

# Wellbeing Day

## PARENT WORKSHOPS

Monday 24 February 2025

9.30 AM - 10.50 AM

### Session 1

#### Wellbeing & Support

Led by our School Social Workers, this session offers valuable mindfulness tips, carer support, and affirmations to empower your young person for the year ahead. The session will conclude with a Q&A.

11.20AM - 1.10PM

### Session 2

#### Parent Perspectives: Shaping Learners

Open Access College values parent input and invites you to help shape future plans as part of the department's new education strategy. Share your ideas on developing effective learners—those who learn even when not being taught.

**INCLUSION:  
BUILDING  
BELONGING**

