3rd June 2015

Dear Parents/Carers,

We would like to invite you to a workshop focusing on helping your child manage stress in their senior years.

The workshop will aim to equip parents with strategies to help their children perform to their potential throughout the stressful period of Year 11 and 12.

The workshop will cover the topics of:
- The effect of stress on the body
- Relaxation strategies
- The impact of stress on relationships
- Healthy study habits
- Effective time management

Venue: Cabramatta High School Library
Date: Thursday 18th of June
Time: 5:00pm - 6:30pm
Who: Parents of Year 11 and 12 students (students are welcome to attend)

Babysitting and refreshments will be provided.

Please cut off and return the slip at the bottom of this invitation to Ms Shchupak in the careers office in A block by Wednesday the 10th of June. Place in the slip in the plastic sleeve on the door.

Azadeh Slade and Irene Shchupak
Parent Engagement Committee

☐ I will be able to attend the Managing Stress Parent/Carer Workshop
Number of people from our family attending: ______________________________
Name: ______________________________
Child: ______________________________
☐ Year 11     ☐ Year 12
☐ I will require child minding