



Mount Annan High School
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WELLBEING PROGRAM STAGE 5- NEW DATE

Dear Parents / Carers,

All students in Year 9 and 10 will attend an incursion led by Optus Digital Thumbprint on **Wednesday 13th December 2023**. This program aims to teach young people how to be safe, responsible, and positive while interacting online. Through this interactive presentation students will increase their knowledge of:

- Understanding the impact our actions have online.
- Strategies to seek help for yourself or others.
- Understanding how technology use impacts physical and emotional wellbeing.
- Using technology to stay focused, health, and efficient in our work and study.

WHEN: Wednesday 13th December 2023 (Week 10)

WHERE: Mount Annan High School- HALL

COST: Free

If you require any further information about the incursion or if you do not wish for your child to attend the incursion, please contact your child's Year Advisors on 4648 0111.

Alana Coluccio
Rel.HT Wellbeing

R.Alexander
Deputy Principal

Cooperate • Respect • Strive