



CHIJ Katong Convent

3 Geylang Bahru Lane, Singapore 339626

Tel : 6448 6433 Fax : 6449 4405

Website: <http://www.chijkatongconvent.moe.edu.sg>



PARENT LINK: JUNE / JULY 2016

01 July 2016

Dear Parents and Guardians

Welcome back to Semester 2!

We would like to start the new term with heartfelt gratitude and thanks to God for bestowing His special blessings on CHIJ Katong Convent last semester. Term 2 saw a team of officers from the MOE School Appraisal Branch, Schools Division conducting an external validation of our school. The external validation serves to provide schools with an external perspective and to support schools in sharpening their self-assessment. It is a robust process in which the team studied the school's documents, visited the school to speak with school leaders, staff, students, parents, IJ Board members and other stakeholders to understand school culture, processes and outcomes. We are pleased to report that the school has been awarded Best Practice in all 5 criteria under MOE's Revised Masterplan of Awards For Schools – Teaching & Learning, Character & Citizenship Development, Student All-Round Development, Staff Well-Being & Development and Partnerships. The school's Autonomous School status has also been re-affirmed and the school was also presented the School Distinction Award, the apex of the Masterplan of Awards.

Our teachers continued to make good use of the more leisurely paced June holidays to enhance the quality of our students' school experience. The graduating students came back for lessons in the first and last week of the holidays while many CCA groups organised camps and trainings. In the spirit of enhancing work-life harmony, the school has a policy of blocking out 2 of the 4 weeks of vacation time for both staff and students to spend some uninterrupted time with their families. We hope that all have had a good rest and are ready for the challenges ahead!

As the new term begins, we thank God for continuing to keep our staff and students healthy in body, mind and spirit, and giving our students the discipline and determination to excel in the face of many challenges as they continue to pursue their goals this semester.

Welcome

We extend a very warm welcome to our new key personnel – Ms Jacelyn Kee as HOD Art. With her wealth of experience in our local school system and the Singapore International School (Hongkong) working with students between the age of 7 to 18 and strong commitment to nurture our students to be the best they can be, we are certain that she will enrich the school experience of our students.

We also welcome Miss Lim Shi Ying (Chemistry / Biology) and hope that she will have a very fulfilling teaching experience in our school.

Celebrate and Rejoice

The last day of term, Friday 27 May was a special day for us at Katong Convent. We give God the Glory for the opportunity to celebrate the many successes in *KC Celebrates 2016!* with the theme - 'In Everything Give Thanks'.

Honours Day

The annual ceremony of recognising academic, character and leadership excellence in our students, as well as honouring partners and staff who have contributed to developing our students in 2015 was a befitting way to start the day of celebrations. We were privileged to have as our Guest-of-Honour, Ms Susanna Kulatissa, Deputy Chief Editor, English Current Affairs, Channel NewsAsia to grace the occasion.

Among the audience this year was our graduating cohort whom we hoped had been inspired by our GOH's sharing of her personal journey overcoming the odds and daring to dream big, as well as the successes of their seniors from the 2015 cohort and current schoolmates. They also heard from the valedictorian, Stesha Low of the 2015 cohort how KC had nurtured her into a confident young lady who had seized all opportunities to grow and contribute back as a student leader. She encouraged the current students to cherish all the friendships formed with both teachers and schoolmates as these would be part of their happiest memories in years to come. The atmosphere was certainly lively as the graduating cohort soaked in the celebratory mood and cheered for their friends and teachers who received awards that day.

This year, we saw more than 300 awards being given out to students and staff. We are especially proud of the recipients of our special awards:

Denise Dannii Tan Shin Ting (Sec 5/0) for the Special Commendation Award
Kok Raemae (Sec 4/5) for the Marie Bong Literature Award
Gladys Tan Shi Xuan (Sec 4/4) for the KC INTEGRITY Award
Samantha Yap Jing-Yi (Sec 4/5) for the Blessed Barre Award
Low Lin Hui, Stesha (Sec 4/6) for the Sister Finbarr Award.

The school also recognised the excellent service and support of our partners from CCA groups, VIA projects, PTSG and Young Adult Leaders in adding value to our students' all-round development. 30 staff also received their long service awards.

For their contributions in value-adding in their various areas of work, 5 staff team and 3 individual staff members received the MOE Outstanding Contribution Awards.

Team Award

EAS and Operations Team
InfoComm Club
PE Department cum National Education Committee
Subject Options cum Education & Career Guidance Committee
'Always Present in School' Team

Individual Award

Ms Tang Yuin Kay
Ms Yin Mei Lenden-Hitchcock
Mr Tan Gan' En Owen

All guests, prize recipients and the graduating cohort interacted over a tea reception in the canteen. The secondary ones, twos and threes then joined the school for the next part of our *KC Celebrates 2016!* programme, the Student Leaders' Investiture as well as our Founder's Day Mass.

Student Leaders' Investiture

Organised by the 10th Student Council Executive Committee, the theme of the investiture was 'Building a Legacy, Leaders of Tomorrow'. A casual and celebratory atmosphere was apparent during the investiture which saw the school honouring the outgoing leaders of the school with the recognition of their contributions and development on their leadership journey, as well as endorsing the appointment of the incoming student leaders of KC.

Our Principal opened the investiture with her thoughts on the theme, expounding on the significance of the revised student leadership structure in our school and the role of a leader. This was followed by a heartfelt speech by our outgoing president Saleema Noor Sarah, who thanked the school for journeying and nurturing her in the process. As the new president of the Student Leadership Board, Nurul Iffah Mohd Arifin then shared with the school the values that she holds dear to as president as well as some guiding principles that the student leaders of KC should adopt. The investiture then closed with the student leaders' pledge - to be a positive role model, leader and voice of the student body. The investiture was indeed a meaningful pit stop for our students on their leadership journey.

Founder's Day Mass

Following a week of reflection and preparations to decorate the school hall with colourful buntings and affirmation notes, we carried gratitude and thanksgiving in our hearts as the festivities culminated in the celebration of the Founder's Day Mass.

As we honour our founder Blessed Nicholas Barre, we commemorated another milestone in the Katong Convent journey with Fr Michael Sitaram, who challenged us to deepen our heart of service to others and "bear fruits that are life-giving as a fig tree".

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." Galatians 6:9

KC honours and congratulates all prize winners. May our student leaders serve humbly with love as they reach out to the KC and wider community. May God continue to guide our staff and students in their journey with the true IJ spirit!

Student Leadership Board (SLB)

In our effort to establish a porous student leadership structure comprising class committee members, CCA leaders and councillors, a SLB was introduced. The Executive Committee comprised representatives from all 3 strands of leadership - class executive committee, CCA executive committee and the Student Council executive committee. A rigorous process then took place to elect the President of this SLB. Candidates were interviewed by representatives from the school management committee, student leadership committee as well as their CCA and form teachers.

Facilitated by the 10th Student Council Executive Committee, candidates were given the opportunity to speak about their values and plans as student leaders in KC. The speeches were then followed by a robust dialogue with the panel of interviewers. After much deliberation, Shanais Yuen (Sec 3/3) of the Student Council strand and Nurul Iffah (Sec 3/3) of the CCA Leaders strand were selected as potential presidential candidates of the SLB. Shanais and Iffah then presented themselves and their beliefs and aspirations to the school before students and teachers were invited to cast their vote for the president of the SLB. We would like to congratulate Nurul Iffah on her appointment as the President of the inaugural SLB and Shanais as the Vice-President.

Secondary Two Compulsory Arts Excursion – Shakespeare in the Park: Romeo and Juliet

On a hot and balmy 20 May evening, our Secondary Two students gathered at Fort Canning Green for the 9th instalment of The Singapore Repertory Theatre's Shakespeare in the Park. Armed with picnic mats and all sorts of goodies and treats, they made themselves comfortable as they waited in excitement to finally see the classic tale of Romeo and Juliet's forbidden love and the long-standing family feud between the Montagues and the Capulets unfold before their eyes.

It was fortuitous that the very text the students have been reading in their classroom was brought to life right before their eyes. Supported with a stunning set design and contemporary costumes, the company's modern interpretation of the play kept the girls gripped. The epic brawls, sword fights, and of course, scenes of sweet innocent love (including a very famous balcony) came together to create a theatrical spectacle the bard would definitely be proud of.

The students let out very audible "oohs" whenever Romeo took the stage and watched with bated breath as Romeo and Juliet's tragic love story slowly unravelled. Even with the knowledge that the love story would not end happily, the students were still visibly shocked and grief-stricken at the heart-breaking tomb scene.

The night ended in a sea of applause and the students came out of this performance awash with both sorrow and awe, a deeper appreciation for the Shakespearean language, and eager to share their thoughts and insights at their next Literature class.

Inter-Class Games Carnival

In the last week of Term 2, all the Secondary One to Three students participated in the Inter-Class Games Carnival. This is part of the revised 2014 PE syllabus which gives more opportunities for all students to be involved in sports competitions. Students played games that they had been taught in previous years, and the games took place over three days after the mid-year examinations. Congratulations and well done to all the classes!

The overall winners for the respective levels were:

Sec 1 – Sec 1/3 and Sec 1/4 (joint champions) and Sec 1/2 (runner-up)

Sec 2 – Sec 2/3 (champion) and Sec 2/1 and Sec 2/4 (joint runners-up)

Sec 3 – Sec 3/4 (champion), Sec 3/3 (runner-up) and Sec 3/6 (third)

In Term 3, the Secondary One to Three girls can look forward to more rounds of sports competitions in games that they learnt to play this year, when the PE department kicks off the Inter-Class Games League during mass exercise sessions.

Secondary Three Retreat

At the Retreat on 26 May, our Sec 3 students had the precious opportunity of looking inside themselves in reflection of who she is in school, home and community. The retreat gave students time to take stock of their growth from Lower Secondary to Upper Secondary, recognising the increased workload and expectations in this next milestone. Amid the laughter and fun that the students had at the sessions, the retreat allowed them to connect once again to what is really important and life-giving – time to grow from within and to also find the strength to overcome obstacles along the way. Retreat facilitators shared openly their life experiences in growing up and challenged the girls to reflect on what it means to be a woman for others and to seek wisdom through one's spirituality.

Euphonium and Piano Recital

On 27 May, students from the Concert Band and Choir attended a special Euphonium and Piano Recital by Mr Mark Glover (UK) and Ms Aya Sakou (Japan). Mr Glover is currently a lecturer of Euphonium at The Nanyang Academy of Fine Arts in Singapore, while Ms Sakou regularly performs with the Singapore Symphony Orchestra. The programme for this recital included works by Bela Kovács, Gabriel Fauré, Alex Thio, Schmidt and Singaporean composer, Mr Zaidi Sabtu-Ramli. A Q&A session followed where the guest performers shared tips on efficient practising and Mr Zaidi shared his views and ideas with the audience. We were glad to be able to avail this opportunity for our girls to hear and interact with the professional musicians!

Girl Guide Camp

In early June, six green canvas tents sprouted like mushrooms in our luscious green fields, marking the beginning of the annual KC Girl Guide camp. They remained upright from the 31st of May to the

3rd of June, despite the unpredictable weather. Throughout the camp, our Girl Guides had pushed themselves beyond their comfort zones, waking up as early as five in the morning to prepare a breakfast feast fit for a Queen and her army, hiking through the Southern Ridges, and learning to contort their bodies in ways never thought imaginable. The Girl Guides had also invited their graduating seniors for a Campfire, on the third and final night of their camp, to bless them for their meaningful contributions to the Company, and that they may continue to strive on to reach excellence in everything that they set out to do. The camp concluded with an exchange of little notes of appreciation, serving as a reminder that the girls belong to not just a Girl Guide Company, but a loving family!

Creative Arts Programme

The Creative Arts Programme (CAP) is a programme organised by the Gifted Education Branch to surface and mentor student writers based on their creative writing ability. Secondary 2 and 3 students are selected based on a portfolio of written works which are sent to the organisers in January every year. Selected students will then attend the CAP seminar which will be held at the National University of Singapore during the June holidays, as participants at a residential camp. This is a rare opportunity for them to interact with other budding writers, in an environment that is enriched with input and ideas from published writers as well as other experienced members of the wider arts faculty in Singapore.

This year, we are proud to share that 4 students were selected to attend this prestigious camp, which has a usual size of 120 participants from secondary schools and post-university institutions across Singapore. These students were Sarah Tan Weyin (Sec 2/3), Charlotte Arielle Lee Petze (Sec 2/5), Mabel Yeong Jun Ning (Sec 2/5) and See Kai Ning (Sec 3/5).

Well done, girls!

Education and Career Guidance

During the June holidays, some students attended programmes at two polytechnics to experience the teaching and learning methods as well as the environment and facilities at the polytechnics. These opportunities gave the girls invaluable experiences and information which could not be obtained from reading brochures or taking virtual website tours which will in turn help them in making informed education and career decisions.

2-Day Attachment at Nanyang Polytechnic

Fifty-two Sec 3, 4 and 5 students attended two-day attachment programmes to various schools in Nanyang Polytechnic, covering courses such as Business Management, Health Sciences, Interactive & Digital Media, Information Technology, Chemical & Life Sciences, Design and Engineering.

During the attachment, our students were given the opportunity to interact with lecturers and students from the course and learnt more about the curriculum, training facilities and possible careers in these fields. Another 45 students will be attending this programme in the later half of this year.

Advance Elective Modules (AEMs) at Temasek Polytechnic

AEMs are 30-hour courses in applied topics conducted by polytechnic lecturers. They are geared towards enhancing the learning experience of students and feature a practical component and group projects. Students taking these AEMs participate in field trips, hands-on projects, discussions with industry practitioners and various challenging competitions to test their new-found knowledge and skills.

Nineteen students from Sec 3, 4 and 5 participated in the Media Production and Presentation AEM from 6 to 9 June. The students were introduced to the fundamentals of effective on-air presentation, such as voice and articulation, paralanguage and non-verbal presentation techniques. Students were also taught broadcast presentation skills for radio programmes and television news. Through this

exposure, our students appreciated the importance of broadcast production and the basics of TV and radio studio work.

Healthcare Attachment Programme

This programme was opened to Secondary 3 students. Students had the opportunity to shadow healthcare professionals in a public hospital to learn more about professions in the healthcare sector. Students found the experience enriching and enabled them to appreciate the work of the nurses and allied healthcare professionals.

Special Admission Exercises: Direct School Admission - Junior College (DSA-JC), Early Admission Exercise (EAE) to the polytechnics and the ITE Special College Admissions Scheme (SCAS)

The Secondary 4 and 5 students were provided with more information on applying for the various special admission exercises. These admission exercises allow them to be offered places in post-secondary education institutions on the basis of their strengths and talents beyond academics. In particular, the school hosted staff from Temasek Polytechnic who shared with the girls tips for their applications to the EAE.

Tourism Innovation Competition

14 Secondary 3 Geography students took part in the Tourism Innovation Competition, organised by Temasek Polytechnic. The competition took the students (and teachers) to the Singapore Zoo, where they were given an insider's view on various exhibits. Participants were then required to design a programme to attract more youths to the zoo and increase their awareness of the conservation efforts. Our girls used their creative juices and developed various fun activities which included conceptualising a Dystopian Zoo exhibit to show the negative effects of animal poaching. Apart from learning more about conservation and tourism, our girls showed and developed great team work and creativity throughout the process! Though it was their holiday period, it was a time well-spent for them.

Badminton

KC Badminton Team organised a Primary School Badminton Tournament during the June holidays on 22 June for Primary 6 students. We welcomed participants from various primary schools such as Red Swastika School and Yu Neng Primary School. The objective of the tournament was to provide an opportunity for primary school badminton players to find out more about our KC Badminton Team as well as to foster friendships across the various schools' badminton players.

We expect Semester 2 to be just as busy and enriching for us at Katong Convent and we continue to look forward to your invaluable support as we nurture our girls into KCians with the essential 21st century competencies.

Thank you and may God bless you and your family.

Yours sincerely

Patricia Chan (Ms)
Principal

GENERAL INFORMATION

1. Run Up to the GCE 'N' and 'O' Level Examinations

Our graduating classes will be busy with the run-up to the GCE 'N' and 'O' Level Examinations. The Oral Examinations for Mother Tongue Language started on 30 June and that for English Language will begin on 7 July. To prepare our graduating classes, we will continue with structured lessons from 3.15 pm to 4.45 pm on Tuesdays, 2.45 pm to 4.15 pm on Wednesdays and Thursdays, 2.15 pm to 3.45 pm on Fridays from Week 1 to Week 6 ('O' Level cohort) and from Week 1 to Week 2 ('N' Level cohort). This will be a mixture of remedial sessions and revision clinics to prepare our girls well for the national examinations. Some Art coursework consultations have been scheduled on several Fridays from 4 pm to 5.30 pm. We have issued the details about the structured lessons to your daughters on 27 June.

2. Changes to Term 3 Timetable

In view of public / school holidays and mass school programmes in Term 3 that would lead to uneven number of curriculum days, the school would be implementing replacement for the affected curriculum day. On 19 July, the students will follow the timetable for Wednesday (odd week).

3. July Highlights

Date	Event
Monday 27 Jun, 18 July	Math Olympiad Training (selected Sec1s)
Wednesday 29 Jun to Friday 1 July	Science Practical Assessment
Thursday 30 Jun to Monday 18 July	O Level MTL Oral Examination
Thursday 30 Jun	Temperature-taking Exercise
Friday 1 July to 8 July	ITE EMs for 2NT to 4NT
Thursday 7 July to Thursday 14 July	Start of N Level EL Oral Examination
Wednesday 13 July to 15 July	Book & Music Week <i>All CCAs, remedial and structured lessons will be suspended.</i>
Saturday 16 July	National Schools Literature Festival
Tuesday 19 July	O Level MTL / MTL B Listening Comprehension Examination <i>All CCAs, remedial and structured lessons will be suspended.</i>
Tuesday 21 July	Commemoration of Racial Harmony Day
Tuesday 21 July	Singapore Schools Mathematics Competition (selected 2NA/NT students)
Tuesday 26 July – Monday 1 Aug	Start of N Level MTL/MTL B Oral Examination
Monday 27 July	Visitors from Fukuoka Futaba (Japan)
Thursday 28 July to Friday 5 August	Start of N Level Prelim Examination

ACHIEVEMENTS

Cabin Club 2016

Our heartiest congratulations to the three teams from Cabin Club who participated in the annual ignITE Skills Challenge 2016 as well as the 6th East Zone Sports Carnival recently and did themselves proud!

The ignITE Skills Challenge 2016 is a major national competition for NT Level students in Singapore. From building their own flying saucers to concocting an energy drink, students were able to put their creations to the test and win prizes. More importantly, they enjoyed and learned a lot from the fun-filled and hands-on activities during the training workshops as they prepared for the competition event.

Our teams from Sec 3NT and Sec 4NT participated in the Sportalicious and Pixel Magic Challenges in the ignITE Skills Challenge 2016.

In the Sportalicious Challenge, our team comprising Maisurah Bte Suharman, Sasha Marie Shelley and Nur Dean'na Bte Sha'ari from Sec 3/7, came up with their very own version of a sports drink, Exersports, which can replace fluid and electrolytes lost during exercise. The main ingredients in their drink include ribena (as the sugar replacement), dried cranberries (with its juice extracted), water, salt and a little 7-Up (to lighten the tone and colour of the drink). Their recipe won the hearts of the judges who selected them to proceed to the FINALS which was held on 24 May at ITE College East. Though they did not win the top three prizes, they gained wonderful insight as they observed and exchanged information with other participants from other schools in the various challenges presented. At the same time, it also deepened their learning in Science as they applied their knowledge on nutritional value in concocting their sports drink.

Our team of Sec 4NT students, comprising Chan Yuit Mun Tricia, Christine Belle Hernandez Tan and Chinnathurai Syed Ali Fathima from Sec 4/7 participated in the Pixel Magic Challenge which required them to explore their artistic side through science and developed a feel for colour harmony by delicately mixing dark and light colours to create a themed picture. They showed very impressive talents and teamed up synergistically to proceed to the Preliminary Round held on Friday, 22 April at ITE College Central. Though they did not proceed to the Finals, the experience gave them an interesting perspective towards a possible ITE tertiary education in the School of Design and Media which aims to equip learners with design and media skills that are practical, realistic and versatile to meet emerging trends and challenging manpower needs of the creative industries such as in Product and Industrial Design, Fashion and Visual Merchandising, Architecture and Space Design and Digital Media Design.

Last but not least, our junior team of sporty individuals from Secondary 1NT and 2NT namely Hershey Coleen Ramos Liwanag, Nur Herdiawati Bte Mohamad H, Phua Pei Xuan, Teo Wan Tong Nicole and Siti Nuraisyah Bte Mohamed F from Sec 2/7 together with Felicia Goh Wan Ling from Sec 1/7, participated in the 6th East Zone Sports Carnival on Saturday, 28 May in the 5v5 Floorball game. They trained hard prior to the carnival, played very well as a team and put in a lot of effort on the event day itself. Thus, it was no surprise that they emerged as first place winners in the Floorball Girls category! The girls would like to thank the PE department for empowering them with the knowledge, providing floorball sticks as well as giving them the moral support that enabled them to believe in their own strengths and overcome all obstacles to win the game. The students look forward to continue to represent the school in future games and tournaments.

Netball

In the months of February to April, the KC Netball team took part in the M1 Netball League, a national competition where students played against schools that they would usually not have the opportunity to interact with. This included schools like Zhenghua Secondary and Yio Chu Kang Secondary who do not belong to the East Zone group of schools. The competition was fierce as all the teams were equally motivated to win the coveted medal awarded to the top three teams. Each school played its' best, with each side wanting to prove their abilities. In the end, the 'B' Division team was able to emerge as the first-runner up in their group. The team would like to thank the school and parents for supporting the girls throughout their competition season, as the competitions required them to balance busy academic and games schedule.

Wee Kim Wee Challenge

With aprons tied tightly around their waists and scarves tied around their foreheads to keep their hair out of their faces, wielding cooking utensils and wearing a determined expression on their faces, ten Girl Guides set off from school to the Girl Guides Headquarters in Bishan for the finals of the Wee Kim Wee Challenge on 28 May.

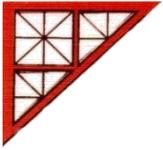
The two teams comprised the following girls:

Team 1: Aliya Ram Prashad (Sec 3/4), Michelle Leong Hoi Hwa (Sec 3/2), Chloe Chew Xin Lei (Sec 2/3), Genevieve Marie Tan Jia Ling (Sec 2/3) and Soo Yean Lyn Chloe (Sec 2/2)

Team 2: Nadine Cheah Ywan Xyn (Sec 3/6) Swaminathan Narmatha (Sec 2/3), Panneerselvam Abirami (Sec 2/3), Liu Shutong (Sec 2/3) and Liau Xuan Valerie (Sec 2/6)

After a gruelling and stressful three hours, the girls cooked and plated their gastronomical delights consisting of a Singaporean starter, a Mexican main, and a dessert from the UK. Stomachs grumbled loudly as the aroma of spices, and the sweet scent of fruits wafted through the air. Standing behind their beautifully designed tables, with expertly plated dishes, the assigned presenters proudly showcased the meals their fellow team members had prepared.

We are elated to announce that Team 1 came out victorious. Ms Wee Eng Hwa, daughter of our former President Wee Kim Wee, who was the Guest-of-Honour, presented the Wee Kim Wee Shield to the team, and the shield will remain with Katong Convent Girl Guides for the next two years, until the next Wee Kim Wee Challenge in 2018. Congratulations!



OUR GIRLS. OUR FUTURE

CHIJKATONG CONVENT PARENT- TEACHER SUPPORT GROUP

Email : ptsg.kc@gmail.com

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



4th PTSG Meeting

The details of the next PTSG meeting are as follows:

Date : Saturday 9 July 2016

Time : 10 – 11 am

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

Light refreshment will be served from 0930 onwards. This will be followed by a talk organised by Family Matters @School from 11am – 1pm (Refer to the detailed information overleaf).

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

PTSG Teachers

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

Sec 1 PTSG Level Reps :

Alicia Lee and Fiona Kwa

Mrs Karen Jalleh (Sec 4 PTSG i/c)

karen_jalleh@moe.edu.sg

Sec 2 PTSG Level Reps :

Junne Yeo and Chrislyn Liau

Mdm Raudah (Sec 1 and Sec 2 PTSG i/c)

raudah_hussain@moe.edu.sg

Sec 3 PTSG Level Reps :

Yap Chin Mee and Teresa Mak

Sec 4 and 5 PTSG Level Reps :

Lorraine Khoo and Christine Tay

Family Matters @School

**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, Sat 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 7th July 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)

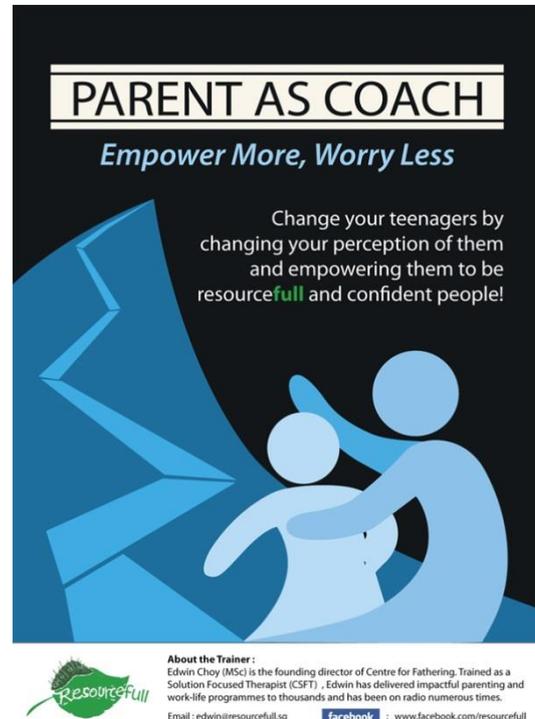
Synopsis:

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.



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: 6th Aug 2016, Sat 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 22nd July 2016.** **Please note that in the event that this workshop is under-subscribed it may be postponed.** Thank you.*