



丰嘉中学 HONG KAH SECONDARY SCHOOL

931 Jurong West Street 42, Singapore 649370
Tel: (65) 6567 9655 | Fax: (65) 6567 9665
<http://www.hongkahsec.moe.edu.sg>

<p>Parenting Talk 1</p> <p>Topic: 5 More Minutes Please? Understanding, Preventing and Overcoming Excessive Gaming Habits</p> <p>Date: 22 July 2017 (Saturday) Time: 9.00am to 11.00am Speaker: Michelle Lee, Touch Youth</p> <p><u>Synopsis:</u></p> <p>What is so interesting about the video games children and youths can spend hours sitting in front of computers and mobile devices playing? How would I know if my child is gaming too excessively?</p> <p>In this eye-opening and skill-based workshop, parents will be brought on a journey to discover the world of gaming to understand why children and teenagers are so hooked to games. Our dynamic speaker will share about the symptoms and effects of problematic gaming as well as real life success stories from our counselling cases. Participants will also be engaged in discussions facilitated by our experienced speaker and equipped with some relevant practical tips to better engage and manage their children and youths in this game-crazy environment.</p>	<p>Parenting Talk 2</p> <p>Topic: Managing Exam Anxiety and Stress</p> <p>Date: 26 August 2017 Time: 9.00am to 11.00am Speaker: Ms Sarojini Padmanathan, CAFÉ'</p> <p><u>Synopsis:</u></p> <p>Examination has always been an essential part of our education system. Some children experience high anxiety over it while others appear totally indifferent.</p> <p>How can we, as parents, respond to these different reactions? What can we do with those who could not be bothered?</p> <p>How can we help our children to perform at their peak during exams?</p> <p>In this workshop, we will discuss :-</p> <ul style="list-style-type: none"> - What stress is - Sources of stress - How to recognise when stress gets out of hand - Practical tips to manage exam stress
--	---

-----**RESPONSE SLIP**-----

Please return to your Form Teacher by 7 July 2017.

We will / will not be attending the parenting talk.

Name of Student: _____ Class: _____

Parents attending: _____ & _____ Signature Of Parent: _____

Mobile No: _____ Home: _____ Email Address: _____

We will be attending the following talk: (please tick below)

Topics	No. of People Attending
Parenting Talk 1 5 More Minutes Please? – Understanding, Preventing and Overcoming Excessive Gaming Habits 22 July (Saturday) 9am to 11am	
Parenting Talk 2 Managing Exam Anxiety and Stress 26 August 2017 (Saturday) 9am to 11am	



Vision: An organisation of **STARS** who are **Strong** in Character, **Thinking** and **Caring**, **Aspiring** for Excellence, and **Ready** to serve Singapore and beyond