

### Virtual Open House 2022

- Are you keen to find out more about STU services? Do you want to seek our views on employment matters?
- Click [here](#) or scan the QR Code to register for the STU Virtual Open House.
- MOE Teachers who sign up for union membership at the event would enjoy these promotions:

#### Sign up for STU membership at the Virtual Open House and enjoy these promotions:

- 1 pax: One month free membership
- 4 or more pax signs up as a group: Two months free membership
- All who who sign up for membership would receive a Thule Door Gift.



**STU**  
Protecting and Promoting Teachers and Teaching

# Join us!

Singapore Teachers' Union

## VIRTUAL OPEN HOUSE 2022

**REGISTER NOW**



**WHEN**

**18 March (Friday): 4 - 5pm**  
**OR**  
**19 March (Saturday): 10 - 11am**

**FREE GIFT**

For new members who sign up on 18 & 19 March 2022 only  
(Thule - Subterra Powershuttle Electronics Organizer, Worth \$29)

**Membership Promotions:**

- One-month FREE membership subscription
- 4 or more pax (to sign up at one go): Two months FREE membership subscription each
- Member-Get-Member Special: \$10 NTUC e-voucher (referral name to be reflected in sign up form)

Members who refer colleagues/friends for STU membership (i.e. MGM) would receive a \$10 NTUC e-voucher. **Please forward this to your colleagues.**



### Schools Shall Be Safe Sanctuaries

"The international community must stand united in the face of this aggression and support Ukraine's right to choose its future," stated Mr David Edwards, Education International General Secretary. Click [here](#) to read how education unions across the globe are responding to the invasion of Ukraine.

"Russia's invasion of Ukraine is a clear and gross violation of the international norms and a completely unacceptable precedent. This is an existential issue for us....A world order based on 'might is right', or where 'the strong do what they can and the weak suffer what they must', such a world order would be profoundly inimical to the security and survival of small states," said Dr Vivian Balakrishnan, Minister for Foreign Affairs and STU Advisor.



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

### SUSS-STU Sponsorship

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

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

Follow us on social media for updates:



Singapore Teachers' Union

65 6299 3936

583 Serangoon Road, Singapore 218197



STU\_Telegram



Date/Day: 17 Mar 2022 / Thursday

Time: 4 p.m. to 5.30 p.m.

To register:

Click [here](#) or  
scan QR Code:



Description:

Being in the teaching profession, teachers are viewed as the models of learning and development. However, they may often be too busy with teaching and developing the next generation to pay much attention to their own development! If you are one of them, put aside your work and take some time out for this talk – reconnect to your inner tugs to be the best version of yourself. In this session, reflect on:

- Mapping your Game Plan on learning development
- Tapping on Your Strengths with Positive Psychology Principles
- Weakening your Weaknesses with Practice.
- Harnessing the Growth Mindset even in the busiest of times – grow yourself even in the midst of exam-marking periods!

The speaker, Ms Shirley Tham, is a career coach, and a former MOE teacher.



This event is for STU members only.

## HR Lessons Teacher Wellbeing and Employment Matters



Mr Louis Ng, STU Advisor, recently posed the following parliamentary question to the Minister for Education: *To ask the Minister for Education for each year in the past five years, how many teachers have sought counselling services broken down by (i) the Ministry's in-house counselling services and (ii) whole-of-Government's counselling hotline, respectively.*

In response, Mr Chan Chun Sing, replied, “[t]he number of teachers in schools seeking support through MOE's in-house counselling services averaged about 40 per year from 2017 to 2019, before COVID-19. This average number has risen to about 70 in the last two years. As an additional channel of support, the Whole-of-Government counselling hotline was rolled out in March 2021, with about 90 MOE staff using the hotline last year across both MOE schools and HQ”.



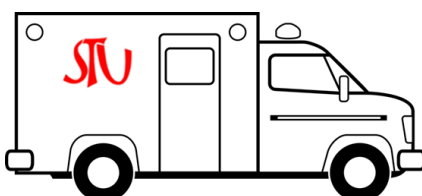
STU understands the stress and pressure that our members face. Contact us at [stu@stu.org.sg](mailto:stu@stu.org.sg) for counselling-related services and workplace guidance.

**We can help you.**



“All this additional work has put teachers in a state of “heightened alert”, said Singapore Teachers’ Union (STU) general secretary Mike Thiruman. They (still) have to do everything that they’d been doing before COVID-19 ... There’s a lot of **nervous energy**, and they have to be **on guard all the time**. There’s a limit to how long you can be in this heightened alert state. (At some point) **it just wears you out.**”

”





Being an STU member couldn't be better with these deals and discounts!

## Mandai Wildlife Reserve



**Mandai WILDLIFE RESERVE**

**A wild world awaits you**

Roadshow Exclusive

Enjoy **25% OFF\*** admission ticket and a complimentary \$5 F&B voucher!

	Night Safari	River Wonders	Singapore Zoo	Jurong Bird Park
Adult	\$39.75 Save \$8.25	\$28.50 Save \$4.50	\$33.00 Save \$6.00	\$25.50 Save \$3.50
Child	\$27.00 Save \$4.00	\$19.50 Save \$11.50	\$23.25 Save \$12.75	\$17.25 Save \$10.75

Promo code: **STU22**

Validity: **1 - 4 MARCH 2022**

\*Terms and conditions apply

To enjoy the promotion, please visit [roadshow.mandai.com](http://roadshow.mandai.com)

STU Specially for STU Members

- Especially for STU members: Enjoy 25% off admission tickets and a complimentary \$5 F&B voucher at Mandai Wildlife Reserve
- Promo Code: STU22
- Promo Period: Till 4<sup>th</sup> March 2022

## ATOS Wellness Group

### Have A Spa Journey with Atos Wellness!

Experience One of the following Wellness treats at \$48 excl. GST

#### Spa MLD

Be pampered and enjoy the benefits of what Manual Lymphatic Drainage massage can bring to you. Allow yourself to be pampered with a luxurious body scrub and enter a revitalising world of aromatherapy with a customised blend of essential oils, chosen for you by your body.

A 60-min Body Therapy worth \$180

#### Body Pampering Massage

A full body massage that pampers, relaxes and refreshes your body & mind to the fullest.

A 60-min Spa Indulgence worth \$180

#### Aromatherapy Facial

Experience unsurpassed skin's luminosity with facial lymphatic massage that kneads out an amazing glow from within with our customised essential oils.

A 60-min Face Therapy worth \$180

Source Code: **22F037**

Expiry Date: **31 January 2023**

For appointment, please call **6841 9926** or log on to <https://atoswellness.com.sg/22F037/> for e-booking of appointment

Hotline operating hours: Mondays – Fridays: 9:00 am to 8:00 pm • Saturdays: 9:00 am to 2:00 pm • Closed on Sundays and Public Holidays

Terms & Conditions (H020220117)  
• Customers are to wear their masks during all treatments except facials. • Facials will only be permitted for those who are fully vaccinated and 14 days after their 2nd vaccination. • Appointments must be made in advance subject to availability. • Applicable to Singaporeans, PRs and Employment Pass holders, aged 21 years and above. • Please present the e-voucher and your NRIC/employment Pass upon appointment. • Strictly first-time clients of Atos Wellness and its associate companies; one service redemption per customer. • Only persons aged 18 years and above shall be permitted to enter and remain in our establishment in accordance with the licensing regulations. • Clients are to arrive 15 mins before the scheduled treatment time. • For the interest of clients with certain medical conditions, selected therapies may not be recommended. • Other studio terms and conditions apply. • The Management reserves the right to vary the terms and conditions without prior notice.



**Atos Wellness Group**  
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[www.atoswellness.com.sg](http://www.atoswellness.com.sg)



RECHARGE . REFRESH . REJUVENATE

'Specially for STU members'

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  - Spa MLD
  - Body Pampering Massage
  - Aromatherapy Facial
- Promo Period: Till 31<sup>st</sup> January 2023
- Promo URL: <https://atoswellness.com.sg/>
- Source Code: 22F037
- For appointment either call 6841 9926 or log on to <https://atoswellness.com.sg/22F037/>

## NTUC Family Membership: StarHub Mobile \$8/month SIM only, no-contract plan with 5GB data and more



**5GB + 350 mins** for \$8/month

Connection made affordable, exclusively for NTUC Family Membership members.



**Amara Sanctuary Resort Sentosa**  
Deluxe Room from \$260++, per room per night. Valid till 30 Jun 2022



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use code **NTUCNSHOPS**

\*One customer spend of \$20 or more on foodpanda app. Offer valid till 31/03/2022. For non-foodpanda shops, order only. Limited redemptions. Offer not available for delivery.

**foodpanda**  
\$8 Off with min. spend

## NTUC Benefits



**BabyNatureco.**  
\$50 Off Hanil UV Sterilizer



**Gong Cha**  
5% Off Total Bill  
Valid from 1 Mar till 31 Dec 2022