

Admiralty Secondary School
FamilyMatters@School Programme for 2019

Date / Time	Programme	Synopsis
12/01/2019 Saturday 9.00 am – 12.00 pm	Parenting Talk Managing Changes in Secondary One Speaker Mr Bryan Tan, Principal Trainer <i>Leading Arrow Training Consultancy</i>	Becoming a teenager is an exciting time for your children. Besides transiting into a new school with new academic expectations, your child undergoes different developmental stages physically, emotionally, socially and mentally. New changes may also take place in areas of dressing, behaviour, style and mannerisms. This workshop focuses on empowering parents to help their child cope with the transitions in the teenage years, as well as the influence of Youth Culture and its corresponding issues. It will also detail quick practical strategies to achieve effective communication between Parent and Teens.
22/02/2019 Friday 7.45 pm – 9.45 pm	Triple P Level 2 (Seminar 1) Raising Responsible Teenagers	Raising Responsible Teenagers introduces parents to formula for promoting healthy family relationships. Key ingredients are: <ul style="list-style-type: none"> • Encouraging teenagers to be involved in the family decision-making • Be respectful and considerate • Be involved in family activities • Have a healthy lifestyle • Be reliable and assertive
02/03/2019 Saturday 8.30 am – 12.30 pm	Father-Child bonding Kite Making & Flying @Marina Barrage	Amazing things can happen when a family comes and do things together. A family that bonds together will be a family that is united forever. Spending time as a family will strengthen family relationships and avoid the pitfalls of having the family disconnected during the child's crucial developmental stages. Different arts and crafts activities focus on different skill arenas, from development of Thinking Skills, Relating Skills, Feeling Skills, to Coordinating Skills. These skills require parents' encouragement, praise, patience, communication and guidance in the process of the activity to meet the needs of their developing child for building of a strong foundation of parent-child relationship.
30/03/2019 Saturday 9.00 am – 11.00 am	Triple P Level 2 (Seminar 2) Raising Competent Teenagers	Raising Competent Teenagers presents a formula for helping teenagers make the most of their time at school. This includes encouraging teenagers to develop self-discipline, be a good problem-solver, establish good routines, get involved in school activities, follow school rules, and have supportive friends. These competencies enable children to do well both at school and beyond.

26/04/2019 Friday 7.45 pm – 9.45 pm	Triple P Level 2 (Seminar 3) Getting Teenagers Connected	Getting Teenagers Connected helps parents with ways to encourage teenagers to become involved in socially appropriate recreational activities with supportive friends. This includes encouraging teenagers: <ul style="list-style-type: none"> • To be confident • Be socially skilled • To plan ahead • Meet their commitments • Keep in contact • Take care of others
17/08/2019 Saturday 9.00 am – 12.00 pm	Parenting Talk Stress alert - Helping your child cope with stress Speaker Dr Agnes Tan, FamilyWise	Most parents naturally want their child to do well in school - to be happy, to learn and to thrive. While some children thrive in school, some others get very stressed out, especially in a competitive school environment. This stress may be from the people, school, home, or it may be from the child himself/ herself. Stress can affect the child's mental, emotional and academic well-being. As parents, it is important to know how to help our child cope with stress, including exam stress. Come learn some practical tips in this informative and interactive parenting talk.