

Parent/Student Workshop (90 mins)

Transition from primary to high school is considered by many educational researchers to be one of the most exciting, yet traumatic phases of a young person's development. Parents are often just as concerned about the changes ahead as the students themselves!

The B.O.A.T program (90 minute session) offers parents AND students the opportunity to gain practical information and strategies by discussing:

- How to find a healthy **B**alance between work and play
- Tips on how to develop effective **O**rganisational skills at home
- Promoting a positive **A**ttitude towards the whole high school experience
- Strategies to become more **T**ime managed to stay on top of the increased workloads in high school – such as how to 'chunk' assignments and how to use a planner (properly!)

The more informed parents are about the expected demands on children in high school, the sooner they can become involved in assisting their child to develop effective work techniques – the **B.O.A.T program** isn't based on 'theory' but on practical strategies that DO work! **A handbook of tips, activities and summaries is provided.**

ANGIE WILCOCK - BIO

With a strong **international sporting background** including **dual City-To-Surf wins**, Angie decided to translate her ability to motivate herself on the sporting field to motivating kids in the classroom! She has been teaching for more than twenty years, is married and has two teenage sons.

Angie's work with Year 5 and 6 students was the catalyst for starting her business, **High Hopes Educational Services**, and her first program - offering support and information to parents and students in **transition to high school**.

In early 2009, Angie appeared on the **Mornings with Kerri-Anne** show to discuss coping strategies for parents with children starting school, and was later invited to present and discuss her **transition** work at the **APC & ACSSO National Education Conference**.

She has had numerous **articles** on transition, learning styles and time management strategies published in **national and state educational journals** and on **educational websites**, and is currently an **online advisor** on parenting issues in education on the U.S website **AllExperts**.

Her work with students and parents extends beyond the school gate, as she also works with **government, private** and **not-for-profit** organisations as well as **state and national parent organisations** as consultant and facilitator.

