

## VISION

A Christ-centered school community  
growing in the love and friendship  
of Jesus Christ in His Church  
and striving for peace  
in the social and ecological order.



## MISSION

*We, in Basic Education, commit ourselves –  
to Transformative Education  
as a Christ-centered school community  
dedicated to the integral formation of persons  
empowered to promote justice, peace,  
care for creation and solidarity.*

*Reclaim our JOY as God's Beloved!  
School Thrust 2018-2019*

July 5, 2018

Dear Assumption Antipolo Families,

Greetings of Peace!

We are pleased to bring you the Assumption Antipolo Family Congress entitled “**Reclaiming the Family’s JOY as God’s Beloved**” on August 4, 2018, Saturday, from 8:00 am to 12:20 pm, to be held at the Assumpta Theater. Registration will start at 7:30 am.

As parents, we are concerned that our children are constantly dealing with pressure: whether from the family, school, peers or social environment. While some children are able to cope with these pressures, many are struggling and some even fall into anxiety and depression. This event will explore and look into responses that parents could make to create a timely, supportive and positive environment, in order for our daughters to find joy amidst these difficulties and become successful adults.

We are fortunate to have with us two (2) speakers who are both successful in their fields to share with us their knowledge and expertise and provide us with concrete steps to achieve our goals:

**1<sup>st</sup> Speaker:**

**Dr. Queena Lee-Chua**

**Topic:**

**Coping with Personal Crisis, Peer Pressure, and Social Media Anxiety**

*“Dr. Queena Lee-Chua graduated with a degree in BS Mathematics, a master’s degree in Counseling Psychology, and a doctor’s degree in Clinical Psychology, all with distinctions, from the Ateneo De Manila University. Aside from being a full time faculty in the Ateneo, she is also an author, having written many books on education, parenting, family businesses, family issues and inspirational stories. Her specialization covers math and science education, learning psychology, parenting, and teens’ and children’s issues, especially in the topics of raising children, gadget use, and children’s mental health. She has garnered many awards, among them the The Outstanding Young Filipinos (TOYF), The Outstanding Women in the Nation’s Service (the TOWNS), the Metrobank Foundation Outstanding Teachers Award, the Department of Science and Technology’s Great Men and Women of Science, Outstanding Young Scientists (the OYS), and the Carlos Palanca Memorial Awards for Literature. In 2010, she became the first person to receive the Third World Academy of Sciences Regional Prize for Public Understanding of Science for the East Asia, Southeast Asia, and the Pacific Region.”*

Children today put too much pressure on themselves. They strive for academic success, excel in extra-curricular activities, maintain a social life and give quality time with the family. Sometimes, it becomes too much for them to handle. They succumb to anxiety, depression or mental disorders. Add to that, this age of instant gratification and oversharing brought about by social media amplifies these pressures.

The talk will help parents understand the causes and motives behind these pressures. It will also identify key areas in which parents may be able to address these issues directly, especially on the aspect of technology. Best practices and effective habits will also be discussed. The main objective is to empower parents, so that they may be able to help their children feel safe and lovingly valued, and eventually become happy and thriving.

**2<sup>nd</sup> Speaker:**

**Mr. Ardy Abello**

**Topic:**

**Strength-Based Parenting for Mental Resiliency**

*"For over 2 decades now, Ardy Abello has been involved in training, consulting, and coaching executives and the top management teams of different companies belonging to the Top 100 Corporations and Multi-national companies in our country. Ardy is also a Strengths-Based Coach, having been trained and certified by The GALLUP Organization in New York City. He has the necessary skill sets to have meaningful and relevant conversations with people in the area of strengths. He is an internationally certified speaker and leadership coach of Dr. John Maxwell's premiere leadership workshop entitled, "Developing The Leader Within You" and "The Laws of TEAMWORK".*

Parents often ask, what is the best way to raise resilient kids who are capable of facing their own challenges and cope with stress?

Strengths-based parenting is an approach that encourages parents to discover their children's signature strengths and talents and focus on cultivating those strengths. It involves intentional strength spotting, recognition and promotion of positive qualities and practices that may be used in a new way each day. Research shows that this methodology helps the kids respond confidently to stress and also decreases the chance of depression and other mental health issues. In this session, the parents will be equipped with techniques that will lead to their children appreciating their own strengths and experiencing greater life satisfaction.

The fees for this year's Family Congress has already been collected during enrollment as part of the Family Council dues. Kindly fill out and return the reply slips on or before **July 16, 2018**. Your prompt reply will surely help us enhance your experience on the day of the congress.

We hope to see you as we continue to strive to be the best parents God intended us to be.

Thank you.

Yours in Assumption,

MR. & MRS. ROLANDO ABADILLA JR.  
Chaircouple, Faith and Family Committee, AAFCI

**Noted by:**

for MS. MARIE GRACE B. MAGTAAS  
School Director

-----REPLY SLIP (due July 16, 2017)-----

\_\_\_\_\_ I have read the circular on the Assumption Antipolo Family Congress.

CN

\_\_\_\_\_ One of us will be attending the Family Congress (Name of participant: \_\_\_\_\_)

\_\_\_\_\_ Two of us will be attending the Family Congress (Names of participants: \_\_\_\_\_)

\_\_\_\_\_  
Name of Daughter

\_\_\_\_\_  
Grade and Section

\_\_\_\_\_  
Parents' Name and Signature