



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,

Responsibility, Care, Dedication

22 March 2018

supported by :



FAMILY matters
@ 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 parents with trainings in life skills.

3 Throughout the year, Family Matters@school collaborate with the Parent Support Group (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 Please refer below for the parent workshops/activities and father-child bonding activities planned for Term 2, 2018.

6 We look forward to receiving your registration and seeing you at these workshops/activities. Please note that for workshops/activities with limited places, successful registration will be on a first come first served basis. Thank you.



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Workshops/Activities for Parents for 2018 Term 2

#	WORKSHOP/ ACTIVITY	DATE	TIME	SUITABLE FOR	TRAINER/ VENDOR
1	Micro:bit Music & Motion Workshop (maximum 20 lower sec parent-child pair who have not received Micro:bit from IMDA; priority for Sec 1 parent-child pairs) (payment of \$25 per parent-child pair; full payment is required if you have registered but do not turn up)	14 Apr 2018 Sat	9am-11am	Parent-child (lower sec only) (max 20 pairs)	Tinkertanker/ Mr Soon Ying Jie
2	Help My Child To Beat Procrastination (CL-P3-2016S)	28 Apr 2018, Sat	9am-12noon	Parents	Compass Life/ Mr Adrian Choo
3	Father-child bonding activity: Hiking with my Dad to Southern Ridges (Henderson Wave) (co-payment of \$10 per pair including 2-way transport; full payment \$20 is required if you have registered but do not turn up)	12 May 2018, Sat	8am-1pm	Father-child (max 20 pairs)	NAS Dad's for Life/parent volunteers
4	How To Manage Peer Pressure (BTL-P8-2016S)	19 May 2018, Sat	9am-12noon	Parents	Built2Last Training/ Mr Paul Goh

Synopsis and Notes of Workshops/Activities

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>.

#1 Parent-child activity: Micro:bit Music & Motion Workshop on 14 Apr 2018, Sat, 9am – 11 am by Mr Soon Yin Jie from Tinkertanker,

Construct a self-driving micro:bit car that sings as it moves. This introductory workshop will bring you into the world of digital making with micro:bit, electronics components, and Microsoft MakeCode platform. No prior knowledge is required.



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Note:

- Registration is on first come first served basis for a maximum 20 parent-child pairs of lower secondary students, with priority for Sec 1 parents
- This workshop is for those who have not received Micro:bit from IMDA before.
- There is a payment of \$25/parent-child pair, which will be collected on the day of the event.
- Once you have registered for the activity, you will receive a confirmation from the Coordinator and your registration will be deemed to be confirmed. If you have registered and do not turn up for the event, you will be charged the full payment of \$25 per father-child pair as the school is unable to subsidize any absentees.

#2. Parent workshop: Help My Child To Beat Procrastination (CL-P3-2016S (3hrs)) on 28 Apr 2018, Sat, 9am -12noon By Mr Adrian Choo from Compass Life

Procrastination is the habit of delaying things. It is a character defect that plagues many adults and one that usually begins in childhood. Though it is very common for a child to find all sorts of reasons in delaying tasks. Procrastination in the child can be corrected before it becomes a lifelong, negative habit. Though it can be viewed charitably as a small and harmless human weakness, if left unchallenged, it can grow into a habit and major liability eroding the quality of life. While procrastination is a bad habit, it is a curable one. Dealt with in its earliest stages, it can be short-lived. To beat procrastination, parents can help their children to learn how to overcome it. With the needed guidance and help from parents, children's productivity can be boosted and unnecessary stress on parent-child relationship is reduced.

Outline:

- 1) Define procrastination.
- 2) Causes of procrastination.
- 3) Two Types of procrastination.
- 4) Practical Tips on helping your child to beat procrastination.

#3: Father-child bonding activity: Hiking at Southern Ridges on 12 May 2018, Sat, 8am-1pm

Father and child can bond over the hiking experience while discovering the beautiful nature in the Southern Ridges. The relaxing and scenic hike allows you time to get to know your child, as you build fond memory for good time spent together. At the same time, you can meet with fellow fathers, make new friends and to share parenting experiences and challenges.

Details:

- Registration is on first come first served basis for a maximum of 20 parent-child pairs.
- 2-way bus transport will be provided from the school gate to hiking location (details will be provided nearer to date to confirmed participants).



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-Registration is on a first come first served basis. There is a co-payment of \$10/father-child pair, which will be collected on the day of event.

- 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 \$20 per father-child pair as the school is unable to subsidise any absentees.

#4. Parent workshop: How To Manage Peer Pressure (BTL-P8-2016S) on 19 May 2018, Sat 9am-12noon by Mr Payul Goh from Built 2 Last

Peer pressure is one of the most powerful forces that can affect your teen for life. It may be a positive or negative influence, depending on how your teen copes with it. Teens go through various changes in their lives. The changes include physical, emotional and psychological changes that affect them socially as well as academically. In this phase, they seek to establish their identity and independence. They look for models and people to process issues with them. The influence of their peers plays a big part in shaping their future. If they are not taught how to cope, it can have a negative effect in their lives as children and adolescents, often resulting in their experimentation with tobacco, alcohol, illegal drugs, theft, gang violence, pre-marital sex and the consequences related to such activities. Parents often believe that their children do not value their opinions. In reality, studies suggest that parents have tremendous influence over their children. No matter the age of their children, parents and caregivers should never feel helpless about countering the negative effects of peer pressure.

In this talk, parents will learn:

- what is peer pressure
- why your child/teen succumb to peer pressure
- what you can do to help your child/teen cope with peer pressure
- how to instil family core values
- why it is important to Influence your teen through relationship, not rules or position and how to do it



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REGISTRATION FORM - Workshops/Activities for Parents (2018 Term 2)

#	WORKSHOP/ ACTIVITY	DATE	TIME	REPLY
1	Micro:bit Music & Motion Workshop (maximum 20 lower sec parent-child pair who ave not received Micro:bit from IMDA; priority for Sec 1 parent-child pairs) (payment of \$25 per parent-child pair)	14 Apr 2018 Sat	9am- 11am	Parent-child (max 20pair) () persons attending
2	Help My Child To Beat Procrastination CL-P3- 2016S	28 Apr 2018, Sat	9am- 12noon	() persons attending
4	Father-child bonding activity: Hiking with my Dad to Southern Ridges (Henderson Wave) (co- payment of \$10 per pair including 2-way transport; full payment \$20 is required if you have registered but do not turn up)	12 May 2018, Sat	8am- 1pm	() persons attending Father-child (max 22pair)
5	How To Manage Peer Pressure (BTL-P8-2016S)	19 May 2018, Sat	9am- 12noon	() persons attending

Please provide the following information for registration:

Name of Child: _____ Class: _____

Name(s) of Parent(s)/Guardian(s) Attending:

1. _____ Relationship to child: _____

Email address: _____ Mobile no: _____

2. _____ Relationship to child: _____

Email address: _____ Mobile no: _____

**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.**