

PSG NEWS LETTER

CEDAR GIRLS' SECONDARY SCHOOL
PARENT SUPPORT GROUP

APR-JUN 2020
ISSUE NO. 2

Make the most of your time with these **ENRICHING ACTIVITIES**

E-reads from NLB

Borrowing a good cookbook and learning to cook new and healthy cuisines with your teenager is a fun bonding activity that may also provide many teachable moments. Listening to an audio-book as a family during meal times can be a fun experience too.



Start your own indoor garden. Be creative!

Donate or volunteer your time

During this challenging period of COVID-19, you can stay at home and contribute to relief efforts by donating or volunteering your time to local charities through **Giving.sg**. This may also help your teenagers develop empathy.

Dear Parents,

The Cedar Girls' PSG is happy to bring you the second edition of our newsletter. Find out how Cedarians have been coping with home-based learning (*pages 2 and 3*) and how parents are managing work, children and home (*pages 4 and 5*). The mid-year school holidays during the Circuit Breaker period will give Cedarians, teachers and parents a much needed respite. Let's take this opportunity to bond with our family and create some nice memories.

Stay active and healthy

Create a fun stay-at-home workout routine with your family using the many Youtube live streams and classes, apps and various social media platforms.



WHO ARE WE

We are the Parent Support Group (PSG) of Cedar Girls' Secondary School

MISSION

To support the school in the holistic development of our daughters so that they will grow into Leaders of Character

VISION

Partnering the school to bring out the best in our daughters

THOUGHTS

Staying home during the Circuit Breaker period: How are you coping with HBL?

Home-based learning (HBL) began on 8 April 2020 for all students in Singapore as part of an important measure to prevent the spread of COVID-19. With only a one-day trial prior to going full-time on HBL, how are the students adapting to this learning experience?

Seven Cedarians share their views.

Faith Cheng of 2H

Jayne Tong of 3O

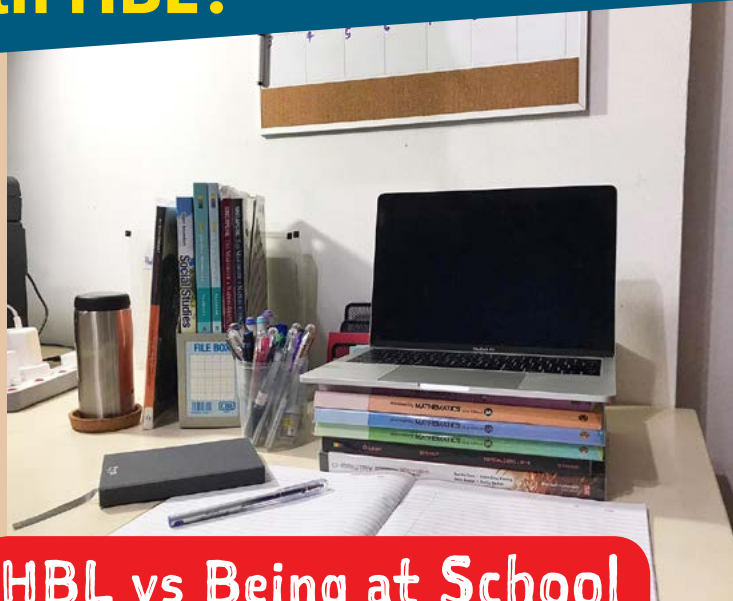
Khaliesah of 4C

Megan Wong of 2M

Neyati Umamaheswar of 1O

Sahana Subramaniam of 3P

Steffi Yeo of 2M



HBL vs Being at School

Faith: HBL allows me to complete my work at my own time before a deadline rather than doing it within a fixed timing.

Jayne: HBL makes me exercise self control as there isn't a lot of hand-holding unlike being at school where teachers are constantly there to support you.

Megan: I prefer real schooling as I understand better when I'm in school. Going to school makes me more happy and motivated as I get to spend time with my friends.

Neyati: I prefer regular schooling as I would be seated in front of my teacher and she can see my progress. In HBL, it is easy to get distracted as I have electronic access at my disposal and my teacher has less control over what I do.

Sahana: With HBL, I find that I have to do more independent study as teachers check my work less.

How are you coping?

Faith: HBL is not really stressful for me because I have support from my friends and teachers.

Khaliesah: When HBL began, I kept my phone at a corner and arranged my worksheets to get started on my work. Two days into HBL, I felt reassured that I could keep my discipline.

Megan: I'm doing okay. HBL can be a little stressful because of the lack of time I have to interact with the teachers.

Neyati: I think I am adapting to HBL well even though it can be quite stressful. I am becoming better at submitting my work on time and accessing the online resources provided.

THOUGHTS

Staying home during the Circuit Breaker period: HBL Perks and Perils

What do you enjoy most about HBL?

Faith: I can have more sleep so that I can focus better during lessons.

Jayne: The ability to nap when I am tired and the comfort of my home.

Khaliesah: The freedom to do things at my own pace. I am very grateful for the time that I have for myself.

Megan: It's a little more 'chill'!

Neyati: I am able to be at the comfort of my own home and study in a calm environment.

Sahana: Having more time to bond with family, play games and watch TV.

Steffi: Being able to get more rest.

How do you find this stay-home period?

Faith: Relaxing yet boring, as I am very used to interacting with many people. However, I get to spend more time with my family. My siblings and I try to bake together whenever we have time!

Jayne: I have been able to have more family lunches and dinners. Also, I am able to talk to my siblings more often.

Khaliesah: Manageable. I enjoyed HBL for the past four weeks but I do not wish for this stay-home period to extend for too long. I definitely miss my friends and teachers. Mostly, I miss the outside life!

Concerns about HBL

Faith: Missing out on some parts of the curriculum.

Jayne: I am concerned about exams when school reopens.

Khaliesah: One concern is how we would learn through the screen for a whole month, without the actual presence of a teacher unless it's a Google Meet.

Neyati: Poor wi-fi connections and technical issues that cause inconvenience to students and teachers during online lessons.

Sahana: I struggle with time management and tend to procrastinate my school work more.

Steffi: Whether I'll be punctual and if I'll understand what is being taught.

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Megan: It's pretty lonely and stressful having to live this home-based lifestyle instead of the usual daily going-to-school days. I use social media to help cure my boredom and to keep my sanity.

Neyati: It has allowed me to spend much more time with my family. We bond more as we play board and card games. However, being with my family all the time has also caused a few misunderstandings and arguments.

Steffi: I am doing great! I find this stay-home period enjoyable. I do my revision, talk to my friends online, play games and listen to music.

THOUGHTS

Has your **parenting style** changed while the family hunkers down at home?

During the circuit breaker period, parents have been facing many new experiences. Besides working from home, they also have to manage their children's online and offline learning. Normal activities such as going to the mall, meeting up for family gatherings and weekend outings have to be put on hold as the family hunkers at home. How are parents coping with this unprecedented situation?

During this stay-home period, **I have to be more attentive towards my family members' emotional state**, and not just food, studies and work. It has been quite challenging to manage the demands of both home-based learning and working from home.

Practising compassion, both towards self and others, and learning to compromise has helped my family to become more resilient. **I have relaxed my strict parenting style.** My children get more screen time now as it is the only way for them to socialise with their friends.

ADRIENNE CHIN, mum of Sec 4 daughter

This circuit breaker has given me a much-needed respite. I have more time to bond with my teenage daughter. Although we are all staying together as a family under one roof, there is this invisible force that 'separates' us - the Internet of Things (IoT).

To me, **the IoT has changed the landscape of parenting.** Performing my parenting role is already tough. Now I need to perform digital parenting roles as well!

JOCELYN KOH, mum of Sec 3 daughter

Life goes on the same in my household and the same parenting style is used during this time. I do not have to create a schedule for my children as they decide their own schedule everyday.

For me, **home-based learning (HBL) is a good time to observe how my children behave in front of their teachers during their live lessons and with their friends.**

During this stay-home period, I try to cook or buy my children's favourite food to help them de-stress. I give encouragement to my children constantly and take time to listen to them when they decide to share with me.

GOH YAR LAN,
mum of Sec 3 daughter



THOUGHTS

Has your parenting style changed while the family hunkers down at home?



As a mother to three children, staying at home 24/7 with the family can be challenging. My social circle is now confined to family members within the compound of my home. **I have to constantly be on my best behaviour** as my children are watching and learning.

Home based learning (HBL) is something new for me to manage. On top of being a provider as a mother, **my new roles include being a tutor and giving IT support.** The first week of HBL was overwhelming for me.

Overnight, my vocabulary broadened to include Zoom, Google Drive, Dropbox, Scanner App and various other apps and platforms. As learning is a lifelong journey, I guess it didn't hurt to learn extra new skills!

HBL requires lots more discipline as there are so many distractions at home. My children are constantly snacking and taking more than necessary breaks. Another thing about HBL is that all the social interactions and play my children get in school cannot be replicated in a home environment.

I would like to take this opportunity to thank all the teachers and school staff for working tirelessly to make HBL as effective as classroom learning during this period.

AMY LAI, mum of Sec 2 daughter

COME AND JOIN US! MOTHER-DAUGHTER ACTIVITY



ONLINE BAKING WORKSHOP
25 May 2020
3.00pm

BAKE WITH MAMA!

Looking for a fun mother-daughter activity? Come join our online baking workshop on **Monday, 25 May 2020 @ 3pm** for Cedarians and their mums, organized by the Cedar PSG.

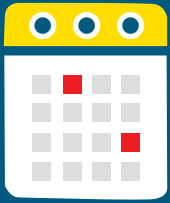
Let's virtually get together to bake some **delicious scones**. The Zoom baking workshop will be conducted by our own PSG baking specialist mum.

To register, please email your daughter's name and class to cedarpsg@gmail.com before 18 May 2020. We will email you the recipe and other event details to you.

TO THE WORLD, YOU ARE A MOTHER,
 BUT TO YOUR **FAMILY, YOU ARE THE WORLD.**

- UNKNOWN -

Happy Mother's Day!



ANNOUNCEMENTS

Updates on **events** and **parenting resources**

ACTIVITY	DATE / DAY	UPDATES
MOTHER'S DAY BONDING	16 MAY 2020 Saturday	CANCELLED due to the current COVID-19 situation. <i>Join the online baking workshop on 25 May 2020. See page 5 for more details.</i>
BEFRIENDER SCHOLAR OUTING	22 MAY 2020 Friday	CANCELLED due to the current COVID-19 situation.
YOUTH DAY CARNIVAL	3 JUL 2020 Friday	POSTPONED to a later date in October . Details will be provided once it is confirmed.

VOLUNTEERS NEEDED!

We are inviting parents of Sec 1 and Sec 2 students with interest and experience in design and writing to help out with the production of the quarterly PSG Newsletters. Those who are interested, please drop us an email at cedarpsg@gmail.com

Parenting Resources During Circuit Breaker

Check out the following videos from **Parenting Support Provider (PSP) Touch Community Services**:

HOW TO HELP YOUR CHILDREN TO MANAGE SCREEN TIME	https://www.touch.org.sg/about-touch/tips-and-resources/details/2020/05/05/home-front-web-series-learning-about-screens-together
HOW TO FOLD AN ORIGAMI TULIP FLOWER FOR MOTHER'S DAY	https://www.touch.org.sg/about-touch/tips-and-resources/details/2020/04/30/origami-tulip-for-mother's-day

CEDAR GIRLS' PSG EXCO 2020

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Jocelyn Koh
- Vice Chairperson 1**
Atul Kaslikar
- Vice Chairperson 2**
Vivi Jong
- Secretary**
Sumathi Subramaniam
- Treasurer**
Goh Yar Lan
- IT Support**
Abhijit Roy
- Assistant Secretary**
Rebecca Loke
- School Events**
Adrienne Chin
- Befriender Programme**
Koh Boon Hai
- Family Bonding**
Shirleen Chia
- Parents Engagement**
Amy Lai

MORE RESOURCES ON PARENTING SUPPORT

parenting@touch.org.sg

For parenting related enquiries

counselling@touch.org.sg / 6709 8400

For adult and family counselling services

1800 377 2252

For children and youth counselling services

CEDAR GIRLS' PSG CONTACT INFO:



Email us at cedarpsg@gmail.com



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