**FROM THE COLLEGE COUNSELLOR**

Dear Parents,

These links for SchoolTV are very useful. The links have some great tips. The first link introduces SchoolTV as it is the first edition since we started using the platform.

<https://joeys.schooltv.me/newsletter/youth-anxiety>

<https://joeys.schooltv.me/newsletter/exam-jitters>

<https://joeys.schooltv.me/newsletter/mindfulness>