

# Primary Workshop

## Digital Wellness and Practical Action for Parents

In preparation for the International Stream Primary E-Safety Week in May, parents are invited to attend a Parent E-Safety Workshop and Panel Discussion. This workshop is for Parents Only.

**Introduction by Ross Armitage, Head of Primary**

**Digital Wellness by Jeremy McCarthy**

Focus on the physiological, emotional and social impact of technology on kids.

**Practical Actions for Parents by Ian Brodie**

The realities of trying to use technology to manage technology.

**Panel Discussion and Q&A session**

**Tues 24 April 2018**

**6:30 - 8:30pm**

**Auditorium**

Jardine's Lookout

34 Prince Road

- Workshop in English
- Free Entry
- RSVP by Google Form [here](#)

Jeremy McCarthy is the Group Director of Spa & Wellness for the Mandarin Oriental Hotel Group. He is the chair of the Global Wellness Institute's Digital Wellness Initiative and hosts a Blog.



Ian Brodie is an IT consultant specialist in French SMEs and the IT issues that they face from simple use of Windows to security and data protection. He is also father to two teenage boys!