

*Community! That's the theme for our Parent Support Group in 2017. As the saying goes, "It takes a village to raise a child". Therefore our aim is to build Community in three areas: Community of Parents, Community with Teachers, and finally Community for Students.*

*A new executive committee was appointed and to continue to build on the good work of the previous committee, a few more activities were initiated, and we have seen an influx of enthusiastic new members joining us as their children start their formal education journey. Through these activities, we hope that we can continue to be a close-knit community of parents helping each other through their children's education in Meridian Primary.*



*Meridian PSG Committee 2017-2018*

*Building community with teachers is how the PSG hopes to encourage well-rounded students. Helping the teachers in areas whenever and wherever possible. Through Learning Journeys, Gardening around the school, and also Reading to the students, our purpose is to support the teachers in helping the students grow.*

*We aim to build community for students. We have parent volunteers going to school daily to support and assist the students during recesses. Through these daily interactions, we hope to be an example for the students in terms of graciousness and gentleness.*

*It is our desire that through our interactions with the school at large, the students of Meridian Primary will bloom and be the best that they can be. Not just in academics, but in character as well. And in doing so, to help nurture Future Learners, Future Citizens and Future Leaders of Singapore.*

*Anna Han  
Chairman, Meridian PSG*



*Meridian PSG Committee with Principal, Vice Principals and PSG School Coordinators*



# Community of Parents...

*1<sup>st</sup> Connect@PSG gathering – 3<sup>rd</sup> March 2017*

*On the morning of 3<sup>rd</sup> March 2017, the Meridian Parents Support Group (PSG) met at the School Canteen for the first Connect@PSG gathering.*

*PSG Chairman Mrs Anna Han led the parents in a bonding game. The group was divided into teams of 4 to 6 people. Each group had a list of 10 items that were required to collect along the long canteen table. Once the items were collected, the groups had to use them to design a logo that represented the partnership between parents and school. All the parents were not only multi-tasked but also very creative too. The empty canteen was suddenly filled with laughter and cheerful voices. The event was also served with fabulous food catered for both vegetarians & non-vegetarians. It was such a successful event. Everyone enjoyed getting to meet people, get to know each other and hearing their thoughts about the future events.*

*Many thanks to the school leaders Ms Liza (Principal), Dr Lau (Vice-Principal), and Mdm Gan (Vice-Principal), School Coordinators Mdm Masayu, Mdm Lee and Mr Mohan, and FamilyMatters@School Coordinator Ms Savi, who joined us for this event.*





## **2nd Connect@PSG (Dialogue session with Ms Liza) – 28<sup>th</sup> April 2017**

*The 2<sup>nd</sup> Connect@PSG session was held on 28<sup>th</sup> April which had a talk by Principal Ms Liza, in which she engaged parents in a focused group discussion on how parents and school can work together in supporting our children. The leader from each group presented their inputs to the rest of the participants and had healthy discussions.*



## **3rd Connect@PSG (Master Chef - with Parents) – 12<sup>th</sup> May 2017**

*As a part of 3rd Connect@PSG, a Master chef event was held on 12th May 2017.*

*The Master Chefs who taught the parents to bake 'Super Moist Eggless chocolate cake'. It was a real fun and an awesome bonding day.*





# Community with Teachers...

## Green Fingers Project

*The Green Fingers Project is an initiative for the Parent Support Group to work together with the teachers from the Science Department, in support of the school's eco-environment efforts. We have a few dedicated members who come in daily to help with watering and also weeding of the plants.*

*The Green Fingers Project also helped in the P1 Peanut planting this year. We helped with preparing the soil in planters, so that the Teachers would be able to carry out their lessons seamlessly.*

*This year, we will be entering in a competition by NParks and we have started our preparation and research to grow the longest lady's finger (okra) and the longest long bean.*

*These few projects have helped us work closely with each other. We have also learned new gardening tips and skills through working as a team.*



## Learning Support Programme (LSP) – Every Thursday

*The Learning Support Programme (LSP) for English is an early intervention programme aimed at providing additional support to students who are in need of help in improving proficiency in English. It is conducted once a week. Currently, we have 10 highly dedicated PSG members who devote their time and effort by encouraging and developing the reading skills in students.*





# Community for Students...

## Family Appreciation Day – 25<sup>th</sup> May 2017

As a part of Family Appreciation Day which is scheduled on 25<sup>th</sup> May 2017, the PSG members were engaged in a craftwork of creating photo frames using ice cream sticks for the children to give to their family members. The PSG members made almost 900 frames in 2 weeks and it was a great team effort. The photo frames will be distributed to students on 25<sup>th</sup> May 2017 after inserting their personal messages to their family into the frames.



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## Moving Forward...

We will be supporting the following school activities during 2<sup>nd</sup> Semester. Looking forward to meet more parents in the upcoming events.

- 4<sup>th</sup> Connect@PSG
  - Parent Talk
  - PI Registration
  - Meridian Games
  - National Day/Meridian Got Talent Celebration
  - Teachers' Day Celebration
  - Children's Day
  - Crafting Week
  - Movie Night
  - PSG Outing
  - Father & Child Camp
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# A Parenting Tip:

## *How to deal with the challenging tween years*

(By Eileen Hayes - Source: [www.supernanny.co.uk](http://www.supernanny.co.uk))

### *How to deal with the challenging tween years?*

*What happened to your angel? When the dreaded tween years arrive, you may suddenly find yourself dealing with backchat, lying and attitude - not to mention strange new music and fashion. Follow these discipline tips for children aged 7-12.*

- *A calm approach works best. Don't over-react or give it too much attention. Think about your example.*
- *When you have to insist on a rule, give reasons, but remain firm.*
- *Natural consequences can be useful. If he doesn't do his homework, he will be in trouble at school.*
- *Humour can work well for this age group. If children are whining, you can join in with a silly voice. "I don't want to go to work either - let's stay and play all day!"*
- *Use Rewards. Hugs and praise, a special outing, a DVD rental or a favourite meal are all good ways of showing your appreciation of good behaviour.*
- *Put sanctions in place - but only for serious misbehaviour. You could take away treasured possessions for a time, or suspend privileges and pocket money.*

### *Bagaimana untuk kita berurusan dengan tahun-tahun remaja yang mencabar?*

*Apa yang berlaku kepada anak-anak kita? Apabila tahun remaja datang, anda tiba-tiba mendapati diri anda berurusan dengan remaja yang suka bercakap kasar, menipu dan sikap yang tidak baik - mereka juga suka fesyen dan mendengar muzik yang aneh.*

*Marilah kita ikuti tips disiplin untuk kanak-kanak yang berumur 7-12 :-*

- *Pendekatan bertenang adalah pendekatan yang terbaik. Jangan terlebih bertindak balas atau memberikan banyak perhatian. Fikirkan tentang contoh yang kita tunjukkan.*
- *Apabila anda mempunyai peraturan yang kukuh, jelaskan sebabnya namun tetap tegas.*
- *Belajar dari pengalaman adalah yang terbaik. Jika dia tidak melakukan kerja sekolahnya, dia akan menghadapi masalah di sekolah.*
- *Humor sesuai untuk golongan ini. Jika mereka bersungut, anda boleh menggunakan suara yang lucu. "Saya tidak mahu pergi bekerja - Mari kita duduk dan bermain sepanjang hari!"*
- *Memberi hadiah, pelukan dan pujian, pergi bercuti, sewa DVD atau menghidangkan makanan kegemaran adalah cara-cara yang baik untuk kita menunjukkan penghargaan dan atas kelakuan mereka yang baik.*
- *Meletakkan sekatan di tempat - tetapi hanya kerana salah laku yang amat berat. Anda boleh mengambil barang-barang yang berharga bagi mereka untuk sementara, atau menggantung kebebasan dan wang saku mereka.*

父母如何应对青少年时期的孩子：

我们的宝贝到底怎么了？当孩子青春期来临，父母会突然发现他们要应付孩子的顶嘴、说谎、不当的态度等问题，更不用提还要面对孩子学业的督促和个人爱好的指导。

以下有几个小秘笈供父母参考：

- 一. 冷静地与孩子沟通。不要反应过度，父母可以分享一下自己小时候的经验。
- 二. 当父母必须坚持原则时，要用温柔而坚定的态度，跟孩子解释规则。
- 三. 与孩子解释必须承担的后果。譬如：如果他们花太多时间在手机和电脑游戏上，不仅占用了学习时间，还会影响他们的成绩。
- 四. 适当地使用幽默。譬如：当孩子发牢骚不想上学，父母也可以开玩笑似的说：“我也不想上班，我们就待在家玩一整天吧！”
- 五. 利用奖励制度鼓励孩子的好行为：可以是小奖品、拥抱、称赞、一次出游机会、准许租一片DVD来看，或让孩子享用他们最喜欢的餐点。
- 六. 当孩子有不当的行为时，还是要有适当的处罚。譬如：暂时没收他们心爱的物品或停止他们的特权。

சவாலான இடைபட்ட வயதினரை சமாளிப்பது எப்படி?

இந்த இடைப்பட்ட வயதினரிடையே திடீரென ஏற்படும் மாற்றங்கள்: சில துடுக்கான பேச்சுகள், பொய்கள், அணுகுமுறை, அவர்கள் கேட்கும் விசித்திரமான இசை, ஆடை அலங்காரம். இவைகள் உங்களை அச்சத்தில் ஆழ்த்துகிறதா? உங்கள் அச்சத்தையும் கவலையையும் போக்க, 7-12 வயது குழந்தைகளை ஒழுங்குபடுத்த, பெற்றோர்களே இதோ சில உபயோகமான குறிப்புகள்:

- அமைதியான அணுகுமுறையே சிறந்தது. அவர்களுக்கு எதிராகவோ அல்லது அவர்கள் செயல்கள் மீது அதிக கவனமோ செலுத்த வேண்டாம். உங்களுக்கு நடந்தவைகளை உதாரணமாகக் கூறிப்பிரியவைக்கலாம்.
- நீங்கள் ஏதாவது ஒரு ஆணை இடுவதாக இருந்தால், அதன் காரணத்தை மறைக்காமலும், தெளிவாகவும் கூறி அவற்றில் உறுதியாக இருக்கவும்.
- அவர்கள் வீட்டுப்பாடம் செய்யாவிடில் பள்ளியில் அவர்களுக்கு வரும் பிரச்சனை இயற்கையே என்று புரியவைக்கவும்.
- நகைச்சுவை அணுகுமுறை இந்த வயதினருக்கு மிகவும் ஏற்றது. சில சமயத்தில் குழந்தைகள் பள்ளி செல்ல புலம்பினால், நகைச்சுவையான குரலில் நீங்களும் வேலைக்கு சொல்லப்போவதில்லை என்றும், இருவரும் சேர்ந்து நாள் முழுவதும் விளையாடலாமா? என்றும் கேட்டுப்பாருங்கள்.
- வெகுமதி முறையை உபயோகப்படுத்தி பாருங்கள். அவர்கள் ஒழுங்காக நடந்துகொண்டால் பிடித்த இடத்திற்கு அழைத்துச்செல்வதாகவோ அல்லது பிரியமான உணவை வாங்கிக்கொடுப்பதாகவோ சொல்லுங்கள். அவர்களது நன்னடத்தைக்காக அவர்களை கட்டியணைத்தும், புகழ்ந்தும் உங்கள் பாராட்டுதலை வெளிப்படுத்துங்கள்.
- தீவிர தவறான நடத்தையின்போது, அவர்களுக்கு மிகவும் பிடித்த விஷயங்களுக்கும், சலுகைகளுக்கும், சொந்தச்செலவு பணத்திற்கும் சில நேரம் தடை செய்துவிடுங்கள்.



# Editorial

Dear Parents,

*This is our first Newsletter issue which we have prepared with an intention to share with you the PSG members' involvement in the school activities. We plan to publish it twice a year.*

## PSG in Meridian

*The Parents Support Group (PSG) in Meridian Primary School comprises of a group of enthusiastic parents who share a common goal with the school – to create a community that best supports the children's learning and development.*

*Our aim is to create a better, safer and enjoyable school environment for our children.*

*A new Committee has been formed during early 2017 to lead the team forward for 2017 and 2018. They are:*

<i>Mdm Anna Han</i>	<i>Chairman</i>
<i>Mdm Siti Rodiah</i>	<i>Vice Chairman</i>
<i>Mrs Hema Menon</i>	<i>Secretary</i>
<i>Mdm Winnie Ho</i>	<i>Treasurer</i>
<i>Mdm Angeline Ooi</i>	<i>Communications Liaison</i>

*We invite you to come forward to be a part of the Meridian PSG.*

*Please share your ideas with us by writing to [meridianpsg@gmail.com](mailto:meridianpsg@gmail.com)*

*Our sincere appreciation to all PSG members and all Meridian Teachers who supported us in preparing our first newsletter and a special thanks to Mdm Angeline, Mrs Emily, Mdm Siti and Mrs Lalitha for their contribution to the Parenting Tips section.*

*Thanks,  
Hema Menon  
Secretary, Meridian PSG*

*“Nothing you do for children is ever wasted” – Garrison Keillor*



*The Team - Meridian Parent Support Group  
(Parent Volunteers)*

