



## Parent Academy Calendar 2020-2021

All sessions will be held virtually via Zoom for 2020. Sessions for 2021 will be confirmed closer to date.

### Hear from the Teachers • 9:00 to 10:00

Dates	Topics	Section
Oct 28th	Importance of Homework	Primary
Nov 26th	How to offer the best learning through encouraging activities	Preschool
Dec 16th	How to best work with your child's teachers <i>Evaluation process and communication</i>	Primary
Jan 12th	Seeing the future: Helping your child in making educational and career choices	Secondary
Feb 18th	Instilling a growth mindset: How best to support your child in their learning	Middle School / 1 <sup>er</sup> Cycle
Apr 28th	How to practice well-being	Preschool
May 27th	Managing stress and anxiety for 2 <sup>nd</sup> Cycle/ High School students	High School

### 40 minutes with Bridget • 10:00 to 11:00

Dates	Topics	Section
Oct 28th	Connecting through play	Preschool
Nov 26th	Positive communications	All sections
Dec 16th	Understanding your child's behaviour	All sections
Jan 28th	Building resilience	All sections
Feb 18th	Growing your child's self esteem	All sections
Mar 29th	Supporting your child through transition	All sections
Apr 28th	Stress and anxiety	All sections

### Preschool Workshops • 10:00 to 11:00

Dates	Topics
Oct 26th	Attachment
Nov 30th	Active listening
Jan 11th	Play and special time
Jan 25th	Building self-esteem
Feb 22nd	Positive parenting I
Mar 29th	Positive parenting II
Apr 26th	Parent life balance
May 31st	Building resilience and transition

### Parent Plus Coaching • Primary

For more information and reserving your place for the *Parent Plus* coaching sessions please contact Ms. Bridget Curran at [bridget.curran@cdl.ch](mailto:bridget.curran@cdl.ch) or 022 775 5626

