



ST JOSEPH'S COLLEGE

HUNTERS HILL

From the Headmaster

19 February 2018

Dear Parents and Carers,

Re: SJC Parents and Carers Information Night Invitation

I would like to invite you to a free parenting seminar on Friday, 16 March 2018 covering online culture and adolescent mental health.

At St Joseph's College, the safety and wellbeing of our students is paramount. Young people utilising technology in a positive manner is a topic that is often raised in our community. Every parent wants their child to be happy, fulfilled and mentally healthy. But, when you are raising adolescents in a digital age, the challenge can seem daunting. This parenting seminar, ***Growing Up in the Digital Age***, will cover topics including why games and technology are so addictive, the impact of technology and social media on young people's mental health and practical strategies to manage screen time. This seminar is designed to help support parents to empower their sons to best navigate the often challenging digital world.

On the night our College psychologists, Clare McMahon and Monica Bignold, and our Director of Innovation & Technology, Graeme Kachel, will be joined by special guest Dr Philip Tam. Dr Tam is a consultant child and adolescent psychiatrist with more than 15 years' experience in both the public and private sector. Dr Tam is a recognised Australian and global pioneer in the emerging field of internet-related psychology, and is currently involved in many local and international research projects in this area. Dr Tam is a co-founder of the Network for Internet Investigation and Research in Australia (NIIRA), and regularly comments on the topic in the media, as well as lecturing on the topic to both specialist and general audiences.

Please register your RSVP [here](#). There is also a hyperlink on the invitation.

There is an opportunity to provide suggestions of topics you would like covered in a survey link you can find [here](#). Any enquiries can be directed to Clare McMahon at counselling@joeys.org or by phone on 9816 0900.

Yours sincerely,

Dr Chris Hayes
Headmaster