg). Her books aim to provide guidance and support to young people on the challenges they face in their early and teen years.

Sharon is also the founder of *The Resilient Kids Conference*, a one-day event that brings together leading parenting and education experts from across the country. This conference has toured many states over the past 6 years.