



**HARROW**  
INTERNATIONAL SCHOOL  
HONG KONG

2018-19

# PARENTING FOR SUCCESS PROGRAMME

*Leadership for a better world*

# WELCOME FROM THE HEAD

Dear Parents,

The wellbeing and emotional health of our pupils underpins all that we do at Harrow Hong Kong. We recognise the pressures felt by young people and are fully committed to ensuring that those in our care are supported to develop their social and emotional skills and that these patterns are carried not only through their school life, but beyond into their adult lives.

Harrow Hong Kong was the first school in Hong Kong to have a dedicated full time psychologist and Dr Gogna plays an essential role in the delivery of our wellbeing provision. She provides expert and bespoke support to our pupils and their families, working collaboratively with our pastoral team, to develop ways in which our boys and girls may approach and cope with all areas of mental health.

We are most fortunate that Dr Gogna offers talks, seminars and workshops to our wider School community, sharing her knowledge in key areas of the development of young people, and I have no doubt that you will find them insightful and valuable.

*Ms Ann Haydon*



## ABOUT DR REENA GOGNA

Dr Reena Gogna became Harrow Hong Kong's first psychologist when she arrived in 2013. She divides her time equally amongst parents, pupils and staff and engages in a number of proactive interventions, such as workshops, talks, and programmes for parents, group programmes for pupils and training for staff on developing their own pastoral care of pupils. Through the School's pastoral system, Dr Gogna advises, consults and supports staff and parents in addition to providing therapy support to pupils individually and in small groups. She undertook her doctorate in Educational and Child Psychology and previously worked for Cambridgeshire County Council, where she was attached to nineteen schools. Dr Gogna has spoken at conferences in Bangkok, South East Asia Schools' Counsellors Networking Conferences, Asia Pacific International Schools' Conference and more recently hosted a conference here at Harrow Hong Kong. The focus of the conference was on mental health and wellbeing in schools and the conference welcomed 64 professionals across South East Asia. At present, she is currently studying for an MSc in Psychology and Neuroscience of Mental Health at King's College, London.

# SEMINAR DESCRIPTIONS

All seminars are in English unless otherwise stated.

## **Empowering parents to raise successful and resilient children to thrive in the 21st century - Chinese version**

The aim of this talk is to understand the current challenges parents are facing in order to discuss possible solutions. The main focus will be to identify the parenting tools essential for success in the 21st century in addition to looking at topics like mental health, social media and cultural differences.

## **The importance of play. How to develop resilience in the Early Years**

In this talk, Dr Gogna will highlight the key changes undergoing the developmental stages in the Early Years, and how parents can ensure they are helping to raise well-adjusted, resilient children. The session will include a focus on what a Growth Mindset is, using Growth Mindset language, the power of 'yet', as well as including a discussion on the use of positive discipline tools. In particular, the focus will be on why praise is detrimental, how encouragement is essential, and how empowering, rather than enabling, your child is the key to building resilience. The importance of play will be central to the presentation, highlighting the key benefits of why play is essential to a child's holistic development.

## **Empowering Helpers**

A family's domestic helper plays an important role in the home, given their responsibility for childcare, so it is important to consider how helpers can be supported in ensuring that children of all ages have the benefit of a consistent, supportive approach to their development at home and school. This programme is designed to give helpers the opportunity to learn about positive discipline and to engage with children in a way that develops their creativity and curiosity, and builds the resilience that is so important as they move towards adulthood. We will focus on the nature of the relationship between the helper and the child, how to develop mutual respect and how to be assertive.

## **An Introduction to Positive Discipline (English and Chinese versions)**

Bringing up children presents many challenges. At one time or another, we may face difficult issues with our children and it can be beneficial to receive support and advice from others in the same position. In this one day workshop, Dr Gogna will explore with you the challenges you face and focus on finding solutions that incorporate a kind and firm approach to parenting. The focus will be on learning of key positive discipline themes which include empowering rather than enabling, and encouragement rather than praise. The aim is to provide parents with parenting skills that focus on promoting long-term qualities necessary for success.

## **Teaching children the tools of self-regulation in order to thrive**

This talk is for parents of children in the Early Years until Year 5. The focus will be on identifying what stress might look like and how this can manifest in the behaviours young children show. The key aims of this talk will focus primarily on how you as parents can teach your children the tools of managing their emotions in a calm, safe and healthy way so that they grow up with the skills to deal with any types of stress with a healthy and positive attitude.

## **The costs of sleep deprivation. Teaching your teen good habits**

In this talk, Dr Gogna will focus on the digital age that is facing young people today and the impact this has on them as well as parents who are the first of the i-generation group. The emphasis will be on the right way to support and teach your teen good habits for a healthy lifestyle. With the demands of modern technology, it is essential to teach children awareness of maintaining a healthy balance.

## **Raising confident, resilient children to thrive at school**

In this talk, Dr Gogna will discuss the ways that parents can help support their child's wellbeing by developing self-esteem and confidence. We live in a world where social media has a significant impact on the way children view themselves. It is therefore essential to have the right tools to guide your child through this stage in their lives, so that they are equipped to face challenges with a positive sense of self and wellbeing.

## **How to stay safe and thrive at university**

In this talk, Dr Gogna will discuss the main ways of helping to support your child as they prepare for life at university. The talk will aim to address some of the key issues that can arise, and will help prepare parents emotionally for this transition. It will also discuss ways of supporting your child's wellbeing when they are at university, with the end goal being that your child becomes resilient, independent and enjoys what university life has to offer.

## **How gritty are you? Empowering helpers to build resilience through communication and play**

In this talk, Dr Gogna will focus on specific tools that domestic helpers can apply in their interaction with the children they care for through conversations and play. The focus is on getting the best out of the children and creating opportunities for children to develop their skills in a fun, non-structured environment.

## **Empowering mothers to raise successful and resilient children to thrive in the 21st century**

In this talk, Dr Gogna will highlight the different perspectives on education, namely east and west, and discuss how they influence child-rearing practices today. The focus will be on discussing the importance of instilling a Growth Mindset, and why grit matters. There will also be a discussion on the role of social media and mental health in relation to wellbeing and a focus on the parenting tools necessary for success in the 21st century.

## **Meeting the challenges of puberty: A guide for parents of pre-teens and tweens**

In this talk, Dr Gogna will discuss methods of communication, with a key focus being on the priorities needed to maintain a healthy relationship with your pre-teen or tween during puberty. As children develop physically, socially and emotionally, it can be a difficult time for both the parents and the child. The key to navigating these difficulties is balance; allowing your child to have independence and autonomy whilst also being the parent they need you to be. In relation to puberty, there will be a discussion on what to expect and how you can be of support during this time.

## **Divorce and Separation: How to support your child through this time**

In this talk, Dr Gogna will talk through the key points that parents should consider when navigating through this difficult period. The aim is to help you as parents to manage your own emotions, the challenges you might face, and to discuss strategies to ensure that your child's wellbeing is the priority.

## **Empowering fathers to raise successful and resilient children to thrive in the 21st century**

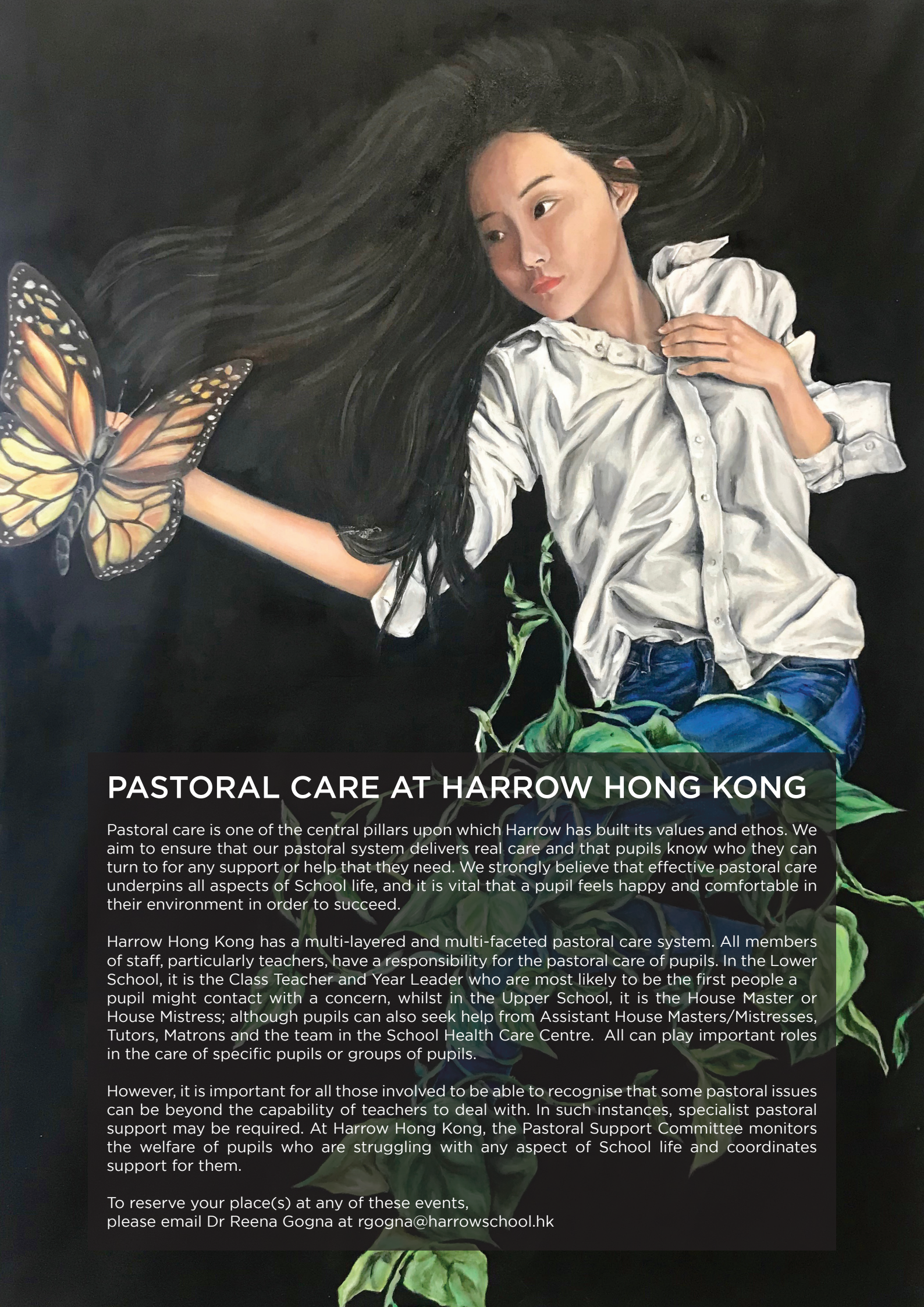
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# PARENTAL TALKS AND WORKSHOPS PROGRAMME

Parents are encouraged to attend our regular workshops and masterclasses, which cover many areas associated with raising young people and the pastoral life of the School and aim to close the loop between School and home.

Title	Age Range	Date	Timings	Format	Term
The importance of play. How to develop resilience in the Early Years	Early Years	24th September 2018	10.15am-12.15pm	Talk	Autumn
Empowering parents to raise successful and resilient children to thrive in the 21st century - Chinese version	All	11th October 2018	12.30-3.30pm	Workshop	Autumn
Empowering Helpers	All	31st October 2018	8.30am-2.30pm	Workshop	Autumn
An Introduction to Positive Discipline - Chinese version	Early Years - Lower School	12th November 2018	9.30am-2.30pm	Workshop	Autumn
Teaching children the tools of self-regulation in order to thrive	Lower - Prep School	13th November 2018	9.45am-12.00pm	Talk	Autumn
The costs of sleep deprivation. Teaching your teen good habits	Upper School	21st January 2019	6.45pm-9.00pm	Talk	Spring
How to stay safe and thrive at university	Senior School	11th February 2019	6.45pm-9.00pm	Talk	Spring
How gritty are you? Empowering helpers to build resilience through communication and play	All	22nd February 2019	10.45am-1.00pm	Talk	Spring
Empowering mothers to raise successful and resilient children to thrive in the 21st century	All	10th May 2019	10.45am-12.30pm	Talk	Summer
Meeting the challenges of puberty: A guide for parents of pre-teens and tweens	Lower - Prep School	5th June 2019	6.45pm-9.00pm	Talk	Summer
Divorce and Separation: How to support your child through this time	All	13th June 2019	8.30am-11.00am	Talk	Summer
Empowering fathers to raise successful and resilient children to thrive in the 21st century	All	17th June 2019	10.45am-12.30pm	Talk	Summer

The above workshops and talks will take place in The Cheng Conservatory, unless otherwise stated.



## PASTORAL CARE AT HARROW HONG KONG

Pastoral care is one of the central pillars upon which Harrow has built its values and ethos. We aim to ensure that our pastoral system delivers real care and that pupils know who they can turn to for any support or help that they need. We strongly believe that effective pastoral care underpins all aspects of School life, and it is vital that a pupil feels happy and comfortable in their environment in order to succeed.

Harrow Hong Kong has a multi-layered and multi-faceted pastoral care system. All members of staff, particularly teachers, have a responsibility for the pastoral care of pupils. In the Lower School, it is the Class Teacher and Year Leader who are most likely to be the first people a pupil might contact with a concern, whilst in the Upper School, it is the House Master or House Mistress; although pupils can also seek help from Assistant House Masters/Mistresses, Tutors, Matrons and the team in the School Health Care Centre. All can play important roles in the care of specific pupils or groups of pupils.

However, it is important for all those involved to be able to recognise that some pastoral issues can be beyond the capability of teachers to deal with. In such instances, specialist pastoral support may be required. At Harrow Hong Kong, the Pastoral Support Committee monitors the welfare of pupils who are struggling with any aspect of School life and coordinates support for them.

To reserve your place(s) at any of these events, please email Dr Reena Gogna at [rgogna@harrowschool.hk](mailto:rgogna@harrowschool.hk)



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