



ZHENGHUA SECONDARY SCHOOL

91 Senja Road Singapore 677741 Tel: 6763 9455 Fax: 6763 3577
Website: <http://www.zhenghuasec.moe.edu.sg> Email: zhenghua_ss@moe.edu.sg

ZSS/LTPB1/2018/PSG/0238

30 April 2018

Dear Parents / Guardians,

through the Principal

RAISING YOUR FAMILY EMOTIONAL QUOTIENT (EQ) & DRY TERRARIUM WORKSHOP

The above workshop is organised by the Parent Support Group (PSG) to help parents to build a positive family culture. First part of the workshop will focus on Family EQ.

What is Family EQ? What role do feelings play in the building of strong and lasting parent-child relationship? How can the family work towards a more harmonious and happier family?

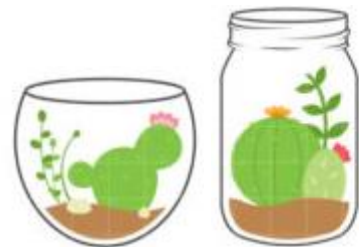
The “**Raising Your Family EQ**” workshop seeks to answer these questions and hopes to help families weave a strong tapestry of love, warmth and respect.

It aims to help parents

1. create a desirable and enjoyable family atmosphere for children to grow and learn.
2. understand and manage the power of feelings and the meaning behind those feelings.
3. listen and respond to their children’s feelings in such a way that will strengthen parent child relationship

The workshop will be conducted by **Ms Christabel Hong**. She worked as a mainstream school teacher for several years before becoming a counselling psychologist and an educational therapist. Her workshops are filled with many practical examples and strategies gleaned from her many years of working with students and parents.

The workshop will be followed by Parent-Child DIY Dry Terrarium Making session. Dry terrariums use cacti and succulents. Cacti and succulents are plants that store water in their stems, roots and leaves. Dry terrariums are easier to construct and much easier to maintain (a little water every two weeks). It is a good interaction platform for parents to practice the skills learnt from EQ workshop. This session will be conducted by **Mdm Koh KH**, Sec Three Year Head. Materials will be provided. One set per family.





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The details of the session are as follows:

Date/Time	Venue	Program	
19 May 2018, Saturday 9am to 1pm	Zhenghua Secondary School, Library (Level 1)	8.45am – 9am	Registration
		9am – 11am	Raising Your Family EQ Workshop (only for parents) Students to report in School Attire at 10.45am to assist in setting up for Dry Terrarium Workshop.
		11am – 11.15am	Refreshment Break
		11.15am – 1pm	Dry Terrarium Making session (Optional) <i>(One set of terrarium per family)</i>

If you are interested in attending this session, please register your interest via this link: <https://tinyurl.com/ZSSPSG3-2018> (or you may scan the QR code below to get to the link).

For further clarifications, you may wish to contact the FMS coordinator, Ms Amy at 96265256 or the PSG Coordinator, Mdm Koh at koh_khee_hoon@moe.edu.sg.

Yours sincerely,
Mdm Koh Khee Hoon
PSG Coordinator
Zhenghua Secondary School

