



LINDISFARNE

Anglican Grammar School

Parent*Ed*



Principal's Message

AT LINDISFARNE ANGLICAN GRAMMAR SCHOOL, WE ARE COMMITTED TO CREATING A SUPPORTIVE ENVIRONMENT WHERE EVERYONE CAN GROW AND WORK TOWARDS THEIR FULL POTENTIAL.

We believe a holistic approach is vital for the wellbeing of our students, staff and school community. We strive to ensure a safe, happy, connected and cohesive learning environment.

At Lindisfarne, we promote an environment that encourages healthy relationships between members of our school community, fosters mutual respect and offers opportunities for student leadership and citizenship development. Using the expertise of our staff and by partnering with external providers, the local community and parents, we ensure our students have access to the support they need when needed. We are proud of the supportive culture being created at Lindisfarne Anglican Grammar School and as we continue a strong focus on supporting the holistic development of our students and learning community.

At Lindisfarne, we understand that the best way to support student success is through effective communication and collaboration between home and school. We believe that when parents and teachers work together, all students benefit. We hope the ParentEd Program we are launching in 2023 will seek to strengthen these connections and help us work together to respond to each student's individual and collective needs.



Our shared goal of helping every child to strive for their highest potential is more likely to be achieved when staff, parents and students are all working together towards the shared goals and objectives.

We ask that you embrace this program and welcome feedback from parents, encouraging each parent to take an active role in your child's educational journey.

Stuart Marquardt
Principal

POSITIVE EDUCATION AT LINDISFARNE

At Lindisfarne Anglican Grammar School, we have a Positive Education approach through our Wellbeing Framework. This program is designed to give students the skills to succeed in all aspects of their lives. It helps them achieve their academic goals and develop the necessary skills to lead happy successful lives. The focus is not just on academic achievement but also on developing strong relationships, emotional intelligence, and resilience so that students can cope better with challenges and setbacks.

Through our holistic approach to education, we encourage an appreciation of the importance of physical health, mindfulness and healthy lifestyle habits. By creating a positive learning environment and teaching skills that promote well-being, students can be empowered to reach their goals.

Positive education gives students the skills to become motivated, competent and successful individuals. All of these tools are essential for creating a foundation in which students can thrive and reach their full potential. With a supportive learning environment and the right skills, students can be well-equipped to succeed in their academic and personal lives.

We encourage you to support the ParentEd program and work with us to empower our young people with the skills and knowledge they need to be successful, happy and well-rounded individuals.



Parent**Ed** - Term 1 Events

WEEK 1

Year 7 and 8 Meet the Middle School Homeroom Teachers

The Middle School Meet the Homeroom Teacher Evening is an important event and one we recommend all Middle School parents of Year 7 and 8 students attend. As well as meeting key staff, parents will also get an overview of the Middle School structure for Year 7 and 8 students. Year Level Coordinators will also speak in detail about the Heroic Habits program, an important part of the Stage 4 Pastoral Care experience at Lindisfarne. It is also a great opportunity for parents to meet with other families in the same Homeroom group.

Date: Wednesday, 1 February at 6:30pm
Venue: Mahers Lane School Chapel

WEEK 2

Senior School Meet the Tutor Evening

The Senior School Meet the Tutor Evening is an important event and one we recommend all Senior School parents attend. It is a great opportunity to meet the staff who will be closely involved in your child's learning journey at Lindisfarne, as well as take the time to get to know your child's Tutor on a personal level.

Date: Monday, 6 February from 6:00pm
Venue: Mahers Lane School Chapel

The Rite Journey Parent Information Session

Following the Meet the Senior School Tutor event, Andrew Lines will speak in detail about The Rite Journey program, an important part of the Year 9 experience at Lindisfarne. This innovative program has been designed to help your child grow and develop as a learner and become equipped with the skills needed to prepare for adulthood. At this session, we will also be joined by a presenter from Camp Kokoda to provide more information about the camp and clarify any queries parents may have. All parents of Year 9 students are expected to attend.

Date: Monday, 6 February at 7:00pm
Venue: Mahers Lane School Chapel

WEEK 3

Year 5 and 6 Meet the Homeroom Teachers

The Year 5 and 6 Meet the Teacher Evening is an important event and one we recommend all Stage 3 parents attend. It is a great opportunity to meet the classroom teacher who will be closely involved in your child's learning journey at Lindisfarne. Parents will be able to learn more about their child's classroom teacher and get a better understanding of how they can work together throughout the school year. This is an important event as it helps to facilitate successful collaboration between teachers, students, and families.

Date: Tuesday, 14 February at 6:30pm
Venue: Stage 3 Classrooms

Junior School Meet the Teacher Afternoon (Kindergarten to Year 4)

We are delighted to invite you to our Junior School Meet the Teacher evening. This is an opportunity for you to come and meet your child's teacher for the year and discuss how best to work together to support your child academically, socially and emotionally throughout the school year. We encourage parents of students from Kindergarten through Year 6 to attend.

Date: Friday, 17 February - Kindergarten to Year 2 sessions, 5:30 - 6:00pm
Years 3 and 4 sessions, 6 - 6:30pm
Venue: Junior School Classrooms

WEEK 4

Meet the Music Tutors Performance Evening

We invite you to an evening of musical performances featuring our Music Tutors and Senior Ensembles. Our talented music tutors will share their passion for music with the audience, together with supporting our ensembles for this evening of music. Don't miss out on this opportunity to witness some of the best musical talents in our region and to meet those who will be providing music tuition to your children.

Date: Wednesday, 22 February at 6:30pm
Venue: Mahers Lane School Chapel

1-2-3 Magic and Emotion Coaching Parenting Workshops

Open to all parents of children in Pre-School to Year 6 these workshops take place over a period of three weeks. 1-2-3 Magic® and Emotion Coaching is a course for parents to learn how to engage in positive interactions with their children, encouraging them to express their feelings healthily. Parents will learn how to identify and respond effectively to early signs of emotional distress or behavioural difficulties. By using 1-2-3 Magic® and Emotion Coaching, parents can be better prepared to help their children manage their emotions and behaviour in a positive way.

Dates: Thursday, 23 February at 8:45am
Thursday, 2 March at 8:45am
Thursday, 9 March at 8:45am
Venue: Lindsifarne Junior School
(Spaces limited to 20 pax)

Spiritual Care Session

Our educational vision at Lindsifarne strongly focuses on the holistic development of our students - body, mind, and spirit. Etty Hillesum, Holocaust victim and mystic, once said, The "body and soul are one" and that "the inner world is as real as the outer one and both need care." At Spiritual Care Sessions, we learn the practice of silence, prayer, meditation, contemplation and solitude that enable us to care for our souls and spirits to find inner strength and deep peace. By learning these practices, parents and children will find the wherewithal to deal with the socio-economic, political, moral and ecological issues one meets in daily life.

Date: Friday, 24 February at 5:00pm
Venue: Mahers Lane School Chapel

WEEK 5

Year 4 Camp Parent Information Session

In preparation for their camp, the Year 4 teachers will share all the details and other requirements needed before they go on their 3-day camping trip to Camp Goodenough. This camp provides an exciting opportunity

for students to challenge themselves and develop cooperation and group skills outside the classroom setting. During the pre-camping session, teachers will provide all necessary information regarding the camp and its expectations. It will include topics such as safety measures, what to bring, and what students activities they will be doing. All Year 4 parents are encouraged to attend.

Date: Thursday, 2 March, 3:30-4:00pm
Venue: Lindsifarne Junior School

WEEK 6

An Evening with Dr Kaylene Henderson Tackling Anxiety and Building Resilience

Dr Kaylene Henderson is a medically trained child health specialist and one of Australia's leading parenting experts. She is also a grateful mother of three zany young kids. Kaylene is passionate about 'translating' research-based information into practical tips and sharing these with you - parents and educators - since you're the ones who spend the most amount of time with our next generation! Popular for sharing her expertise in a warm and relatable way, Kaylene presents a talk on supporting all children to tackle anxiety and build resilience.

Date: Thursday, 9 March at 6:30pm
Venue: Mahers Lane School Chapel

WEEK 7

Introduction to the Friendly Schools Program

An evidence-based, whole-school approach to social and emotional wellbeing and bullying prevention. Friendly Schools helps build critical social and emotional skills, create positive, safe, and supportive learning environments and significantly reduce bullying in primary and secondary schools.

Date: Tuesday, 14 March at 6:30pm
Venue: Mahers Lane School Chapel

ParentEd - Term 2 Events

Term 1 Continued - WEEK 8

UR Strong Language of Friendship Parent-Child Workshop

Through interactive parent-child activities, parents will learn language & strategies to support their child to create healthy, feel-good friendships. This session will review concepts taught at UR STRONG School workshops that will be run on March 6 across Years 1 to Years 6 and help to reinforce a common "language of friendship."

We look forward to seeing you online for this workshop.

Date: Monday, 20 March
Venue: *Online* 6:00-7:00pm (Link TBA)

Tuning Into Teens- Course for Parents

Facilitated by The Family Centre at their premises in Tweed Heads South, The Tuning into Teens course is aimed at parents/carers of teenagers aged 12-17. This 6 x two-hour session course will give parents the tools to better understand and manage their own and their adolescent's emotions, as well as helping to foster an atmosphere of trust and communication between you both.

These sessions will give parents the skills and knowledge needed to deal with the emotional challenges of this stage of life constructively so that conflict can be avoided or at least minimised.

Date: February, 21 to 28 March
Venue: Unit 1/14 Amber Rd, Tweed Heads Sth
Register: <https://thefamilycentre.org.au/>
or call 07) 5524 8711
Cost: \$30.00

WEEK 9

Supporting Hands - Parent, Carer & Community Workshop

This two hour general awareness session is for parents, carers & family members. The Supporting Hands workshop is for those seeking to increase their awareness of the prevalence, impacts and causes of child sexual assault. This workshop will complement the Ditto Keep Safe

Adventure Show that will be presented to students in Grades P-2 at the Junior School.

Date: Wednesday, 29 March
8:45am- 10:30am
Venue: Lindisfarne Junior School

Term 2 - WEEK 3

Parent Information Evening with Nathan Verrinda from Online Guardians

The Online Guardians are an eSafety accredited business who are expert in the field of social networks and adolescent development. Online Guardians educate parents on various topics, including cyber, social networks, and adolescent development leading to awareness and positive change. Online Guardians utilise data, statistics, and evaluations to highlight the most accurate picture for individual schools. The ideology of their work is to provide realistic and tangible strategies to main stakeholders, which strengthen the foundation of support inevitably protecting our children. The Online Guardians Parent Information Evening will provide tangible and realistic strategies.

Date: Wednesday, 10 May at 6:30pm
Venue: Mahers Lane School Chapel

WEEK 4

Eating Disorder Awareness Parent Information Evening

The information evening for parents will explore the power of Diet Culture and how it perpetuates disordered eating. We will discuss ways to recognise signs and symptoms of anorexia, bulimia, and other Eating Disorders, as well as body changes that may accompany adolescence. We will also provide guidance on sources of help and support available to families affected by Eating Disorders.

Date: Wednesday, 17 May at 6:30pm
Venue: Mahers Lane, Ngahriyah

WEEK 6

Year 11 2024 Subject Selection Evening for Parents and Students

We invite parents of current Year 10 students to attend a special information session on the subject offerings available to their children when they enter Year 11 in 2024. The event will provide an overview of the range of academic and vocational options currently offered by our school, including details about which qualifications are available for each course. It will also cover advice on how best to support your child in making their subject selections for the coming year.

Date: Monday, 29 May at 6.00pm
Venue: Mahers Lane, Ngahriyah

Dare to Dream and Find Ya Feet Twilight Parent Evening

In an ever-changing world, Lindsfarne is committed to supporting our future leaders and changemakers. Through the stories of Colette Werden and Tommy Herschell at Dare to Dream and Find Ya Feet, respectively, our Senior students will have the opportunity to consider their place in the world. Parents are invited to join us for a twilight session with our inspirational speakers to continue the important conversations that are integral to the growth and development of our students. Please ensure you book your ticket for this event via the link.

Date: Wednesday, 31 May at 6:00pm
Venue: Osteria, Kingscliff

WEEK 7

Year 9 2024 Subject Selection Evening for Parents and Students

We understand that choosing a range of suitable and appropriate subjects is an important step in your child's educational journey, and we want to help make this decision as easy as possible. After this presentation from the Dean of Studies and Faculty Heads, you will be able to speak directly with members of staff from different departments who can provide further information on individual subjects as required.

Date: Monday, 5 June at 6:00pm
Venue: Mahers Lane, Ngahriyah

WEEK 9

Year 5 Responsible Use of Technology Information Evening

As part of the Lindsfarne Anglican Grammar School approach to providing families with a supportive and positive approach to using and managing technology at school and home, we host an iPad Information and Safety session for parents. As our Year 5 students navigate the online world and the many platforms available to enhance their learning, it is also timely to involve families in a triangulated approach to safety and communication. During this session, we will discuss many important topics, such as iPad safety, safety online, responsible management of a school device, and unpacking our Connect Ed program.

Date: Wednesday, 21 June at 6:00pm
Venue: Mahers Lane School Chapel



Parent**Ed** - Term 3 Events

WEEK 1

Year 6 Camp Information Evening for Parents

The Year 6 camp to Canberra is a wonderful opportunity for students to learn and experience the nation's capital. In preparation for this exciting trip, the Year 6 Coordinator will share all the details of the itinerary and other requirements needed before departure. All information will be explained in detail at this meeting so that families know what will be expected from them before the camp. All Year 6 parents are encouraged to attend.

Date: Wednesday, 19 July at 6:00pm
Venue: Middle School Commons Area

WEEK 3

Year 5 Camp Parent Information Session

At this parent information session, we will discuss the itinerary for our upcoming Year 5 Camp to Lake Ainsworth in Week 5. We have planned an exciting array of activities, including marine studies, kayaking, sailing, cookouts, bike riding, beach games and flying fox. In this session, we will also explain the Parent Information Pack and provide resources to help parents and students prepare for camp. This will also be an opportunity for the Year 5 team to answer any questions you may have regarding your children's health and wellbeing whilst away from home.

Date: Wednesday, 2 August at 6:00pm
Venue: Mahers Lane School Chapel

WEEK 4

Year 3 Camp Parent Information Session

The Year 3 camping trip to Camp Goodenough is an exciting opportunity for students to challenge themselves and develop cooperation and group skills outside of the classroom setting. In preparation for their camp, the Year 3 teachers will share all the details and other requirements needed before they go on their 2 day and overnight camping trip to Camp Goodenough. All Year 3 parents are encouraged to attend.

Date: Thursday, 10 August 3:30-4:00pm
Venue: Lindisfarne Junior School under cover area

WEEK 5

Careers in Science and STEM Information Evening for Students and Parents

We invite students and their parents to join us for an exciting evening of insight into the world of science and STEM. The event, which is part of Science Week, will feature a panel of professionals from different scientific and technology sectors discussing their career paths.

Students from Senior School are encouraged to attend as this is a great opportunity to learn more about the range of career possibilities that a background in science and STEM can offer. The panel will also be available for any questions you may have. ***A link to register your attendance will be advised closer to the date.***

Date: Monday, 14 August at 6:30pm
Venue: Mahers Lane School Chapel

1-2-3 Magic and Emotion Coaching Parenting Workshops

Open to all parents of children in Pre-School to Year 6, these workshops take place over a period of three weeks. 1-2-3 Magic® and Emotion Coaching is a course for parents to learn how to engage in positive interactions with their children, encouraging them to express their feelings healthily. Parents will learn how to identify and respond effectively to early signs of emotional distress or behavioural difficulties. By understanding their children's needs and providing an appropriate level of structure, parents can help create a supportive home environment, one that allows their children to feel safe, respected and loved. By using 1-2-3 Magic® and Emotion Coaching, parents can be better prepared to help their children manage their emotions and behaviour in a positive way.

Dates: Thursday, 17 August at 8.45am
Thursday, 24 August at 8.45am
Thursday, 31 August at 8.45am
Venue: Lindisfarne Junior School under cover area

WEEK 6

Duke of Edinburgh Parent Information Evening

At our Parent Information Evening, parents will have the chance to learn more about the Duke of Edinburgh International Award and all that it has to offer. This program is designed for young people aged 14-24 and provides them with valuable opportunities to develop their skills, gain confidence and make a positive difference in their community.

We will be discussing the details of this program - including the awards available, expected time commitments and an overview of the Adventurous Journey in Term 4. We will also detail how participants can get started in the award via the Online Record Book and answer any questions you might have.

Date: Monday, 21 August at 6:00pm
Venue: Mahers Lane School Chapel

Bringing out the Best in Your 3-6 Year Old Child

This is a not-to-be-missed event presented by trusted Child Psychiatrist and parenting specialist Dr Kaylene Henderson. This seminar will provide you with the tools to strengthen your relationship with your child and promote cooperation and resilience. Dr Henderson will provide practical tips for calming your child when they are upset and give you tools on how to teach problem-solving skills.

Dr Kaylene Henderson is one of Australia's leading parenting experts, a medical specialist, and a mother of three young children. In her warm and relatable style, she imparts practical, research-based advice that helps parents to feel more confident and capable in their important roles.

Date: Tuesday, 22 August at 6:30pm
Venue: Junior School

Raising Readers: How to Nurture a Child's Love of Books

Join us for breakfast with Megan Daley, who is a highly esteemed and respected figure in the literary and teaching communities. She holds various awards, including the Queensland Teacher Librarian of the Year and the national Dromkeen Librarian's Award. Her popular book, 'Raising Readers' (UQP), has been a bestseller, and she has recently released a new title, 'The Beehive' (Walker Books). Her passion and dedication to her work have made her a leading figure in her field and an inspiration for others. Megan will provide insight for parents who want to instill a love of literature within their children.

Dates: Friday, 25 August at 8:00am (for breakfast)
Venue: Lindisfarne Junior School

Spiritual Care Session for Parents and Students

Our educational vision at Lindisfarne strongly focuses on the holistic development of our students - body, mind and spirit. Etty Hillesum, Holocaust victim and mystic, once said, "body and soul are one" and that "the inner world is as real as the outer one, and both need care."

At the Spiritual Care session, we learn the practices of silence, prayer, meditation, contemplation and solitude that enable us to care for our souls and spirits to find inner strength and deep peace. By learning these practices, parents and children will find the wherewithal to deal with the socio-economic, political, moral and ecological issues one meets in daily life.

Date: Saturday, 26 August at 5:00pm
Venue: Mahers Lane School Chapel



Parent**Ed** - Term 4 Events

Term 3 Continued - WEEK 9

Taking Your Teen's Psychological Temperature: What Parents Need to Know About Anxiety and Depression in Adolescence

In this session, parents will gain the knowledge needed to identify Anxiety and Depression in their teenage children and understand the available treatments. We will discuss the importance of creating an open dialogue with your teen about their mental health and provide practical strategies for communication. Additionally, we will explore the resources available for your teen and ways you can support them in managing their symptoms.

Date: Tuesday, 12 September at 6:30pm
Venue: Mahers Lane School Chapel

TERM 4

WEEK 1

Ad Astra Parent Information Session

This session is aimed at parents of students in Years 6-8 in 2024 who are interested in the Ad Astra Advanced Academics Program. In this session, the Directors of Learning Enrichment will discuss the purpose of this program, the application process, and the review and monitoring phase to ensure the ongoing suitability of student placements.

This program is for high-performing students. Our aim is to cater to each student's learning at an appropriate level of complexity, taking into account their developmental stage. The program offers opportunities for collaboration, allowing students to develop a sense of belonging.

Date: Wednesday, 11 October at 6:00pm
Venue: Online Delivery

WEEK 2

Lindisfarne Wellbeing Festival Week

The Wellbeing Festival Week is a unique event that celebrates and promotes the wellbeing of our community. We have planned an exciting selection of activities to suit everyone. From yoga classes and meditation sessions, art therapy, food, and music to seminars on mental health awareness. There will also be opportunities for parents to learn about how they can support their children in developing healthy habits and positive self-image. We are confident that there is something for everyone, and we look forward to bringing this event to our school community. The full schedule of activities will be made available closer to the time.

Date: Commences Monday, 16 October
Venue: TBC

WEEK 3

2024 Kindergarten Transition and Parent Information Session

This Kindergarten Transition and Parent Information Session is an important opportunity for students entering kindergarten in 2024 and their parents to prepare for the first year of school. During this session, we will provide an overview of what to expect during the transition period and general information about our curriculum and instruction.

Parents will also have a chance to ask teachers any questions that they may have. We strongly encourage all students and parents to attend this session to ensure a successful transition into Kindergarten.

Date: Wednesday, 25 October at 9:15am
Venue: Junior Campus

WEEK 6

Year 7 2024 Parent Information Evening

At this session, you will have the opportunity to meet the Year 7 Pastoral Team, who will explain the roles and responsibilities of each team member. You will also be informed about our expectations for Year 7's and how we support them in their learning journey. In addition to these topics, there will be an opportunity for you to ask any questions that you may have about the pastoral care your child receives.

Date: Thursday, 16 November at 6:30pm

Venue: Mahers Lane School Chapel

Preschool Playdate & Parent Information Session

At the Preschool Playdate & Parent Information Session, parents and children can look forward to a morning of fun and friendship. The playdate will start at 11 am and is a great opportunity for new families to get to know one another before their first day of school.

During the session, Director of Early Learning Jo Hetherington will be present to provide important information regarding starting preschool at Lindisfarne.

This is a great chance for parents and children to familiarise themselves with the school and its staff members before enrollment begins. Furthermore, this playdate allows families to ask any questions they may have about the school and its policies. The preschool teachers will also be present to introduce themselves and answer any queries that families might have.

Date: Friday, 17 November from 11:00-12:00pm

Venue: Junior School Pre-School





LINDISFARNE

Anglican Grammar School

Junior School

Preschool to Year 4
Sunshine Avenue Campus
Tweed Heads South
NSW 2486

Middle and Senior School

Years 5 to 12
Mahers Lane Campus
Terranora
NSW 2486

T: 07 5590 5099

E: reception@lindisfarne.nsw.edu.au
PO Box 996, Banora Point NSW 2486
www.lindisfarne.nsw.edu.au
CRICOS No. 03803G