



Guru Nanak Sikh Academy

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Chief Executive Officer: Mr Jaskamal S. Sidhu

18th January 2023

Dear Parent

Parent Workshop: Friday 27th January at 2pm - MPR (Punjabi)

We would like to invite you to a parent workshop on Friday 27th January at 1:45pm in the Secondary MPR. It is becoming increasingly difficult for young people to navigate the modern world we live in. Ever increasing pressures from social media and the environment they grow up in make life more challenging than ever.

We are delighted to introduce Ravinder Sachdeva (GNSA Parent) who will be delivering a presentation on many aspects of parenting and how we as a school and the community can support the growth of our children. Mr Sachdeva has delivered many presentations before in school and community events and we welcome his support.

Topics include:

- The importance of Sikhi
- Pressures of social media
- The importance of the family unit
- Mental health and wellbeing
- Outside influences
- Diet and exercise
- The importance of Seva

The presentation will be delivered in **Punjabi** and there will be members of the Senior Leadership Team along with the newly appointed Parent Governors Mr Randhawa and Mr Multani.

We look forward to seeing you at the workshop.

Yours faithfully

Mr T Perryman
Assistant Principal