



## Family Matters @ Chung Cheng High School (Main)

### Parent-Teen Bonding workshop cum Soap Making “Topic: Nurturing Your Child Wellness in School Exam”



**Date:** Saturday, 16<sup>th</sup> April 2016

**Venue:** Chung Cheng High School (Main)

**Time:** 9.30 am – 1.30 pm

**Participants:** One parent and one child per family (20 pairs limited for soap making only- on first come first serve basis)

**Fees:** FOC (All costs fully borne by Family Matters @ School)

Exams are an inevitable part of your child’s school life. It does not need to be a painful one if you are able to nurture your child holistically to face the challenge. The ways to help your child deal with exam stress can be vast and diverse, ranging from practical things like having healthy food, getting organised and the necessary support needed for exam revision. To ensure the wellness of the child is taken care of, approaches on the child’s cognitive, emotional and social aspects have to be motivated and geared, along with the intrinsic learning and resiliency mind-set skills to achieve success for this milestone.

#### **Profile of speaker (Mr Adrian Choo )**

Adrian has been a trainer with extensive experience in conducting parenting and student courses in Singapore, Malaysia, China and Taiwan. Adrian previously held the position of Principal of Boys’ Town Alternative Schooling at Boys’ Town, managing the staff and youth-at-risks. Previously received training from the President of Singapore Psychological Association, Adrian held the Principal Trainer position in a brain-training centre directed by the President. Over the years, Adrian has been invited as a guest speaker (with MSF) to conduct parenting talks in various schools, organisations as well as churches. Adrian holds a Bachelor in Business Administration; Specialist Diploma in Educational Psychology; Advanced Certificate in Training and Assessment (ACTA); Diploma in Adult and Continuing Education (DACE); and Certificate in Dyslexia Studies and Learning Disabilities.

**To sign up for this parenting talk, please register via SMS and provide the names of parents and name/class of the child to our Family Matters @ School Coordinator, Mdm Eileen Tay. Her contact number is: 9862 2652**