



The STA Parent Association is pleased to bring you -

STA Talks:

A forum for parents and students to increase their awareness of the world around them.

Mark your calendars for the first four exciting webinars of the 2020/21 School year. The **STA Talks** is a series of speakers and topics designed to foster conversation, and inspire parents and students. Students will receive 1-hour of volunteer hours for each webinar they attend.

All webinars will take place from 7:00 – 7:30 pm followed by a Q&A. No need to register in advance. The webinar link will be emailed to all parents the day before each event and posted on Alumni social media channels.

If you have any questions or want to recommend a speaker for February onwards, please contact Kika Souza at kika@proactive-tech.com.

26 October



COVID-19 + Post-Secondary Admission Trends

Melinda Giampietro, Founder
Options Solutions Educational Consultants
<https://www.optionsolutionsed.com/>

Join Melinda for an open discussion about the state of post-secondary admission and the factors influencing the 2021 cycle. This webinar will focus on what we DO know and what we CAN do to help students prepare and strategize for the next few years. We will explore academic and extra-curricular requirements and how students can differentiate themselves in an authentic way. With her usual optimism and warmth, Melinda will also share practical tips for handling new school structures and ways to creatively return to extra-curricular activities.

12 November

How to Stay Motivated During Challenging Times

Marco Iannuzzi, Managing Partner
Beautiful Game Group
<https://www.beautifulgamegroup.com/>



After attending Harvard and MIT, Marco was the 1st round draft pick for the BC Lions and played seven years including a Grey Cup Championship. He has immense passion for community, family and business, focusing on impact-driven projects. Marco will share with us the skills he's learned to stay driven and dedicated to his goals while balancing academics, athletics, family and community.

1 December

How to Make A Charcuterie Board

Sean Heather, Chef and Proprietor
Heather Hospitality Group

<https://shophhg.ca/pages/about-us>



Just in time for the Christmas Holidays, Chef Sean Heather, proprietor of The Heather Hospitality Group, will show us how to make a charcuterie board so that you can impress your guests over the holidays. Sean and his wife, Erin, are parents of future STA students. The HHG own a collection of unique and diverse restaurants and including: The Irish Heather Gastropub, Shebeen Whisk(e)y House, Open Outcry and the Salt Tasting Room.

2021 – Happy New Year!

12 January

Helping You Understand More about Your Child’s Mental health and Well-Being



PARENTS ONLY

Nathalie Sagar, Registered School Psychologist
with Desiree DaSilva, Natalie Nunez - Registered School Counsellors
St. Thomas Aquinas Regional Secondary School

Parents will learn some of the common mental health difficulties in adolescents, including:

- Signs and symptoms that your teen may need help.
- Local resources you and your child can access if you need support.
- Tips for talking about – and supporting - your teen’s mental health.

Outside of this work, Nathalie's research interests include examining the experiences of children with a bipolar parent, in hopes of contributing to a literature base that can improve the way that we communicate with children about hereditary mental illnesses.

February – May

Stay tuned for more exciting speakers!