



29 May 2026

Dear Calibre Parents

At Calibre, we believe deeply in creating a connected and supportive school community — not only for our students, but for the families walking this journey alongside them. Parenting in 2026 is not simple. The demands of modern life, technology, emotional wellbeing, and the pace of the world often leave families feeling overwhelmed and disconnected. Tuesday evening reminded us that healthy relationships and conscious communication remain at the heart of raising emotionally secure young people.

Thank you to all the parents who joined us on Tuesday evening for our parent presentation with Paula Quinsee from Engaged Humans. It was a meaningful and thought-provoking evening and we are grateful to everyone who made the time to be part of the conversation.

Paula's presentation, *Co-Creating Healthy Relationships*, explored several powerful ideas, including:

- The importance of the formative years and how childhood experiences shape adult perceptions, behaviours, and relationships.
- The role parents and family dynamics play in creating emotionally safe environments for children.
- The understanding that children's behaviour often communicates hidden emotional needs such as connection, safety, reassurance, and validation.
- The importance of conscious communication rather than reactive interactions.
- The reminder that children feel safest when there is structure, warmth, boundaries, consistency, and connection.
- The impact of childhood messages and how the words and behaviours children experience shape their self-worth.
- The importance of helping children feel loved, understood, acknowledged, and emotionally secure.

One of the most powerful reminders from the evening was that communication creates connection, and that children thrive when they feel seen, heard, and valued. These are the core foundation of the relationships the Grade Managers strive to create with your children, everyday.

We would also like to extend our sincere thanks to Paula Quinsee for sharing her insight, warmth, and expertise with our parent community. Her presentation encouraged reflection, practical thinking, and meaningful discussion around modern parenting and healthy relationships.

We have attached Paula's PowerPoint presentation for parents who attended and for those who may wish to revisit some of the ideas discussed during the evening.

Thank you again for partnering with us in creating a school community grounded in connection, compassion, and support.

Warm regards,

Adam Dobson and LisaAnn Haynes

Calibre Education