



# 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.

**Monday**

**January 23**

Think Tank, 6:30 p.m.

**Monday**

**February 6**

Think Tank, 6:30 p.m.

**Monday**

**February 27**

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.

### HEALTHY SELF-ESTEEM

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

### 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.

### 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](mailto:drkrollings@comcast.net)

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