

PSG NEWS LETTER



CEDAR GIRLS' SECONDARY SCHOOL
PARENT SUPPORT GROUP

VOL 2 ISSUE 3
OCTOBER 2021

Ways to bond with your teenage daughter



1 Spend time together. "Hangout with your daughter", having meals, window shopping, playing board games, cooking or baking, doing chores, exercising and volunteering together. Enjoy your time together doing these simple and fun bonding activities.

2 Be a good listener. A sympathetic ear may be all that your daughter needs at times. Listening without judgement may help you connect better.

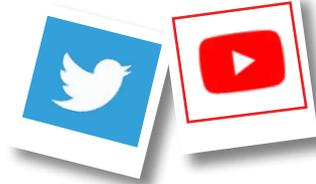


3 Show your support. Be interested in your teen's passions and interests. Learn more about her hobbies. Listen to her new favourite song or play her favourite video game with her.

4 Get to know her friends. Be active in your teen's social life and learn more about the group of friends who are important to your child.



5 Connect through social media. Engage with your daughter through social media platforms, understand her likes and dislikes and bridge the generation gap.



Dear Parents,

We and our daughters have resiliently made it to the end of another unprecedented school year.

As family bonding was the main focus of our PSG activities in Terms 3 and 4, we are happy to present you with the third issue of our Cedar Girls' PSG Newsletter which summarises these activities – 'Walk With Dad' (pages 2-5) and Dance Fitness (page 5).

Also don't miss the PSG contributions for Youth Day and Staff Day celebrations (pages 6-7).

A big thank you for your interest and active participation in our PSG activities this year and we look forward to the same enthusiasm next year too!

Come follow us on Facebook and Instagram for the latest PSG updates (page 7).

Happy holidays to all!



VISION
Partnering the school to bring out the best in our daughters

MISSION
To support the school in the holistic development of all Cedarians and nurture them to be Leaders of Character

FAMILY BONDING: WALK WITH DAD

Father and daughter bonding time at Botanic Gardens

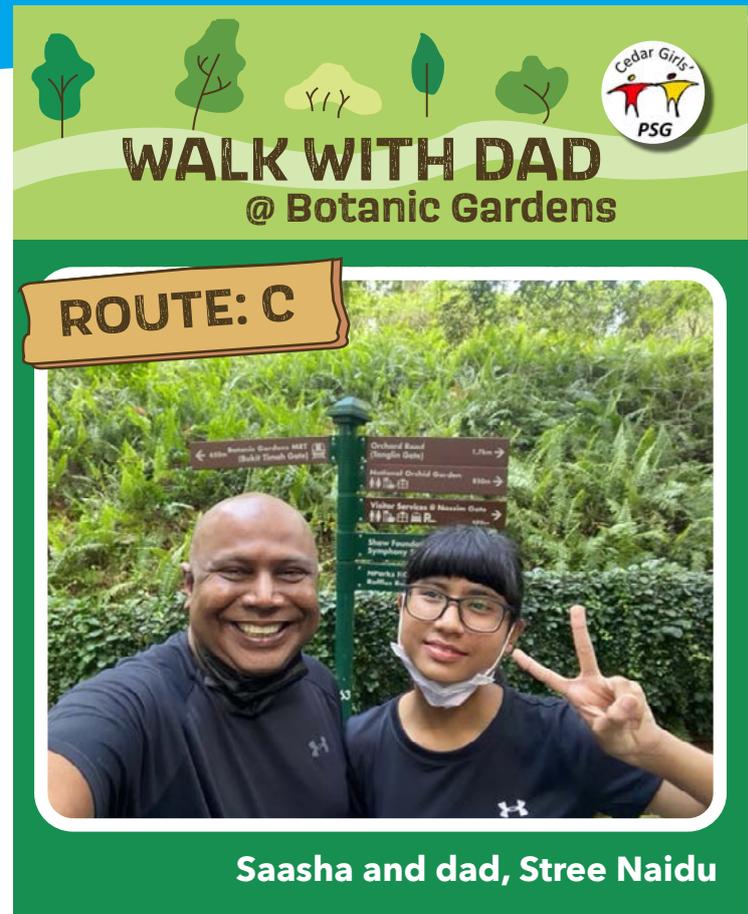
In Term 3, Cedarians and their dads were encouraged to go on a leisurely stroll at Botanic Gardens to enjoy nature and spend some quality father-daughter time together. There were three routes to choose for the **'Walk With Dad'** activity. Participants were given some optional challenges to make the walk more interesting. They could choose to locate four spots in the Gardens, spot some animals and use a list of questions provided to ignite a fun father-daughter conversation.

Stree Naidu, dad of Saasha (3C), shares with us his thoughts on this activity:

"Sunday began with much excitement for Saasha and myself. Armed with matching T-shirts, we were excited to conquer route C and participate in the Cedar Girls' PSG father-daughter event.

"The car ride to Botanic Gardens was filled with laughter, banter and exchanges as we skimmed the map and wanted to conquer the route within an hour.

"Alas, we failed to conquer the route. However, we achieved a gift far more priceless – time together as father and daughter. Plus, we had great pictures to remember our time together.



Saasha and dad, Stree Naidu

"There are so many meaningful ways for father and daughter to spend time together. The best part? We got to make lasting memories while having loads of fun! Thanks to Cedar Girls' PSG, we achieved this.

"Thank you, Cedar Girls' PSG for organising these events constantly and ensuring we are connected with our girls."

Did you enjoy the 'Walk With Dad' activity?

"I had a great time going out and getting some fresh air with my dad. We finally got some much needed father-daughter bonding time together after being cooped up in our rooms studying or working. We would definitely do it again in future."

Ashfa Sawsan Emyra (1H)



Photos: © Ashfa Sawsan Emyra



FAMILY BONDING: WALK WITH DAD

Memorable day and a start of more **faithful** bonding

ROUTE: B

Richard Hoon, dad of Faith (1N) shares his 'Walk With Dad' experience:

"Eighth of September 2021 was extremely memorable for Faith and I. Botanic Gardens became the debut place for father-daughter bonding. On that beautiful day, finding the four locations and animals that kept running away made us realise that life should not be lived solo. Discovering it together is all that matters.

"From chasing after the animals to Daddy having to change t-shirts four times according to the sequence of the locations in route B made the day memorable for us.

"More importantly, it was a start for more **faithful** bonding. Looking forward to the next Cedar Girls' PSG event."

Photos: © Richard Hoon
The locations are (1) Clock Tower, (2) Shaw Foundation Symphony Stage, (3) Evolution Garden and (4) Healing Garden at Neem Gate.

Did you enjoy the 'Walk With Dad' activity?

"This event definitely helped to strengthen our bond as father and daughter! Not only did we get to spot beautiful flora and fauna, we also shared funny stories from the list of questions given.

"I found out my father broke his left arm trying to collect mangoes at the top of a tree. Aiyo, I never knew he was so reckless as a kid!

"This activity helped to uncover forgotten memories, strengthen old bonds and light up the spark of being a kid again! I'm so glad we participated in this activity together!"

Nayli Arissa (1P) with her dad, Mohd Hafizal



FAMILY BONDING: WALK WITH DAD

Congratulations to the top 5 winners of Activity 2: Spot the Animals



27 POINTS

Aleena Sofea (1A) with dad, Nor Azahar



Lee-Ann (1I) with dad, Chua Wee Kiat



Nurul Iman (1H) with dad, Ridzal Saat



26 POINTS

Ananya (2C) with dad, C. Shivanand



Shanna (1A) with dad, Darren Teo



THANK YOU TO ALL PARTICIPANTS!

Many thanks to all the other father-daughter teams for participating in **Activity 2: Spot the Animals**. We have received lots of wonderful photos. We hope you had great fun joining in the activity.

See next page for sharing of stories ▶

FAMILY BONDING: EXERCISING TOGETHER

Online dance fitness workout for the whole family

To kick off the September school holidays, Cedar Girls' PSG organised a dance fitness workout session.

It was wonderful to see Cedarians and their family members joining in and working out together.

Instructor Alicia led the family fun cardio workout with cool dance moves and upbeat songs.

The energetic workout was a great bonding experience for the whole family where everyone got to enjoy the benefits of exercising together.

▶ *Continued from page 4*



Activity 3: Sharing stories

Which is the first plant you grew?

"Surprisingly, our answers matched. It was the basil. This is because every Indian household considers basil plant as sacred."

When did you last climb a tree?

"My dad said he is no longer in a position to climb trees because most of the branches cannot sustain his weight :D

"I climb quite frequently as there is a lovely park at Yishun with lots of trees with low hanging branches that are tailor made for climbing."

Ananya Agarwal (1M)



HAPPENINGS

Party packs for Cedarians in conjunction with Youth Day celebration



Although Cedar Girls' PSG members were not able to physically join in the festivities of Youth Day this year, they contributed party packs consisting of snacks bundled together with a pretty hair tie for all Cedarians. Packing of the snacks was done on 29 June 2021 by PSG EXCO members while keeping to the restrictions for social gathering.



WANTED
VOLUNTEERS FOR
GRAPHIC
DESIGN

- Are you creative?
- Do you have an eye for design?
- Do you have experience with Canva?

We need volunteers to help design our **digital communication materials** for social media, e-newsletter and promotional flyers.

Your design skills would be greatly appreciated in helping us develop creative content to reach out to more parents.

For more information, please email us at cedarpsg@gmail.com

HAPPENINGS

Handmade cards to show our appreciation to teachers and staff



PSG sends a very big thank you to all teachers and staff of Cedar Girls' Secondary School!

This year Cedar Girls' PSG thanked and showed appreciation to all the school staff by presenting them with handmade Staff Day cards.

The beautiful cards were lovingly handmade by 16 parent volunteers in the PSG and distributed to all school staff.

Our efforts were much appreciated by all the teachers and staff in school.

Staff were also touched by the efforts put in by the parent volunteers to personalise the cards for them.



 Cedar Girls' PSG

NEWS

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@cedargirlspsg

FOLLOW US ON SOCIAL MEDIA

Connect with Cedar Girls' PSG!

Keep up-to-date with our latest activities and opportunities to volunteer. Remember to mention or tag us @cedargirlspsg and use the hashtags #cedargirlspsg #cdgpgsg in your posts and stories.

ANNOUNCEMENTS

Congratulations to the newly elected Cedar Girls' PSG EXCO



2021/2022 CEDAR GIRLS' PSG EXCO



Chairperson
Amy Lai



Vice Chairperson
Abhijit Roy



Secretary
Grace Han



Asst Secretary
Putrevu Mythili



Treasurer
Yong Yin Yin



IT Support
Eugene Chia



Social Media
Laila



**Head -
School Events**
Shirleen Chia



**Head -
Family Bonding**
Seethamani Sambhana



**Head - Parents
Befriender**
Rajni Kashyap

A big thank you to all the parents for stepping up to help and to support the school in the holistic development of all Cedarians. Best wishes towards working together to organise PSG activities for the upcoming year!

NEW PARENT VOLUNTEER ACTIVITIES FOR 2022

Come and meet other parent volunteers through our upcoming interest group activities:

WALKING



CROCHET



COFFEE CHAT



If you are interested to be a parent volunteer,
email us at cedarpsg@gmail.com or sign up at this link:
[HTTP://GOTOQR.COM/A/APNLVWRG](http://gotoqr.com/A/APNLVWRG)

