

# PARRAMATTA NORTH PARENT INFORMATION SESSION

**MONDAY**

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**10TH FEB**

xxxxxxxxxxxxxxxxxxxx

**2.00PM**

## GROWING STRONG MINDS



We are implementing a wellbeing package called 'Strong Minds'. It is a whole school approach to wellbeing for all children from K-6, staff and parents. It is based on developing twenty- four scientifically validated character strengths.

Join us to learn about the program and get strategies to assist at home.