

NAS FAMILY MATTERS@SCHOOL: FATHER-CHILD BONDING WORKSHOP



Part 1: Parenting Talk – Art & Science of Sports and Exercise

Part 2: Art of Kimchi-Making

Date/Time: 15 July 2017, Saturday, 9.00am – 12noon

Venue: (Part 1)-School Conference Room, Level 1 and (Part 2) – Canteen, Level 1

SYNOPSIS:

Part 1: Parenting Talk “Art & Science of Sports and Exercise”

Physical activity tends to lag during the teen years with many teens dropping out of organized sports, and participation in daily physical education classes seems like a thing of the past. But given the opportunity and interest, parents can encourage their teens and engage them for different physical sports and exercises to enjoy benefits of maintaining a healthy weight, feeling more energetic, and promoting a better outlook.

This talk empowers parents with an understanding on art and science of sports and exercises. Parents will then be able to tap on these activities not only to bond with their children in a refreshing way but to design and use the appropriate actions to help their children to develop a healthy lifestyle.

Outline of the talk:

- 1) Importance of Sports and Exercise for a child's development
- 2) Introduction to Exercise Physiology
- 3) Introduction to Sports Psychology
- 4) Live Demonstration

Part 2: Bonding activity - Art of Kimchi Making

This activity will see father child pair working together learning the arts of making kimchi while getting to know one another better, creating memory and improve relationship.

Important note:

- This is a father and child only programme.
- A minimum of 12 father-child pairs is needed to conduct this workshop and up to maximum of 25 father-child pairs will be registered for this event.
- A **co-payment of \$12 per father-child pair** will be collected upon registration of this event. Payment is to be made on the day of event. Full amount of \$40 per pair will be charged if you have registered and do not turn up as the school would have already made the necessary booking, and the school is unable to subsidize any absentee.

For enquiries: please contact Coordinator, Family Matters@school at ngeeann.sfe@gmail.com