

Discover something new this March at our **Free Parent Information Sessions.**

The P&C would like to provide Mums and Dads (and other family members) with some simple tips and strategies to help foster happy, healthy children. Join us at one or all of our free sessions and unlock ways to help your child excel at school.



Workshop details:

Kids and Sleep workshop - Thursday 11 March (60 mins)

Presented by sleep experts from Sleep Matters, learn how much sleep your child needs and how to ensure they get it.

Packed with Goodness workshop - Thursday 25 March (90 mins)

Need some lunchbox inspiration? Join us for this fun nutrition presentation and discover easy ways to create a healthy lunch for even the fussiest eaters. Presented by Cancer Council of WA and supported by Healthway.

All workshops will be held in the Library, starting at 5pm.
Take home resources and Q&A will be available.

Places are limited - book your free ticket via Eventbrite.

www.eventbrite.com.au/e/packed-with-goodness-workshop-tickets-142039986423

www.eventbrite.com.au/e/kids-and-sleep-workshop-tickets-142039081717

For more details visit the LPS P&C Facebook page