

DUBAI COLLEGE

A tradition of quality in education

P.O. Box 837, Dubai, United Arab Emirates

Telephone : +971 (0) 4 3999111

Facsimile : +971 (0) 4 3999175

E-mail : dcadmin@dubaicollege.org

Website : www.dubaicollege.org



كلية دبي

عراقلة التعليم المتميز

ص.ب 837, دبي, الإمارات العربية المتحدة

هاتف : +971 (0) 4 3999111

فاكس : +971 (0) 4 3999175

البريد الإلكتروني : dcadmin@dubaicollege.org

الموقع الإلكتروني : www.dubaicollege.org

Headmaster : Michael Lambert MA (Oxon) MA (Lond) PGCE

Student Services Parent Information Evenings

Monday 13th November

Common Adolescent Issues: Signs and how to help

Mark Samways

During this talk, I will be discussing the various different issues that are brought to counseling and we will take an in depth look at them, their causes and what you can do to help as parents. Some of the items discussed will be stress, anxiety, depression, and self-injury. There will also be time for parents to ask questions and for us to have an open discussion.

Tuesday 21st November

Screen Time

Mark Samways

This is one of the most requested talks by parents. We will be discussing all things to do with screen time. I will present up-to-date research, provide a balanced view on the subject as well as looking at how to implement boundaries at home.

Tuesday 28th November

SpeakFluence

Su Bridgman

Su founded her company SpeakFluence in 2012 and is a specialist focused on empowering clients to develop communication grit and confidence. She is passionately guiding future leaders to find their voice, overcome presentation anxiety and share the brilliance of their ideas with impact.

Tuesday 16th January

Lifestyle Choices for Adolescents in UAE and beyond

Mark Samways

As adolescents grow up their focus changes from family life to social life and they spend more time going out with friends. With that comes more freedom and autonomy and they have to start making their own decisions. During this talk, I will be discussing some of these choices, especially in the context of Dubai and university. We will be focusing on 'risky behaviour' and how to manage that, as well as ways to talk to your children about the risks associated with drugs and alcohol.

Monday 22nd January

Bullying

Dr Rebecca Ferguson

Dr Ferguson is a UK trained psychologist who will be discuss bullying with parents.

Tuesday 30th January

Body Image

Aisling Prendergast

Aisling is a UK trained counselling psychologist who works for Lighthouse Arabia here in Dubai. Prior to arriving in Dubai Aisling worked both for The Priory and the NHS in the UK. She will be talking about body image and eating disorders. She will be able to provide us with a fascinating insight into both the disorder and what we can do to try and prevent it.

Wednesday 28th February

Building healthy relationships for both parents and adolescents

Mark Samways

In this new talk, I will explore how we form relationships in all walks of life and what factors contribute to making healthy relationships. I will be exploring relationships between adults, parents and their children, and adolescents forming new relationships. We will explore the role of both values and attachment style in forming relationships and what is a healthy relationship.

Tuesday 6th March

Exam Parenting

Mark Samways

This talk does not really need any introduction; the coming weeks may be a very stressful time for our students and we will explore how we can help them as much as possible during these periods.

Monday 12th March

Mindful Parenting

Joanne Jewell

Joanne runs her business specifically around mindful parenting and will be delivering us a taster of what you can expect from her parenting workshops. She will also explain what is mindful parenting and the value that it adds.

Wednesday 21st March

E-safety

Mark Samways

The final parenting talk of the year will see us discuss E-Safety and how to keep our children safe online. We live in a world that is so technologically focused and we need to put strategies in place to keep our children safe.