



## What Every Parent Needs to Know Parents' Evening by Julie Lam Wednesday 21<sup>st</sup> January at 7pm at Highgate House School

As parents we cannot "guarantee our children's happiness in later life, or protect them from loss and rejection. But we can dramatically influence systems in our children's brains that are key to the potential for a deeply fulfilling life" (Margot Sunderland)

All parents and friends are warmly invited to attend this evening. Watch out for the invitation to be emailed shortly. Our new resident psychotherapist, Emma Rhoda, will be present at this evening to introduce herself to parents.



Happy New Year and a warm welcome back to everyone! We hope you all had a joyful as well as a restful time over the Christmas holidays. We are now looking forward to a great year ahead for 2015!

Preparations are already underway for Chinese New Year as the next festival we bring to the children. It is an important and rich cultural one for us all to celebrate within our community and there will be crafts, special snacks, songs and stories to enjoy. Your child's teachers will update you in the diary notes on what will be happening within each group.

A very big thank you to all parents who helped make the Christmas Fair such a success – it was a hugely enjoyable event and we all managed to raise over HK \$27,000 for the Crossroads Foundation ([www.crossroads.org.hk](http://www.crossroads.org.hk)) Thanks to everyone for their hard work and to all who made donations.

## Parents Day

Parents Day is on Wednesday 28<sup>th</sup> January. All nursery and kindergarten families will receive an email inviting them to sign up for individual parent consultations so please look out for this. This is your opportunity to spend some private time with your child's teacher, to discover how your child is getting on in the class and to strengthen lines of communication to provide the best support possible. Please note that there will be no school on this day for the children of nursery, bilingual or kindergarten classes.

The English & Mandarin Parent/Carer & Child classes will be held as usual.

## Emma Rhoda

Starting in January Emma will be joining Highgate House as our in-house Psychotherapist offering support for the children and parents in our community. Emma can be contacted privately to arrange a consultation at [emma.rhoda@highgatehouse.edu.hk](mailto:emma.rhoda@highgatehouse.edu.hk).

Emma will also be joining the team who will be providing a wide range of workshops in our new parents area.

Emma has a BSc in Psychology, a Masters in Health Psychology and a Masters in Counselling. She has 10 years experience working in health-based services and schools both in the UK and Hong Kong. Emma has also worked at Highgate House as a class teacher and is the mother of a one year old.

Emma has extensive experience working with children, adolescents and adults who face a range of issues including anxiety, behavioural challenges, complications within relationships, parenting skills and social skills. Emma's areas of specialism includes different types of learners, in particular children with social thinking™ challenges, as well as physical health and illness related psychological issues.

Whatever issues a person might be facing, Emma creates a comfortable environment and facilitates exploration of these concerns. She supports people in identifying their inner strengths and promotes effective strategies for living.

## Workshops

We are planning the following workshops for the Spring Term: To register for any of the workshops below please email [info@highgatehouse.edu.hk](mailto:info@highgatehouse.edu.hk).

**Methods of Guiding Children -  
Workshop for Helpers/Caregivers  
Monday 26th January and Monday  
2nd February  
9.00am – 10.30am  
cost for 2 sessions \$500  
Amy Punton**

We will be looking at ways of understanding children and supporting their healthy development in the role of caregiver. We will see how to provide consistency and security in the family environment and nurture children's independence and imagination.

A crèche will be available for those requiring childcare during this workshop.



## **Taking Care of the Self**

**Tuesday 27<sup>th</sup> January**

**2.00pm – 4.00pm**

**Cost \$300**

**Julie Lam and Emma Rhoda**

Re-think your New Year's resolutions... do they include some great care taking of you! Many parents feel guilty taking care of themselves and feel that every drop of their energy should be poured into taking care of their children's needs. Taking care of yourself is essential to parent wellbeing. Find out how to help keep yourself in good condition and become more self aware in order to parent your children effectively.



## **Simplicity Parenting - Inspiration and a Blueprint for Change**

**Monday 2<sup>nd</sup> & Monday 9<sup>th</sup> March**

**9.30am – 11.30am**

**Cost for 2 sessions \$600**

**Julie Lam and Emma Rhoda**

Simplicity Parenting offers a simple, orderly and effective pathway to simplify family life to reduce stress on children and their parents, and “allows room for connection, creativity, and relaxation. It teaches parents how to worry and hover less-and how to enjoy more.”

Parents who take steps along this pathway find that their children:

- Are calmer and happier
- Do better socially and emotionally
- Are more focused at school
- Find it easier to comply with family rules
- Become less picky eaters

These parents also find that they themselves:

- have a clearer picture of what they value as parents
- are more united with each other in their parenting
- have more time and energy for connection, relaxation, and fun

To join this workshop please purchase the Simplicity Parenting book (found at book depository - [www.bookdepository.com](http://www.bookdepository.com)) and try to read at least the first 2 chapters to benefit from the first workshop.



### Monday Crafts

Our new parent area will be open every Monday morning from 9:00 to 10:30 with a variety of craft materials and an endless number of things to make! Please feel free to come and join us to learn a new skill, make a doll or even bring your own crafts and just have a coffee! All welcome! We will have a pricelist for individual crafts, to cover the cost of materials only.



### Chinese New Year Holiday

Our last day before the Chinese New Year Holiday will be Saturday 14<sup>th</sup> February. School will begin again on Monday 23<sup>rd</sup> February.

### Dates to Remember:

Curriculum Evening

Parents Day

Helper/Caregiver Workshop

Taking Care of Self Workshop

Simplicity Parenting

Last day Before Chinese New Year

First day After Chinese New Year

Wednesday 21<sup>st</sup> January

Wednesday 28<sup>th</sup> January

Monday 26th January & 2nd February

Tuesday 27th January

Monday 2nd & 9th March

Saturday 14<sup>th</sup> February

Monday 23<sup>rd</sup> February