



NORTHLAND PRIMARY SCHOOL

Firm Foundations, Future Learnings

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29 June 2017

Letter to Parents: 79/2017

Through: The Principal

Dear Parent,

**FamilyMatters@School equips parents with skills to nurture positive family relationships.
We help you to better connect with your children through family life programmes supported by
MSF and organised by NPS.**

Talk 1:

DISC Profiling – Reconnecting with Your Child

Spending quality time with your child is something that is always strived for, but not often achieved. Many parents worry, that they don't get to spend enough time with their child. You feel that your child is growing older and you are missing out on a lot of things because you were not around. It doesn't matter why you haven't been around those times but what matters is that you want to reconnect with your children.

Effective parenting is almost impossible until the positive connection with your child has been re-established. If you find yourself wanting to reconnect with your child, know that you are not alone. Many parents find themselves, at one time or another, wanting to develop a better relationship with their child. Some relationships will take longer to rejuvenate, but know that any effort on your part will not be wasted. Parents need to repeatedly reconnect with their children, just to repair the daily distractions created by life's busy phase.

This workshop empowers you with the ability to effectively understand and communicate with your child according to the way they prefer. It helps to identify your own temperament and learn different techniques to communicate, influence and motivate with confidence when dealing with different temperaments.

13 July 2017 / Thursday

7.30pm-9.30pm

Pal Rm, Level 2

Speaker's Profile – Mr Jason Ng

Since 2006, Jason has been a Family Life Educator with Families for Tomorrow Services, an MSF-appointed FamilyMatters@School service provider which conducts family education programmes at schools and junior colleges.

Jason is passionate to advance parenting skills by sharing his parenting expertise on various platforms. In 2016, he is the founder of MindTots, a parenting portal that shares Effective Parenting skills, Numeracy and Literacy learning for Toddlers from 18mths to 6 years, and the A* Parenting PSLE Parents 2016 Facebook Group where he shares valuable insights on parenting and education. Jason has also conducted trainings for parents, teachers and students on a wide range of topics including character education, maximising our children's potential, social and emotional learning for teenagers, multiple intelligences of children, anger management, transition to primary / secondary school life, work-life balance and many other topics.

Talk 2:

How Can Parents Coach their Children to Manage their Anger More Effectively?

Why is my child always so angry? Why is he unable to control his explosive emotions? What can parents do effectively as parent coaches so that their children can manage their emotions without losing it? A lot of parents struggle in controlling their children's emotions and are often unsuccessful. Many parents are at their wits' end, not knowing how to help their children as the outbursts ruin the very relationship they are trying to build and protect.

Anger is like mercury in a thermometer. When left unchecked, the intensity of the emotion increases from frustration to anger and then to other things like rage and bitterness. As the intensity builds, people shut themselves off from others and relationships begin to close down. Having a plan to deal with anger can limit the intensity and prevent much of the destruction anger tends to cause.

Most families don't have a plan for anger. They somehow just continue on, hoping things will get better. However, unresolved issues fester. Many families don't resolve their anger, but just keep trying to start over. Starting over may be helpful at times, but it tends to ignore the problem rather than addressing it.

26 August 2017 / Saturday

9am – 12nn

PAL Rm, Level 2

Speaker's Profile – Mr Patrick Phua

A certified and professional counsellor, facilitator, trainer and mediator. Patrick has also conducted numerous workshops, facilitations, training and team building to help bond families and people together. He believes in utilizing enriching approaches in the area of training to touch lives by delivering holistic solutions for families to enhance parents and child bonding relationships. He has successfully integrated academic science with real world solutions to enhance invaluable experiences between parents and children during their school years. His training and facilitating methodologies are highly interactive, engaging and awe-inspiring to the participants and he has been receiving very good feedback from course participants.

Talk 3:

Into Pandora's World – Parenting I-Gen

With the advent of smart gadgets, many parents find it a challenge to keep pace with new trends & manner that their children use them. The ease of use, accessibility of smart gadgets & availability of many applications had many parents increasingly allow, even rely on them to engage & occupy their young ones. Is this a positive trend or a detrimental one? How does it affect their development? The emergence of internet-related crimes in our hyper-connected society have made our young people particularly vulnerable. While many parents are unaware of how they can educate and protect their children from these threats, parents will go on a journey, in this informative workshop, to discover the cyber world through the eyes of young people. We will explore the social impact of these issues as well as share practical tips and examples so that parents can better manage their children.

23 September 2017 / Saturday

9am – 12nn

PAL Rm, Level 2

Speaker's Profile – Mr Elvin Leong

Elvin is a Freelance Speaker serving schools under FamilyMatters@School Programme and a certified Speaker with Touch Community Services. He conducts talks and family education programmes at primary, secondary schools and junior colleges covering topics like Motivating Your Child to Succeed, Cyberwellness, Helping Your Child with Stress & Time Management, Preparing Your Child for Exams, Discipline your Child with Love, Preparing Your Child for Adolescence etc.

Elvin holds a Masters of Business Administration, an Advanced Diploma in Marketing Management and a Diploma in Electronics Engineering. Elvin has held Senior Management roles in multinational companies. He has over 20 years of sales and marketing experience in the field of semiconductor. Elvin currently works in a multi-national company, holding a global role in the Business Operation department.

Cut along the dotted line

Reply Slip- FamilyMatters@School Parenting Programme

S/N	Title	Date / Day	Time	Please Tick (v)
1	DISC Profiling – Reconnecting with Your Child	13 July 2017 Thursday	7.30 - 9.30pm	
2	How Can Parents Coach their Children to Manage their Anger More Effectively?	26 August 2017 Saturday	9am - 12nn	
3	Into Pandora's World – Parenting I-Gen	23 September 2017 Saturday	9am - 12nn	

Parent (1): _____
Mr/Mrs/Mdm

Parent (2): _____
Mr/Mrs/Mdm

Contact No: (HP) _____

Contact No: (HP) _____

Email add: _____

Email add: _____

Child's Name: _____

Class: _____

Signature: _____

Date: _____

Should you have any enquiries, please feel free to contact Mdm Kamisah at the following:
Tel: 93363959 or email to camisa_saat@hotmail.com

Please submit the reply slip to GENERAL OFFICE by Friday, 7 July 2017