



Wellbeing Resources for Primary School parents

Parenting primary school aged children is a busy time, particularly due to the various demands of school, extra-curricular activities, homework and our personal responsibilities and commitments. At IGS, we have a team of committed staff, who are dedicated to the wellbeing of your children. The support team available for primary students and parents includes

Home class teachers

Head of Stage 1 (Kindergarten to Year 2):	Jessica Slater (jessicas@igssyd.nsw.edu.au)
Head of Stage 2 (Year 3 and Year 4):	David Engelbart (davide@igssyd.nsw.edu.au)
Head of Stage 5 (Year 5 and Year 6):	Jessica Price (jessicapr@igssyd.nsw.edu.au)
Director of Counselling Services:	Joseph Degeling (counsellors@igssyd.nsw.edu.au)
Head of Junior School:	Colin Bird (colinb@igssyd.nsw.edu.au)

Please don't hesitate to contact these members of staff should you have any concerns or queries regarding your child.

Below is a list of common areas of interest for parents of pre-school aged children:

Topic	Resource title	Source
Screen time	Screen time checklist for healthy use	https://raisingchildren.net.au/school-age/play-media-technology/screen-time-healthy-screen-use/screen-time
	Managing screen time	https://raisingchildren.net.au/school-age/play-media-technology/screen-time-healthy-screen-use/managing-screen-time-3-11-years
	Tips for balance	https://raisingchildren.net.au/school-age/play-media-technology/screen-time-healthy-screen-use/healthy-screen-time-6-11-years
	Family media plan and calculator	https://www.healthychildren.org/English/media/Pages/default.aspx#planview
	What parents need to know about technology addiction	https://studentwellbeinghub.edu.au/parents/resources/parents-tips-internet-addiction/

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Homework	Homework tips	https://raisingchildren.net.au/school-age/school-learning/school-homework-tips/homework
	My Study Life (online organiser)	https://www.mystudylife.com/
Well-being	Mental health in children: Signs and Support	https://raisingchildren.net.au/school-age/health-daily-care/mental-health/mental-health-problems-in-children-3-8-years-signs-and-support
	Brave Program	The BRAVE program
	Talking about sensitive topics with your child and school	https://studentwellbeinghub.edu.au/media/9829/swb_parent_sensitive_topics_accessible.pdf
Sleep	How to sleep better: 10 tips for children	https://raisingchildren.net.au/school-age/sleep/better-sleep/sleep-better-tips
Bullying	How to spot the signs	https://raisingchildren.net.au/school-age/school-learning/bullying/bullying-signs
	If your child is being bullied	Bullying, No Way! https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBeingBullied.aspx
	If your child is bullying others	https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBullyingOthers.aspx