



MAYFLOWER PRIMARY SCHOOL

200, ANG MO KIO AVENUE 5

SINGAPORE 569878

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

30 July 2018

Notification: 060/2018

Dear Parents / Guardian,

Parenting Workshop: Helping your child cope with exam stress

Synopsis:

STRESS is the catch word of present day society. And now, our children are subjected to it too. Of course, not all stressors are bad; in fact, they often propel us to greater heights. However, like fire, if we allow stress to dominate and master us and our children, it can be very destructive, affecting our health, relationships and even our very being. Hence, it is important to know, to arrest and eventually to master stress. Indeed, the very art of Managing Stress.

In this highly interactive workshop, parents will first be given an over-view of the various types of stress and its impact (negative/positive) affecting our children as well as some common symptoms to look-out for. Next, in the context of school and examinations, issues that cause anxieties and stress in children will be discussed. And finally, principles and tips on developing and strengthening our child's coping mechanism will be explored.

Speaker:

Mr. Nicholas Choo holds a B.A. in Psychology with Trent University, and a M.Th. from Ontario Theological Seminary in Canada. He is also a certified Train-the-Trainer administrator for DISC Personality Profile. He is a much sought-after trainer by schools, charity and corporate organisations.

As a Principal Trainer of HistoryMakers, Nicholas not only conducts but also writes many original and novel training packages on personal and interpersonal life-skills development, character and team building development, leadership development, marriage and family-enrichment programmes, creative presentation skills and a number of motivational talks.


Over the years, Nicholas has organised and conducted workshops and camps in more than 200 primary and secondary schools and charitable organisations in Singapore, Asean countries, Hong Kong, Taiwan, Shanghai and New Zealand. In addition, he does a repertoire of leadership training packages for teachers and parents on creative management, family life and work.

Nicholas has been in the training profession for more than 30 years focusing primarily on children, youth and parents. His deep interest in the family has also led him to provide counselling to individuals, groups and families.

Mayflower Primary School | Our Pupils, Exemplary Citizens of Tomorrow





<p>Date : 23 August 2018, Thursday</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>https://tinyurl.com/MFPSHandleStress</p>	

For more details and registration, please **scan the QR code (URL link provided) or SMS** Mdm Elsa Yeo @ 97333572 by 10th August 2018. 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

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, 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.*