



CHIJ Katong Convent
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PARENT LINK : MAY 2016

5 May 2016

Dear Parents & Guardians

April has always been an exciting month for us at CHIJ Katong Convent. Out at the various sports competition venues, our girls were flying the KC flag high with their courage and resilience despite the tough competition from other schools. They braved the elements – waves, currents, wind, sun and rain in a fine display of excellence and sportsmanship. Though every miss was a painful experience, learning to move forward must be far honoured and cherished. Nothing could dampen the KC spirit and we salute all our sports girls for their grit and determination to stay steadfast in their mission. The same spirit also propelled our Debating Team to break new ground after four gruelling months of preparations to qualify for the finals in the Singapore Secondary Schools Debating Championships.

Prayers, good wishes, words of encouragement and congratulations flowed spontaneously among teachers and students to cheer the girls on. In addition, teachers and classmates provided extra academic support for those who were out at competitions. All these gestures were reciprocated by the girls who graciously expressed their gratitude to the KC Family for their inspiring support and warm encouragement after their various competitions.

On the school front, we continue to thank God for His special blessings. Out of 5,865 MOE officers being promoted this year nationwide, 17 of our officers are part of this joyous news. Other events which continued to enhance our students' school experience were our Choir's performance at the Victoria Concert Hall and the 9th East Division Brownie Revel 2016. All were opportunities for the KC Family to come together to remind each other of the important things in life – celebrating our God-given talents and using these talents to contribute to the community.

We continue to pray for the well-being of the KC Family and that each member will grow from strength to strength.

Thank you and may God bless you and your family.

Yours sincerely

Patricia Chan (Ms)
 Principal

GENERAL INFORMATION

1. Assembly Programme

The assembly programme this term continues to anchor Katong Convent's niche in the Communicative, Performing and Visual Arts with a sterling drama performance by our very own graduating students of the Dramatic Arts Society. They had ably explored the issue of teenage angst and the dangers of alcohol consumption, making the assembly session a thought-provoking one. There was also wide coverage on various Education and Career Guidance (ECG) topics. The graduating students learned about opportunities in the various institutes of higher learning via the JC, DPP and Higher NITEC route while students from Sec 1 to 3 learnt about KC's in-house ECG programme. We also had a special talk on the Diploma in Gerontological Studies (GEM) by Temasek Polytechnic. The speakers also highlighted trends and issues relating to Singapore's ageing population to deepen our students' understanding. The school also invited the Law Society, represented by Mr Josephus Tan, a lawyer who has done numerous pro bono work to share on the law and teenage-related crimes.

2. Experience ITE for Sec 3N students.

Some 66 girls from Sec 301 and 302 attended the Experience ITE programme at ITE College East (Simei) on 12 April to introduce the girls to skills training available at the College.

After a brief introduction of the NITEC and DPP (Direct Entry to Polytechnic Programme) Higher NITEC courses available, the girls were taken on a tour of the campus. They visited the Healthcare Simulation Training Centre (Nursing), Autobotics Centre, Lighting and Sound Lab, Beauty Therapy Training Centre, Hair Spa and Design Centre and the CCA Fair. They were shown special training equipment used in the various courses and treated to a final product at the Lighting and Sound Lab.

After lunch, students were guided to complete hands-on projects offered by the 4 academic schools. This gave them some exposure to the different training skills and helped them understand how the various disciplines are interconnected in the working world.

This visit exposed our girls to the skills training offered at ITE and will help them identify how their interests and passions may lead them to make informed life goals and post-secondary education choices.

3. CL Writer-in-Residence Programme

26 Sec 3 Higher Chinese Language (HCL) students were involved in the Chinese Language Writer-in-Residence Programme organised by MOE CPCLL (Committee to Promote Chinese Language Learning). This programme aims to create a conducive environment for Chinese cultural appreciation and nurture young literary talents. In the 4 sessions, our students were privileged to have the opportunity to interact with and learn about short stories (微型小说) from renowned local writer Mdm Low Siew Tin (作家笔名: 君盈绿). Under her guidance, they examined short stories, learned about key features of short story writing and embarked on their individual writing journey. Selected short stories will be published in our annual CL publication as well as MOE publication, so do stay tuned!

4. KC Girl Guides

On Saturday 2 April, KCGG successfully organised the 9th East Division Brownie Revel 2016 for primary schools in the East with Brownie Packs. More than 200 Brownies from 14 primary schools took part in the competitions and activities such as Happiness superheroes, Dessert-making, Shoe design, Scrapbook-making, Picture story, Doll-making and Scarf design. The competitions and activities held were in line with this year's World Thinking Day theme –Connect. It was a day of fun and laughter and most importantly, a fantastic opportunity for our Guides to apply what they have learnt about the Guide Promise, Law and Motto. We were grateful for the manpower support from Guides from Geylang Methodist Secondary School and St. Anthony's Canossian Secondary School. We would also like to express our heartfelt thanks to the school's Infocomm Club for taking photographs of the event, student councilors for the AV support and St John Ambulance Brigade for providing first aid support.

5. Visitors from Po Leung Kuk Choi Kai Yau School (Hong Kong)

On 19 and 21 April, we welcomed visitors from Po Leung Kuk Choi Kai Yau School (Hong Kong). The visitors, led by the school's designated Principal, Ms Elizabeth Ng, comprised 15 teachers and 145 Year 7 students. Prior to their visit, our Secondary 2 KC buddies and the Hong Kong students had exchanged emails to get to know each other. During their visit to KC, the visitors were presented with a brief introduction of Singapore and also snippets of our school's rich history. They were also given an opportunity to experience a typical day in KC by attending lessons together with their KC buddies. Albeit short, it was an invaluable learning experience for all as the students interacted with each other, raising their awareness of different cultures and extending friendship beyond borders.

6. KC Choir

On 20 April, the curtains at the grand Victoria Concert Hall stage opened to an almost full house. This was KC Choir's second solo concert. Besides our 88-strong choir girls, we were also privileged to have with us a special guest appearance by the Katong Convent Primary (KCP) Choir. Our own KC Choir Alumnae also returned and sang alongside our Choir. It was a glorious night where KC and KCP basked in the same limelight on stage and KC Choir, past and present, sang in unison under the baton of Mr Terrence Toh, our Choir instructor.

7. Post – Mid-Year Examinations Activities

As soon as the Mid-Year Examinations are over, the Mother Tongue Department will conduct intensive Mother Tongue lessons to prepare our girls well for their **GCE 'O' Level Mother Tongue Language Examination commencing** Monday 30 May. The **Sec 4E, 4N & 5N structured lessons** are scheduled from 1 to 3 June and 22 to 23 June. Holiday homework by each department will be planned for all levels. It will be good to plan a timetable for your child to balance her homework, CCA and family time. The structured lessons timetable and a summary of the major programmes or activities will be uploaded on MC Online for your reference.

8. Founder's Day

To celebrate the many blessings and achievements the school had in the past year, we will commemorate Founder's Day, and hold the Student Leaders' Investiture and Honours Day on Friday, 27 May 2016. More details will be provided nearer the date and we look forward to your support in this key school event.

9. Travel Plans Declaration Form

If your family is travelling abroad this holiday, please complete the **Travel Plans Declaration Form**, available in the General Office and on our school's website, and submit it to the General Office before you leave. Do remember to observe good personal hygiene and health practices. We hope that you will be able to spend some time together as a family during the month-long holidays and our girls will come back recharged and ready for Semester 2.

ACHIEVEMENTS

1. Singapore Secondary Schools Debating Championships

The Singapore Secondary Schools Debating Championships is a prestigious yearly competition organised by Julia Gabriel Centre together with Debate Association Singapore. This year, a total of 87 schools (both local and international schools all across Singapore) entered this competition. This competition provides a platform for passionate debating students to be actively involved in this intellectually invigorating mental sport.

It is our great pleasure to announce that our Debating Team qualified for the finals this year, an unprecedented feat in the last decade. The journey to the finals was no walk in the park. There were three preliminary rounds and each was a very closely-fought battle. In the first round, Team KC faced Ngee Ann Secondary School. We then won the next round against Fuhua Secondary School and in the final preliminary round, emerged victorious against Anderson Secondary School.

In the quarter-finals, KC was up against Nan Chiau Secondary School. This was an impromptu round where the debaters were only given an hour to prepare for their speeches. After winning this round, Team KC was up against Nan Hua High School in the semi-finals and once again emerged victorious.

The finals was held at Anglo-Chinese Secondary School on 22 April. Our opponents were from Victoria School and it was a closely-fought debate with a split vote. Although Victoria School won the debate, our team members gained a wealth of experience from their journey. We are indeed very proud of our debate members for showing resilience and true grit over the last four months of intensive preparations.

The team members were Denise Talia Lim Yen Yen (Sec 4/6), Tatiyana Emylia Bte Hermanto (Sec 4/3), Liyana June Adnan (Sec 4/3), Joan Faith Ong Min Wei (Sec 3/4) and Christine Ong (Sec 2/6). On top of this accomplishment, both Denise Lim and Tatiyana Emylia were also recognised as being among the Top 20 Best Speakers in Division II in the competition.

2. Inter-School War & Diplomacy History Card Challenge 2016

On 13 April, 9 of our Sec 3 Elective and Core History students participated in the 5th Inter-School History Challenge (War & Diplomacy 1918-1945 History Card Game). The competition was run using a card game developed by Bendemeer Secondary School. War & Diplomacy: 1918-1945 is a strategy game of survival and conquest which aims to simulate the experience of governments during the turbulent era of 1918-1945 in making political decisions pertaining to invasion, trade, diplomacy, reparations, sanctions, propaganda and appeasement. The content of the game was designed to be closely linked to the current History of the Modern World syllabus. There were 3 competing rounds and 4 of our students managed to qualify for the second round, though the points accumulated were not enough to secure them a place in the finals. It was a good learning experience for our students as they were exposed to an alternative way of understanding historical concepts that was brought alive through the card game.

3. National Schools Individual Chess Championships 2016

Estelle Sim of Sec 4/1 has been putting in much practice on her own in the game of chess, and recently participated in the 68th National Schools Individual Chess Championships 2016. We are proud to announce that she has won the bronze medal in the B Division Girls (East Zone) category. Well done, Estelle!

4. Infocomm Club

A team of 5 girls from Infocomm Club participated in the inaugural Shape Up Your Health 2016 video competition organised by Kangkang Kerbau Women's and Children's Hospital (KKH) in collaboration with Republic Polytechnic. The members were Anika Agarwal (Sec 3/3), Megan Tan Kai Lin (Sec 3/3), Yiu Chun Mei Narumi (Sec 3/4), Ong Xin Yi Camille (Sec 3/6) and Chua Citrene (Sec 2/6). Aimed at the silver generation, the team submitted a stop motion to convey information and create awareness on hypertension. The members felt that individual frames (in stop motion) made it easier for them to create awareness about hypertension without the need to supply an overwhelming amount of information. The team won themselves the Most Informative Award with their stop-motion video. We congratulate them on their success!

5. Inter-School Canoeing Championships

National Juniors Inter-School Canoeing Championship

The National Juniors Inter-School Canoeing Championship was held over the March holidays from 12 March to 13 March. In this competition, Team KC fielded a team of twenty canoeists to compete in the U15-Division (Girls) and U17-Division (Girls) category.

Ifa Adilah Dafinah Bte I of Sec 2/1 clinched 4th placing in the semi-finals when she competed in the U-15 JK1-500m event.

Charlene Choong Mun Wye of Sec 2/2 paired up with her sister, Christy Choong Mun Leng of Sec 2/3 to clinch 5th placing in the semi-finals in the U-15 JK2-500m event.

Nuramirah Lizayunis Putri and Tricia Kor Kaiting of Sec 4/3, together with Christina Fong Li Ying of Sec 4/6 and Teong Shan Chi, Christy of Sec 4/7, clinched 6th placing in the semi-finals when they competed in the U-17 K4-1000m event. This team also clinched 5th placing in the semi-finals in the U-17 K4-500m event.

Damia Humaira Bte Ridwan of Sec 3/1 and Shanais Yuen ZiQing of Sec 3/3 also clinched 5th placing in the semi-finals in the U-17 K2-1000m event. Well- done!

National Inter-Schools Canoeing Championship

The National Inter-Schools Canoeing Championship was held over four gruelling days from 11 April to 14 April. In this competition, Team KC fielded a team of twenty-five canoeists to compete in the B-Division and C-Division (Girls) category.

Kaylyn Tan Jia Ying of Sec 2/2, together with Kee Ning Pearlyn, Lee Zi Xuan, Nicole and Sheridan Chua Lee-Min of Sec 2/4, clinched 4th placing in the finals in the C-Division K4-500m event.

Kaylyn Tan Jia Ying of Sec 2/2 and Lee Zi Xuan, Nicole of Sec 2/4 also clinched 5th placing in the semi-finals in the B-Division K2-500m event.

Nuramirah Lizayunis Putri and Tricia Kor Kaiting of Sec 4/3, together with Christina Fong Li Ying of Sec 4/6 and Teong Shan Chi, Christy of Sec 4/7, clinched 5th placing in the semi-finals in the B-Division K4-1000m event.

KC Canoeing acknowledges the hard work put in by the competitors. It fostered camaraderie within the team. The team's determination to do well is also appreciated as they organised extra training sessions for themselves in the mornings before lessons prior to the competition.

The experience has deepened the friendship among the teammates. There were many lessons learnt about sportsmanship and we hope the team will take these lessons with them on their KC Canoeing journey.

6. National Inter-Schools Track and Field Championships

Apeland Keira Mingan of Sec 2/6 clinched the silver medal in the C Division Girls 800m and gold medal in the 400 m at the 57th National Inter-Schools Track and Field Championships.

The C Division relay team comprising of Lim Yi En Janae (Sec 2/1), Gwendolyn Therese Lim (Sec 2/2), Poh Bing Xuan Anthea (Sec 2/4), Hia Jing Lin Alicia (Sec 2/4), Elishya Lingesh (Sec 2/4), Wickramanayake Maheesha S (Sec 2/4) and Apeland Keira Mingan (Sec 2/6) made it to the finals and came in 5th for the 4 x 100 m and 4 x 400 m and achieved their personal best timing. Congratulations and well done girls!

7. National Pencak Silat

Ifa Adilah Dafinah Bte I of Sec 2/1 and Ifa Ellyana Fatini of Sec 5/0 took part in the 40th National Pencak Silat Championship from 27 to 28 February 2016, and came in 2nd in the Junior Female Category Class B and 3rd in the Junior Female Category Class D respectively. Congratulations!

8. Football

Nur Fazlina Bte Mohd Rahman of Sec 2/1, a national youth academy football player, completed the Japan-ASEAN Girls' U14 Football Exchange Programme in Tokyo from 11 to 18 March 2016. Her team was also the runner-up in the Hong Kong Football Club Jockey Club Girls' U14 International Youth Invitational Football Tournament 2016.

9. National Inter-Schools Swimming Championships

Christie Chue of Sec 4/1 participated in the National Inter-Schools Swimming Championships from 14 to 20 April 2016, and came in first in both the B Division Girls 400m freestyle and 50m breaststroke events. Christie was also a proud recipient of the Peter Lim Sports Scholarship which aims to help young deserving sports talents from humble backgrounds to achieve their sporting goals and support under-18, high-performing athletes to pursue sporting excellence in their chosen fields.

10. National Inter-Schools Taekwondo Championships

Three of our girls participated in the National Inter-Schools Taekwondo Championships 2016 from 18 to 21 April and won awards in the following categories:

Poh Xin Tian of Sec 4/4: B Division Poomsae Green Belt category: 2nd

Ashley Ong Zhi Xuan of Sec 3/2: B Division Kyorugi Black Belt U48kg category: 3rd

Mudaliar Indiraa B of Sec 3/6: Division Kyorugi Black Belt U64kg category friendly match: 1st

11. National Inter – School Archery Championships

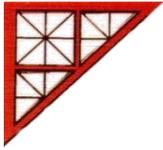
Teo Yu Shuen Cheryl of Sec 4/3 took part in the National Inter-School Archery Championships 2016 and beat 16 other competitors to clinch the top place in the B Division Standard Recurve Women.

12. National Inter-Schools Sailing Championship

The Katong Convent Sailing Team sent two teams to compete in the B and C divisions under the Byte boat class at the 2016 National Inter-Schools Sailing Championship this April. The races were fought hard at East Coast Park and saw our sailors persevered and overcame unfriendly conditions like the lack of wind and sweltering heat. Undeterred by the elements and ferocity of the competitors, our sailors worked hard and displayed tremendous team spirit to achieve personal bests against all odds.

As the sole representative of our school in the C Division, Josephine Anne Tan Jie Ling of Sec 1/2 sailed in her maiden competition against other more experienced sailors and did the team proud. Despite this being her very first outing, she showed nerves of steel and fought hard to keep our flag flying.

Charmaine Goh Shang Min and Dayna Maria Yeo Lyn of Sec 4/2, and Siti Raudah Bte Mohd Arudin of Sec 3/3 represented us in the B Division. Even though they were pit against teams of more established schools, they gave it their all to help retain our 4th place standing from previous years. Congratulations!



OUR GIRLS. OUR FUTURE



**CHIJ KATONG CONVENT
PARENT- TEACHER SUPPORT GROUP**

Email : ptsq.kc@gmail.com

PTSG website hyperlink @ <http://www.chijkatongconvent.moe.edu.sg>

3rd PTSG Meeting of 2016

The Vice Principal, Mrs Goh in her address to the parents assured them that the school has been working closely with NEA and taken proactive measures such as increased the frequency of fogging and stepped up checks in various areas of the school to ensure the wellbeing of the students in view of the dengue alert in the surrounding neighbourhood.

The PTSG Chairperson, Ms Christine Tay provided an update on the upcoming PTSG parent-bonding activity namely, an Ice Cream Making Workshop by Scoopy's and Cream. Details are as follows:

Date : Saturday, 28 May 2016

Time : 11:00 am - 1:30 pm

Place : CHIJ Katong Convent Kitchen Lab (Geylang Bahru Lane)

Cost : \$30.00 pax (Includes all the ice cream you can eat! Siblings are welcome to join in the fun as well.)

*Note: Limited to four participants per family (including KC daughter). Siblings under the age of 5 can participate for free.

Participants will learn how to make and customise their own ice cream flavours the fun way – with liquid nitrogen – while bonding with their daughters and the PTSG committee. All materials will be provided and the ice cream is halal-certified. Do sign up for the workshop by 7 May via a google link that will be made available via the parents' WhatsApp channels.

Science and Mathematics Department Subject Sharing Session for Sec 1 parents

The HOD/ Math and the SH/ Science gave an overview of the Math and Science curriculum in KC respectively. Matters addressed at the presentation and the Q&A session included the differences between the Pri 6 and the Sec 1 curriculum, how to approach the learning of the 2 subjects and the assessment format.

Next PTSG Meeting

There will be no PTSG Meeting in May 2016. However, there will be a talk organised by Family Matters @School on 14 May 2016 (see updates on Family Matters @School). The details of the next PTSG meeting are as follows :

Date : Saturday 9 July 2016

Time : 9 – 11 am

Venue : AVA Theatre (Level 3, above the Hall)

Light refreshments will be served from 0830 onwards.

There will be a subject sharing session (Art and Food and Consumer Education) from 10 am – 11 am followed by a talk organised by Family Matters @School

We look forward to seeing you there!

CONTACT DETAILS

Please note our contact details. We welcome your suggestions and feedback.

PTSG Parents

Tricia Boey and Christine Tay ptsg.kc@gmail.com

Sec 1 PTSG Level Reps : Alicia Lee and Fiona Kwa

Sec 2 PTSG Level Reps : Junne Yeo and Chrislyn Liau

Sec 3 PTSG Level Reps : Yap Chin Mee and Teresa Mak

Sec 4 and 5 PTSG Level Reps : Lorraine Khoo and Christine Tay

PTSG Teachers

Mdm Zakiah Subahan (Sec 3 PTSG i/c) Zakiah_subahan@moe.edu.sg

Mrs Karen Jalleh (Sec 4/5 PTSG i/c) karen_jalleh@moe.edu.sg

Mdm Raudah (Sec 1 and Sec 2 PTSG i/c) raudah_hussain@moe.edu.sg

Family Matters @School

Building Self Esteem and Confidence in your Teenager

Self-esteem is the condition of the self being honoured, respected and regarded. How we define ourselves influences our motivations, attitudes, behaviours, and our emotional adjustment. Healthy self-esteem is a child's armour against the challenges of the world. Teens who think and feel good about themselves have an easier time managing conflicts and resisting negative pressures. They tend to smile more often, relate well with people and generally enjoy life.

In contrast, teens who have low self-esteem think poorly of themselves. They have a hard time finding solutions to problems. Plagued by self-critical and negative thoughts such as "I'm no good", "I'm stupid" or "I can't do anything right," they become passive, withdrawn and depressed. Faced with new challenges, their immediate response is "I can't" and these challenges can become sources of major anxiety and frustration.

Come, understand and identify the signs of healthy and unhealthy self-esteem. Get tips on what you can do to help make a difference in order to foster the positive ones in your teen's life thereby resulting in a happier, healthier and more confident child!



Venue: CHIJ Katong Convent, AVA Room Level 3

Date: 14th May 2016, Saturday Time: 9.30am -11.30am Fees: Free!

(Light refreshments will be served)

SPEAKER'S PROFILE – DAVID SEAH

Mr David Seah holds a Bachelor (Hons) Degree in Counselling from UniSIM. He is an associate Family Life Educator and Resource Speaker for Fei Yue's Family Central.

David is also an Associate Counselor at Lakeside Family Services (Jurong East Branch) and also at St. Andrew's Cathedral Home For The Aged.

He has conducted many talks and seminars in many private and public organizations, schools and childcare centres.

David has a good sense of humor and his ability to engage and motivate his audience in a fun and humorous way has made him a very much sought after speaker.

*If you are interested in registering, please email glenn.familymatters@gmail.com. Please include your name, contact number, child's name and class. **For logistic purposes, kindly register by 5th May 2016**. **Please note that in the event that this workshop is under-subscribed it may be postponed.** Thank you.*

Discovering & Engaging With Your Teen's World ("Hot" tips to Communicate Better with Your Teen)

Children & Teens have a world of their own. In order for parents to engage with their children, they need to understand the inner and outer worlds of their children and how these worlds impact them. Understanding the factors that influence your child will provide parents with a framework when communicating with your child, so that parents can remain a powerful influence in their child's life. By engaging into your child's world, parents can position themselves to be an external resource that their child will tap on throughout the growing years and adulthood.

This talk seeks to give parents an awareness of the various "worlds" of their child/teen and how parents can enter into their world with simple, doable techniques.



Venue: CHIJ Katong Convent, AVA Room Level 3

Date: 9th July 2016, Saturday Time: 11am -1pm Fees: Free!

(Light refreshments will be served)

SPEAKER'S PROFILE – JAMES SATCHY

James Satchy is a Family Life Educator serving in various schools and organizations. He has been training, mentoring and developing adults and youth for the last 20 years, locally and internationally. James is the principal consultant of Built 2 Last Training (a service provider for MSF for School Family Education) and also the Executive Director of PCN Training, which designs and delivers enriching programs for parents, students and teachers. James is a well sought-after speaker in schools and has conducted hundreds of talks, trainings and workshops on a wide range of topics such as parent-child relationship management/bonding, character education, maximizing of children's potential, social and emotional learning for teenagers, anger/stress management and computer addiction, to name a few. His wealth of experience in parent-child relationship management and counselling paves the way for him to be relevant in his talks, educating and bringing practical application to the issues that parents and students face today.

James has a Masters in Social Science (Professional Counselling) and is a certified Behavioural Analyst (DISC) with various other qualifications related to Counselling Psychology and Education.

*If you are interested in registering, please email glenn.familymatters@gmail.com. Please include your name, contact number, child's name and class. **For logistic purposes, kindly register by 27th June 2016**. **Please note that in the event that this workshop is under-subscribed it may be postponed.** Thank you.*

Parent As Coach the Solutions Focused Way (Building Resilient Children/Teens)

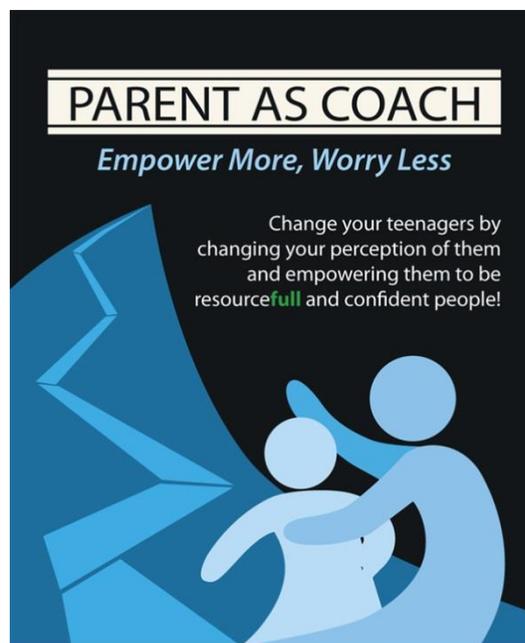
Synopsis:

This inspiring workshop introduces the concept of Parent as Coach; the solutions focused way, and equip parents with skill sets for building confident and resilient children / teens.

This solution focused approach in parenting is based on the notion that children have an innate desire and wish to learn, develop skills and be successful. Parents can make a difference in a child's life and have a positive influence on his or her future.

We need to create an environment, atmosphere, and positive relationships between the parent and the child that are conducive to accomplishing their goals. This special relationship between children and their parents is crucial to learning and contributes to a child's motivation.

The most important element is the parent's view of a child. When a parent believes the child has an innate desire to learn, he/she is likely to talk to a child differently.



About the Trainer :
Edwin Choy (MSc) is the founding director of Centre for Fathering. Trained as a Solution Focused Therapist (CSFT) , Edwin has delivered impactful parenting and work-life programmes to thousands and has been on radio numerous times.
Email : edwin@resourcefull.sg [facebook](https://www.facebook.com/resourcefull) : www.facebook.com/resourcefull

Parent as Coach

1. Research on Strong Families by Dr Nick Stinnet
 - Understanding the kind and quality of families that raises well-adjusted teenagers.
2. Problem Focus & Solution Focused Parenting Approaches
 - Parents are often frustrated when they use the same unhelpful approach to parenting their children. This seminar helps parents look for solutions in the problem rather than focus on problems.
3. Three Basic Assumptions on Solution Focused Parenting
 - Basic tenets of SF coaching that made it effective in the context of therapy and coaching
4. Celebrating What Our Children Have Done Well
 - The power of Compliments
 - Noticing success and progress

ABOUT THE TRAINER – EDWIN CHOY

Edwin is a certified Solution Focused Therapist. He is also an approved Solution Focused Brief Therapy supervisor with the Canadian Council of Professional Certification (CCPC).

In 1999, Edwin gathered two other friends and co-founded Centre for Fathering to inspire dads to be more involved with their children. Centre for Fathering won the Outstanding New Initiative Award given by National Volunteer Centre.

Edwin has developed and conducted numerous solution focused coaching/counselling workshops for teachers, parents and civil servants. He has conducted numerous Parent As Coach training for schools which he has created and has received excellent reviews on it. He has also conducted a number of Coaching training for teachers, including team coaching and workshops on how to motivate students. Edwin also supervises SF trainee therapists including some from MOE.

Edwin has delivered 2 workshops for Excel Fest organised by MOE and the latest is this year on the topic of Coaching Confident and Resilient Teens.

Some of his clients included NIE, SIM, SMU, SUTD, Temasek Poly, Ngee Ann Poly, RGS, RI, SCGS, Fairfield Methodist Sec and Taylor's Education Group (KL) and numerous secondary and primary schools in Singapore.

Venue: CHIJ Katong Convent, AVA Room Level 3

Date: 30th July 2016, Saturday Time: 9am - 12pm Fees: Free!

(Light refreshments will be served)

*If you are interested in registering, please email glenn.familymatters@gmail.com. Please include your name, contact number, child's name and class. **For logistic purposes, kindly register by 15th July 2016.** **Please note that in the event that this workshop is under-subscribed it may be postponed.** Thank you.*