



BRISBANE GRAMMAR SCHOOL

Sleep for teenage health

Parent Information Evening



Thursday 6 May 2021

5.30pm - 6.30pm

This May, **Lisa Maltman** from The Sleep Connection will be presenting the “Sleep for Better Health, Resilience and Performance” message to Parents and Caregivers of students in Year 5-12. The students will be receiving a sleep diary to complete prior to this date. The aims of the program include:

- Creating an awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives.
- Empowering students with the knowledge, practical strategies and tools to make informed decisions regarding their sleep health.
- Providing information to students and parents regarding options for those who may require professional help.

Venue

Forum, The Lilley Centre, Brisbane Grammar School

[Register here](#)

Parents and Caregivers, please RSVP by 3pm, Wednesday 5 May 2021 by clicking Register here above.

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