



# **NORTHLAND PRIMARY SCHOOL**

## ***Firm Foundations, Future Learnings***

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28 July 2017

Letter to Parents: 97/2017

Through: The Principal

Dear Parent,

We hope to **inspire, involve** and **equip** fathers at NPS to become **good influencers** in their children's lives **for life** through programmes organised by Dads@NPS and supported by MSF ( Ministry of Social and Family ) and CFF ( Centre for Fathering )

### **☺ Breakfast with Dad ☺**

Father-Child relationship is a significant factor in the emotional and cognitive development of a child. This workshop utilizes experiential learning methods to coach fathers to engage with their children. We do this in a way that appeals to their nature of being fun and active partners in parenting. We hope to create an experience that is fun and impactful to both father and child.

Date: **Saturday 12 August 2017**

Time: **8.30 am to 10.30 am**

Venue: **PAL Room, Northland Primary**

Fees: **Jointly sponsored by Centre for Fathering and Northland Primary**

Participants: **Capped at 20 pairs**

Please go into the link provided below to register your participation.

**<http://tinyurl.com/Brekkie-with-Dad-2017>**

**Deadline for registration:- Friday 4 August 2017**

**Kindly turn overleaf for more details of the programme.**

Should you have any enquiries, please feel free to contact **Mrs Raman** at the following:  
Tel:**67553078** or email to **christina\_loh\_chui\_chuen@moe.edu.sg**

Yours Sincerely

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Mrs Christina Raman  
School Counsellor  
On Behalf of Dads@NPS

## Programme

<b>Time</b>	<b>Activity</b>	<b>Process</b>
8.30 am	Introduction to Breakfast with Dad	Understanding the importance of having breakfast time with your child.
8.45 am	Activity1: Game	Knowing roles of father and child in the family.
9.00 am	Breakfast Preparation	Preparing a simple and nutritious breakfast by father and child.
9.15 am	Breakfast Time	Quality time over breakfast.
9.45 am	Activity 2: Awareness	Knowledge and awareness in your child's world.
10.05 am	Activity 3: Affirmation	Importance of father's voice to child's emotional health.
10.20 am	Activity 4: Application	Q&A Time for Fathers. Submitting of Feedback Form.

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***School Mission***  
***To build a firm foundation***  
***in each child, enabling him to grow,***  
***serve and excel***

***School Motto***  
***Steadfast and Honest***

***School Values***  
***Compassion, Excellence,***  
***Integrity, Teamwork and***  
***Lifelong Learning***