

WSR school holds life-skills sessions for parents

05 Jul 2018 By Lori Lyn C. Lirio - lyn@mvariety.com - Variety News Staff



SIX parents have completed a seven-day, life-skills program conducted by William S. Reyes Elementary School.

According to WSR principal Naomi Nishimura, the program, which ended on Tuesday, was the parent component of the life-skills summer camp they offered to their third, fourth and fifth grade students in June.

Nineteen parents signed up for the program, but only six attended and completed the sessions.

Nishimura said among the topics discussed were parental monitoring, how to be a good role model to one's children, and using appropriate and consistent discipline.

They also had discussions on substance abuse, taking a stand against illegal drugs as well as knowing the effects and warning signs of substance use.

In June, about 60 students participated in the life-skills summer camp program which aimed to promote healthy activities designed to help them resist social pressures to smoke, drink alcohol or use illegal drugs.

Students were also taught how to develop self-esteem, self-mastery, and self-confidence, and effectively cope with social anxiety. They likewise learned the immediate and long-term consequences of substance abuse.

Nishimura said the life-skills sessions for the parents aim "to promote family communication."

"A lot of them believe the program will help them. So we are hoping to do it again during the next school year."

The life-skills program was funded through a grant from the Commonwealth Healthcare Corp. and the Substance Prevention Services of the Community Guidance Center. The program is coordinated by Achieve, a private, non-profit organization "committed to promoting healthy lifestyles and social/emotional wellness."

