



IGS COMMUNITY

*Learning*  
PROGRAM 2019

In keeping with our commitment to inspire meaningful engagement with local, national and global communities, International Grammar School (IGS) is proud to partner with our Parents, Teachers and Friends Association (PTF) to provide the Community Learning Program. Parents, caregivers, teachers and interested community members are warmly invited to join us for limitless learning. Book your seats now!





## Tuning in to Kids

Tuning in to Kids is a six-week program for parents of children in Kindergarten to Year 4, presented by Rachael Spitzer.

---

### Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behavioural problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses.

Emotional intelligence may be a better predictor of academic and career success than IQ!

**When:** 13, 20 and 27 February and  
6, 13 and 20 March, 6pm to 8pm  
(you must be available to attend  
all of the sessions)

**Cost:** Free (but bookings essential)

**Book:** [tinyurl.com/IGSCCommunityLearning](https://tinyurl.com/IGSCCommunityLearning)



## Food for Wellbeing

Presented by IGS Psychologist  
Dr Tamara Kezelman and other special guests

---

In today's environment of fast food and instant gratification, we can learn a lot from making time with friends and loved ones to cherish and savour our meals.

Enjoying healthy food together can enhance our wellbeing, according to IGS Psychologist Dr Tamara Kezelman.

How can family life be a positive platform from which to create healthy attitudes and habits around eating? What are the kinds of messages and routines we want to model for our children about food consumption and intake?

Panellists will explain the benefits of eating fresh and healthy foods, and we will explore together how to best nourish our minds, bodies and souls.

**When:** Thursday 21 March  
6pm to 7pm

**Cost:** Free (but bookings essential)

**Book:** [tinyurl.com/IGSCommunityLearning](https://tinyurl.com/IGSCommunityLearning)



## **Youth Mental Health First Aid for Parents**

Presented by IGS Director of Counselling Services Joseph Degeling

---

The Youth Mental Health First Aid Course is for adults working or living with adolescents. The course teaches mental health first aid skills to adults so that they can give initial help to young people experiencing mental health problems, those in a mental health crisis, or those in the early stages of a mental illness.

Course participants learn about adolescent development, the signs and symptoms of some mental health problems young people can experience (depression, anxiety, eating disorders, substance abuse and psychosis), where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

**When:** Saturdays 16 and 23 March  
from 9am to 3pm

**Cost:** \$100 (including resources)

**Book:** [tinyurl.com/IGSCommunityLearning](https://tinyurl.com/IGSCommunityLearning)



## **Adventures in Art and Design: Beer and Stitch, Wine and the Nude, Photographic Portraiture and Lightroom 101, Ceramics**

Presented by IGS Art and Design teachers

Join talented IGS Art and Design teachers to learn more about these four crafts. Come for one, two, three or all of the classes and you'll have the opportunity to meet IGS teachers and see what they do and how they teach.

Beginners are welcome and refreshments will be provided.

- When:** Beer and Stitch (sewing), Tuesday 12 March, 6pm to 7pm  
Wine and the Nude (life drawing), Tuesday 21 May, 6pm to 7pm  
Photographic Portraiture and Lightroom 101, Tuesday 13 August, 6pm to 7pm  
Ceramics, Tuesday 15 October, 6pm to 7pm
- Cost:** By donation to the School's Indigenous Scholarship Program
- Book:** [tinyurl.com/IGSCommunityLearning](https://tinyurl.com/IGSCommunityLearning)



## **1-2-3 Magic for Early Learning and Primary Parents**

Presented by IGS Director of Counselling Services Joseph Degeling

1-2-3 Magic is a guide for enhancing positive behaviours and gives parents strategies to consistently respond to tricky and testing times.

Early Learning and Primary parents and caregivers are invited to venture back to the classroom to receive insights into the 1-2-3 Magic and Emotion Coaching Program, presented by IGS Director of Counselling Services Joseph Degeling.

The program approach provides families with a delicate balance of strategies to use to support positive behaviour, emotional regulation and, when necessary, behaviour modification with their children.

- When:** Early Learning parents  
Wednesdays 27 March, 3 and 10 April,  
5.30 to 7.30pm  
(you must be available to attend all of the sessions)
- Kindergarten to Year 6 parents  
Wednesdays 14, 21 and 28 August,  
5.30 to 7.30pm  
(you must be available to attend all of the sessions)
- Cost:** Free (but bookings essential)
- Book:** [tinyurl.com/IGSCommunityLearning](https://tinyurl.com/IGSCommunityLearning)



## **“65 per cent of primary school children will end up working in jobs that don’t exist today!” Fact or fiction?**

Presented by Lars Janowski

---

In addition to his day job, Lars Janowski runs the GenAlpha Project, a social enterprise that aims to inspire Australian children to become future innovators, entrepreneurs and change makers. GenAlpha focuses on the rapid change relating to the future of work, and the impact that technology, Artificial Intelligence and other developments might have on our and our kids’ futures.

We will explore topics such as:

- Artificial Intelligence and automation
- realities of the Fourth Industrial Revolution
- future of work
- 21st-century skills
- anything we can do to prepare our kids?

**When:** Thursday 16 May  
6pm to 7pm

**Cost:** Free (but bookings essential)

**Book:** [tinyurl.com/IGSCCommunityLearning](https://tinyurl.com/IGSCCommunityLearning)



## **Learnings from High Tech High**

Presented by IGS staff members

---

Fresh from their experiences at High Tech High in San Diego, eight IGS staff members will share their insights from the Deeper Learning Conference.

High Tech High has evolved into an integrated network of 14 charter schools with more than 5,000 Kindergarten to Year 12 students across four campuses. High Tech High is guided by four connected design principles: equity, personalisation, authentic work, and collaborative design.

Hear from IGS Deputy Principal Students and Campus Life Mary Duma, Director of Early Learning Rebecca Jensen-Waud, Deputy Head of Junior School Josie Nardella, Primary Teacher Michelle Weir, Primary Teacher David Smith, Language Teacher Helene Schmit, Music Teacher Katie Salisbury and Director of ICT Graham Clarkson.

**When:** Wednesday 7 August  
6pm to 7pm

**Cost:** Free (but bookings essential)

**Book:** [tinyurl.com/IGSCommunityLearning](https://tinyurl.com/IGSCommunityLearning)



## Healthy Screen Time and Gaming

Presented by Yasmin London,  
Executive Director of ySafe

---

With an experienced team of psychologists, education specialists and law enforcers, ySafe is one of Australia's most trusted providers of online safety education and consultation for students, parents, school staff and organisations.

Developed by one of Australia's leading specialists in screen time and gaming, this session aims to enlighten parents on their burning questions about excessive device use. With the goal of achieving balanced technology use, this one-hour session covers the fundamentals of screen time and gaming, including the effects of excessive screen use on brain development, current evidence-based recommendations about screen time, choosing appropriate games, and effective strategies for managing screen time and gaming within the home. We will look at the dreaded word "addiction" and answer our number one most frequently received question: "Is Fortnite bad for my child?"

**When:** Wednesday 20 November  
6pm to 7pm

**Cost:** Free (but bookings essential)

**Book:** [tinyurl.com/IGSCCommunityLearning](https://tinyurl.com/IGSCCommunityLearning)

**WHERE:** International Grammar School  
Enter via 4-8 Kelly Street Ultimo  
and follow the signage to the  
Community Learning Program 2019

**INFO:** For more information please contact  
IGS Reception on 9219 6700





**35**

**INTERNATIONAL  
GRAMMAR SCHOOL**