



Anglo-Chinese School (Primary)  
School Family Education & Parent Support Group

**2<sup>nd</sup> PL Parents' Conference 2010:  
GROWING A FAMILY TOGETHER**

**Date** : 27 March 2010 (Sat)  
**Time** : 2 to 6pm (Please be seated by 1.45pm)  
**Venue** : Paya Lebar Methodist Girls' School (Sec)  
206 Lorong Ah Soo Singapore 536748  
**Fee** : \$10 (adult); \$5 (child 11-14 years old)  
**Guest of Honor** : Ms Denise Phua (MP Jalan Besar GRC)

Organised by:  
Paya Lebar Methodist Girls' School (Sec) & Parents-School Support Group

Workshop	Speaker
<p><b>Workshop 1: The Joy of Family</b></p> <p>Strong family ties and support are the anchors that help see family members through the challenges of life. That is why we are born into a family! It is a family that we go back to after a hard day at work. When we are back home, the family is like our fortress where we find peace and security. But it is not always true when there is family strife and discord. Like marriage, we need to put in effort to build and grow a strong family through nurturing relationships. Come to discover how to use the 3As to grow a family together.</p>	<p><b>Mr Jeffrey Goh</b> was a school teacher and is a retired Major from the Singapore Armed Forces. He has been a Management Trainer for Civil Service College, Singapore Institute of Management, Management Development of Singapore and many others for the last 17 years. His work has brought him to China, Hong Kong, Thailand, Philippines, Indonesia, Cambodia and Malaysia. He is married to Alice and they have two grown up children.</p>
<p><b>Workshop 2: Teaching Values Through Humour</b></p> <p>One of the most important roles as parents is to be a coach of values to children. The teaching of values need not be a dull and sober affair but a fun and enjoyable bonding experience. This is where humour comes in. The power of humour lies in the fact that somehow, life's serious lessons are best learnt when you can laugh heartily about them. In this workshop, participants will learn about why humour is a powerful tool for coaching and bonding; the moral values that can be taught through humour and good ideas on how to use humour as a teaching tool.</p>	<p><b>Mr George Ong</b>, a father of three teenagers, is a public speaker who has spoken in many organisations and schools. He is an engaging communicator and his communication is always marked with a touch of humour. To date, he has written 12 humour books which have been very well received by both the young and old. Not too long ago, he and his humour books were featured in a highly popular column in the Sunday Times.</p>

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<p><b>Workshop 3: Charting Your Family’s Road Map</b></p> <p>Increasingly, there is a dawning realization that it’s hard to impact a child’s life unless we target the family as a whole. An area that is often overlooked is parents taking the time to plan the purpose and direction of their family. Tough questions need to be asked: ‘What qualities do we want to see our child possess? What values do we uphold as a family? What issues do we want to or need to address with our children and when?’ This workshop will help you reflect on the goals you would like to have for your family. It will guide you through the key steps to take as you chart a road map for your family and leave a legacy for your children as you journey through life with them.</p>	<p><b>Dr. Foo Fung Fong</b> is a qualified medical doctor who left medical practice to serve disadvantaged children, youth and families in the community. She currently serves as Deputy Executive Director at Yong-en Care Centre. Dr. Foo is a qualified Family Life Educator and Trainer. She believes in building resilience in children and youth. She brings a wealth of experience on family and parenting issues, with her medical background, as well as her work in the Social Services and in her role as wife to her husband and mother to her 3 teenage children.</p>
<p><b>Workshop 4: Engaging the Family in Sexuality and Social Emotional Issues</b></p> <p>While our students are taught to understand and respect the attitudes, values and beliefs regarding sexuality, our parents need to be educated from the school’s standpoint and to integrate it in their family values. It is important to be able to talk about sexuality issues together as a family. This workshop will discuss the importance of talking about sexuality issues together as a family, to provide parents with some tips on how to talk to their children about sex and also give some practice in communicating with their children about sexuality matters.</p>	<p><b>Ms Amy Ser</b> began her epic journey as a teacher, Discipline Mistress and Head of Department in Science and Pupil Well-being. In 2001, she completed her Masters in Education (Counselling in Education) in Bristol, UK. As a former MOE Senior Guidance Specialist, she provided consultation to schools in the area of Social and Emotional Learning, which includes Sexuality Education. Amy has been actively giving public talks, training teachers, counselling students as well as supervising school counsellors.</p>
<p><b>Workshop 5: Dads for Life</b></p> <p>Someone once said that it is easy to become a father, but hard to be a father. Many families see fathers primarily as the guy who brings home the bacon but fathers make a tremendous difference in the lives of their children. Children who are raised with involved, responsible and committed fathers do better in school, life, and work. This talk helps parents to appreciate the impact of fathering on our children, and what we can do to give our children the ‘fathering’ advantage in our busy fast-paced world. You, Dads, can make a difference for your next generation!</p>	<p><b>Mr Jason Wong</b> is currently the Director, Rehabilitation, Protection and Residential Services Division, MCYS. He was formerly the Deputy Director cum Chief of Staff of the Singapore Prison Service before joining MCYS. He was Chief Executive Officer of Singapore Corporation of Rehabilitative Enterprises (SCORE) as well as Chairman of the Yellow Ribbon Project Organising Committee.</p>
<p><b>Workshop 6: Different Gems Different Shine</b></p> <p>Everyone is unique. Like a polished gem which will glitter from its own facet, every individual in the family will glow when each accepts, appreciates and affirms one another’s unique personality, strengths and talents. Like a multi-faceted precious diamond, the family too can grow and glow together in harmony. This workshop will help you understand and</p>	<p><b>Mrs Chua Yen Ching</b> is an exemplary teacher and educator, with more than 25 years of teaching and educational experience in many secondary schools in Singapore. She was formerly the Deputy Director, Sciences Branch, Curriculum Planning and Development Division, at</p>

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<p>undergird your children from who they are to who they could be. Real life transforming stories will provide special nuggets for you to grow the family together. There is a star in every child and everyone can shine.</p>	<p><i>Ministry of Education. She is the founding Principal of Northlight School. Under her pioneering leadership, Northlight School today is credited as the leading school for students with difficulties handling the academic mainstream curriculum in the country. She was also awarded the Public Administration Bronze Medal and Public Administration Silver Medal in 2000 and 2007 respectively in recognition of her service to education.</i></p>
<p><b>Youth Workshop: Loving Me Loving You</b></p> <p>Being a tween/ teen today is not all that enjoyable and relaxing. Stress seems to be pouring in from all areas – heavy school load, examinations, societal expectations, peer pressure, and to top it all, demanding parents who set sky-high hopes on us. They are always complaining about our disobedience and we are always upset about their lack of understanding. All the fights and cold shoulders do nothing except to add on to our pressure list. Instead of getting frustrated and rebelling against them, have we ever wondered that perhaps we can play a part in helping them to be better parents?</p>	<p><b>Mrs Stella Koh-Tan</b> is a counsellor cum trainer with Yong-en Care Centre, providing counselling, conducting talks, lifeskill programs in Primary Schools to Junior Colleges. Stella holds a Specialist Diploma in Counselling Psychology and is also a certified administrator for DISC Personality Profile System. Being a mother of 2 girls and at the same time working with students, have given her a balanced perspective from both worlds. This has sparked off her passion to help parents raise healthy and happy children.</p>



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**Registration Form** (single person registration)

This registration form is for an adult / a child (please circle)

Name (IN CAPITAL LETTERS): \_\_\_\_\_ Mr/ Mrs/ Ms (*pls circle*)

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Home No: \_\_\_\_\_ Mobile no: \_\_\_\_\_

**WORKSHOP CHOICE:**

Kindly indicate your top 2 choices\* with "1" (most preferred) and "2" (next most preferred).

\*Workshop registration will be on a first-come-first-serve basis.

	Workshop 1: The Joy of Family by <i>Mr Jeffrey Goh</i>
	Workshop 2: Teaching Values Through Humour by <i>My George Ong</i>
	Workshop 3: Charting Your Family's Road Map by <i>Dr Foo Fung Fong</i>
	Workshop 4: Engaging Your Family in Sexuality and Social Emotional Issues by <i>Ms Amy Ser</i>
	Workshop 5: Dads for Life by <i>Mr Jason Wong</i>
	Workshop 6: Different Gems Different Shine by <i>Mrs Chua Yen Ching</i>
	Youth Workshop: Loving Me Loving You by <i>Mrs Stella Koh-Tan</i>

Kindly submit the completed form with attached cheque made payable to "**Paya Lebar Methodist Girls' School (Secondary)**" before **17 February 2010 (Wednesday)**. Write your name, your contact number, your son/ward's name and class, as well as the words "SFE talk" on the underside of the cheque. Your registration may be dropped at our school's General Office.

For enquiries, please contact Christina Tan at 81387713 or [acsp.sfe@gmail.com](mailto:acsp.sfe@gmail.com).