

5/2018



ST. STEPHEN'S SCHOOL  
20, Siglap View,  
Singapore 455789

9 January 2018

Dear Parents / Guardians,

**FMS PARENTING TALKS AT MEET-THE-PARENTS DAYS ON 26/01 & 02/02/2018**

In conjunction with the Meet-The-Parents days, FamilyMatters@School has specially planned the parenting talks below to equip parents with the skills to help your child with effective goal setting, as well as to manage their gaming habit:

MTP on Friday, 26/01/2018				
LEVEL	DATE	TIME	EVENT	FEE
Primary 5 Primary 6	26 January 2018 (Friday)	3.30 pm to 5.30 pm	<b>Parenting Talk:</b> <b>'Helping Your Child Set Goals'</b>	<ul style="list-style-type: none"> <li>• \$8 per parent</li> <li>• \$12 per couple</li> </ul>
		5.30 pm to 6 pm	<b>Snacks</b>	N.A.
		6 pm to 7.30 pm	<b>Meet-The-Parents Session</b>	N.A.

MTP on Friday, 02/02/2018				
LEVEL	DATE	TIME	EVENT	FEE
Primary 1 Primary 2 Primary 3 Primary 4	02 February 2018 (Friday)	3.30 pm to 5.30 pm	<b>Parenting Talk:</b> <b>'5 More Minutes Please! - Understanding, Preventing and Overcoming Excessive Gaming Habits'</b>	<ul style="list-style-type: none"> <li>• \$8 per parent</li> <li>• \$12 per couple</li> </ul>
		5.30 pm to 6 pm	<b>Snacks</b>	N.A.
		6 pm to 7.30 pm	<b>Meet-The-Parents Session</b>	N.A.

**Synopsis of 'Helping Your Child Set Goals'**

As parents, we need to help our children learn how to set goals and how to reach them, so that they can get started in the life-long frame of mind for thinking, planning and taking action to achieve results. The ability to set goals and follow through is a valuable life skill, and having this ability to achieve goals enables our children to develop confidence and self-esteem, believing that they are capable and strong. This workshop teaches parents how to help their child in the mastery of setting goals and reaching them. Along the way, parent-child communication and family relationship are enhanced when parents pick up the right skills and approaches in helping their children set goals so that they will not get discouraged easily and turn into underachievers.

**Synopsis of '5 More Minutes Please! - Understanding, Preventing and Overcoming Excessive Gaming Habits':**

Parents are losing their children to virtual worlds as there is a marked increase in the usage of mobile devices and an increase in the percentage of pathological gamers. How would you know if your child is gaming too excessively? In this eye-opening and skill-based equipping workshop, parents will:

- Gain awareness of the trending video games
- Understand the symptoms and effects of gaming
- Be equipped with practical tips to better engage and manage their children in this game-crazy environment
- Be aware of the support avenues that focus on education, prevention and intervention work against internet and gaming addiction

There are two methods of registration:

Pupil can submit the registration form and cash payment to Mdm Lily Tan on 15/01 & 16/01/2018, at the school hall, during their respective recess time, from 9.30 am to 11 am.

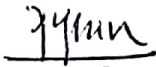
OR

Pupil can submit the registration form and cash payment to the General Office, in a sealed envelope, Attn: Mdm Lily Tan. Please indicate your child's name & class on the envelope. Registration closes on 16/01/2018.

For enquiry, you may contact our FMS Coordinator Mdm Lily Tan via message to her mobile: 9069-2777, or email: [lily.sfe.sss@gmail.com](mailto:lily.sfe.sss@gmail.com)

Thank you for your support and partnership in the growth of your child/ward.

Best regards,



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Mdm Sun Poh Yoke  
School Counsellor

