

Welcome to Zhangde Primary School

Primary 1 (2024) Orientation
Parents' Sharing Session
20 November 2023



Gentle Reminder to ALL Parents

- Please refrain from taking photographs or recording the session.
- The slides will be uploaded onto our school website after the sharing.
- You can go to our school website <https://zhangdepri.moe.edu.sg/> under Announcements “*P1 Orientation Slides to Parents*” to access them after 21 November 2023.
- Thank you for your kind understanding and cooperation.



Programme Outline

Time	Programme
8.30 a.m.	Welcome Address by Principal
8.40 a.m.	Sharing <ul style="list-style-type: none">• Dental Information• ZPS Parent Support Group• P1 Settling Down in ZPS• Building Home-School Partnership
9.30 a.m.	Movement to Classrooms
9.40 a.m.	Information & Communication Technology (ICT) Hands On Session <ul style="list-style-type: none">• ICT in a Primary School• Familiarization session for SLS, Student iCON, Zoom and Parent Gateway
10.10 a.m.	Motivating and Encouraging Your Child to Read <ul style="list-style-type: none">• English Language Workshop• Mother Tongue Languages Workshop
11.30 a.m.	End

Student Well-Being

We care for our students' mental, physical and social well-being in order to develop strong character, minds and bodies.

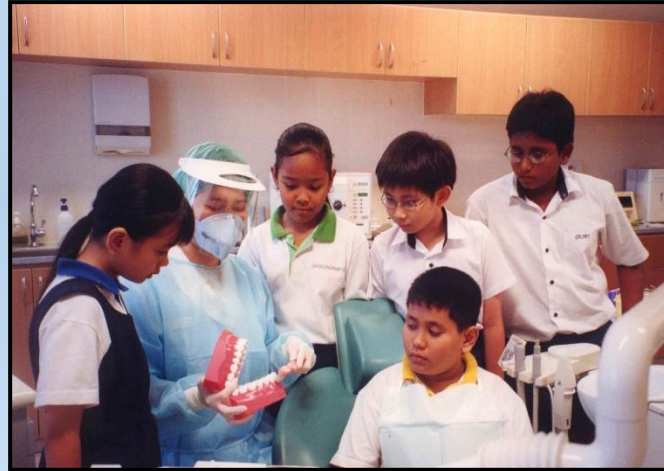


Dental Information

Mdm Tee, School Dental Nurse



To support your child's well-being, the Health Promotion Board provides *free* health services, such as screening, immunisation and dental checks in schools.



**A digital letter will be sent via Parents Gateway.
Parents must give their consent before their child receive the
services.**

Every year to date, 99% of the parents have done so.

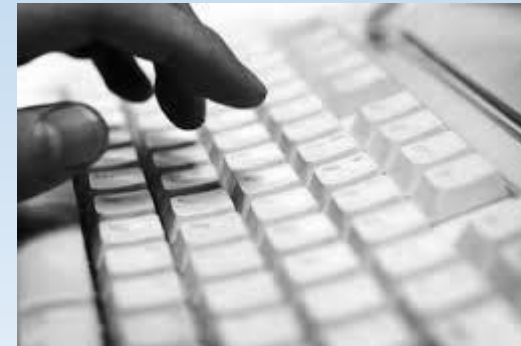


To make the submission of consent more convenient and secure

Paperless Forms

Key Benefits

- Save time
- Reduce errors
- Legally binding
- Green, Environmentally Friendly
- Faster processes



Parents need to access the **Child Consent Portal** (<https://go.gov.sg/hpb-ccp>) to submit their consent *online*.



Child Consent Portal



School Health Service

The Health Promotion Board's School Health Service (SHS) provides free age-appropriate health screening and immunisation for your children.

[+ Learn more about School Health Service](#)

School Dental Service

The Health Promotion Board's School Dental Service (SDS) provides free basic dental services in school dental clinics and mobile dental clinics for Primary and Secondary students to promote good oral health for life.

[+ Learn more about School Dental Service](#)



Please login using your SingPass to submit your consent for your child's / ward's immunisation and / or school dental programme. Only parents / guardians that are in the records of the Ministry of Education may give consent for their child / ward.

**LOGIN WITH YOUR
SINGPASS TO BEGIN**

[Bypass Singpass](#)

It only takes *three* steps.

1

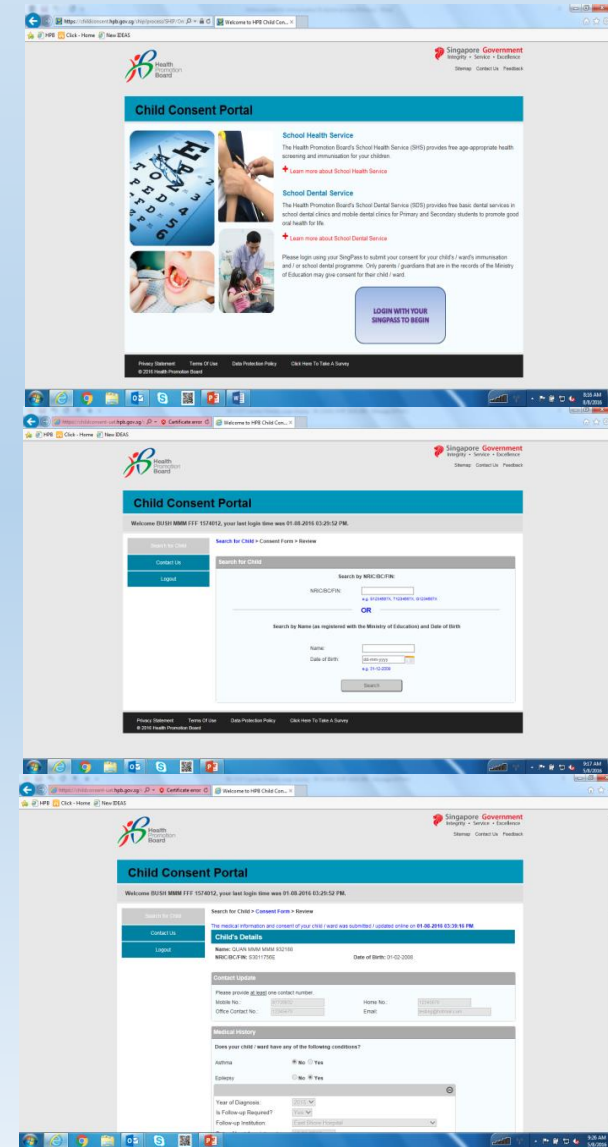
Log on to <https://go.gov.sg/hpb-ccp> using your SingPass with 2-factor authentication (2FA).

2

Type in your child's NRIC/BC/FIN.

3

Fill up and submit the medical form.



**Please login to the portal to
indicate your consent (Yes or No)
By 15 February 2024.**



School Dental Clinic

Opening Hours

Monday – Thursday	8 a.m. – 5.30 p.m.
Friday	8 a.m. – 5 p.m.

Parents are strongly advised to call the clinic at 8940 0375 for an appointment prior to coming to the school.



Zhangde Parent Support Group (PSG)



Mdm Joyce Low, PSG Chairperson

Mdm Lee Cher Hoong, PSG Vice Chairperson (interim)



It takes a village to raise a child

- ❖ Parents are critical partners in education.
- ❖ The Parent Support Group (PSG) provides a great opportunity to support our children in their education journey.
- ❖ Benefits of joining PSG-
Your child will tend to:
 - show more positive attitudes
 - exhibit higher aspirations and motivation towards school
 - have better school attendance and complete homework more consistently
 - be able to bridge the cultural gap between school and home
 - be less anti-social and less prone to behavioural issues¹
- ❖ Parent Support Group (PSG) comprises official PSG committee members or parent volunteers on ad-hoc basis (for events/programmes).



¹ Olsen, Glenn W., and Fuller, Mary Lou. Home-School Relations: Working Successfully with Parents and Families. (Pearson: Allyn and Bacon, 2008), 129-130.

It takes a village to raise a child

THE STRAITS TIMES

SINGAPORE

LOG IN

Parents get involved in school to have greater bonding with their children



Ms Joey Ching and her husband Mr David Ting (long sleeved checked shirt), with their five children: (back row from left) Ethan, 20, Solomon, 19; (front row from left) Joshua, 12, Sophia, 10, Emmanuel, 13. PHOTO: JOEY CHING



Jane Ng

PUBLISHED JUL 24, 2022, 3:00 PM SGT



SINGAPORE - When Ms Joey Ching's eldest son started school at Admiralty Secondary in 2015, she was so touched by the concern the teachers showed the students that she decided to sign up to be a parent volunteer so that she could give back to the school.

She liked the supportive environment where students who struggled academically were pulled aside for small group coaching sessions.

THE STRAITS TIMES

SINGAPORE

LOG IN

Students do better when their parents get involved in school activities



Civil servant Ganesan Maniam, with his wife Kanjana Lee, a customer service executive, and children Kavi Ganesan, 12, and Jayashree Ganesan, 13. PHOTO: CHENG JIUNLIANG



Jane Ng

PUBLISHED JUL 24, 2022, 3:00 PM SGT



SINGAPORE - Students are more engaged with school and enjoy it better when their parents take an interest in their school life by getting involved in activities, such as volunteering, parent-teacher meetings or school events, a new study has found.

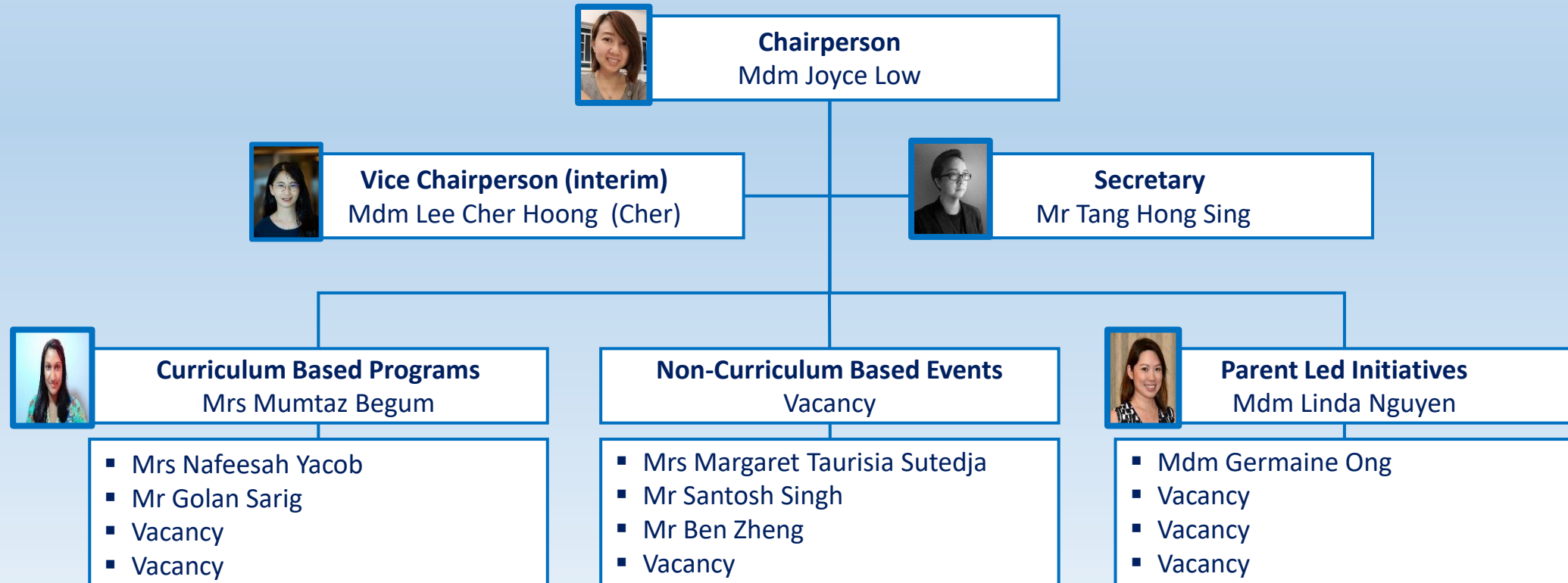
A case can be made for continued school-family partnerships even though fewer parents volunteer when their child moves up. Institute of Education (NIE) survey of some 7 students from 37 schools.



PSG 2024 Committee

Mission:

To work in partnership with Zhangde Primary School Management to deliver the best learning environment for our children by enhancing the school environment and home-school collaboration partnership.



Parent Volunteers



How can you contribute to the school?



Time

Volunteer your time to either support or design and conduct the school's programmes and events



Talent

Share your expertise, talents, individual interests or personal networks with the school



Thoughts

Brainstorm and contribute constructive feedback and ideas to the school and PSG for making school life more vibrant and caring

Parent Volunteer

You can choose how you would like to contribute

PSG Committee Member

Ad Hoc event support e.g.
Learning Journeys

Regular event support
e.g. weekly reading

Coordination /
Organising events

As a PSG committee member...

Support Provided	Curriculum Based Programs	Non-Curriculum Based Events	Parent Led Initiatives	Chair/Vice chair/Secretary
Coordination and gathering of volunteers to support school activities where volunteers are required	<ul style="list-style-type: none"> English Reading Recycling Project Active Recess Learning Journeys 	<ul style="list-style-type: none"> Waffle making during recess International Biodiversity Day International Friendship Day Total Defence Day 	<ul style="list-style-type: none"> Junior Achievement Program Careers Fair Zhangde Parents' Exchange FB page 	<ul style="list-style-type: none"> Let Us Chat Storytelling
Event Organisation	<ul style="list-style-type: none"> Children's Day cum Sports Day 	<ul style="list-style-type: none"> Teacher's Day 	<ul style="list-style-type: none"> Racial Harmony Day 	<ul style="list-style-type: none"> PSG Bonding

As a parent volunteer, you can join us in...

Waffles making



Swim Safer



International Friendship
Day



Learning Journeys



Children's Day Celebration



Total Defence Day



Racial Harmony Day



...and more

Count Me In!

Sign up as a Parent Volunteer (ad-hoc events/programmes) or as PSG member.

Together, we bring out the best in our students!



P1 Settling Down in Zhangde Primary School

We are inclusive and embrace diversity as we recognise each student to be unique and honour his/her individual traits.



P1 Transition from Kindergarten to Primary School

Ms Tan Lee Ling, HOD/Special Educational Needs



What Is It Like In Primary School?

- Laying a strong foundation
- Nurturing well-rounded individuals and passionate lifelong learners
- Providing learning opportunities that recognise their strengths and develop their full potential
- Preparing our children for the future
- Providing a safe learning environment to support our children's well-being



Key Changes

Kindergarten

- Shorter school hours
- Smaller class size & compound
- More hand-holding from the teachers
- Exploration and learning through play in learning areas
- No/Little Homework
- Meals/Food provided

Primary School

- Longer school hours
- Bigger class size & compound
- Learning to be independent
- Greater scope and rigour in curricular subjects
- Homework & assignments given
- Recess – Need to choose, queue and buy own food



What Does My Child Need At Primary 1?

- Every child develops at a different pace. We will continue nurturing the knowledge, skills and dispositions that your child has developed at preschool.
- Learning at Primary 1 should be exciting and fun for your child.
- Some skills that parents can support in developing are:
 - Relating to others
 - Developing good habits
 - Nurturing positive learning attitudes
 - Encouraging children to learn from their mistakes



Refer to Tip 6 of Parent-Child Activity Book for an activity to encourage children to learn from their mistakes.



Tip 1: Getting Ready for School

Preparing well at home makes for a smooth start to the day and a great time at school.

- Ensure your child has sufficient sleep. It's not easy getting up so early, every day – for you and your child.
- If you notice that your child is more resistant, he/she complains each morning and needs several wake-up calls to get out of bed, do find ways to bring your child to school and alert your child's Form Teachers. Once school refusal sets in, it is a difficult habit to break.



Tip 2: Practise Routines

Building good habits help your child cope with the many new things he/she will encounter this year.

- School is a lot more structured than your child is used to.
- Lessons are longer and so is the school day. After-school activities and homework might take some time getting used to.
- Allow your child to attempt the homework on his/her own.
- Practising routines will help your child face the unfamiliar with resilience.



Tip 2: Practise Routines

Packing Bag



- Help your child develop the good habit of packing his/her bag before school.
- Chat on what goes in each day and check that he/she has everything he/she needs. Only bring the required items to school.
- When your child is ready, let him/her try packing the bag on his/her own.

Travel Tips



- How will your child travel between school and home?
- Talk through the steps with your child, so he/she knows where to wait and how long it will take.



Tip 3: New Places, New Faces

Your child is getting to know a whole new world – picking up values like resilience and responsibility along the way.

- Primary school is a far bigger world than pre-school.

Your child's class might be larger than before.

- Give your child a chance to talk about his/her experiences so that you can understand what he/she is experiencing through his/her eyes.
- Empathise with your child's emotions and understand his/her needs.



Tip 3: New Places, New Faces

Your child is getting to know a whole new world – picking up values like resilience and responsibility along the way.

- Share with your child your fond memories of your primary school days.
- Affirm your child. Recognise the small successes and praise him/her for his/her effort!



Tip 3: New Places, New Faces

Your child is getting to know a whole new world – picking up values like resilience and responsibility along the way.

Sometimes, your child may encounter some challenges or problems in school.

- Get your child to share with you his/her challenges or problems in school.
- Stay calm and check for facts with the school.
- Guide him/her to independently manage his/her emotions and behaviour.
- Show your child how to manage his/her challenges or problems. For example, show him/her how he/she can disagree politely and still be good friends.



Tip 4: Managing their Emotions

Visualisation helps your child to step outside of the present moment and calm himself/herself down.

- Thinking of Happy moments (e.g. Birthday etc.)
- Looking at nature/calming pictures



Tip 4: Managing their Emotions

Positive Thinking

- Whether our child is struggling with school work, friends or a new environment, his/her thoughts can help or hinder him/her.
- Practise making positive comments to your child every day. Your positive comments will help your child to focus on what's right instead of what's wrong.
 1. Take a deep breath.
 2. Think to yourself "Stop. Relax."
 3. Say something positive to yourself like "I can handle this." or "I am strong."



Special Educational Needs

- A child entering Primary 1 may have **Special Educational Needs** if he/she finds it difficult to:
 - Write their name.
 - Follow a simple story when it is read aloud to them.
 - Communicate with others.
 - Make friends.
 - Stay focused to complete a task.
 - Access learning in school due to hearing, visual or physical impairments.
- Do work with your child's teachers if you suspect your child is facing one or more of these challenges.
- Providing early intervention aids your child's development during the most critical stage of growth.



Extracted from: <https://www.moe.gov.sg/special-educational-needs/understand>



Inclusive Education

- All mainstream primary schools are resourced to support children with mild to moderate special educational needs.
- The types of support given to the children would be from
 - Teachers trained in Special Needs
 - Special Educational Needs (SEN) Officers
 - Support programmes such as Learning Support Programme, Learning Support for Mathematics, School-based Dyslexia Remediation Programme
 - Access Arrangements (Primary 3 onwards)
- To provide understanding of peers with special educational needs, school-based talks are done.
- For children that may need intervention or services provided outside school, the school works with the MOE Educational Psychologist to provide consultation and referrals.



Extract from: <https://www.moe.gov.sg/special-educational-needs/understand>



Inclusive Education

- All classes will have children with varying abilities and needs.
- Some children may be active and exuberant, some sensitive to sounds and touches, some have difficulties controlling their emotions, thus resulting in outbursts.
- We will guide and support all children to the best of our ability while partnering their parents.
- We need all parents to be understanding and supportive. Setting the right message for the children, who are learning and developing, will help to shape a gracious and inclusive culture.
- Learning is better when there is diversity in the classroom. Being in such classes provide your child with the opportunity to learn about and accept individual differences. It also imparts the importance of empathy and respect.



P1 Information

Mdm Siti Mas Laily, Year Head for P1 & P2



P1 Form Teachers

- You will know and get to meet your child's Form Teachers on the first day of school, 2nd January 2024.

Parents can contact the Form Teachers via the Student Handbook, email or leave a message at our General Office Tel No: 62740357.

Teachers will do their best to respond to you at the earliest available time.

Teachers' time after 4pm on weekdays and whole day on weekends are protected.

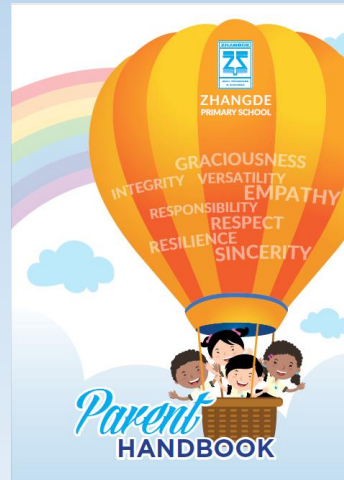
We appreciate your understanding.



Handbooks

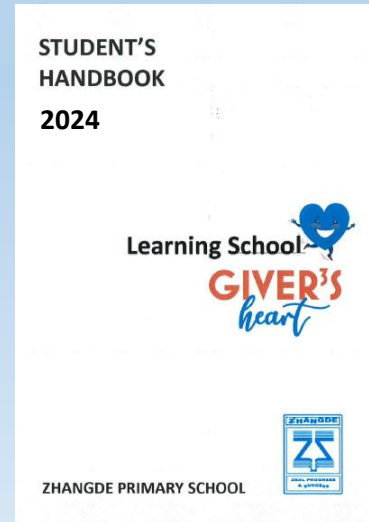
2024 Parent Handbook

- You will receive a copy of the Parent Handbook in January 2024.
- Please refer to the handbook to guide you on the school structures.



Student Handbook

- The Student Handbook will be distributed to the students. (Ready in Jan 2024)
- It must be brought to school daily.
- Check the Handbook regularly to monitor your child's work or any updates from the teachers.
- You may also use the Handbook to communicate with the teachers.



School Uniform

Girls



Hairstyles

- Hair must be neat and tidy at all times.
- No gel, mousse, fancy hair styling, tinting or dyeing of hair is allowed.
- Girls' hair must be above the base of the collar or neatly tied up. Fringes must be neat and above the eyebrows. Only black clips or hair band should be used to keep the hair tidy.

Accessories

- Girls should only wear plain ear studs less than 5 mm in diameter. For safety reasons, NO dangling, loop or multiple earrings are allowed.
- Nose studs are not allowed.
- Spectacles (if worn) should be a plain frame and non-tinted, unless recommended by a physician.
- Nails must be kept short and clean. No varnish or hardener is allowed.

Name Tags

- Every student must have a name tag sewn on the school uniform at all times.
- The name tags are to be sewn on the left of the school uniform above the school crest.

Shoes & Socks

- Only PLAIN BLACK shoes and school socks are allowed.
- Ankle socks are not allowed.

Boys



Hairstyles

- Hair must be neat and tidy at all times.
- No gel, mousse, fancy hair styling, tinting or dyeing of hair is allowed.
- Boys must keep their hair short and tidy. Hair must be above the ears, collar and eyebrows.
- Boys are to maintain a clean haircut as well as a clean-shaven face. Moustache, beard and long sideburns are not permitted.

Accessories

- Boys are not allowed to pierce ears or wear ear studs.
- Nose studs are not allowed.
- Spectacles (if worn) should be a plain frame and non-tinted, unless recommended by a physician.
- Nails must be kept short and clean. No varnish or hardener is allowed.

Name Tags

- Every student must have a name tag sewn on the school uniform at all times.
- The name tags are to be sewn on the left of the school uniform above the school crest.

Shoes & Socks

- Only PLAIN BLACK shoes and school socks are allowed.
- Ankle socks are not allowed.

Identification/Name Tag

- Your child will be issued a temporary identification tag on Day 1. Please check that the gate number/bus number on your child's identification tag is correct so that the teacher knows which gate/bus to take him/her for dismissal.
- Ensure that your child wears his/her identification tag at all times for the first month.
- Do provide important information such as mobile numbers and parents' information to your child's Form Teachers.
- Your child's name tag must be ironed/sewn on every school uniform.



School Hours

Date	Time
Tuesday, 2 nd January 2024 & Wednesday, 3 rd January 2024	8 a.m. to 12 p.m.
Thursday, 4 th January 2024 onwards	7.30 a.m. to 1.30 p.m.

Note: Parents are only allowed to come into the school on Tuesday, 2nd January 2024.



Dismissal

- For **2nd & 3rd January 2024**, P1 children will be dismissed at **12 p.m.** via Gate 3 only.
- Subsequently, they will be dismissed at 1.30 p.m. daily.
- Please be at the Parents' Waiting Area by 1.20 p.m.
- Do not suddenly change the pickup arrangement without informing your child's Form Teacher.



Dismissal Arrangement

Dismissal Point	Arrangement
Gate 2	Exit point for P4 to P6 children Parents will wait outside the Main Gate. Please be there by 1.30 p.m.
Gate 3	Exit point for P1 to P3 children Parents will wait at the Parents' Waiting Area. Please be there by 1.20 p.m.
Gate 4	Exit point for P1 to P6 children Parents will wait outside the gate. Please be there by 1.20 p.m.
Kids Central	Meeting point for siblings
Zhangde Student Care Centre (SCC)	Children will proceed directly to SCC.
School Bus	Children will proceed to their school bus directly.
Outside General Office	Gathering point for external SCC.

What if my child is unwell and is unable to attend school?

- Consult a doctor.
- Rest at home until he/she has recovered completely.
- Inform your child's Form Teacher on the day of absence.
- Try to complete whatever work missed and hand in as soon as possible.
- Submit medical certificate or letter of excuse to the Form Teacher upon returning to school.



Discipline Policy

- Discipline is an integral part of schooling. Children who have erred in their behaviour need to be re-orientated and guided towards the right direction.
- P1 children are very young. The school will work closely with parents on all cases.
- Children may be referred to a school counsellor or special educational needs officer in some cases.
- Principles applied when managing children's unacceptable behavioural action:
 - Show children what they have done;
 - Give children the ownership of the problem;
 - Give children the opportunity to fix the problem;
 - Leave intact the dignity of the child and others affected by focusing on the problem, not on the child;
 - Allow restoration through restitution, resolution and reconciliation.



Discipline Policy

Abide by the School Rules at all times.

Refer to Student Handbook and Parent Handbook for the following:

1. Attendance and Punctuality
2. Zero Tolerance to Bullying
3. Mobile Phone Policy
4. Items not to be brought to school



Student Management

- It is usual for your child to find himself/herself in some of the situations below at school.
 - Your child has an argument/does not get along with a classmate.
 - One of his/her classmates has been calling him/her names.
 - He/She fell down as one of his/her classmates pushed him/her while playing.
 - One of his/her classmates took his/her things without asking for permission.
- You should tell your child not to retaliate but inform his/her teachers immediately. The teachers will help them to manage the situation.
- Please understand that these incidents will happen. Let us work together to help our young children manage these conflicts.



Student Edusave Fund Account

- Every Singaporean child between the ages of 7 to 16 years old is automatically given a Student Edusave Fund Account.
- A sum of money is credited into the account in January every year, until he/she is 16 years old.
- You will receive a statement of account by end of March every year.
- The money in the Edusave Account can be used for 2nd-Tier miscellaneous fees.
- The fund will be used for level-wide enrichment programmes organised by the school. Parental consent will be required.



P1 Subjects

Subject	Duration per week	Number of 30-min period per week
English Language (EL)	7 hours	14
Drop Everything and Read (DEAR)	30 min	1
Mathematics (MA)	4 hours	8
Mother Tongue Languages (MTL)	6 hours	12
Social Studies (SS)	30 min	1
Character and Citizenship Education (CCE)	1 hour	2
Programme for Active Learning (PAL)	2 hours	4
Physical and Health Education (PHE)	2 hours	4
Art	1 hour	2
Music	1 hour	2
Information and Communication Technology (IPW/ICT)	1 hour	2
Form Teacher Guidance Period (FTGP)	1 hour	2
Assembly	30 min	1

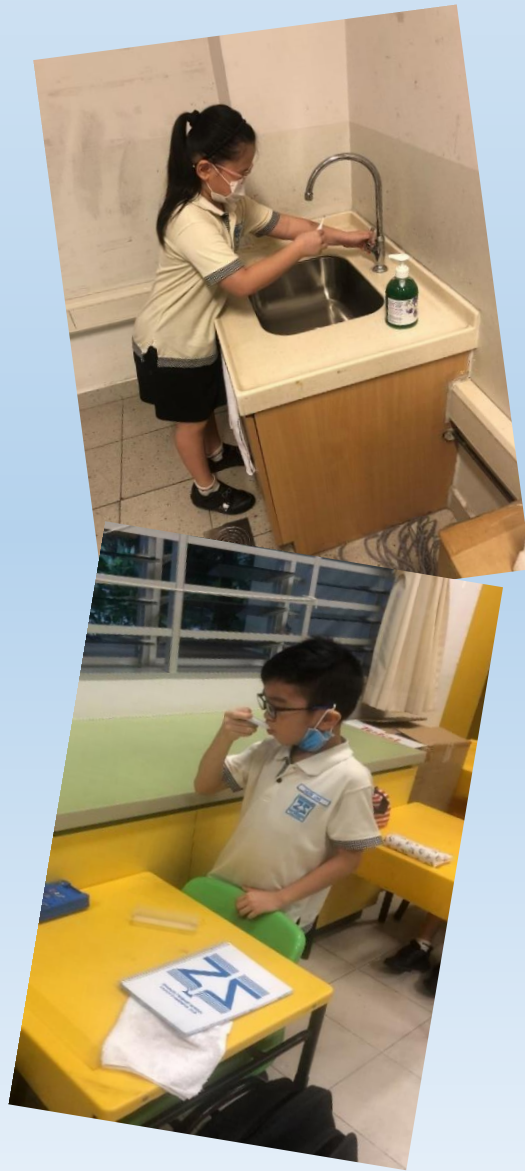
Lockers

- Lockers are located outside every classroom.
- Every child will be allocated a locker.
- Children need to bring their own locks to secure the lockers.
- Examples of items that they can place in their lockers:
 - Mini whiteboard
 - Colouring materials
 - Dictionary
 - Additional Exercise books/Jotter books



Daily Temperature-Taking

- Children are required to take their temperature daily in the classroom once they reach school.
- Proper temperature-taking procedures will be taught to all children.
- They will record their temperature in their Student Handbook.
- Each P1 child will be issued with a thermometer.



Wipe-Down Routine

- Children are to clean the table surface in their classrooms and canteen.
- This is to encourage our children to take greater responsibility over their personal hygiene and be socially responsible and considerate towards others who will use the table after them.
- They can bring their own rag, paper towel or tissue.
- Wipe-down routine will be taught to all children.



Canteen



- Pocket money of \$3 should be sufficient for recess. For example, a bowl of noodles cost from \$2 to \$2.50.
- Cashless payments using Smart Buddy card or EZ-link card is encouraged.
- Children under the Financial Assistance Scheme (FAS) will have to activate their EZ-link cards for them to buy their food. They must not lose their card.
- Do get your child to bring a water bottle and label it with your child's name. There are many water coolers in our school.

PHOTOGRAPHY AND VIDEOGRAPHY PUBLICATION OF STUDENTS' WORK

- We would like to inform you that photographs/videos of children/parents taken at all school events by the official school photographers may be published on the school's official media platforms (e.g. newsletters & school website) and used for briefings, workshops and other educational purposes.
- The school may publish photographs, videos and children's work/achievements together with the names of the children from time to time.
- Please notify the school in writing if you do not wish to grant such permission.



Building Home-School Partnership

We forge trusting partnerships with families and the community for the growth and well-being of each student.

Mr Thilak, Year Head for P5 & P6



Working Together with the School

- Partner the school in the holistic development of your child.
- Allow your child to attempt the homework on his/her own.
- Encourage your child to approach the teacher if he/she needs help with homework or encounters problems in school.
- Encourage your child to pack his/her own school bag and bring required items to school. If he/she forgets, let him/her face the consequences.
- Recognise your child's small successes beyond academic results.
- Praise your child for his/her efforts, without focusing only on the outcome.



Parental Support

Please ensure that your child:

- Attend school daily and be punctual.
- Complete all the assigned work with effort and submit them on time.
- Read extensively.
- Revise work regularly.



Keeping in Touch with the School

- Maintain regular communication through official school channels.
- Teachers are not obliged to share their personal phone numbers with parents.
- Discuss with the teachers on the preferred mode of communication.
- Contact teachers during school operating hours only, unless it is an emergency.
- Parents who wish to meet with your child's teacher should make an appointment via the Student Handbook, email or phone call before coming to the General Office.



Home-School Communication Channels

- **From The Principal's Desk (Termly)** – Parents Gateway & School Website
- **Parents Gateway** – Main communication channel for information and consent forms *(It is an app. Please download onto your mobile phone)*
- **School Website:** <https://zhangdepri.moe.edu.sg/>
- **Students' Calendar (Termly)** – Hard Copy & School Website
- **Zhangde Instagram:** @Zhangdepri



What's Available On The Repository?

Supporting your child through the Primary 1 journey



Fri, 23 September 2022

[Preparing for P1 - PDF] Supporting Your Child Through the Primary 1 Journey

Click to download or view this issue on preparing your child for P1.

Teach Your Child Social Emotional Skills

BE READY FOR LEARNING

What your child may learn in school



What you can do at home



Mon, 18 October 2021

[PDF] Social skills to prepare your child for Primary 1

Click to download or view this resource to learn how you can help your child learn social skills.



Mon, 23 August 2021

Are you over-preparing your child for P1?

Learn how overpreparing your child may hinder learning.



Wed, 15 December 2021

[NLB] LearnX Reading - Primary

Create fun experiences for your child to discover the joy of reading.

Find out what your child really needs for Primary 1.

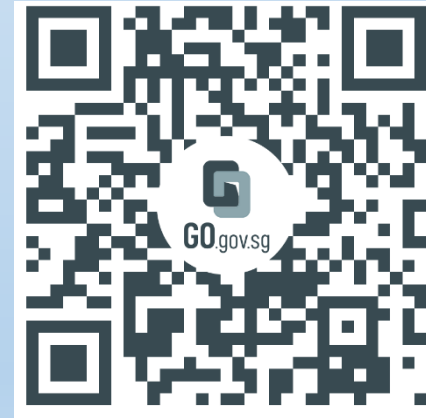
Help develop your child's social and emotional skills by referring to this infographic

Are you over-preparing your child for primary school?

How to cultivate the love for reading? Check out resources from the National Library Board.



WE ARE HERE TO SUPPORT YOU!



Parent Kit

www.moe.gov.sg/parentkit

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.



SCHOOLBAG
THE EDUCATION NEWS SITE

Schoolbag.edu.sg

www.schoolbag.edu.sg

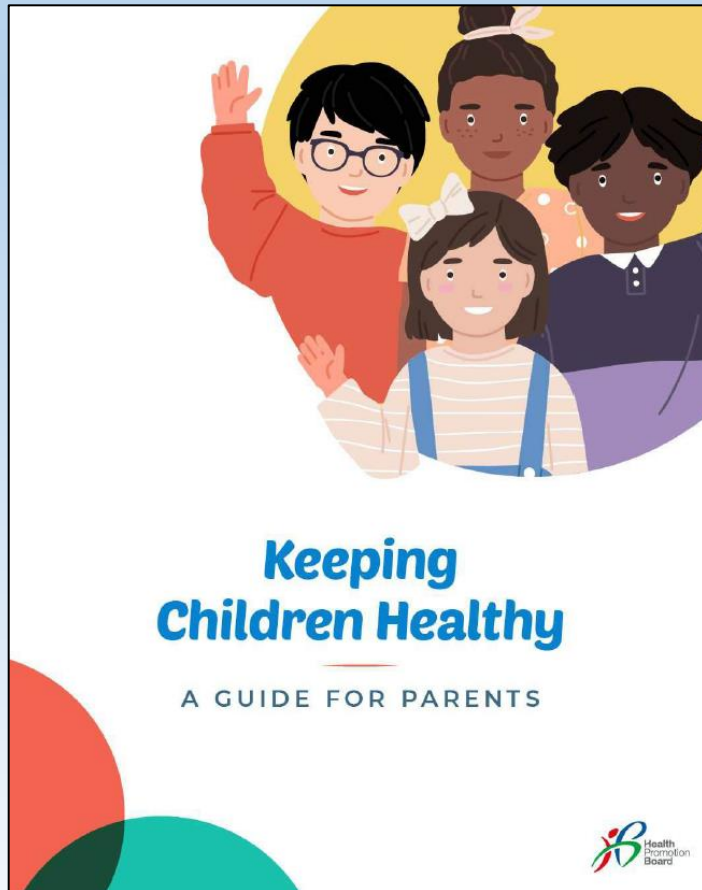
Through articles and multimedia content, Schoolbag provide parents and general public with information and insights related to education, tips for parent involvement and features on school programmes.



WE ARE HERE TO SUPPORT YOU!



KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



Is your child transitioning to P1?

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- a) Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:



Edition 1



Edition 2



Edition 3

WE ARE HERE TO SUPPORT YOU!

FAMILY VALUES CARD GAME

Developed by Families for Life, in partnership with the Ministry of Education

- Designed for parent-child bonding and provide opportunities to discuss about family values as a family
- Families can learn how to play the game by scanning the QR code on the game box
- Parents are encouraged to make use of the conversation starters included in the rulebook to engage children in understanding and demonstrating the family values of **love, care and concern, commitment and respect**



PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

PARENT-CHILD ACTIVITY BOOK (DIGITAL)

10 TIPS FOR

PARENTS to help you navigate your child's first year in primary school.

Chat with your child

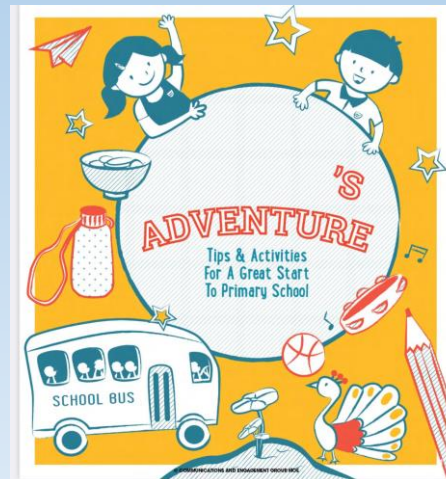
Boost their confidence

Practise various scenarios

Create something interesting

Thank others for their help

Pledge to do things together



Parent kit
View the various parent kits available.

Education Stages Learning Technology **Parent-Child Relationship** Well-Being Personal Growth

Parent-child activities to strengthen family relationships and bond with your child

Parent-Child Activity Book

The Parent-Child Activity Book (PCAB) is specially designed to help your child transit from preschool to P1. The PCAB includes 10 tips, and is filled with fun and meaningful parent-child activities for you to try with your child.

A Great Start to Primary School

Talk about your child's likes in this 'About Me' activity and commemorate the first day of school with your child.
Last updated: 1 Nov 2022

How To Use This Book

This marks the start of your child's very new adventure! Read this mini guide to find out how you can use the activities to help your child transit to P1.
Last updated: 1 Nov 2022

Home-School Partnership

Our children succeed when parents and school work hand in hand.

Help your child succeed in life

Our children do best when schools and parents work hand in hand to support them. Here are some tips to make this happen...

Work with the school to know and support your child

- Have regular conversations with teachers in both academic and non-academic areas - this will help you better guide your child's development.
- Check the teachers' preferred mode of communication - they are not required to share their mobile numbers.
- Understand that teachers may not be able to respond to your queries immediately.

Help your child relate to others

- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident before taking action to ensure a fair, objective outcome for all parties.

Help your child develop good habits

- Create a conducive home environment for your child to enjoy reading and to finish his/her homework by himself/herself.
- Encourage your child to live a healthy, balanced life with time for sleep and play.

Help your child manage himself/herself

- Guide your child in managing his/her time.
- Encourage your child to help out with household chores.

Our children succeed when parents and schools work hand in hand.



Ministry of Education
SINGAPORE

QUESTION TIME



Thank you!

