

2025
Briefing for
P2 Parents

21 February 2025

Agenda

Principal's Sharing

Mrs Olivia Cheong, Principal

CCE Cyber Wellness

Mr Jevon See, Subject Head for Student Well-being

P2 CCA Fair

Mr Muhammad A'srie, HOD PE & CCA

Higher Mother Tongue Curriculum (P3 & P4)

Mr Yeo Chee Wee, HOD Mother Tongue Language

Class Allocation

Ms Julie Hong, Assistant Year Head of Lower Primary (Covering)



Principal's Sharing

Mrs Olivia Cheong
Principal

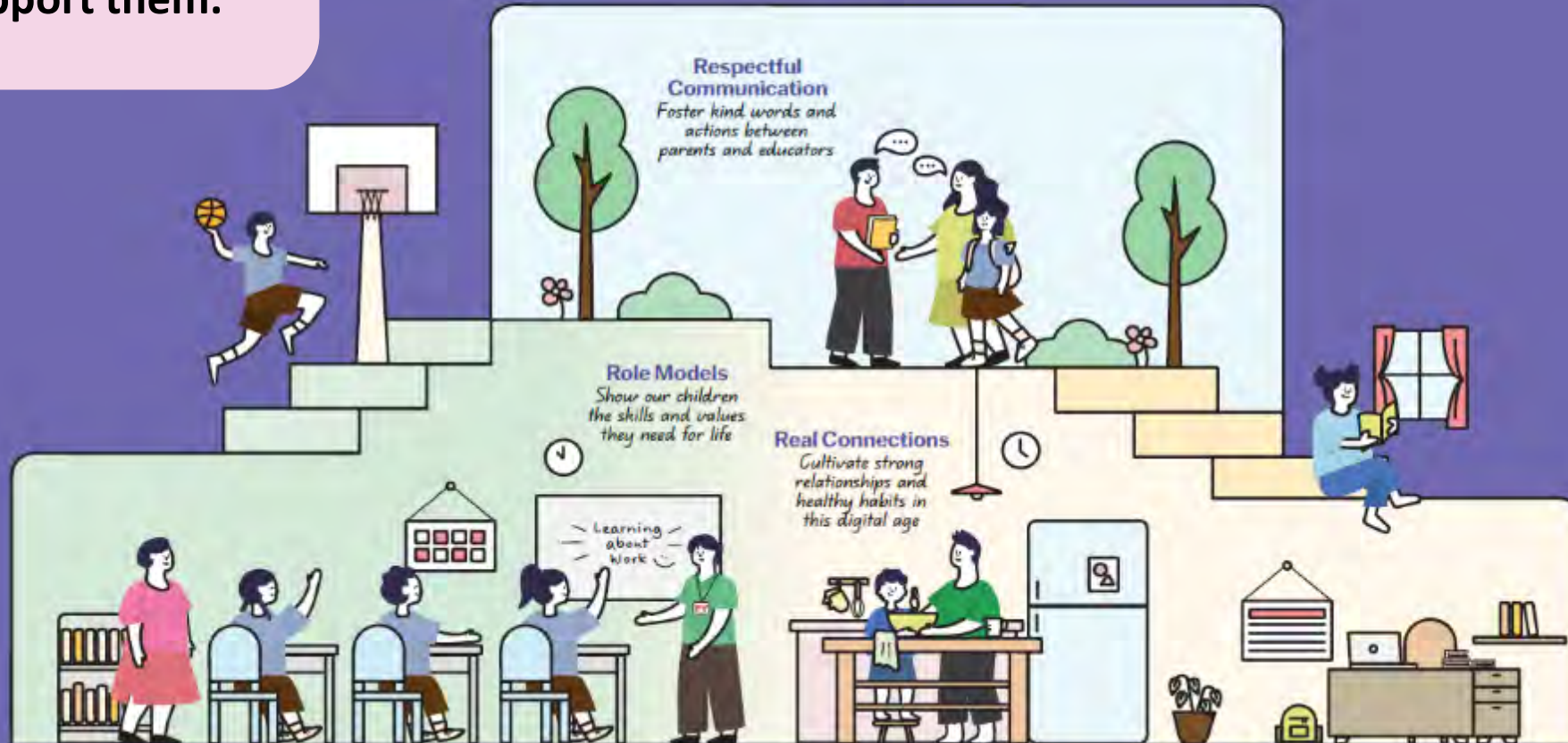


School-Home Partnership

Our children do best when schools and parents work hand in hand to support them.


Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together



Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.



Ministry of Education
SINGAPORE

RESPECTING OUR STAFF

Our staff are committed to partner you with sincerity, integrity and professionalism.

By showing mutual courtesy and respect, **we set a positive example for our children.**

MOE values our staff and will take firm action to protect them against any unreasonable behaviour, harassment or abuse.

3 areas we can work together on to foster School-Home Partnership

1 Respectful Communication

2 Role Models

3 Real Connections



Respectful Communication

**Foster kind words and actions
between schools and educators**



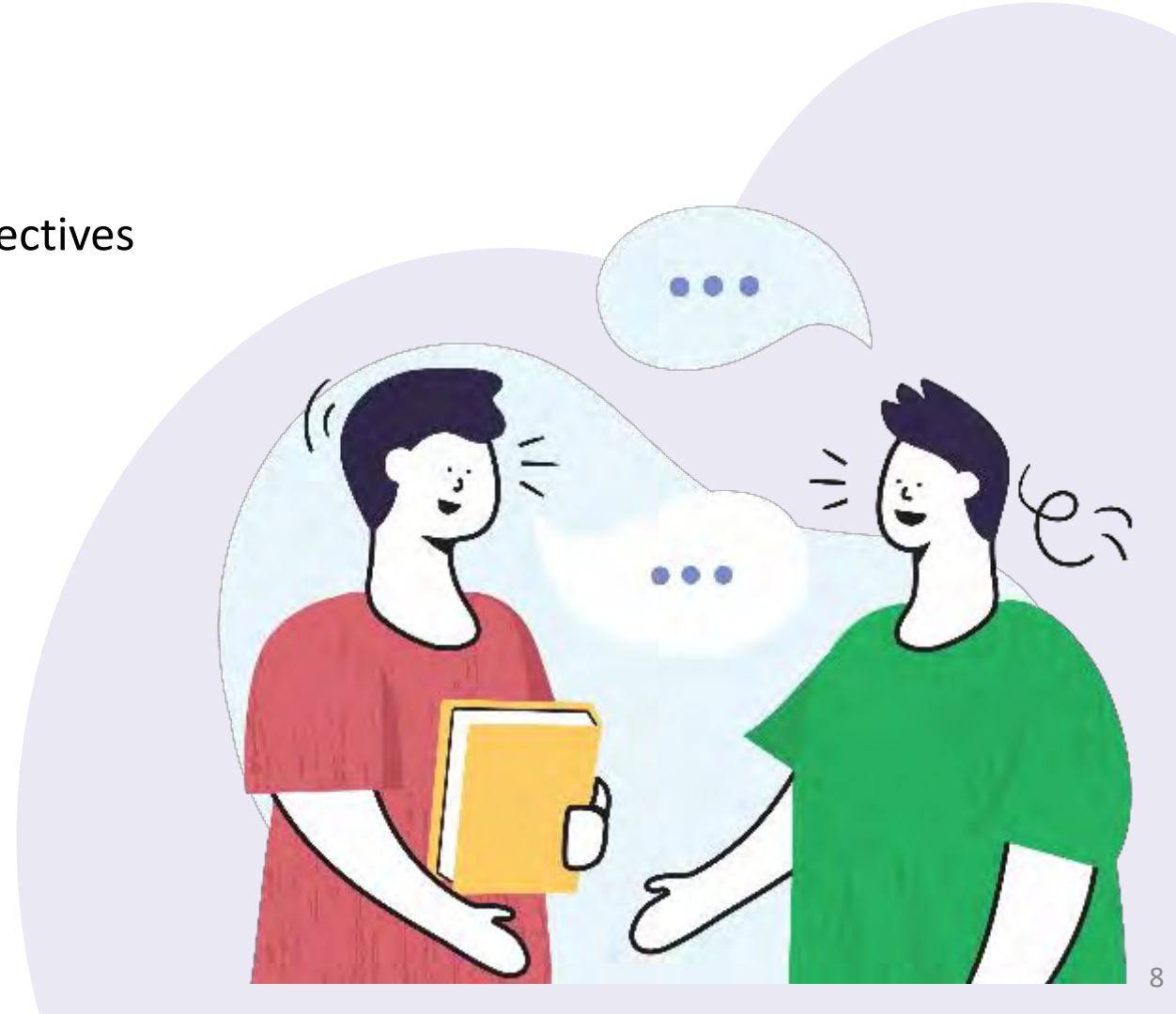
Listen to and understand each other's perspectives and concerns regarding each child



Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers



Respect each other's time by communicating during working hours



Role Models

Show our children the skills and values they need for life



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions



Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.

Real Connections

Cultivate strong relationships and healthy habits in this digital age

Establish good habits for our children to stay confident and in control of their technology use



Provide a balanced mix of engaging online and offline activities, at school and at home

Build strong bonds through shared experiences and meaningful conversations

Building Relationships Page 20

Helping Your Child Build Healthy Relationships

Healthy relationships and supportive networks contribute to your child's overall well-being, and allow them to experience a sense of community and belonging.

Things You Can Do

- Expose your child to a range of social situations.**
 - For younger children, create opportunities for them to interact with other children of similar ages (e.g. attend school camps).
 - For older children, encourage them to make friends with peers who have similar interests.
- Encourage your child to strengthen existing relationships.**
 - Foster healthy relationships with supportive, extended family members.
 - Encourage your child to stay in touch with their friends and trusted adults (e.g. meet up with former classmates, visit former teachers on Teachers' Day).

Things You Can Say

- Talk to your child about the qualities that make a good friend (e.g. empathy, being respectful), and how to exhibit these qualities.

When you see your friend struggling, put yourself in their shoes. How would you want a friend to support you?
- Older children are often figuring out the balance between being themselves and fitting in with others. Stay connected with your child and let them know that they can talk to you if they feel pressured to act in ways that they are uncomfortable with.

If you ever feel pressured to do something or be someone you are not in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.
- Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.

How has this affected you or your friend?
What are your expectations of a good friend?
How can you make things better?

You've Got This!

Navigating the Digital Age Page 54

Helping Your Child Thrive in the Online Space

It is important to help your child understand that not everyone holds the same point of view as them. To help them navigate these differing viewpoints, you can guide them to express their opinions confidently online while respecting others' opinions. This will help them contribute to a healthy online community.

Things You Can Do

- Encourage your child to keep an open mind and provide opportunities for them to access information that would enable them to consider issues from multiple perspectives.

Why do you think they said that?
If you were in their shoes, would you agree with their opinion?
Consider the issue from another perspective by applying **S.U.R.E.** (Source, Understand, Research, and Evaluate).
- When your child is responding to another person online, encourage them to exercise empathy and respect. If you notice that your child is engaging in negative behaviours (e.g. sending unkind messages), correct them and help them to understand why their actions are wrong.

Is your message respectful and empathetic?
Consider the issue from another perspective by practicing **T.H.I.N.K.** (Toughful, Helpful, Inspiring, Necessary, and Kind).
- Posts with negative comments may upset your child, even if they are not directed towards them. Encourage your child to share their thoughts and feelings about these comments with you or a trusted adult.

How do these comments make you feel?
It's okay not to respond to these comments. Shall we turn off the comments and notifications and do something else for now?

You've Got This!



Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.

Citizenship & Character Education (CCE) Cyber Wellness

Mr Jevon See
Subject Head /
Student Well-Being



What is Cyber Wellness

Source: Ministry of Education (MOE)

<https://www.moe.gov.sg/education-in-sg/our-programmes/cyber-wellness>

- Cyber Wellness in Character and Citizenship Education (CCE) focuses on nurturing responsible digital learners and ensuring students' well-being as they navigate cyberspace.
- Equip students with the knowledge and skills to harness the power of ICT for positive purposes, maintain a positive presence in cyberspace and be safe and responsible users of ICT.



What will Pri 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)* lessons, students will be taught:

- **Cyber Contacts**

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online

*Character and Citizenship Education(Form Teacher Guidance Period)



Assembly Sharing and Recess Activities

In-house Cyber Wellness Curriculum



P2

What is the Internet
Dangers of Internet

Managing
Technology Dangers
and Life

Expression on the
Internet (Netiquette)

What are the school rules on digital device use?

- Students who need to bring a mobile phone for the purpose of keeping in touch with family members can only use the mobile phone after school hours and only at the school foyer.
- No usage of mobile phones or smart devices (other than the POSB Smart Buddy Watch) during school hours (including recess, CCA and after-school programmes).
- Placed in their school bags before the start of the school day.



***Students are highly encouraged not to bring such devices to school.**

Engaging parents for a home-school collaboration



Family Activities!
Let's Challenge!
'One Week Unplug and Unwind'

As a family, spend 1 hour every other day doing an activity together that does not involve screen time.

Suggested activities:

- Going out for an evening stroll
- Playing board games
- Reading a story book together

We did it together!

Parent's / Guardian's signature



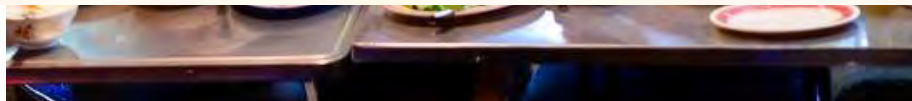
Parents Gateway
Announcement
Termly Chat with
your Child after our
in-house curriculum
lessons

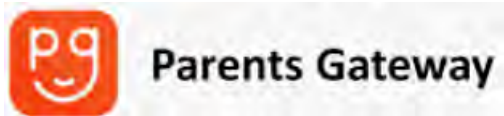
**Chat with your P5 child:
Cyber Wellness In-house
Lesson - Term 2 Session 3**

25 MAY 2022, 6:05PM • SEE CHONG YUAN
JEVON

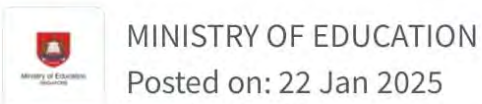


Our Hopes





Grow Well SG



New Parenting Resources: Updated Guidance for Screen Use in Children(0-12yrs) and Parenting for W..

Delete

Unsave




An updated Guidance on Screen Use in Children aged 0-12 years old


A new website, hosting the whole suite of Parenting for Wellness (PfW) resources has been launched.



Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.



Please scan the QR code to access the **Parenting for Wellness** Toolbox for Parents.



Guidance on Screen Use - MOH

7 to 12 years old:

- ✓ Less than 2 hours of screen use a day, unless related to schoolwork.
 - ✓ Agree on a screen use plan or timetable.
 - ! Do not use screens during meals and one hour before bedtime.

- ✓ When using screens:
 - ✓ Use parental control settings and check content ratings to ensure content is age appropriate.
 - ✓ Talk to your child often on what they are viewing online. Offer advice regularly.
 - ! You should not give your child access to social media services.
 - ! Do not give your child mobile devices with unrestricted access to internet and applications.

- ✓ If you have concerns that your child has problems with screen use
 - ✓ Speak to your child, develop and agree on a realistic screen use timetable to balance their screen use with other activities.
 - ✓ Seek help from the school, community partners or professionals, if the problem persists.



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Youtube Shorts, Tik Tok, Facebook/Instagram Reels

Source: Times of India
<https://timesofindia.indiatimes.com/city/vadodara/gen-z-watches-450-reels-in-three-hrs-daily/articleshow/100459311.cms?from=mdr>

REEL DANGERS

Representative pic



- On average, students watch around 360-480 reels in 1.5-2 hours daily

- Short videos consume 40-60% of students' daily screen time

- Lack of concentration, poor sleep & memory affecting academics

- 65% of students suffer from guilt, sadness

- Majority cannot recall what they saw last

- 75% of students spend less time with friends, family

- 65% have given up physical activity

The study revealed this generation spends nearly three hours every day just watching short videos on social media platforms including free video-sharing apps.

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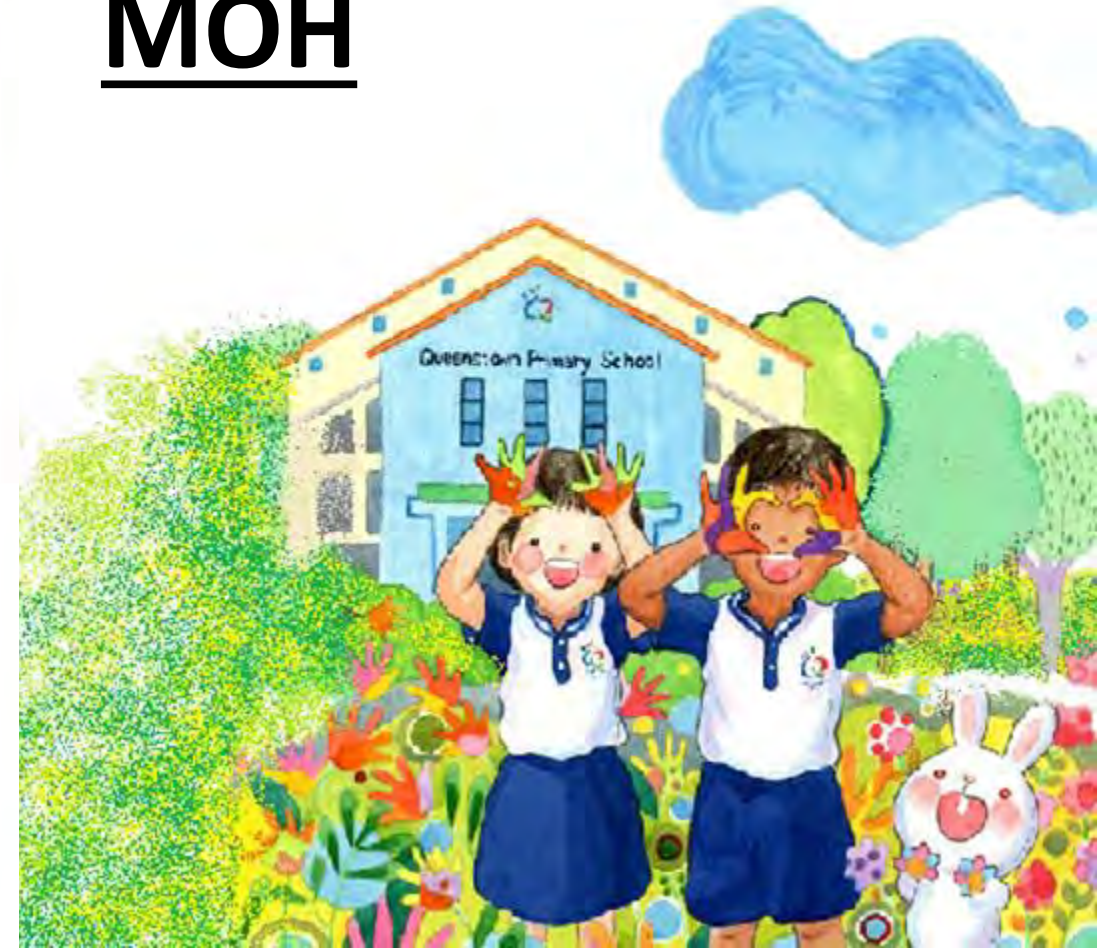
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When using screens:

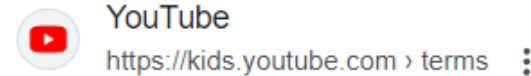
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- ✓ Talk to your child often on what they are viewing online. Offer advice regularly.
- ! You should not give your child access to social media services.
- ! Do not give your child mobile devices with unrestricted access to internet and applications.

Age Restriction

- Almost all social media apps
-> at least 13 years old
- Including Youtube and Whatsapp



You must be at least 13 years old to use the Service; however, children of all ages may use the Service and YouTube Kids (where available) if enabled by a parent or legal guardian. If you are under 18, you represent that you have your parent or guardian's permission to use the Service.



[Terms of Service - YouTube](https://kids.youtube.com/terms)

About minimum age to use WhatsApp

[Copy link](#)

If you live in a country in the European Economic Area (which includes the European Union), and any other included country or territory (collectively referred to as the [European Region](#)), you must be at least 16 years old (or such greater age required in your country) to register for and use WhatsApp.

If you live in any other country except those in the [European Region](#), at least 13 years old (or such greater age required in your country) to register for and use WhatsApp.

Please refer to our [Terms of Service](#) for more information.

Note:

- Creating an account with false information is a violation of our Terms.
- Registering an account on behalf of someone who is underage is also a violation of our Terms.



Social Media: Is Your Child Ready for It?



While social media platforms allow people to connect with others, constant exposure to social media content can make us feel anxious or overwhelmed. It is important for social media users to be mature enough to navigate such feelings when using these platforms. Most social media platforms require users to be aged 13 years and above. **However, is age the only consideration in determining if your child is ready?**



The **maturity** of your child is also an important consideration to determine their readiness for social media.

Maturity can be assessed by observing the following:

- Their ability to make responsible decisions to keep themselves safe online.
- Their ability to manage the pressures and feelings that come with social media use.
- Their ability to control impulses.

Although your child may pick up skills to use social media quickly, they may not fully understand how to use complicated online safety tools and settings. They may also not understand how the platforms' safety features work.

Things You Can Do

Before allowing your child access to social media, have open conversations with them on the risks of social media and establish clear ground rules on how to keep themselves safe when using it. Here are some suggested topics:

What are some potential dangers of oversharing personal information?

What does healthy social media use look like?

How do we keep ourselves safe on social media?

What are some ground rules we can establish as a family?

Queenstown Primary School

Flourishing Individuals, Future-Ready Citizens

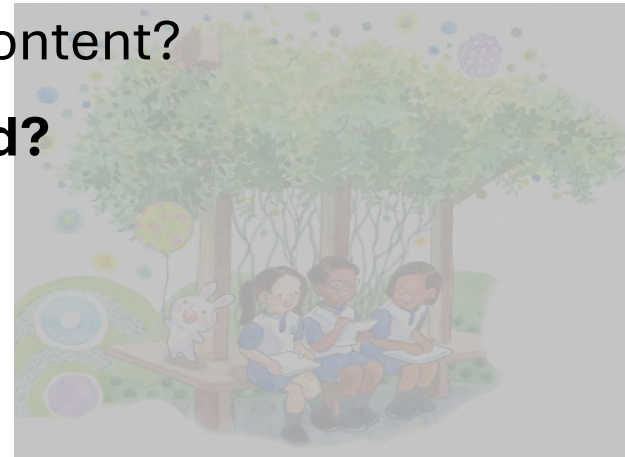
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the **Parenting for Wellness** Toolbox for Parents.
- <https://parentingforwellness.hpb.gov.sg/Resources>



At what age should I give my child their first smartphone?

- Consider these questions:
 - **Does your child need a smartphone?**
 - Does your child need a smartphone to remain contactable?
 - **Is your child ready for a smartphone?**
 - Does your child frequently misplace their belongings?
 - Does your child obey certain rules set in place?
 - Will your child talk to you about issues which they might encounter while using a smartphone such as unpleasant messages or inappropriate content?
 - **Am I/Can I be a good role model for smartphone use to my child?**

[Credit: Adapted from IMDA's Digital Parenting Resource]



How do I prepare my child for their first smartphone?

- If you think your child is ready for their first smartphone, talk to them about **boundaries and responsibility** before providing them with one.

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.

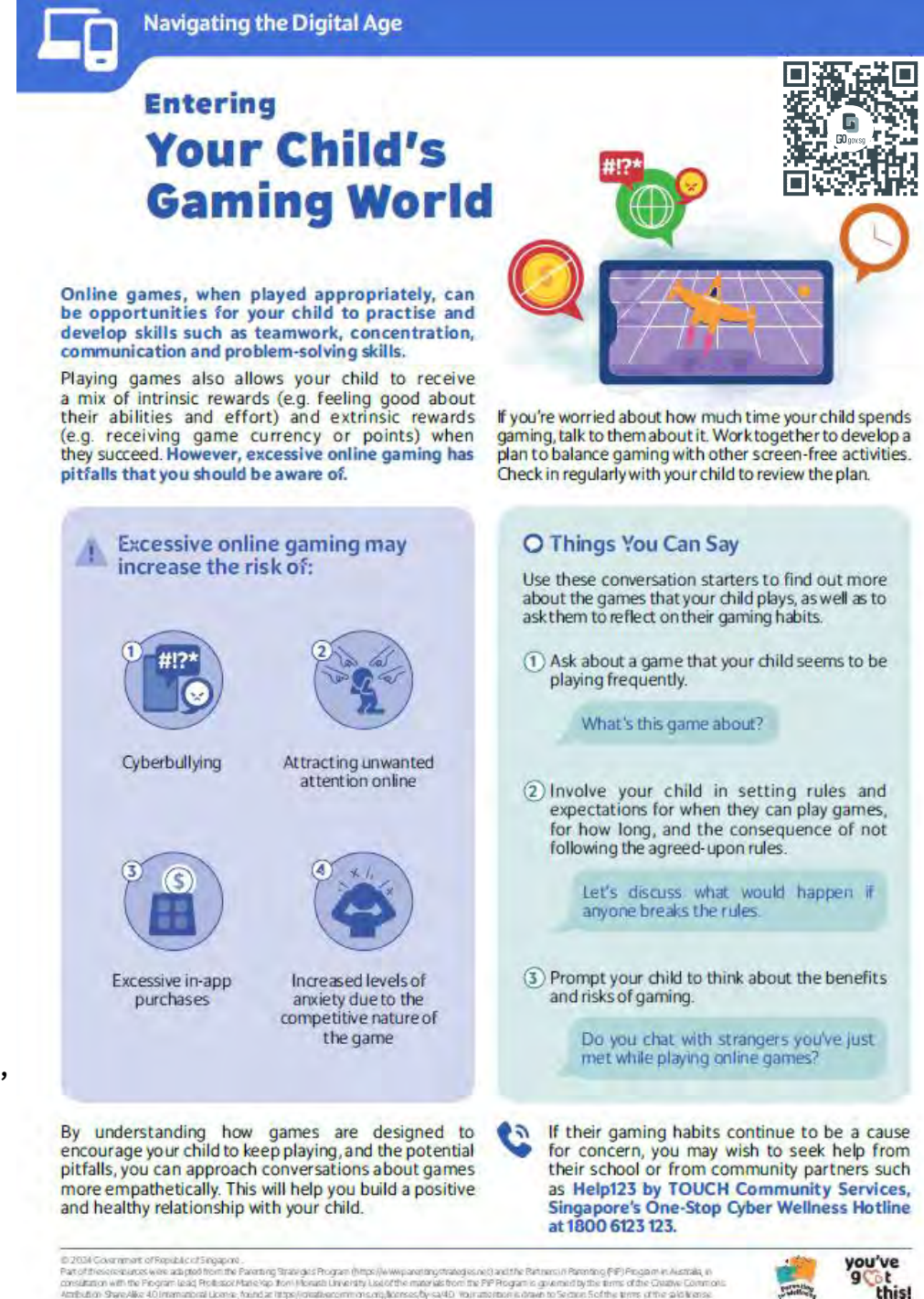


Tip	Conversation
Encourage your child to think about the responsibility of owning a smartphone.	<i>“Can you tell me what are the rules you have to keep when you own a smartphone?”</i> <i>“Can you share with me why it is important for you to be responsible for your smartphone?”</i>
Ask your child to think about safe and responsible usage of the smartphone.	<i>“How do you show me that you will use your smartphone responsibly, respectfully, and safely?”</i>
Invite your child to articulate a set of rules and expectations for the family in writing.	<i>“What are some suggestions on when and where devices should not be used?”</i> <i>“What should we do if we break our agreement?”</i>

What do I need to know about online games?

- Online games are everywhere, and complex games can be played on the go via smartphones.
- While gaming is fun and can bring about positive impact on children, it can create some negative impacts as well.

For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the Parenting for Wellness Toolbox for Parents.



Entering Your Child's Gaming World

Online games, when played appropriately, can be opportunities for your child to practise and develop skills such as teamwork, concentration, communication and problem-solving skills.

Playing games also allows your child to receive a mix of intrinsic rewards (e.g. feeling good about their abilities and effort) and extrinsic rewards (e.g. receiving game currency or points) when they succeed. However, excessive online gaming has pitfalls that you should be aware of.

If you're worried about how much time your child spends gaming, talk to them about it. Work together to develop a plan to balance gaming with other screen-free activities. Check in regularly with your child to review the plan.

Excessive online gaming may increase the risk of:

- 1 Cyberbullying
- 2 Attracting unwanted attention online
- 3 Excessive in-app purchases
- 4 Increased levels of anxiety due to the competitive nature of the game

Things You Can Say

Use these conversation starters to find out more about the games that your child plays, as well as to ask them to reflect on their gaming habits.

- 1 Ask about a game that your child seems to be playing frequently.
What's this game about?
- 2 Involve your child in setting rules and expectations for when they can play games, for how long, and the consequence of not following the agreed-upon rules.
Let's discuss what would happen if anyone breaks the rules.
- 3 Prompt your child to think about the benefits and risks of gaming.
Do you chat with strangers you've just met while playing online games?

By understanding how games are designed to encourage your child to keep playing, and the potential pitfalls, you can approach conversations about games more empathetically. This will help you build a positive and healthy relationship with your child.

If their gaming habits continue to be a cause for concern, you may wish to seek help from their school or from community partners such as **Help123 by TOUCH Community Services, Singapore's One-Stop Cyber Wellness Hotline at 1800 6123 123.**

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Other Suggestions

- **Role-model** positive behaviour and habits



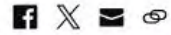
- Engage your children (**spend quality time**) and **cultivate** other hobbies such as reading, hands-on activities e.g. PE (exercising), Art, Music



Children are more likely to succeed if they live in this type of environment

By Megan Marples, CNN

🕒 4 minute read · Published 7:50 AM EDT, Fri May 20, 2022



Kids flourish when they have strong family connections, which can be strengthened around the dinner table. The Good Brigade/Digital Vision/Getty Images

(CNN) — Children with strong family connections are associated with a high likelihood of flourishing in life, a new study found.

CNN

— Children with strong family connections are associated with a high likelihood of flourishing in life, a new study found.

Source: CNN <https://edition.cnn.com/2022/05/20/health/family-connections-flourish-parenting-study-wellness/index.html>



Studies in Singapore have shown that excessive screen time is linked to

Source: The Straits Times

<https://www.straitstimes.com/singapore/screen-time-linked-to-impaired-brain-function-may-affect-learning-beyond-childhood-study>

reduced attention span



cognitive delays



health issues like obesity and myopia.



Improved cognitive performance and more after a 10-day smartphone detox



Hooked On Screens: Can Five Teens Survive 10 Days Without Smartphones? | No Screen, No Life - Part 1:

<https://www.youtube.com/watch?v=pE8rQ5-2LEw>

Testing Five Teens After 10-Day Digital Detox: How Will They Perform? | No Screen, No Life - Part 2

<https://www.youtube.com/watch?v=y4AvIAUYWEM>

Let us work together to inculcate good Cyber Wellness habits in our students!

If you have any suggestions or feedback, please let us know😊



P2 CCA Fair Grow Well SG

Mr Muhammad A'srie
Head of Department
PE and CCA

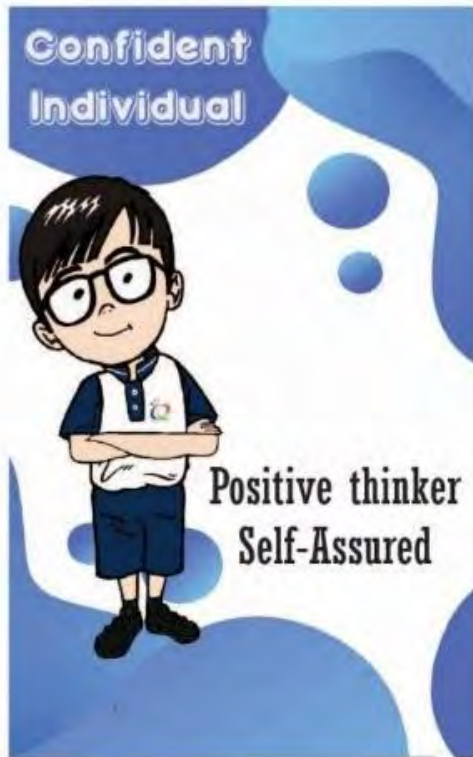


Why should my child join a CCA?

How does the school support my child in selecting a CCA?



School of the 21st Century, Committed to providing a *Holistic Education* to all students



Goals of CCA

Character
Development

Student
Wellbeing

Student
Achievement



Our students have different **interests**,
strengths and **areas to develop**



Co-Curricular Activities (CCAs)



Uniformed Groups



*Visual and
Performing
Arts*



*Physical
Sports*

*Clubs and
Societies*



Sports



Badminton



Football



Basketball



Softball



Swimming

Performing Arts



Chinese Dance



Malay Dance



International Dance



Choir



Drama Club

Clubs & Uniformed Groups



InfoComm Club



International Chess Club



Environmental Club



Visual Art Club



Weiqi Club



Boys' Brigade



Girls' Brigade

CCA Selection Process (Semester 2)

01

Preference Survey

Select 3 CCAs from each category

1. Sports
2. Clubs
3. Performing Arts & Uniform Groups

02

P2 CCA Fair (2 days)

Visit 8 CCA booths over 2 days

Get to know more about the CCAs that they are allocated to

03

CCA selection & Allocation (Term 4)

Submit CCA Selection Form - Select 4 CCAs (from any category) that students are open to joining

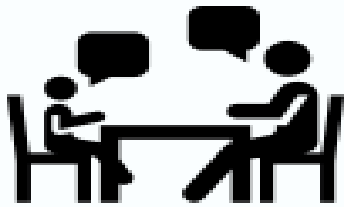


How do I help my child?

Interests
and goals

Being open
minded

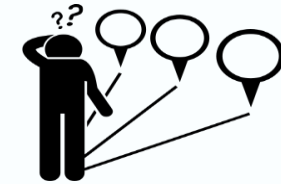
P2 CCA Fair



Motivation



Curiosity



Decision Making

National scheme launched to get kids to adopt healthy habits, kick digital and junk food dependence



While most children in Singapore are in good health, many have already picked up poor habits. ST PHOTO: LIM YAOHUI



Joyce Teo

UPDATED JAN 22, 2025, 11:16 AM -



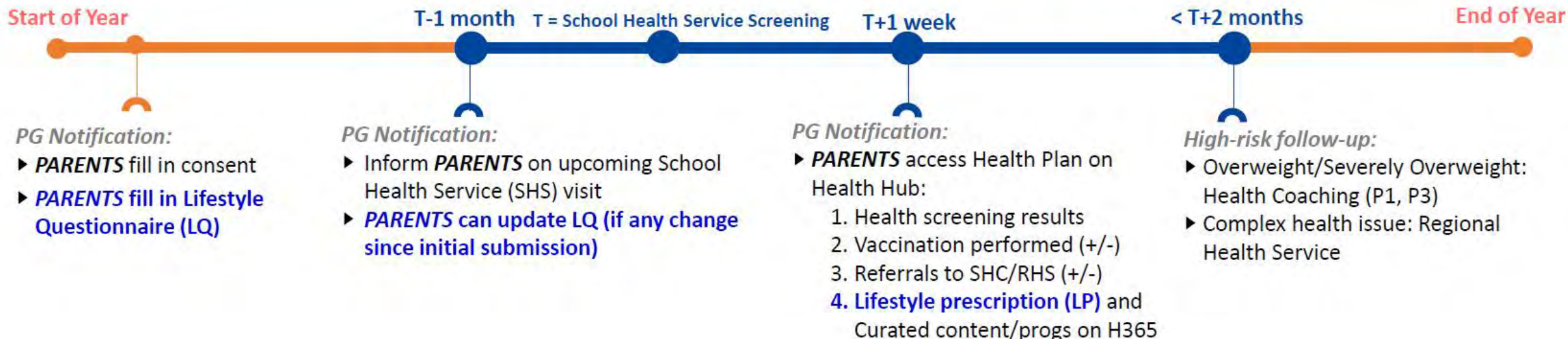
SINGAPORE – All children from Primary 1 to 3 will get a personalised health plan from 2025, as part of a new strategy to help them make healthy choices a way of life, and stave off illnesses as they get older.

Focus on 4 Areas

- 1) Screen Time
- 2) Physical Activity
- 3) Nutrition
- 4) Sleep

P1-P3 Health Plan Journey (Parents' Perspective)

Leveraging existing touchpoints through the year to promote healthy habit formation



Resources for Parents: Access to Information

Given after the School Health Screening


Parents can access HPB's HealthHub to retrieve information on

- Health screening results such as myopia and hearing tests,
- Vaccination performed,
- Referrals to specialists in the Student Health Centre or Regional Healthcare System, if any, and
- **Lifestyle prescription**



CONFIDENTIAL

SCHOOL HEALTH SERVICE
Youth Preventive Service Division



**Sample
HEALTH PLAN**

Name: [REDACTED]
BC/NRIC/FIN: [REDACTED]

Date of Assessment: 23/08/2024

Lifestyle Prescription:
Dear Parent,


Aiden has agreed to the following lifestyle changes during screening:

- In addition to his current activities, he wants to ride scooter and cycle regularly, for an extra 2 days a week for 30 minutes per session. Regular exercise can improve strength, memory and thinking! He should try to do more activities outdoors! Outdoor play protects eyesight and can keep myopia away!
- He also wants to cut down his intake of sweet drinks to 2 days a week! Limiting his sugar intake and having a well-balanced diet can improve his attention in class and support his growth! Remember to keep mealtimes screen-free to help him be more mindful of his choices!
- To help him grow well and concentrate in class, he should aim for about 9 hours of sleep every night. Try to limit screen use 1 hour before bedtime for quality sleep!

These habits are important for your child's overall well-being and development. Your support and encouragement will play a crucial role in helping him stay consistent with these changes. Let's cheer him on!

Note: If your child is on follow-up for any medical condition or allergy, do check in with your doctor to ensure these are safe for him to do before starting lifestyle changes.

How you can support your child:
Scan the QR code for resources and activities to assist in your child's health journey.



Resources for Parents: Curated Content and Programmes

Parents to access H365 after the School Health Screening

Curated Content

Good sleep habits at a young age are linked to:

- Optimal brain function, especially in memory
- Better mood and self-regulating of behaviours
- Better metabolic health and growth

Not enough sleep, or poor quality sleep are associated with:

- Difficulty with attention

Healthy Sleep Habits in Children and Adolescents

Why do they matter and what can we do?

[Learn More](#)

Healthy Meals for a Healthy Child

How healthy is outside food for your child (and you)? Here are some tips on opting for healthier out-of-home meals to cultivate your child's healthy eating habits from young.

Healthy Meals for a Healthy Child

How healthy is outside food for your child (and you)? Here are some tips on opting for healthier out-of-home meals to cultivate your child's healthy eating habits from young.



Healthy and Delicious Meals in School Canteens

Schools now serve healthier canteen food to help students kick start a healthy eating lifestyle.

Programmes

DECEMBER 2024

MOVE IT WITH ACTIVE FAMILY

All parents and children are invited to participate in the registered activities. Registration starts 30 mins before sessions start here.

Please note that parents and children will need to be in appropriate sports attire & general sports shoes (no slippers, sandals or shoes) to participate in the programs.

WHERE	ACTIVITY DETAILS
Bh 761 Yishun St 72 (Basketball Court)	Every Thursday, 9:30am to 10:30am Net-Ball
HomeTeamNS Khatib Level 4 Roof Garden	Every Friday, 6am to 7am NET-Basketball
Ardhara Primary School (ISH)	Saturday, 7 Dec, 14 Dec & 20 Dec, 5pm to 6pm Basketball
Maki Canberra (Lawn)	Every Saturday, 9:30am to 10:30am Archery (Battleground Jr)
Canberra Plaza	Sunday, 8 Dec, 15 Dec, 22 Dec & 29 Dec, 10am to 11am Mini Fun Skate
Northshore Plaza (Community Area)	Every Friday, 7pm to 8pm Skateboarding
Pasopang Puan Square (Side of Pasopang Winterway)	Every Sunday, 10am to 10:30am Net-Ball
One Punggol (1.5 next to Lift Lobby A)	Every Sunday, 1pm to 4pm Archery (Battleground Jr)
44 Ang Mo Kio Avenue 4 Carpark	Every Saturday, 9:30am to 10:30am Archery (Battleground)
Bishan Junction 8 (Level 3, Garden Area)	Every Saturday, 10am to 11am Inline Skating
303 Bishan St 11 Amphitheatre	Every Saturday, 4pm to 7pm Inline Skating
Singapore Sports Hub (Gate 11 - Running Track)	Every Sunday, 5pm to 8pm Skateboarding
Velocity @ Marina Square (Level 1, Outdoor Court)	Every Sunday, 5pm to 6pm Inline Skating
112 Bishan St 13 Shalimar Basketball Court	Every Sunday, 5:30pm to 6:30pm Floorball
Sonic Bowl @ Tampines Mall, #B1-58	Every Saturday, 11am to 12pm Bowling
Tampines Mall (Level 4, Open Plaza)	Every Saturday, 9:30am to 10:30am Family Obstacle Challenge
Tampines Central Park, Tampines Street 82 (Amphitheatre)	Every Saturday, 5pm to 6:30pm Yoga
Angkasa Primary School (ISH)	Every Sunday, 10am to 11pm Basketball
HomeTeamNS Bukit (Promenade Level 1)	Every Sunday, 1pm to 4pm Tennis/Floorball
Raffles Place (Green Hill/Floor at Beach, Funclub Room, Level 3)	Sunday, 1 Dec, 8 Dec, 22 Dec & 29 Dec, 3pm to 4pm Archery (Park Skate)
Genesys Sport Centre	Every Saturday, 5:30pm to 10:30pm Pool Walkway - 1 Dec Obstacle Sport Hall - 14 Dec, 21 Dec & 28 Dec Archery (Battleground)
Bh 216 Boon Lay Ave WSCP MPH	Every Sunday, 3pm to 4:30pm Inline Skating, 7 Dec Skateboarding, 21 Dec & 28 Dec
IMA (Level 3 Garden Plaza)	Every Sunday, 10am to 11am Archery (Battleground, Skateboarding)
Westwood Bowl @ CSC (Bukit Batok)	Every Sunday, Bowling 1 Dec, 15 Dec, 22 Dec, 29 Dec, 5pm to 7pm
Lakeview Primary School (ISH)	Every Sunday, 1pm to 4pm Basketball

- Parents sign up for community programme with their child.
- To get to the site, search “active family” on H365



Resources for Parents: Parenting for Wellness Website

Empower and equip parents in building strong parent-child relationships

- A strong parent-child relationship forms the foundation for parents to build and sustain healthy habits in their children.
- **Parenting for Wellness** is an initiative jointly developed by MOE, MSF and HPB
- Seeks to empower and equip parents in
 - Building strong relationships with their children
 - Strengthening their children's mental well-being and emotional resilience
 - Parenting effectively in the digital age.

The image shows a screenshot of the 'Parenting for Wellness' website. The top navigation bar includes the Singapore Government logo, 'About Us', 'Helpdesk', and a 'Login for Personalized Experience' button. The main heading is 'WELCOME TO PARENTING FOR WELLNESS', followed by a sub-heading: 'A resource library for parents with children age 7-19 years old, filled with tips and strategies to enhance your child's mental well-being and navigate the digital world.' Below this is a call to action: 'Empower your parenting journey and monitor your growth' with a 'Sign up now' button. A section titled 'Dive Into Our Modules' lists four modules: 'Understanding Yourself as a Parent', 'Developing and Strengthening Your Parent-Child Relationship', 'Guiding Your Child's Behavior', and 'Helping Your Child Develop Independence and Social Skills'. The main content area is for 'MODULE 10: Empowering Your Child to Manage Their Use of Digital Technology'. It includes a description: 'As technology becomes more prevalent in our world today, the time spent on digital devices has significantly increased. In this module, you will learn how to help your child achieve a good balance between their online and screen-free activities as well as use technology and social media positively.' It also lists topics: '10A Supporting your child in managing their screen time' and '10B Guiding your child in creating a positive presence online'. At the bottom, there are sub-modules: 'Supporting your child in managing their screen use' and 'Understanding balance and excessive use'.

Resources for Students: Health Plan Booklet Given after the School Health Screening

Health Plan Booklet

Contains comic strips with health messages, the Health Goals page which is filled in by the Healthcare Professional during the consultation, and Home Challenges which include “jumping activities” and “toss-catch the ball activities” to encourage students to be physically active.



'S HEALTH GOALS 01

WHICH ACTIVITIES DO YOU ENJOY? CIRCLE THE 2 YOU LIKE THE MOST!

FUTBALL TABLETENNIS BASKETBALL CYCLING ROLLERBLADING JUMPING JACKS
 HUSKING BADMINTON PLAYGROUND GARDENING SWIMMING SKATEBOARDING

WHAT ARE YOUR FAVOURITE FRUIT AND VEGETABLES?
 CIRCLE 3 FRUITS AND 3 VEGETABLES YOU ENJOY THE MOST!

APPLE ORANGES BANANAS BROCCOLI CARROTS BROCCOLI
 PEARS MUSHROOMS LENTILS LENTILS CARROTS CABBAGE
 PASTA GRAPES WATERMELON CUCUMBER PEAS LONG BEANS

DON'T WRITE HERE! THIS SECTION IS FOR OFFICIAL USE ONLY.
MY HEALTH GOALS ARE TO...

DO MY FAVOURITE ACTIVITIES 2 EXTRA DAYS, 20 MINUTES EACH DAY 1 EXTRA DAY FOR 60 MINUTES EXTRA DAYS, 30 MINUTES

GET DRINK QUALITY BEVERAGES TO DAYS PER WEEK PER WEEK

GET FRUIT AND VEGETABLES DAYS PER WEEK

IF YOU ARE ALREADY ACHIEVING WHAT YOU SHOULD, THE NURSE WILL GIVE YOU A TICK HERE!

Keep up to fruit and vegetables 5 a day and 3 and 3 and 3 a day Keep going with it, 1 hour daily

Health Goals

08 JUMP-A-THON MISSIONS

Hop and jump your way to better health! Here are four jump-a-thon missions for you to try each week along with your health goal missions!

Put a sticker 📌 on each mission after you complete it!

Remember to complete your health goal missions each week!

Health Goal Missions

Keep your eyes on the prize of a healthier life! Complete the health goals that you have set on page 1 each week. Put a sticker on each mission after you complete it!

WEEK 1
 50 times Jump on the spot
 10 times Jump on the spot
 10 times Hop on each leg
 20 times Hop on each leg

WEEK 2
 50 times Jump on the spot
 10 times Jump on the spot
 20 times Hop on each leg
 20 times Hop on each leg

WEEK 3
 50 times Jump on the spot
 10 times Jump on the spot
 10 times Hop on each leg
 20 times Hop on each leg



WEEK 4
 50 times Jump on the spot
 10 times Jump on the spot
 10 times Hop on each leg
 20 times Hop on each leg

Besides achieving your weekly health goals, complete the four Jump-A-thon missions for each week too!

Be careful! These activities safely at home because there is enough space at your own pace, and drink lots of water after!

Home Challenges

Summary of resources for Parents & Child

Resources	Timeframe	Remarks
Lifestyle questionnaire and consent form	At the beginning of the year	Sent through schools via Parents Gateway
1. Health Plan Booklet 2. Starter's Kit	At the end of the school's health screening exercise	Disseminated through the Form Teacher
The Health Plan for their child on HealthHub: 1. Health screening results 2. Vaccination performed (+/-) 3. Referrals to SHC/RHS (+/-) 4. Lifestyle Prescription	Available 2 weeks after school's health screening exercise	Available on HealthHub 
Curated content and programmes by HPB which includes those of sleep habits, healthy eating, etc.	Available anytime	Available on Parenting for Wellness website and Parent Hub 

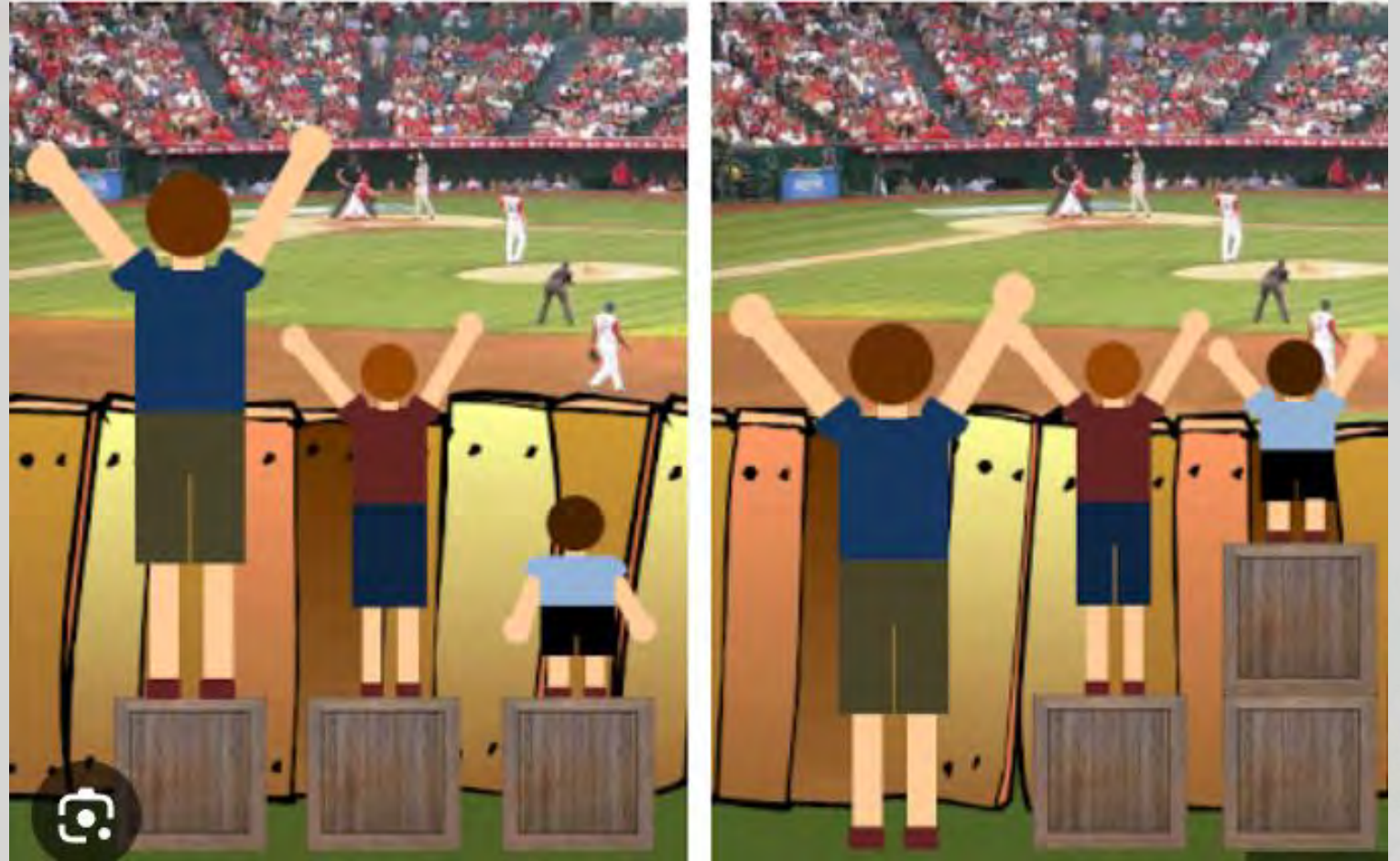
Restricted (Non-Sensitive)

HIGHER MOTHER TONGUE CURRICULUM IN MID LEVELS (P3 & P4)

Mr Yeo Chee Wee
Head of Department
Mother Tongue Language



Intent of HMTL: Differentiated needs of learners



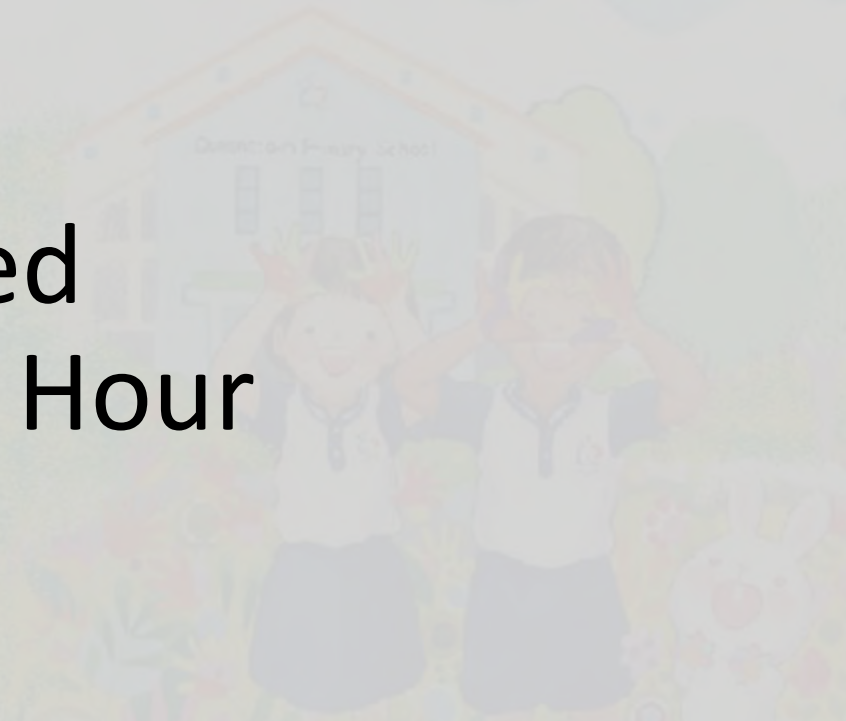


- Use of HMTL Textbooks

- Enhanced Cultural Content

- Focus of Teaching

- Extended Curriculum Hour



Extended Curriculum Hour

- EVERY WEDNESDAYS (2025)
- 1.45pm - 2.45pm
- As one additional hour of lessons will be inserted into the curriculum, students need to make alternative arrangements if the lessons clash with his/her afternoon activities.





Key Considerations

- **Strong in Language Foundation**
 - Not only Listening and Speaking but also Writing and Word Recognition (daily observations by teachers)
- **Learning Behaviour and Attitude**
 - Submitting homework on time
 - Participating actively in class activities
 - Handing in quality assignments
 - Showing interest in the subject
- **Ability to cope with higher demand**
 - New Subject – Science
 - CCA

Class Allocation

Miss Julie Hong
Assistant Year Head of
Lower Primary
(Covering)



Class Allocation

- Change of class in Primary 3 with new classmates
- More opportunities for social mixing
- Bigger class sizes of 40 in Primary 3



**Thank you
for attending
our briefing session**

