

Special Parent Interaction Session on World Mental Health Day

Date: October 13, 2023 **Time:** 11:30 am to 12:30 pm for Class 5 parents

Venue: School Hall

St. Mary's School

Special Parent Interaction Session

This is a special Parent Interaction Session on the occasion of World Mental Health Day.

This seminar is designed to equip parents with a nuanced understanding of the unique challenges and opportunities that come with raising adolescents.

Class 5 Parents
11:30 - 12:30 pm
13 Oct. 2023

Facilitator:
Ms Snehasree Neogy
Affiliated to Apollo Multispecialty Hospitals

Dear Parents,

As part of our ongoing commitment to the well-being of our students and community, we are pleased to announce a special Parent Interaction Session on the occasion of World Mental Health Day. This seminar is designed to equip parents with a nuanced understanding of the unique challenges and opportunities that come with raising adolescents.

Key Topics Covered:

- 1) Adolescence as a Period:** Understanding the psychological and emotional changes that adolescents go through and how they impact behavior and learning.
- 2) Changing Parenting Styles:** Exploring how parenting approaches should evolve as your child moves through different developmental stages.
- 3) Problems Faced by Adolescents:** Identifying common issues like peer pressure, emotional instability, and how to effectively address them.
- 4) Peer Interaction Among Students:** Discussing the importance of healthy peer relationships and how they influence your child's academic and personal life.
- 5) Parent and School Interaction:** Strengthening the collaborative relationship between parents and the school for holistic child development.
- 6) Difficulties Faced by School and Parents:** Open dialogue on the challenges both institutions face and how a collaborative approach can solve them.

Speaker:

We are privileged to have Ms. Snehasree Neogy, a renowned clinical psychologist attached with Apollo Multispecialty Hospitals and other private hospitals in Kolkata, who will guide us through these important topics.

We invite one parent only, per student to attend this session.

With Regards,

Principal

SMO