

Dear Parents and Carers,

Wynnum State High School, alongside BABI Youth & Family Service are offering a child and parent program to support families with a child who is experiencing significant anxiety to learn new skills to assist their child manage anxiety more effectively.

An information night will be held at BABI (34 Bay Terrace, Wynnum) on Monday, February 26, 2018 at 6 pm for interested parents and carers.

The program is designed for students who are under the age of 15, and is being offered to year 7 and 8 students, and their parents or carers. If your child is 15, or older and you would like to learn more about anxiety, you would also be welcome to attend the parent sessions. Each group, the child group and the parent/carer group, run over 6 weeks, in term 2.

While everyone experiences some level of anxiety at times, high levels of anxiety can have serious consequences and interfere with academic functioning, social activities and relationships with others. Young people with anxiety may present as fearful, shy, quiet, withdrawn, clingy, tearful or lacking in confidence; whilst others may present with oppositional behaviour, and be irritable and aggressive, this can be driven by frustration and low self-confidence.

Children with anxiety may have difficulty with school work, especially tasks requiring sustained concentration and organization. They may develop a 'perfectionist' approach and not be satisfied if their work does not meet their high personal standards. Anxious children often complain of headaches and stomach aches and commonly have sleep problems including problems falling asleep, nightmares, and trouble sleeping alone.

Parents and carers who have an interest in finding out more about the program are invited to contact the school office on 3906 7333 to register interest in attending the information night by COB February 22.

If you would like a group facilitator to contact you prior to the information night please leave your request for one of the group facilitators, Gabrielle Nolan (Youth Health Nurse), or Anna Husband (BABI Counsellor) to contact you at the office

The programs are expected to run across term 2, 2018.

Please note your name, your child's name and your preferred contact details (business hours) when you contact the school office

Gabrielle Nolan
Youth Health Nurse
Children's' Health Queensland

Anna Husband
Counsellor
BABI Youth and Family Services

