



# KENT RIDGE SECONDARY SCHOOL

## FamilyMatters@School Parenting Talk



FAMILY matters!

Dear Parents/ Guardians,

As part of our continual effort to provide a holistic education for our students, the school through FamilyMatters@School, an initiative by the Ministry of Social and Family Development (MSF), will be conducting parenting talks, which aim to equip parents with effective parenting skills to enhance their family life. The parent-child relationship affects the child's academic achievements and their development. As part of the school's outreach efforts to parents, we will also be conducting 'Breakfast with Principal' sessions, which provide platforms for the school to engage parents in the education of their child. Given below are details of the Breakfast with Principal and parenting talks conducted in Semester 1:

Date	Title of Talks	Speaker	Time/ Venue
8 March 2019 (Friday)	<b>Breakfast with Principal (Sec 1 Parents )</b>	SL, HOD, ECG Counsellor	8–9am Library
	<b>Parenting Talk : Transition To Secondary School</b> Many parents get puzzled over the radical change in their child when they transit from primary to secondary school. The key factor is due to the brain development that takes place during the puberty. This talk aims to equip parents with the key to effective parenting on how to understand teen's development when they cross puberty stage.	Ms Christabel Hong	9-11am Library
5 April 2019 (Friday)	<b>Breakfast with Principal (Sec 3 Parents )</b>	SL, HOD, ECG Counsellor	8–9am Library
	<b>Parenting Talk: Teach Your Child to Resolve Social Conflict Effectively</b> It is common to hear parents complain that their children have difficulties getting along with their family members & peers. Instead of using effective ways to resolve the issue, they resort to fights, hurt and jealousy. This talk aims to equip parents with effective methods in helping the child to manage their conflict and emotion for their relationship in and outside of home.	Ms Christabel Hong	9–11am Library
12 April 2019 (Friday)	<b>Breakfast with Principal (Sec 4 Parents )</b>	SL, HOD, ECG Counsellor	8–9am Library
	<b>Parenting Talk: Managing Exam Anxiety and Stress</b> Examinations has always been an essential part of our education system. Some children experience high anxiety over it while others appear very indifferent. How can we, as parents, respond to these different reactions? This workshop aims to equip parents with practical tips to manage exam anxieties, help the child to perform at their peak during exams and effective rewarding system.	Dr Richard Loh	9–11am Library
3 May 2019 (Friday)	<b>Breakfast with Principal (Sec 2 Parents )</b>	SL, HOD, ECG Counsellor	8–9am Library
	<b>Parenting Talk: Effective Ways to Manage Your Teen's Emotions - Enhance Your Child's Emotional Regulation</b> Parents often misunderstand when their child exhibit emotional tantrums. This will result in emotions being suppressed within the child. When well regulated, emotions provide great energy for accomplishing many kind of tasks. This talk will equip parents with ways to help the child release these emotions effectively and to guide the child on the effective paths to take in managing various feelings and behaviours.	Mr Richard Lim	9–11am Library

For more details about any of the talks, feel free to enquire with our Family Matters coordinator (Ms Jackie Kok) at [sfe.krss@gmail.com](mailto:sfe.krss@gmail.com) or **6773 1127 ext. 127**. We look forward to your continued support towards our school programmes.