



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,*

supported by :



**FAMILY** matters  
@ school

5 April 2019

To: Parents / Guardians

### **FAMILY MATTERS@SCHOOL PROGRAMME FOR TERM 2**

Our school's Family Matters@school has organized the following workshop and activity to help you in your parenting journey.

#### **Synopsis and Notes**

#### **#1: EQ Parenting: BTL – P5-2016S (Trainer is from Built 2 Last Training)**

Date/Time: 4 May 2019, Saturday/9am-12noon

Venue: NAS

Suitable for: Parents

Deadline to register: 29 Apr 2019

Managers have long realized the benefits of emotional intelligence (also referred to as EQ) to bring out the best in their employees. Like successful leaders, successful parents combine knowledge and experience with empathy, wisdom, self-awareness and self-management to bring out the best in their children and safely navigate many of the common challenges of raising them. EQ parenting can give you another set of tools for parenting success. By using emotional intelligence, parents can respond to their children's behaviour in ways that bring out the best in them.

In this talk, parents will learn:

- How important EQ is in the schools and world
- How to teach EMPATHY to your child
- How to teach RESPECT & GRATITUDE
- How to help your child VERBALISE FEELINGS
- How to teach your child GOOD MANNERS & to make POSITIVE REQUESTS
- How to teach DELAYED GRATIFICATION

Fee: Complimentary



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*Responsibility, Care, Diligence*

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**#2 Father's Role in Parenting Today. CCT-P2-2016S (Trainer is from Connect Consultancy and Training)**

Date/Time: 18 May 2019, Saturday/9am-11am at NAS Conference room

Suitable for: Parents

Deadline to register: 13 May 2019

A father's role has indeed evolved over the years. Gone are the days of "I just bring home the bacon" or communication that goes "It's my way or the highway". With dual income families becoming the norm now, fathers are starting to recognize the need for a 'shared responsibility' in raising their children. Yet what are the changing roles specifically? What unique strengths do fathers have that they can use to help raise their children? What does research or data reveal about the impact fathers can have? How can fathers be enlightened, equipped and empowered to take ownership of their roles today in parenting? This workshop is based on findings and research that celebrate the unique strengths of fathers.

Outline: 1) Evolving role of fathers today, 2) Impact that fathers can have, 3) Father's unique contributions, 4) Ensuring your marriage is healthy, 5) Making transition as your child gets older

Fee: Complimentary

**#3: Father-child Bonding Activity: Bonding with my Child through Laser Quest**

Date/Time: 25 May 2019, Saturday/10am-1pm

Venue: Home Team, Our Tampines Hub, Level 3

Suitable for: Father and child only.

Deadline to register: 13 May 2019

Details:

- Minimum 12 father-child pairs to proceed, maximum 45 pax, first come first served.
- Co-payment of \$25 per father-child pair. Additional child will be charged at \$35/child.
- Once you have registered for the activity, you will receive a confirmation from the Coordinator. If you have submitted the form but do not receive any confirmation from the Coordinator, please contact coordinator to obtain confirmation.
- If you have registered and do not turn up for the event, you will be charged the full payment of \$65 per father-child pair and \$35 for additional child as the school is unable to subsidise any absentee.
- Please make own arrangement to the venue by 9.45am for attendance marking and payment. Other relevant details will be given after you have signed up.

You may also visit the school website:

<http://ngeeannsec.moe.edu.sg/parents-n-partners/family-matters-at-school-programmes>

Please forward any enquiry on Family Matters to the coordinator, Mdm Lim Beng Choon at email: ngeeann.sfe@gmail.com, or her mobile: 96162621. Thank you



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### REGISTRATION FORM

#	WORKSHOP/ ACTIVITY	DATE / TIME	REPLY
1	EQ Parenting (BTL – P5-2016S)	4 May 2019, Saturday 9am - 12noon	( ) parent(s) attending
2	Father's Role in Parenting tTday. CCT-P2-2016S	18 May 2019, Saturday 9am – 11am	( ) parent(s) attending
3	Father-child bonding activity (Co-payment applies)**	25 May 2019, Saturday 10am-1pm	Father and ( ) child / children attending (Please furnish details below)

Name of Child: \_\_\_\_\_ Class: \_\_\_\_\_

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

1. Name of parent/guardian\* 1: \_\_\_\_\_

Email address: \_\_\_\_\_ Mobile no: \_\_\_\_\_

2. Name of parent/guardian\* 2: \_\_\_\_\_

Email address: \_\_\_\_\_ Mobile no: \_\_\_\_\_

3. Name of sibling 1 (if applicable): \_\_\_\_\_

4. Name of sibling 2 (if applicable): \_\_\_\_\_

**Note: for Father-child Bonding Activity, father's name and details are required.**

**To register, please completed form and email before the deadline indicated to:  
ngeeann.sfe@gmail.com, Attn: Mdm Lim Beng Choon**