



Damai Secondary School

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DSS/2022/038

18 February 2022

Dear Parent / Guardian,

Sec 1 Mental Health Workshop

The refreshed Character and Citizenship Education (CCE) curriculum includes a greater emphasis on mental wellness. Our school has engaged TOUCH Youth Intervention, a division within TOUCH Community Services, with the aim of achieving greater emotional and social well-being in youths.

Students will go through experiential stations and learn the signs and symptoms of mental health issues among youths and ways to overcome them by adopting positive coping habits.

Students who have an earlier dismissal are strongly encouraged to stay in school to have their lunch and use the time productively in the library to complete their homework and to do revision.

Date	Classes	Time and Venue
1 March 2022 (Tuesday)	101, 102, 103	3.00 pm to 6.00 pm (School)
2 March 2022 (Wednesday)	104, 105, 106	

For clarifications, please contact me (ng_wei_yin_carrissa@schools.gov.sg) at Tel: 6443 6848.

Thank you for supporting the holistic development of your child/ward.

Yours faithfully

Ms Lorraine Ng
HOD/CCE

