



De La Salle Santiago Zobel School

Ayala Alabang Village, Muntinlupa City, Philippines 1780, Tel. No.: 8771-DLSZ Website: www.dlszobel.edu.ph

October 2, 2020

Dear **Parents and Guardians**,

Greetings!

With the rapid shift of so many factors affecting our lives due to the pandemic, especially of our parents and students, the school anticipates a surge in mental health concerns such as fear, anxiety, grief, boredom and depression, to name a few. DLSZ will continue to provide psycho-emotional support and home-based online learning, and help alleviate personal and social difficulties of our stakeholders. To this end, the School Counseling Office and SparkEd Center would like to invite you to attend a parenting talk on "Understanding the Adolescent in these Anxious and Challenging Times." We have invited a prestigious speaker, Dr. Honey Carandang, President of the MLAC Institute for Children and Families. This will be held on October 20, 2020 from 9:00am to 11:00am through an online platform (official link will be given upon registration). The program will be as follows:

- 9:00am - 10:00am *Talk proper*
- 10:00am - 11:00am *Q&A with Parents*
- 11:00am - 12:00nn *Q&A with Teachers*

Last July 3, 2020, we have already hosted a talk on Understanding Resilience in the new normal for our parents and Understanding Grit for our students. As a follow through, the October 20 talk aims to:

- Explain how adolescents are wired and what motivates them in the different things they do at home and in school;
- Discuss basic tools parents and teachers can use in handling teenagers who act up in different ways;
- Identify ways of helping adolescent establish routine, consistency, and time management skills; and
- Suggest practical tips in helping adolescents feel, think, and act as a self-governing person.

Hoping for your affirmative response to this invitation as we work together in supporting our high school students adapt to the challenges of these trying times.

In St. La Salle,

Erica Lucita I. Malli, RGC, RPm
School Counseling Office Head

Jessica Beatrice G. Morales
SparkEd Center Coordinator

Noted by:

Maria Teresa Suzette P. Balgos
Director for Academic Services Department

Dr. Miguel Q. Rapatan
SparkEd Center Director

Br. Bernard S. Oca FSC
President

----- REPLY SLIP -----
Please click and answer the link for the acknowledgement form below to confirm receipt of this letter:

Acknowledgment Form Link: <http://bit.ly/parentingtalk2020>