

Teacher Wellbeing: Lunchtime Virtual Talk



- We were privileged to have had Dr Cynthia Yeo speak on the topic of 'Self-care For Teachers: Why is it important?'
- About 80 members benefited from the authentic sharing and useful life lessons conveyed by Dr Yeo.
- Here are some of our members' feedback about the Talk:



"Practical tips and fantastic sharing by Dr Cynthia. Highly engaging and informative."

"Content was good. Good for new teachers esp. since things can get overwhelming. It was comforting to know that colleagues from other schools face the same challenges as me. I'm not alone!"



*"Dr Yeo's voice is very soothing, she is **sincere** and **empathetic**. Would like to attend her e-talks again. Kai is very nice and **sincere** too. Thank you so much to both for organising and conducting the e-talk!"*

*"I learned how to make known **my workplace boundaries**. I appreciated the **self-care strategies** like planning, being flexible, reinterpreting and reframing."*



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Singapore Teachers' Union



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2021 STU Bowling Tournament

Our heartiest congratulations to the winners and we thank all participants for your support.



Individual Male Category

1st Place: Tan Khoon Han
2nd Place: Zhou Wencong
3rd Place: Lam Chee Leong

Individual Female Category

1st Place: Lim Fong Yee
2nd Place: Nurul Syahidah
3rd Place: Tina Leong

Team Category

1st Place: Fly
2nd Place: Sweet Assassins
3rd Place: WAMY

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SUSS-STU Sponsorship

Click [here](#) to find out more.

- Application for the SUSS-STU Sponsorship is open to all Singapore Teachers' Union members and staff.
- The value of the sponsorship is as follows:

Singapore Citizens who are eligible for government subsidy.	80% of the total course fee
Singapore Citizens aged 40 and above who are eligible for government subsidy.	92% of the total course fee
Singapore Permanent Residents who are eligible for government subsidy.	60% of the total course fee
Students who are not eligible for government subsidy.	50% of the total course fee

2022/Q1 Webinars

- Our webinar schedule will include the popular ‘Decoding the Language of EPMS’ as well as our newest titles:
 - *How do I prepare for the lesson observation?*
 - *How do I give and receive feedback? [This webinar is designed for both Reporting Officers and Job-Holders.]*
- Click [here](#) for the schedule and to register.
- Each webinar is \$10 for members, and \$55 for non-members.



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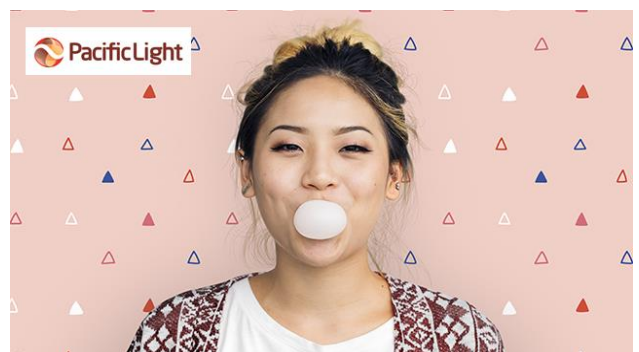
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