

YEAR 7 TO 12 PARENT SEMINAR PROGRAM

5.15 pm to 6 pm	Registration and refreshments Louise McDonald Room Forecourt, Level 2, Science Learning Centre	
YEAR 7 KEYNOTE		
6 pm to 6.20 pm	Educating and parenting for resilience We all have a story. Adversity does not discriminate. So why do some people bounce back quicker than others, and how can we parent and educate our girls so they are better positioned to handle life's challenges? In this session, we will address evidence-based research around resilience. We will ask ourselves if our parenting style is helping or hindering, as often good and loving choices end up having an unexpected result for our girls later in life. We will explore the key strategies of educating and parenting for resilience, and you will take home helpful tips on how you can utilise these everyday opportunities in the family home. Dr Jody Forbes Associate Dean (Wellbeing) Ms Sally Callie Year 7 Advisor	
SESSION 1.1		SESSION 1.2
6.30 pm to 6.50 pm	Bravery and anxiety are contagious Anxiety is a normal feeling—we all experience it at various points in our lives—and we need to challenge the shame and stigma attached to this universal experience. We will look at the scientific research around anxiety and what is going on in your daughter's body and mind when she is feeling stressed. Once we understand the physiological reactions, we will look at how you as parents can respond and help support your daughter to reframe her thinking from seeing anxiety as being a threat, and instead seeing it as an opportunity to be brave. Ultimately, their courage starts with ours. Ms Ruth Jans Head of Mackay House Mrs Hazel Boltman Head of Gibson House	Friends and frenemies A wide-ranging review of studies has found that 'the need to maintain relationships with peers is of greater importance to girls than success through winning' (Simmons, 2018). Friendships are an extremely important part of adolescence, particularly for girls, who use their friendships to develop their identity and help meet their emotional needs. Join us for some tips and tricks to assist parents and girls understand and navigate the twists and turns and ups and downs of teenage friendships. Girls have a strong need to belong, to be liked and to feel connected to others. Yet it can be challenging for girls to navigate friendships and cliques during early adolescence. This session aims to provide parents with an overview of adolescent friendships and cliques, as well as practical advice on making good friendship choices, maintaining friendships, and coping with challenges that their daughter may encounter. Mrs Stephanie Thomas Head of Griffith House Mrs Sybil Edwards Head of Lilley House
SESSION 2.1		SESSION 2.2
7 pm to 7.20 pm	Finding the perfect balance for your active daughter BGGGS offers a myriad of sporting opportunities for all girls to experience and find success. What is the 'ideal' level of involvement for your daughter and how much is too much? This session will outline the Schools' Sport Program and offer guidance for finding the right balance for your daughter. Mrs Alice Dabelstein Head of Hirschfeld House Mrs Raechelle Finch Health and Physical Education Teacher/ Football Coordinator	Peak performance at school: understanding sleep, nutritional and exercise requirements of the adolescent girl Girls learn best when they are rested and well-nourished. This session will highlight the importance of laying a solid foundation to achieve good health and maintain balance in both academic and co-curricular programs. Topics will include good sleep hygiene and how parents can support their daughters to achieve this, as well as meeting the dietary and exercise needs of a growing adolescent girl. Ms Alysia Stark Head of England House Ms Sanchia Watchorn School Nurse
SESSION 3.1		SESSION 3.2
7.30 pm to 7.50 pm	Parent panel At BGGGS, we are firm believers that it takes a village to raise a child. Student Care staff adopt a collaborative approach with families when considering the best care for their daughters. Parents and school staff engage in thoughtful conversations daily. Join our parent and staff panel to share insights, wisdom and experiences about raising an adolescent girl. Bring a question, a concern, an insight, or a success to share with the group. We guarantee a very supportive atmosphere. Mrs Anne Ingram Acting Principal Ms Lisa Manning School Psychologist Dr Cate Campbell P&F Association President Mr Darcy Rawlinson P&F Association Vice President	Drawing the digital line: creating a healthy relationship with technology For contemporary adolescents, the unparalleled ubiquity of technology can be both blessing and bane. Whilst literature, history and boundless reference information is at their fingertips, the omnipresence of social media and other online temptations can have extremely adverse effects on a teenager's mental and physical health. This session outlines the benefits of parents and their daughters setting both literal and metaphorical boundaries regarding use of technology, as well as providing practical and effective strategies aimed at empowering girls to self-manage their screen time. Ms Kathryn Talbot English Teacher Mrs Sacha Cross Head of Beanland House
7.50 pm	Seminar concludes	

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YEAR 8-12 KEYNOTE	
Consent education—parents and schools in partnership We all want to see our young people experience joy and fulfilment in their relationships with others and to understand what it means to connect with others from a place of responsibility and respect. As children move into adolescence, consent education, at home and at school, needs to be deliberate rather than implied, and part of an ongoing conversation. Our approach at BGGGS is to work in partnership with parents, with the students' best interests at the centre of what we do. In this session we will address the key concerns and challenges for both schools and parents regarding consent education. Ms Melinda Egan Dean of Students	
SESSION 1.3	SESSION 1.4
Mirror, mirror on the wall...helping daughters shift from body dissatisfaction to body appreciation Given the main developmental task of adolescence is identity formation, this is a time often rife with self-consciousness. Despite the advances and opportunities for females, girls still receive the message that their most important asset is the way they look. Body dissatisfaction has been shown to predict numerous physical and psychological health concerns, as well as impair engagement with learning. This session will outline the risk factors for body dissatisfaction and highlight the many ways parents can help their daughters navigate the dangerous messages offered by popular culture. Dr Jody Forbes Associate Dean (Wellbeing)	Healthy Minds Wellbeing is the foundation of mental health, quality of life and being able to perform at your best. It underpins every aspect of a student's schooling, including their learning, engagement, and social relationships. The ethics curriculum at BGGGS aims to enhance student wellbeing and resilience by providing students with foundational skills that will serve them throughout all stages of life. These foundational skills are developed in Year 8 Ethics through Healthy Minds, a comprehensive, evidence-based prevention program. Healthy Minds incorporates an innovative transdiagnostic approach of teaching valuable psychological skills to address unhelpful perfectionism, understand and regulate emotions, develop psychological flexibility, find ways to overcome procrastination, and cultivate gratitude and self-compassion. This session will provide an overview of the Healthy Minds program and how it has been implemented with Year 8 students. Mrs Violet Ross Head of Woolcock House Mrs Tara McLachlan School Psychologist
SESSION 2.3	SESSION 2.4
Philosophy of Learning: learning, thinking, understanding, reflecting What does it mean to learn? How do we develop learning goals, but also embrace mistake-making? How can we understand the connections between the brain, emotions and actions? How can we reflect on our progress? This course is specifically designed to suit the needs of Year 7 students as they embark on their learning journey at Girls Grammar. Lessons are grounded in theory and practice. Interaction, dialogue, and questioning are encouraged. Girls contribute to a learning journal throughout the year, capturing their learning and thinking in creative ways. Ms Susan Garson Director of Centre for School wide Pedagogy Ms Sally Callie Year 7 Advisor	School wide pedagogy: unpacking our Culture of Learning In recent years the School has spent much time creating a model of School wide Pedagogy. This presentation will unpack the essential elements of our culture of learning how to learn. Dr Bruce Addison Deputy Principal (Academic)
SESSION 3.3	SESSION 3.4
To infinity and beyond: how COVID has shaped our stress response and what to do about it. Buzz Lightyear's catch phrase "to infinity and beyond" best describes how we may be experiencing the effects of the COVID pandemic over the past few years. Research suggests that mental illness rises during pandemics and individuals with pre-existing mental health issues are particularly at risk. So, if our stress response has been changed by the ambiguous nature of the pandemic, what do we do about it? How do we best support ourselves and our young people to ride the waves of unpredictability to build resilience and continue to thrive. Ms Sarah Boyle Head of O'Connor House Ms Michaela Ward School Psychologist	Why be mindful? Unravel the mysteries of mindfulness in this experiential session and learn why Girls Grammar are teaching our students to embrace this valuable tool. Mr Donald Pincott Head of Visual Art, School Mindfulness Facilitator
Seminar concludes	

PRESENTERS

PRESENTER	BIOGRAPHY
Dr Bruce Addison	Dr Bruce Addison is Deputy Principal (Academic) at Brisbane Girls Grammar School. He has worked at the School for 20 years in a number of capacities including Head of Economics, Director of Faculty (Humanities) and Dean of Curriculum and Scholarship. The pursuit of economic literacy for young people has informed his career. For many years, Bruce coordinated and taught masters' level subjects at The University of Queensland (UQ) in the fields of curriculum and leadership, authoring journal articles on subjects ranging from the sociology of educational leadership, academic care, educational change, and cultures of thinking. He has a particular interest in the development of professional practice, having recently co-authored a book (2021) with Professor Frank Crowther and Karen Fox, published by Hawker Brownlow, entitled <i>Inspiring Hope: Personal Pedagogical Gifts in a World of Standards</i> .
Mrs Hazel Boltman	Mrs Hazel Boltman is Head of Gibson House and Year 11 Coordinator. In her time at the School, Hazel has been a teacher in the Mathematics Faculty and member of the Student Care team. Hazel is passionate about her students and has an interest in the whole child, focusing on their emotional, educational and social development. As Year Level Coordinator she works with the younger girls to develop their resilience and coping skills, helping them take on the challenges of being independent and capable young women. She believes that girls grow the most when they step out of their comfort zone while being supported by their families, peers and teachers.
Ms Sarah Boyle	Ms Sarah Boyle has been a Humanities teacher at BGGGS since 2005 and in 2011 was appointed Head of O'Connor House. Throughout her time at BGGGS, Sarah has been involved in a variety of co-curricular activities including Football Coordinator and taking part in four Antipodeans Abroad Expeditions. It is through the co-curricular life of the School that Sarah sees value for students in forging new friendships, challenging personal comfort zones and developing a sense of belonging. Sarah also has a keen interest in fostering a love of the environment and outdoors in young people who can be all-consumed in the digital world.
Mrs Sally Callie	Mrs Sally Callie is Year 7 Advisor and a Science Teacher in her ninth year at BGGGS. She has served in various roles, including Acting Head of House, and Coordinator/Head Coach of Rowing. Sally has worked in secondary girls' education for more than 20 years, in Adelaide, Perth, Auckland and Brisbane. Sally has a distinctive outlook on life, driven not least of all by her unique experiences as a rower where she represented Australia at three Olympic Games. She is passionate about teaching girls to look at their world from a new perspective and think differently about how our decisions in life form our attitude and success, despite the obstacle's life presents.
Dr Cate Campbell	While Dr Cate Campbell considers that she has no credentials that qualify her to comment on parenting adolescent girls, she has had one daughter 'survive' a BGGGS education and successfully leave home to attend University and her youngest daughter is currently in Year 11. Cate joined the P&F Association in 2017. She has been President for the last 18 months and getting involved in the school community has been the best decision she has made. She works as an anatomical pathologist and is a partner in a private medical laboratory that specialises in gastrointestinal and liver pathology.
Mrs Sacha Cross	Mrs Sacha Cross, Head of Beanland House, has taught Biology at BGGGS for 11 years and has had various roles at the School including Head of Subject, Head of House, and Coordinator of numerous sporting and academic co-curricular activities. Sacha has taught in both co-educational and single-sex schools in locations including London, Gladstone and Brisbane for more than 15 years. She is currently undertaking a Master of Education degree specialising in Educational Leadership and Trauma-Aware Education. Sacha is passionate about instilling confidence, kindness and independence in the girls.
Mrs Alice Dabelstein	Mrs Alice Dabelstein has worked in secondary girls' education for more than 20 years, in both Toowoomba and Brisbane. She teaches Health and Physical Education and became Head of Hirschfeld House in 2014. As Coordinator of Cross Country for nine years and Athletics for 17 years, she is particularly passionate about the important role that the co-curricular program can provide in the holistic education of each girl.
Mrs Sybil Edwards	Mrs Sybil Edwards has been a Drama and English teacher for more than 30 years. Additionally, she has been in a Head of House role since 1997. With two daughters of her own, Sybil has extensive experience dealing with the issues surrounding teenage girls and thoroughly enjoys supporting all the families in Lilley House.
Mrs Melinda Egan	Ms Melinda Egan commenced as Dean of Students at Brisbane Girls Grammar School in January 2022. Melinda has more than 25 years' experience in teaching and education leadership in girls' schools, in a range of academic and pastoral roles. Ms Egan has a strong sense of purpose in relation to girls' education, and encourages the holistic development of young women, as they become independent contributors to the community. She is committed to enabling young women to know their value and empower them to discover a meaningful and flourishing life. As mother to two daughters, Melinda is dedicated to the growth and success of young women and building strong partnerships with parents.
Mrs Raechelle Finch	Mrs Raechelle Finch has been educating teenage girls for more than 25 years with her first teaching role at BGGGS in 1998. Having worked in multiple educational settings including co-education and special education, her passion lies in providing a holistic education for girls. Motivated by a desire to support the development of young women, Raechelle empowers students to take a balanced, responsible and resilient approach to their educational journey. As a member of the Health and Physical Education Faculty, and with her continued research on the impact of mobile phone use in teenage girls, Raechelle believes now more than ever in the importance of decreasing screen time and nurturing family, social, school and co-curricular connections and commitments.
Dr Jody Forbes	Dr Jody Forbes, Associate Dean (Wellbeing), has worked at Girls Grammar for nearly 20-years. Prior to this, Jody spent a decade working as a psychologist with Child and Youth Mental Health Services in rural Queensland, Brisbane and the UK. In 2020, Jody was awarded the Staff Fellowship, where she researched wellbeing approaches within education and contributed to the creation of the Floreamus Centre, a dedicated space focusing on student wellbeing. A passionate advocate for adolescent girls, Jody knows that girls learn best when they feel content and connected. She is committed to promoting a holistic education that nourishes character and spirit, as much as minds. Jody's PhD study focused on extending body image interventions from the classroom to the home and provided valuable insights regarding global dissemination of school-based body image interventions. As mother to two Grammar girls, Jody enjoys working with parents to traverse the journey of raising an adolescent girl.
Ms Susan Garson	Ms Susan Garson has taught in public, private, single-sex and co-educational contexts in Queensland for 21 years. She has worked at BGGGS as the Director of International Studies and is currently the Director of the Centre for School wide Pedagogy. This role involves leadership of teacher professional learning opportunities that inform practice and are in alignment with our school wide pedagogy model. Central to this model are Noticing Learning and Cultures of Thinking. Susan leads a team of teachers who work together to deliver the Philosophy of Learning course in Year 7.

PRESENTERS

PRESENTER	BIOGRAPHY
Mrs Anne Ingram	Mrs Anne Ingram is currently Acting Principal at Brisbane Girls Grammar School, where she has worked for more than 25 years. In her time at the School, Anne has been a teacher in the Science Faculty, before moving to leadership positions in Student Care. Anne is passionate about her students being able to embrace the challenges of the future, to become thoughtful, resilient and confident young women. She believes that young women need to feel comfortable to be themselves, to learn to respect others and to be able to grow in a safe atmosphere. In the BGGGS community, Anne supports girls to learn responsibility, develop leadership and resilience and understand the importance of supportive relationships.
Ms Ruth Jans	Ms Ruth Jans has been a BGGGS English teacher and Head of Mackay House since 2011. She has taught for 19 years in a range of systems from state to private and co-educational to single-sex, in locations including Canberra, Adelaide and Brisbane. She is currently studying a Masters of Mental Health at UQ, and has a keen interest in how young people cope with anxiety and the way this experience affects cognition and wellbeing.
Ms Lisa Manning	Ms Lisa Manning is a clinical psychologist who has worked at BGGGS since 2018. Lisa completed her Master of Clinical Psychology degree at The University of Queensland and undergraduate studies at the University of Newcastle. Lisa has worked in community and hospital-based Child and Adolescent Mental Health Services (CYMHS) in Brisbane and Canberra. Previously she has worked within the Child Development Service in Canberra and Department of Disability Services in Brisbane. Lisa is passionate about nurturing individual strengths and interests and supporting girls to reach their full potential. She is the mother of a Grammar Girl and has a son at Brisbane Grammar School.
Mrs Tara McLachlan	Mrs Tara McLachlan has worked as a School Psychologist at Brisbane Girls Grammar School since 2015, although her affiliation with the School dates back to her time as a Grammar girl. Tara completed her undergraduate psychology studies at The University of Queensland and Masters of Clinical Psychology at Queensland University of Technology. Tara's experience in school, hospital and private practice settings contributed to her developing a passion for working with adolescent girls. Tara has a gentle, warm and thoughtful approach in her clinical practice, and she is committed to helping Grammar girls prioritise their emotional wellbeing and self-care. As part of her role at BGGGS, Tara organises and facilitates skills-based wellness groups at the Floreamus Centre.
Mr Donald Pincott	Mr Donald Pincott has been a Visual Art Teacher at BGGGS for 41 years and is Head of Visual Art. As well as being responsible for the academic administration of the Visual Art Department, and a House Group Teacher over many years, he also continues to have a keen interest and involvement in the co-curricular and pastoral care programs of the school. Donald has also been a qualified Fitness Instructor for 37 years and a Yoga Teacher for 14 years. In 2015 he became an accredited .b instructor and brings to this role a decade of experience as a mindfulness practitioner. Donald is a strong advocate of mindfulness practices in schools which encourage students, parents, and staff to develop strategies to be happy, calm and focused to navigate the circumstances of everyday life.
Mr Darcy Rawlinson	Mr Darcy Rawlinson served in the Australian Defence Force as an Officer in the Australian Army for 24 years and now works within Defence Industry for Boeing Defence Australia. He has held a number of management and leadership roles throughout his career. Darcy's daughter Eloise is currently in Year 11 (Beanland). Darcy has held a number of appointments within the Brisbane Girls Grammar School Fathers Group, including Vice President and President and is currently the Vice President of the Parents and Friends Association.
Mrs Violet Ross	Mrs Violet Ross joined the BGGGS Student Care team in 2008 as Head of Woolcock House. She has 29 years of experience teaching in both single-sex and co-educational schools in Brisbane, Melbourne and Japan. A teacher of French and Japanese, she is passionate about languages but finds the most rewarding aspect of her role to be providing support for the students in her care and sharing their journey as they become young women.
Ms Alysia Stark	Ms Alysia Stark has been a Health and Physical Education teacher for the past fifteen years at Brisbane Girls Grammar School and is in her ninth year as Head of England House. She is also the current Year 11 Coordinator. Prior to her appointment at BGGGS she was Subject Coordinator, Sports Coordinator, and Girls Boarding Supervisor at All Souls St Gabriel's, Charter Towers for three years. In 2018 she completed a Masters of Applied Science at UQ in Human Movement Studies with a Thesis in Exploring Physical Activity levels of Girls during school hours. A strong advocate for holistic education, Alysia has a particular interest in how physical activity and nutrition enhances the mental, social and emotional health of adolescent girls.
Ms Kathryn Talbot	Ms Kathryn Talbot joined BGGGS in 2018 from Brisbane State High School. An Old Girl of the school and teacher of both English and English and Literature Extension, Kathryn is committed to helping her students develop academic and emotional resilience both within and beyond the classroom. Kathryn is passionate about public speaking and supporting the students in the development of their own unique voices, thus further enabling and encouraging them to participate fully and enthusiastically in the post-school context.
Mrs Stephanie Thomas	Mrs Stephanie Thomas joined BGGGS in 2020, from New England Girls' School, Armidale, NSW where she held the roles of Year Advisor, Head of Department and more recently, the Director of Boarding. Stephanie is Head of Griffith House and teaches Design and Digital Technologies. With more than 25 years of experience in girls' education, Stephanie is passionate about supporting young women to reach their full potential and sees the strength of young women being educated in a single-sex environment.
Ms Michaela Ward	Ms Michaela Ward returned to Brisbane Girls Grammar School in 2022, after a short stint covering Dr Jody Forbes long service leave in 2019. Michaela completed her undergraduate psychology studies at The University of Queensland in 2004. Michaela has more than 16 years' experience working with children, adolescents, and their families both publicly, within Child and Youth Community Mental Health Services (CYMHS) and privately, providing home visiting services to families across Brisbane. With a fun approach to therapy Michaela is passionate about seeing young people and families achieve their best life. Her previous time at Brisbane Girls Grammar School only deepened her excitement to support students within the educational setting to activate their strengths and values, overcome challenges and develop resilience for the future.
Ms Sanchia Watchorn	Ms Sanchia Watchorn commenced at BGGGS in 2021 working in the Floreamus Centre as the School Nurse. She is a Paediatric and Neonatal Intensive Care Nurse with 8 years' experience across Tasmania, The Gold Coast University Hospital, Mater Mothers Neonatal Intensive Care Unit and Queensland Children's Hospital. Sanchia has worked overseas in Africa with both children and adults volunteering aboard the Mercy Hospital Ship. Sanchia is passionate about sharing her knowledge to educate and empower BGGGS students to aim for optimal health and wellbeing throughout their school lives and beyond.