

Growing Up Registration Form

Mr./Mrs./Ms. _____

Tel: _____ (H) _____ (O)

_____ (HP)

Email: _____

Address: _____

No. of children attending workshop: _____

Name of child: (1) _____

(2) _____

Age(s) of children: _____

No. of parents attending workshop: _____

How did you get to know about this workshop? _____

**Please make cheque payable to Morning Star Community Services and enclose with completed registration form to Morning Star Community Services, Blk 261B Sengkang East Way #01-400 Singapore 542261
(Registration will only be confirmed upon payment)**

For official use: Cash Cheque

Bank/Chq no: _____

Amount : _____

Receipt no: _____

Hougang Centre



Morning Star Community Services Hougang Centre

4 Lorong Low Koon, Singapore 536450

Tel: 62851377

**Register early
to avoid
disappointment**

Terms & Conditions:

- Confirmed participation is on a first-come-first-serve basis and upon payment
- A minimum of 10 families is required to conduct the workshop



Connecting Families, Growing in Community



*Growing Up:
The Tween
Years!*

**A school holiday
programme dedicated
for the pre-teens/tweens**

Growing Up: The Tween Years!



What is this workshop about?

To Parents:

The pre-teen or tween years can be rather tough and awkward as your child is neither a teen or kid.

Being a pre-teen or tween is a stage in their lives where they will be forming social bonds with friends, and starting to care more about what their peers think. Kids in this stage usually want to grow faster, and make their own decisions. It is also the stage where kids don't want to be "kids" and they want to hang out with their friends without parent supervision, and they want all the privileges of being a teen, without any responsibilities.

To Pre-teens/Tweens:

You are highly participative – enjoy things that are fun and interactive.
You are highly connected – enjoy the use of internet and mobile phones.
You are achievement oriented – feel stressed and pressured to achieve better grades, pleasing parents, and having friends to be fit in.
Enjoy your growing up years!

Camp Details:

Day and Date of workshop:

Saturday, 11 December 2010

Time:

9.30am to 2.00pm (for preteens, lunch is provided)

2.00pm to 5.30pm (for parents and pre-teens)

Venue:

Morning Star (Hougang Centre)
No. 4 Lorong Low Koon
Singapore 536450
(Opposite Holy Innocents Pr School)
Tel: 62851377

Fee:

- \$35 per participant
- \$20 per parent

(Fee includes all stationery, materials, lunch and tea breaks)

Please call Nora at 63158812 for enquiries or email programs@morningstar.org.sg

What will be the learning?

As a pre-teen, you will learn:

- To identify and celebrate your strengths
- To identify and understand your feelings
- To get along better with your friends and parents
- To make responsible choices
- To be aware of cyber dangers

As a parent, you will learn:

- To understand your kid's emotions
- To help your kid to overcome challenges
- Ways to communicate effectively with your pre-teen

The workshop will include interactive fun games and activities, role-play and group

Who should attend?

The **workshop** is for students (**Primary 4-6 levels**) and their **parents**.

Registration Closing Date:
3rd December 2010