

**An Evening with Heather Craigdallie
District Psychologist
Peace Wapiti School Division No. 76**

**Beaverlodge Elementary School Council is sponsoring an evening
informational session for Parents/Guardians on
Executive Functioning and Anxiety.**

**Thursday, October 19, 2017
7:00-9:15pm
Beaverlodge Elementary School
1009-5th Ave., Beaverlodge**

Session # 1 from 7:00-8:00pm

Executive Functioning: Essential Skills for Success

Our world is getting more complex, moving at a faster speed and we have more competing for our attention than ever before. In our classrooms, many students struggle with sustaining focus and attention, staying organized, prioritizing effectively, controlling impulses, and adapting to new situations. These executive functioning skills, or the lack thereof, have an important impact on learning, social interaction and their ability to succeed in the classroom. For some, this is the missing link when we see a student with great capacity who does not seem to be meeting their potential. Join us to learn more about what executive functioning entails, its importance in the classroom (and beyond) and learn how to help your child/teen build these essential skills.

Break 8:00-8:15pm (Refreshments provided)

Session #2 from 8:15-9:15pm

Understanding and Supporting Anxiety

Anxiety is one of the most common mental health concerns among school aged children, affecting over 5% of our students. When we reach a certain level of anxiety we can no longer complete many of the tasks we are able to do when calm, or show our true levels of knowledge or skill. This has clear implications in the classroom and beyond. Join this session to learn how to accurately identify anxiety (as it can look very different in different students), learn why it occurs and determine what you can do to support your child both in the classroom and at home.

**Please RSVP to Beaverlodge Elementary School by October 17, 2017 at
(780) 354-2446 if you are interested in attending these sessions.**

This session is open to Parents & Guardians of Beaverlodge Elementary, Beaverlodge St. Mary's, Beaverlodge Regional High, Elmworth, Valhalla Community School and Hythe Regional Schools.

There will be no childcare available.