



Moreton Bay College

Established 1901

Tuesday, 18 March 2003

Testimonial for Parent Information Night led by Dr. Paula Barrett at Moreton Bay College Wednesday 12 March 2003

Topic: *The Sensitive Child and the F.R.I.E.N.D.S. Program*

Context

Moreton Bay College is a P-12 girls' school in Brisbane. Currently we are developing and implementing a strategic plan for Personal Development from P – 12, using the Health Promoting Schools model.

Content

Within two hours, Dr. Barrett presented a comprehensive, logical, thoroughly organised and sequential program to our parents on the topic of the sensitive child and the associated issues of anxiety and depression.

Her extensive academic knowledge and great depth of research experience was condensed and communicated most effectively to a parent audience. As a mother of children and adolescents herself, her ability to use personal experiences and anecdotes to assist parental understanding, and clarify the research under discussion, was outstanding.

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Dr. Barrett's relaxed, reassuring and confident manner immediately grasped the audience's attention. She skilfully aimed the presentation at the level of the audience's understanding, and was particularly empathetic towards their concerns and sensitivities. The accompanying powerpoint presentation was most effective in its simplicity and clarity.

Dr. Barrett's timely use of personal anecdotes and humour assisted in the audience's absorption of the information, and many parents and staff present commented that the talk was extremely relevant, interesting and inspiring. They left feeling refreshed and motivated.

F.R.I.E.N.D.S.

Dr. Barrett's presentation yielded immediate results from and for our parent community. Personal interviews were arranged and telephone calls and emails received praising the value of the night and seeking support and assistance. It is apparent that parents felt supported, informed and genuinely inspired and empowered to take action in support of their daughter/s as a result of this one night.

Moreton Bay College has already implemented the F.R.I.E.N.D.S. program at Year 5 and Year 8 and we anticipate some very exciting outcomes across the school.

Dr. Barrett's parent information night only served to further strengthen the connectedness between family and school.

We aim to further this synchronicity when all teaching and non-teaching staff are in-serviced in anxiety awareness and prevention by Dr. Barrett and her dedicated team.

Dr. Barrett was and is a wonderful resource for any school committed to the personal wellbeing of its students and their families. The Pathways Health and Research Centre, of which Dr. Barrett is the founder and director, is an invaluable community service to which several individual student referrals have been made in the last twelve months.

I strongly recommend Dr. Barrett and her colleagues to any educational institution and value very highly our professional relationship.

Sharee Verdon
HEAD OF PERSONAL DEVELOPMENT

*A Uniting Church School for girls,
providing education in a caring and Christian environment*

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