

The Importance of Developing Resilience

TUESDAY 12th MARCH 2019 at 7pm

Hugh Van Cuylenburg

Dear Parents,

We are pleased to offer parents this wonderful opportunity to attend an evening with Hugh Van Cuylenburg from *The Resilience Project*. Seats will be limited and there will be a small charge for this event. You can book online through QKR with the cost per person being \$10. Tickets are available from today.

All the Hartwell students complete *The Resilience Project* activities during the school year where the focus is on developing resilience, optimism, empathy and mindfulness.

Resilience and optimism have never been more important as they are now in our fast changing world. Hugh is a highly entertaining and engaging speaker who will explain why resilience is an important life skill to develop, and how as parents we can achieve this personally and support their children to learn these skills.

We look forward to seeing many of you at this event. Please contact me for further information.

Lisa Banks

Assistant Principal

On Behalf of Education Committee

*****Please note this evening is for adults only as some information presented is not aimed for students. Years 3-6 will attend a separate presentation very soon.***

Find out more about Hugh and 'The Resilience Project'

<https://theresilienceproject.com.au/about-us/>

