

LUNCH & LEARN

COOLBINIA PARENT EDUCATION SERIES

High impact bite-size information and insights



INFORMATION NEEDED

Send the following in ONE Word Document

- Short bio (100 words)
- Topic name and Abstract (150 words)
- 2-3 key takeaways from session
- Headshot
- Website URL
- FB page/LinkedIn /Other URL

Please return the above info to me ASAP at info@francinneorourke.com

SUGGESTED FORMAT

- Why important
- What happens if you don't
- How to do it
- Outcome

PROCESS

Log on 10 minutes early to do a sound check and chat – your zoom link will be in the email attached.

TOPICS

October - ADHD Awareness Month

8 October - AN A-Z of ADHD – Francinne O'Rourke

15 October - Early Intervention is Key - Annalie Fourie

22 October - Understanding Medication - Blythe & Andrew

29 October - Parenting children with ADHD - Michelle Toner

06 Nov (Wed) Nutrition's Role in Managing ADHD/ASD Lydia Weir

November - Cyber Security

12 November -Cyber Security PT1

19 November -Online Gaming & Cyber Security Pt2

26 November - Digital Detox & Organisation - Francinne O'Rourke

Any questions simply text, call or email me:
info@francinneorourke.com 0414 393 157

AT A GLANCE

- **LIVE** Zoom Events
- **Starting:** 8 October
- **Time:** Tuesday 12pm
- **Format:** 30-35 min presentation + Q&A
- **Replay** available on coolschool.org.au
- **Speakers:** Coolbinia Parent Experts and guest speakers

*Awaiting speakers and topic confirmation
All subject to change*

PROMOTION

- **Outdoor Posters** - School Grounds
- **Sway** - School Newsletter
- **What's App** Community
- **Facebook** -Coolbinia Parents Forum

2025

As of Term 1 of 2025 there will be in person evening events run by the school.

So, let us know

What topic or who do you know in our community that has an interest/service you would like to know more about?