



# BURNSIDE HIGH SCHOOL

TE KURA O WAIMAIRI-IRI

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Monday 21 May 2018

Dear Burnside CoL Members,

We would like to warmly welcome you to join us in attending a presentation by Dr Lucy Hone held here at Burnside High School on Wednesday 30th May at 7pm. This presentation is based around building and developing Resilience in ourselves and our children and is presented to you jointly by the Burnside High School Health Department and PTA.

Dr Lucy Hone is a director of the New Zealand Institute of Wellbeing & Resilience, a research associate at AUT University, a published academic researcher, author and blogger for Psychology Today. As well as this she has lived through tragic personal events which have forced Lucy to turn her substantial academic training and professional practice to foster resilience in very personal circumstances.

This presentation is very generously funded by the Burnside High School PTA and is available to all parents, caregivers and friends of the Burnside High School community for free.

Please see the attached flyer for details and times of the event, we hope to see you on the 30th of May.

Kind regards.

Olivia Wells  
Head of Health  
Burnside High School

[wlo@burnside.school.nz](mailto:wlo@burnside.school.nz)  
03 358 8383 ext 825