



**SINGAPORE
CHINESE
GIRLS'
SCHOOL**

9th February 2010

Dear Parents

A series of Parenting Talks in 2010

We are pleased to organise a series of talks that we believe would be of interest to you. They are "Bringing up Girls from 7 to 16 years", "Parenting Net-Savvy Teens" and "Talking to your Teens about Sex". The speakers are very experienced and we are sure you would not want to miss the opportunity to listen to them, and pick some important and useful parenting tips. Below are details of these talks:

"Bringing up Girls from 7 to 16 years" by Mr. Adrian Lim Peng An [MA]

Date: 5th March 2010, Friday; Time: 6.30-9.30 pm (Confirmed)

Synopsis: *This foundational Parenting Talk will provide parents with the following:*

- *Girls' Psychological Needs & Adjustments between 7-16 years old*
- *Modifying Mindsets & Learn Strategies to Parent Effectively*
- *Parental Principles & Skills for Parenting their Daughters*

"Parenting Net-Savvy Teens" by Dr. Foo [To be confirmed (TBC)]

Date: 16 April 2010, Friday; Time: 6.30-8.30 pm

Synopsis: *The Internet is here to stay and very much part and parcel of our teenagers' lives. How much should parents control the use of the computer by their teens? This workshop navigates parents through the main issues of the Internet and Computer use by our teens, covering topics like gaming and addictions, social network systems as well as other aspects of computer use that teens and their parents grapple with.*

"Talking to your Teens about Sex" by Dr. Foo (To be confirmed)

Date: 26th May 2010, Wednesday; Time: 6.30-8.30 pm

Synopsis: *Statistics show that teenage sex and sexually transmitted diseases has risen fourfold over the past 4 years. This workshop covers current trends on youth sexuality as well as gives tips to parents on how they can meaningfully communicate with their children on this important aspect of their child's development.*

For all talks, registration begins at 6:00 pm. Light refreshments and course materials will be provided.

About the speakers

Mr. Adrian Lim is first a husband and father of 2 boys who holds 3 professional titles as Registered Psychologist (SPS), Reg Social Worker (SASW), Reg Counsellor & Clinical Supervisor (SAC). Since 1993, Adrian has counselled over 1000 families and trained over 200 Pre-schools, Primary, Secondary Schools & Junior Colleges, including ITE colleges, 4

polytechnics & 6 universities conducting Talks, Seminars, Workshops, Groupwork & various Skills Training programmes for over 28,000 Students, 34,000 Parents & 3,400 Teachers. Adrian is heard on Radio 938LIVE's 'Parenting Today' & "The Living Room". Corporately, he has trained in over 20 government & private institutions in Family & Work Life Integration & Wellness related topics. He is currently in Private Practice and is completing his PhD at NUS.

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.

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 cross cheque and make payable to "Singapore Chinese Girls' School" and return it to the General Office through your daughter by 22nd February 2010.

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: _____)

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

Email: _____

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

Organised Talks	Date	Time	No. Attending	Amount	Bank & Cheque No.
"Bringing up Girls from 7 to 16 year"	5/3/10 (Fri)	6.30-9.30 pm			
"Parenting Net-Savvy Teens"	16/4/10 (TBC)	6.30-8.30 pm			
"Talking to Your Teens about Sex"	26/5/10 (TBC)	6.30-8.30 pm			

The cost for each talk is \$20/pax, \$30/couple, \$10/parent volunteer for 2009.

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