



Dear Parents/Guardians,

FAMILYMATTERS@SCHOOL (FMS): PROGRAMMES FOR JAN – MAY 2015

In the beginning of the new school year, 2015, BHPS (FMS) plans to organise the following programmes for all parents. Balestier Hill Primary School aims to bring Family Life Education awareness to more parents with the following objectives:

- To inspire parents with tips on giving their children a deep sense of identity and belonging.
- To provides talks & workshops focusing on joyful parenting, life skills and positive character building.
- To empower families and strengthen marriages, as these are the foundations of a good society.

Date & Time	Title of Event	Synopsis	Speaker
03 Jan 2015 (Sat) 9.00 – 11.30 am	Shared Parenting for parents & Photo Frame for pupils	In this fast paced society it is difficult and rare for parents to reflect on the effect of their parenting role and the parent-child relationship. As a result, the parenting process is seldom the result of basic decisions made consciously and thoughtfully.	Mr Clement Ong
31 Jan 2015 (Sat) 9.00 am -12 noon	Supporting Your Child to PSLE	This workshop seeks to equip you with tools to journey with your child. Coverage on: • Positive Thinking • Motivational Techniques • Discover Your Child's Intelligences • Find out about your child's Learning Style • Setting SMART Goals and action plans • Parenting Styles • Adopting a Growth Mindset	Mr Johnny Ong
23 Jan 2015 (Fri) 7.00 pm – 9.00 pm OR 4 Feb 2015 (Wed) 8.30 am – 11.30 am	Parenting Styles	This workshop shares the different parenting styles and their effects, help participants understand their own natural style, and how to become better parents.	Mr Michael Chua
28 Feb 2015 (Sat) 8.00 – 10.00 am	Breakfast with Dad	This workshop opens to P1 & P2 only - for father and child to enjoy preparing breakfast together. They will experience together fun and awareness as a father & child team.	Facilitator - Centre from Fathering
10 Apr 2015 (Fri) 6.45 pm – 9.00 pm	Discipline Strategies that work	Proper Discipline and boundaries are essential for the child's development and self-discipline. The child will be grateful to the parent for the process.	Speaker from Built 2 Last Training
18 Apr 2015 (Sat) 9.00 am – 12 noon	Aces Goes Places Together	Bonding Event – Parent & Child This workshop aims to help parents to know how their children can succeed in their own terms. Parents will learn how to help their children turn adversity into opportunity, from seeing themselves as losers to winners and not giving up on themselves	Morning Star trainers
23 May 2015 (Sat) 9.00 am – 12 noon	Parenting, the DISC way	Parenting the DISC way is a simple tool that raises every parent's awareness that each child is unique. Whether the child prefers fast pace or slow pace, is people or task oriented, the first step to effective parenting is to embrace the truth that "Awareness and Acceptance bring change."	Pivotal Lifeskill



In order to help us make the above programme planning more effectively, your interest in the topics and sessions are very important to us. We warmly invite you to sign up for programme/s that will be of interest to you.

If you are interested in our January & February 2015 events, kindly use this concise flyer for the events interested with enclosed payment for the events that you are attending. You can, at the same time indicate your interest in April & May events. Registration and details of the April & May talks and events will be coming to you in Term 2.

There will be a small fee of \$3.00 per pax or \$5.00 per couple or parent & child pair for each event. Light refreshments will be served at these events.

Kindly indicate a YES/NO on each of the events listed on the reply slip, and ask your child to return it to the form teacher or to the General Office.

Jan – May 2015 Events Participation & Registration

Non-refundable registration fee is \$3.00 per pax/\$5.00 per couple or per parent & child

Kindly attention your registration slips & fees to Mdm. Elizabeth Tang in an envelope and ask your child to hand it to either form teacher or General Office.

Table with 5 columns: Date & Time, Event Title, Speaker, *Please indicate Yes/No, Fee Paid- Please indicate amount. Rows include events like 'Shared Parenting', 'Supporting Your Child to PSLE Parenting Talk', 'Parenting Styles', 'Breakfast with Dad - Father & Child only', etc.

Name of Pupil: _____ Reg. No. _____

Class: _____

Name of Parent: _____

Total Paid: _____

Contact No: (Mobile) _____ (Home) _____

Vegetarian – Yes/No

Email: _____

For official use: Amount Collected: _____ Collected by: _____

Parent's Signature

Date