



MAYFLOWER PRIMARY SCHOOL

200, ANG MO KIO AVENUE 5

SINGAPORE 569878

TELEPHONE: 64520849 FAX: 64534116

<http://www.mayflowerpri.moe.edu.sg>

27 June 2017

Notification: 044/2017

Dear Parents / Guardian,

Parenting Workshop: Helping Children Handle Exam Stress

Synopsis:

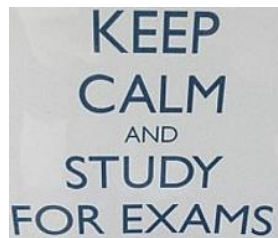
To adults, childhood can seem like a carefree time. But kids do experience stress. Things like school and social life can sometimes create pressures that can be overwhelming for kids. There are many other reasons for stress experienced by students. Some students become stressed when they cannot meet the demands of the school and studies. Lack of self esteem, problems with friends at school, separation or divorce of parents, love failures, etc. are some other reasons. High expectations of parents and teachers result in stress in some students. Taking part in too many activities and financial problems can affect students too. An unsafe living environment or death of a loved one may also result in stress. As a parent, you cannot protect your kids from stress — but you can help them develop healthy ways to cope with stress and solve everyday problems.

In this workshop, you will learn about the sources of stress that Primary students face and coping techniques to help them manage their stress well.

Speaker:


Irene Ong is a dynamic ACTA (Advanced Certificate in Training and Assessment) certified trainer and a mother of three children. A supporter of life-long learning, Irene has a Master of Arts in Counselling. With a passion for strong family relationships, she specializes in marital and family therapy to help married couples and parents establish a sturdy family life. She is especially enthusiastic in the field of enhancing family relationships, always reaching out to touch the hearts of many parents whom she empathizes and connects with naturally.

She has been actively involved with schools and the public on parenting talks, students talk as well as youth workshops. Irene hopes to equip parents with proven practical techniques and skills as well as her personal stories, to inspire them in sailing smoothly through their parenting journey in a more enjoyable and less stressful mode.



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<p>Date : Thursday, 13 July 2017</p> <p>Time : 8.00 a.m. – 10.00 a.m.</p> <p>Venue: Heritage Gallery Mayflower Primary School</p>	<p>* Scan and register</p>  <p>http://tinyurl.com/kor5r3l</p>
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For more details and registration, please **scan the QR code (URL link provided) or SMS Ms Elsa Yeo @ 97333572 by 3rd July 2017**. Kindly register early to avoid disappointment.

Please indicate the following in your SMS:

- 1) Workshop date
- 2) Full Name of participant(s)
- 3) Mobile Number
- 4) Email address
- 5) Child's Name
- 6) Child's Class
- 7) First time attending parenting workshop? Yes / No
- 8) Halal Food : Vegetarian / Non-vegetarian

UPCOMING PARENTING TALKS:	
3 August 2017	Nurturing a confident child

Thank you for your support.

Yours sincerely,

Mdm Lynne Ong
FamilyMatters@School Liaison Officer

Mdm Thilagamani T S
Vice-Principal

**To scan QR code - You need to download QR Code reader in your phone, be it Android, Blackberry, iPhone, Palm OS or Windows mobile.*

*** In the event of low registration rates, we will cancel it by informing parents 1 week before commencement of the workshop.*

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