



SEA CREST SCHOOL

HALF MOON BAY, CA



RAISING HEALTHY KIDS (AGES 5-7)

A workshop series for **Kindergarten** and **First Grade** parents as an opportunity to help their young children develop healthy self-esteem, resilience and school relationships.

Monday
November 14
Think Tank, 6:30 p.m.

HEALTHY TRANSITIONING TO KINDERGARTEN

How to help your children make healthy transitions to Kindergarten: how to navigate the mornings, the evenings and everything in between.

Monday
January 23
Think Tank, 6:30 p.m.

HEALTHY SELF-ESTEEM

Learn some ways you can help your child develop healthy self-esteem during this first and important year in primary school.

Monday
February 6
Think Tank, 6:30 p.m.

HEALTHY RESILIENCE

Learn why resilience is important and how to build in your child this ability to steer through serious life changes, bounce back and thrive.

Monday
February 27
Think Tank, 6:30 p.m.

HEALTHY RELATIONSHIPS & COMMUNICATION AT SEACREST

Learn how parent-teacher partnerships are both valued and supported at Sea Crest. We will discuss tips and tools to navigate the school.

Dr. Keely Sikes Rollings is a Licensed Clinical Psychologist working with families here on the coast and in Los Altos. Keely has been a Sea Crest parent for thirteen years and has three children who have attended Sea Crest beginning with Kindergarten.

For more information, contact Dr. Keely Sikes Rollings at drkrollings@comcast.net

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