

4th April 2011

Dear Parents

A Series of Parenting Talks in 2011

We have specially organised three parenting talks in 2011. They are:

- 1) **"A Parent's Guide to the Pleasures and Perils of Internet Friendships"**,
- 2) **"Develop the Heartware of Your Child through Social Emotional Learning"** and
- 3) **"Resolving Conflicts with Your Teens Positively"**.

The speakers are very experienced and we are sure you would not want to miss the opportunity to listen to them, and pick up some important and useful parenting tips. Below are details of these talks:

1) "A Parent's Guide to the Pleasures and Perils of Internet Friendships" by Dr Foo [Upper Primary to Secondary]

Date: 23rd April 2011, Saturday; Time: 9 am-12 pm; Venue: Lecture Theatre

Synopsis: *Technology has vastly changed the way we live our lives in this 21st Century. Even the way we make friends, keep friends and communicate with them, largely revolves around our computer screens in virtual and real worlds, especially for our teens. Why do our youth spend so much time online? Is it safe for them to chat online with people they do not know? How safe are social networking sites?*

This workshop will help you discover the answers to these questions. Learn about the virtual social world of the teenager, the pleasures our teens derive from it, as well as the possible dangers that lurk there, including deception and sexual abuse. Gain tips in helping your child navigate through cyberspace, to stay safe and to enjoy and maximise the use of the internet for their postmodern generation.

Dr. Foo is a qualified medical doctor (MBBS, DFD) who left medical practice to follow her passion to work with children, youth and families. She is a qualified Family Life Educator and Trainer and a certified trainer of the PEAKS and DISC Personality Profiling System. Dr. Foo has worked with children and youth in Singapore's Primary and Secondary Schools as well as Junior Colleges and Polytechnics, giving talks and running Life skills, Leadership and Public Speaking workshops to students. She has also given many talks on Parenting Skills and Issues as well as conducted Teacher Training Workshops.

2) "Develop the Heartware of Your Child through Social Emotional Learning" by Ms Yvonne Lek [For Primary and Secondary]

Date: 4th June 2011, Saturday; Time: 9 am-12.30 pm; Venue: Lecture Theatre

Synopsis: *Social Emotional Learning (SEL) is the process through which children and adults acquire the knowledge, attitudes, and skills they need to recognize and manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations constructively.*

This workshop is specially tailored for parents and it will answer some of your questions, like: "Why is my child misbehaving?", "What do I do with the misbehaviour?" and "How do I relate with my child?" You will learn:

- 1) The basic concepts of SEL*
- 2) The benefits of SEL - it is closely associated with academic success and it improves positive behaviour*
- 3) Simple strategies to implement for the development of SEL in your child*

Ms Yvonne Lek was trained as a teacher and taught for a number of years before joining the Ministry of Education as a Guidance Officer. Yvonne has been actively involved in the development of courseware and the training of teachers in areas pertaining to social and emotional development, career guidance and psychological well-being, and she has also worked extensively with students who have emotional and behavioural difficulties, often involving their families and caregivers in the process.

At present, she is a psychotherapist at Psycare Consultants. Yvonne also conducts training for companies, educational institutions, statutory boards and religious organisations in areas such as counselling skills, as well as social and emotional development.

Yvonne graduated with a Master of Social Science in Professional Counselling, a Postgraduate Diploma in Education and an Advance Post-Graduate Diploma in Guidance and Counselling.

3) "Resolving Conflicts with Your Teens Positively" by Mdm Caroline David

Date: 1st July 2011, Friday; Time: 7.00-8.30 pm; Venue: Seminar Room

Synopsis: *Conflict is part of daily living. Your teenager, who once obeyed you when she was your little child, no longer behaves the way you want her to. She is now capable of making her own decision and is brave enough to voice her opinion. When expectations don't match or are rather inappropriate, conflict arises.*

In this interactive session the following will be addressed:

- What is conflict?*
- Causes of conflict*
- Strategies to resolve conflict*

Mdm Caroline David is a Trainer/Counsellor with a Masters in Guidance and Counselling from James Cook University, a Postgraduate Diploma from Institute of Systems Science (NUS) and a Bachelor of Science degree from NUS. She is a certified DISC Consultant, and LINKS and PICK Instructor (USA). As a counsellor, she has conducted numerous workshops and talks for adults in schools (kindergarten, primary, secondary and colleges) and organisations. She is actively involved in conducting motivational and character building workshops for students in schools. During her course of work, she has empowered individuals, couples and students in achieving their goals.

For all talks, registration begins half an hour before commencement of the talk. Light refreshments and course materials will be provided.

Should you have any enquiries, please feel free to contact the school counsellors:
 Ms Julie Wee (Secondary division) at 62527966 ext 756 or Ms Susan Yeow (Primary division) at 62527966 ext 618. Please register only by filling up the Reply Slip, make cheque payable to "Singapore Chinese Girls' School" and return it to the General Office through your daughter or by post by Saturday, 16th April 2011.

Yours truly,

Mrs Low Ay Nar
 Principal

----- Kindly cut and return the Reply Slip below -----

Reply Slip

Attention: Ms Julie Wee (Secondary Div.) / Ms Susan Yeow (Primary Div.)

Dr/Mr/Mrs/Mdm _____

Name of child: _____ (Class: Pri / Sec _____)

Contact Nos: _____ (HP) _____ (H) _____ (O)

Email: _____

***Please fill in the following boxes accordingly:**

	Parenting Talks	Date	Time	Cost of Talk	No. of pax Attending	Bank & Cheque No.	Deadline for submission of Reply Slip & cheque
1	"A Parent's Guide to the Pleasures and Perils of Internet Friendships"	23/4/11 (Sat)	9am-12pm	\$20/pax			16/4/2011 Saturday
				\$30/couple			
2	"Develop the Heartware of Your Child through SEL"	4/6/11 (Sat)	9am-12.30 pm	\$20/pax			
				\$30/couple			
3	"Resolving Conflicts with Your Teens Positively"	1/7/11 (Fri)	7pm-8.30pm	\$15/pax			
				\$20/couple			

*** Please make cheque payable to "Singapore Chinese Girls' School", indicating your daughter/ward's name, class and programme clearly on the reverse side of the cheque. Return both Reply Slip and cheque to the school office through your daughter or by post.**