



義安中學

NGEE ANN SECONDARY SCHOOL

Established by Ngee Ann Kongsi (義安公司主辦)

Our Vision : An Icon of Excellence & The Pride of the Community

Our Mission : Building Character, Expanding Minds, Shaping Lives

Our Core Values : Integrity, Commitment, Respect,

2nd Jan 2018

supported by :



FAMILYmatters
@ school

To: Parents / Guardians

FAMILY MATTERS@SCHOOL PROGRAMME

We would like to inform you that as part of our continual efforts to provide a holistic education to our students, our school has adopted the Family Matters!@School Programme which is under the umbrella of the Ministry of Social and Family Development (MSF).

2 Family Matters!@School adopts a holistic family learning model which includes equipping parents with resources, knowledge and skills to better connect with their children. The parent-child relationship has much impact on the children's academic achievements and their development into socially-adept individuals with positive life skills. It also provides students with trainings in life skills.

3 Throughout the year, Family matters!@school collaborate with PSG and Dad's For Life to organise various parent workshops and bonding activities which aim to allow parents to better understand their children and to foster better parent-child relationships. We strongly encourage parents to take full advantage of this programme so as to reap the rewards of building a strong family unit with their children.

4 The co-ordinator of this programme is Mdm Lim Beng Choon. Should you have any queries, please feel free to contact her via email at ngeeann.sfe@gmail.com or SMS your queries to her at 9616 2621.

5 Listed below are the parent workshops/activities and father-child bonding activities planned for Term 1, 2018.

6 We look forward to receiving your registration and seeing you at these workshop/activities! Please note those with limited places shall be based on first come first serve basis. Thank you.



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Workshops/Activities for Parents for 2018 Term 1:

#	WORKSHOP/ ACTIVITY	DATE	TIME	SUITABLE FOR	TRAINER/ VENDOR
1	Parent activity: Heritage Tour to Ngee Ann Kongsi	17 th Jan 2018 Wednesday	1pm- 5pm	Parents (Priority for Sec 1 parents)	PSG
2	PSG group meeting: Welcoming new PSG members	17 th Jan 2018, Wednesday	5.30pm- 8.30pm	Parents	PSG
3	Parent workshop: Understanding Your Child's/Teens' Emotions – Overcoming Anger, Stress and Anxiety (BTL-P13-2016S)	20 th Jan 2018, Saturday	9am- 12noon	Parents	Built2Last Training
4	Parent workshop: Helping your children deal with bullies (FFTS-P25-2016S)	3 rd Feb 2018, Saturday	9.30am- 11.30am	Parents	Families for Tomorrow services
5	Father-child bonding workshop: Bowling with my Dad (Include co-payment \$10 per pair)	3 rd Mar 2018, Saturday	10am- 12noon	Father-child (max 24pair)	Orchid bowling, Tampines Hub

SYNOPSIS AND NOTES OF PROGRAMMES:

Please refer below for synopsis of the workshops/activities. You may also visit the school website: <http://ngeeannsec.moe.edu.sg/parents-n-partners/family-matters-at-school-programmes>. Thank you.



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SYNOPSIS AND NOTES OF PROGRAMMES:

#1 Parent activity: Heritage Tour to Ngee Ann Kongsi on 17th Jan 2018, Wednesday 1pm-5pm

This is an introductory and bonding activity organised specially for parents of the Sec 1 students who join Ngee Ann family. The tour includes visit to Ngee Ann Kongsi and selected heritage sites. Parents will be given guided tour and briefing on the Ngee Ann heritage and its history since establishment in Singapore. This is also an excellent opportunity for Sec 1 parents to get to know one another and share their parenting journey while their children doing the same in a separate date.

#2. PSG Group meeting : welcoming new PSG parents on 17th Jan 2018, Wednesday 5.30pm-8.30pm

Ngee Ann Parent support group holds group meeting in January each year to welcome and to enrol new members into the group. The session will include light dinner and introduction of PSG exco members and its activities for the year. All parents are encouraged to join the PSG to partner the school in supporting their children's secondary school journey.

#3. Parent workshop: Understanding Your Child's/Teens' Emotions – Overcoming Anger, Stress and Anxiety BTL-P13-2016S on 20th Jan 2018, Saturday 9am-12noon

As your primary school child grows, both parent and child are faced with several changes & pressures that may cause them to have strong emotions such as stress, anxiety, and anger, which may be stored up for many years. These emotions if not managed well, can affect their learning, social behaviour and relationship between parent and child. This talk seeks to provide parents with understanding about the emotions of their child and how parents can meet the emotional need of their child. Meeting the emotional need of your child will help your child perform better in school and socially.

The talk covers: Why meeting your child's Emotional need is important How to meet your child's Emotional need practically Understanding Stress & anxiety triggers, formation and how children handle these How to help children manage stress & anxiety Understanding anger triggers and how children manage anger How to help your child manage and express anger healthily.



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**#4 : Parent workshop: Helping your children deal with bullies on 3rd Feb 2018, Saturday
9.30am-11.30am**

Most students have been teased by a sibling or a friend at some point in their lives. It is not usually detrimental when done in a playful way that is mutually acceptable. However, when teasing becomes hurtful and persistent, bullying becomes a concern and has to be managed. While the school will address such issues, it is also important for parents to be able to support the child at home. This workshop will help you identify signs of the bullying and strategies to help your child cope with the effects of bullying.

#5: Father-child bonding activity: Bowling with my Dad on 3rd Mar 2018, Saturday, 10am-12noon

Father and child to make a date to do bond and get to know each other better with one another in this all times favourite game.

Details:

- This programme is for maximum 24 pair father and child only.
- Registration is on first come first serve basis.
- There is a co-payment of \$10/father-child pair, which will be collected on the day of event. Note that once you have registered for the activity, you shall receive a confirmation from the Coordinator and your registration shall be deemed confirmed. If you have registered and do not turn up for the event, you shall be charged the full payment of \$35 per father-child pair as the school is unable to subsidize any absentees.
- Please make own arrangement to and back from Orchid bowling at Tampines Hub.



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REGISTRATION FORM - Workshops/Activities for Parents (2018 Term 1)

#	WORKSHOP/ ACTIVITY	DATE	TIME	REPLY
1	Parent activity: Heritage Tour to Ngee Ann Kongsi	17 th Jan 2018 Wednesday	1pm-5pm	() persons attending
2	PSG group meeting: Welcoming new PSG members	17 th Jan 2018, Wednesday	5.30pm- 8.30pm	() persons attending
3	Parent workshop: Understanding Your Child's/Teens' Emotions – Overcoming Anger, Stress and Anxiety	20 th Jan 2018, Saturday	9am- 12noon	() persons attending
4	Parent workshop: Helping your children deal with bullies	3 rd Feb 2018, Saturday	9.30am- 11.30am	() persons attending
	Father-child bonding activity: Bowling with my Dad : maximum 24 pairs, limited to 1 child only			
5	: co-payment of \$10/father-child pair. If you have registered and do not turn up for the event, you shall be charged the full payment of \$35 per father-child pair as the school is unable to subsidize any absentees.	3 rd Mar 2018, Saturday	10am- 12noon	() persons attending

Please provide the following information for registration:

Name(s) of Parent(s) Attending:

1. _____ Telephone no: _____

Email Address: _____

2. _____ Telephone no: _____

Email Address: _____

Name of Child: _____ Class: _____

Please return completed form to general office, attention to FMS coordinator OR send email to: ngeeann.sfe@gmail.com, Attn: Mdm Lim Beng Choon to register.