

Physical Well-Being

Dental & Health Information

On behalf of Ms Jubell Tee, School Dental Nurse

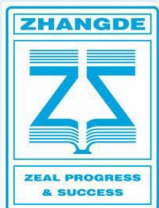


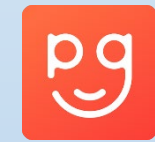
To support your child's well-being, the Health Promotion Board provides *free* health services, such as screening, immunisation and dental checks in schools.



Youth Preventive Dental Service | Primary School Orientation

<https://youtu.be/7-FEntl6mJg?si=PFOqdJLPFhqERal->





A digital letter will be sent via Parents Gateway

Parents must give their consent before their children receive the services.

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



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



The
3
steps:

1

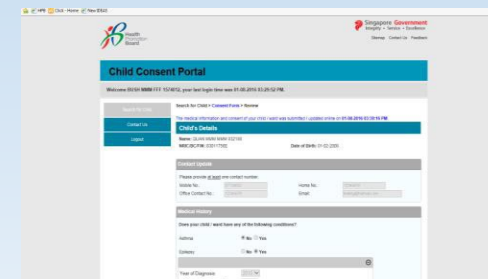
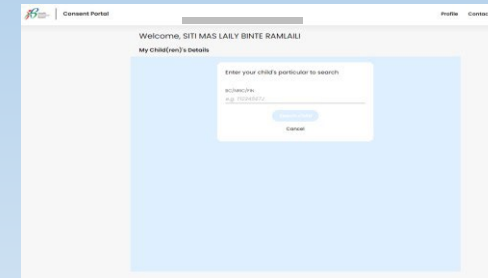
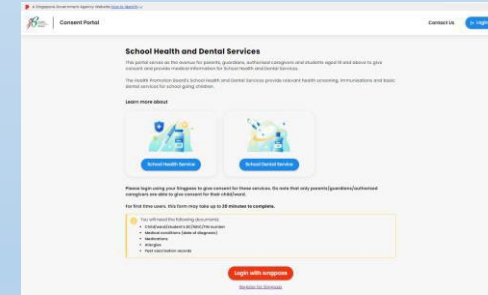
Log on to <https://go.gov.sg/hpb-ccp> using your SingPass with 2-factor authentication (2FA).

2

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

3

Fill up and submit the medical form.



**For urgent treatment, students can either walk in to the dental clinic or parents to WhatsApp this number:
8940 0375**



P1 Settling Down in Zhangde Primary School

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



P1 Transition from Kindergarten to Primary School

Mdm Gwendolyn Bava, Senior Special Educational Needs Officer



Smoothing the transition to Primary 1

When your child enters primary school, their experience will include:



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



How can you support your child?

Support

your child and encourage them to overcome challenges with your care

Affirm

your child by recognising small successes and praising their efforts

Familiarise

your child with new routines gradually and share your experiences in primary school

Empathise

with and acknowledge your child's feelings

Supporting your child's transition through Primary 1
Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

- SUPPORT**
 - Commit some time every weekend to **play games** and **have fun** together.
 - **Visit places** or take part in events that **both of you enjoy**.
 - **Encourage** your child to make new friends.
 - Try out **FTGP® Family Time** activities.
- AFFIRM**
 - **Encourage** your child when he makes **observations**.
E.g. Say "That's interesting!" and ask why he/she said that.
 - **Recognise small successes**. E.g. Say "You've made another new friend in class - well done!"
- FAMILIARISE**
 - Find out what primary schools have in store for students these days.
 - Do practical things to **ease your child into new routines**.
E.g. Plan daily routines together, teach your child new habits like parking his/her bag.
- EMPATHISE**
 - **Teach** your child words to **describe feelings**.
 - **Acknowledge** your child's **emotions**.
E.g. "It's okay to feel anxious about starting school."
 - **Understand** your child's **needs**. E.g. Start bedtime early. Children need a lot of sleep.

Spend Time Chatting. Use T.A.D.

- Talk**
Talk about fond memories of your own school days.
E.g. What you did in Primary One, kind teachers and steady cleanliness you had.
- Ask**
Ask about his/her thoughts and feelings about the school.
E.g. FTGP® asks like, when he/she felt happy/sad.
- Discuss**
Discuss together what can be done if he/she has worries at school.
E.g. Explain how people deal with conflicts.

QUICK TIPS

- Listen without interrupting.
- Nod your head and ask questions to show interest and affirmation.

Ministry of Education Singapore



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 development.



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

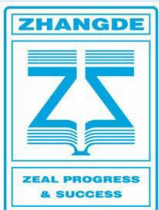


Inclusive Education

- All mainstream primary schools are resourced to support students with mild to moderate special educational needs.
- The types of support given to the students would be from
 - Teachers trained in Special Needs (TSN)
 - 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 students 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 students with varying abilities and needs.
- Some students 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 students 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.



Building Home-School Partnership

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

Mr Thilak, I/C Partnership



School- Home Partnership

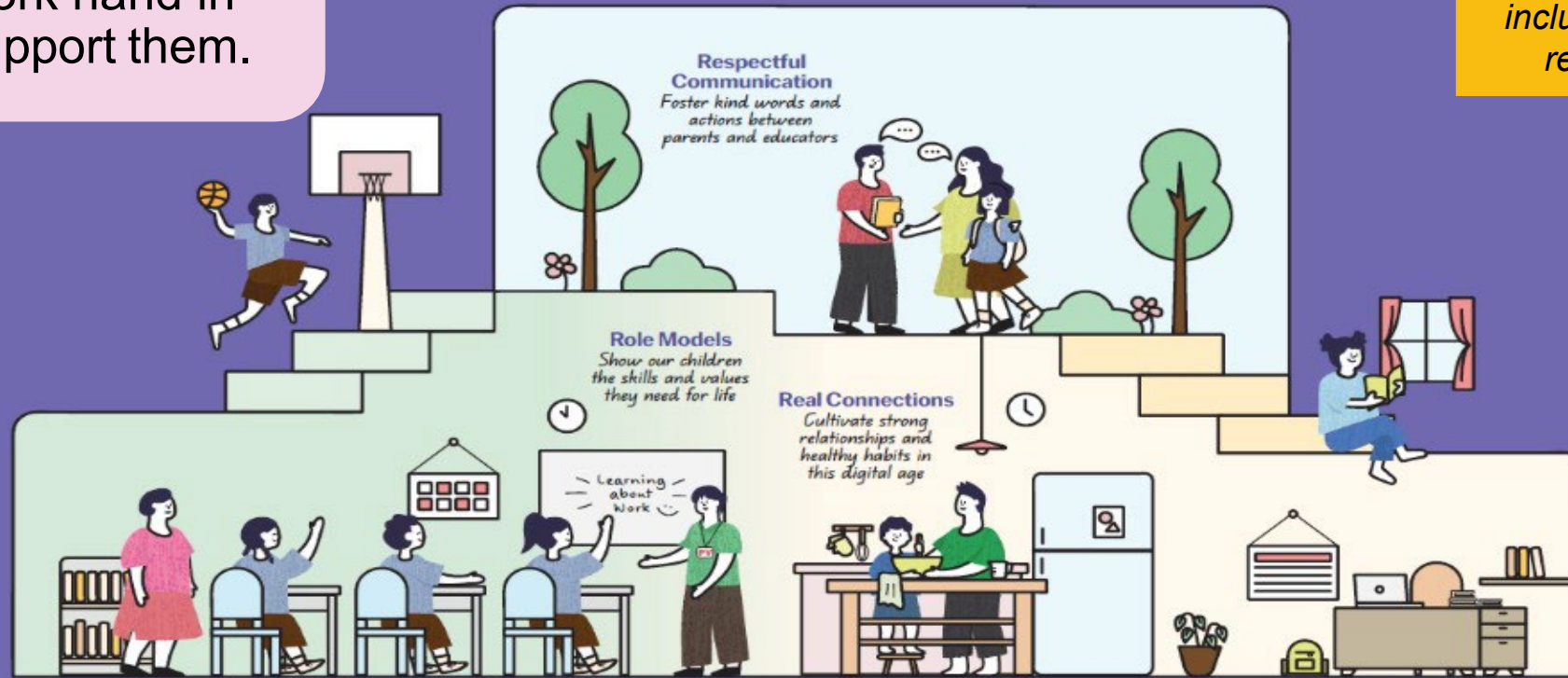
Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together

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

Note for schools:

For more information that can be included in this section, please refer to the notes section.



A joint effort in 2024 by the Ministry of Education and COMPASS



School- Home Partnership

- Working Together with the School
- Parental Support
- Communication Channels
 - Parents Gateway
 - From The Principal's Desk (Termly)
 - Students' Calendar (Termly)
 - Zhangde Instagram: @Zhangdepri
 - School Website: <https://zhangdepri.moe.edu.sg/>



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.

Parent Kit

SCHOOLBAG
THE EDUCATION NEWS SITE

Schoolbag.edu.sg

www.schoolbag.edu.sg

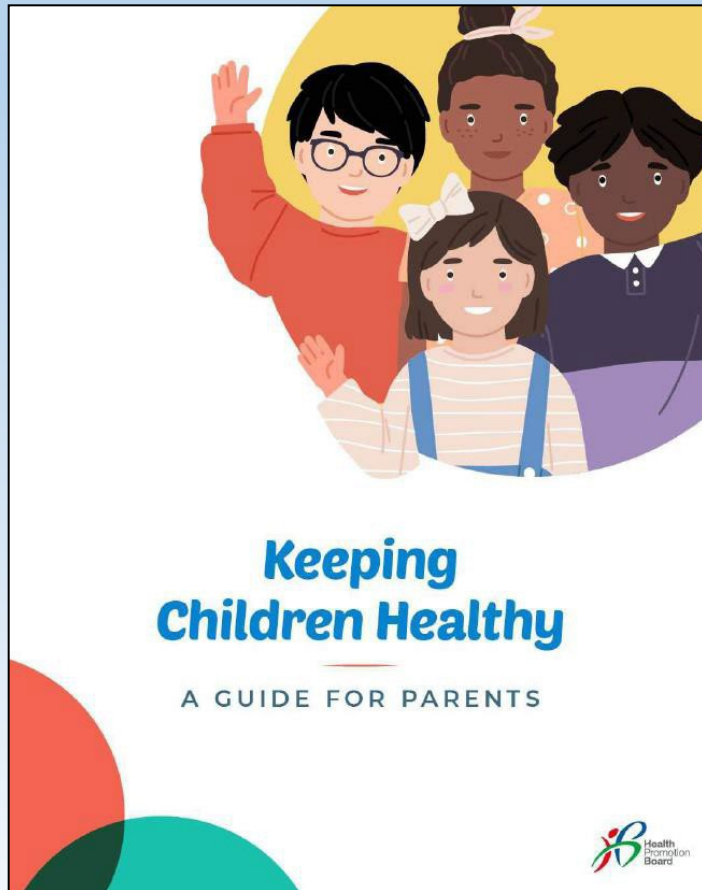
Through articles and multimedia content, Schoolbag provide parents and general public with information and insights related to education, tips for parent involvement and features on school programmes.



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**

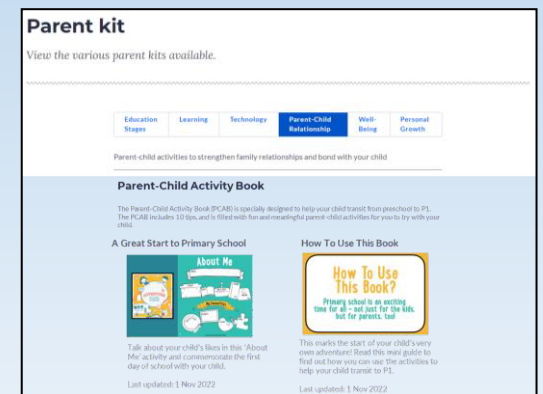
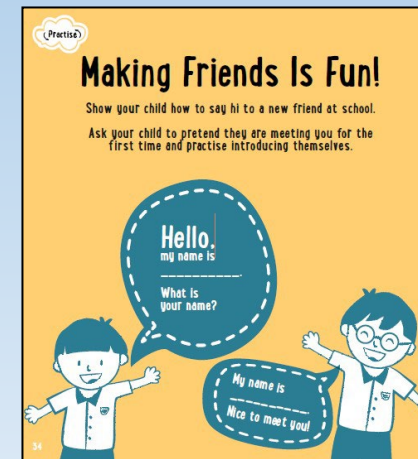
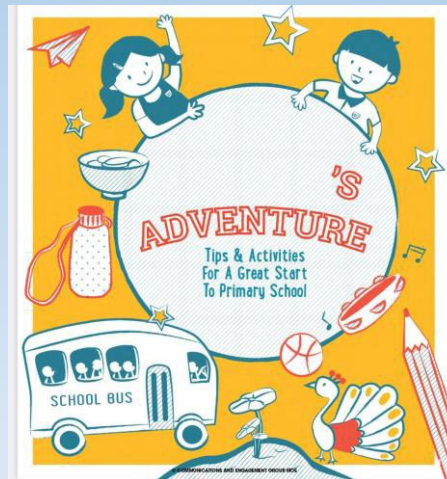


PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

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



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.



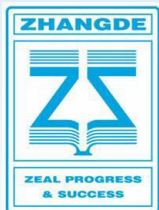
Ministry of Education
SINGAPORE



Zhangde Parent Support Group (PSG)



Mdm Joyce Low, PSG Chairperson
Mr Tang Hong Sing, PSG Vice Chairperson



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).



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, 15, 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



Child servant Ganesan Maniam, with his wife Karjaria Lee, a customer service executive, and children Kai Ganesan, 12, and Jayashree Ganesan, 13. PHOTO: JANE NG



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 to secondary school, said a National Institute of Education (NIE) survey of some 7,000 students from 37 schools.



PSG in Action

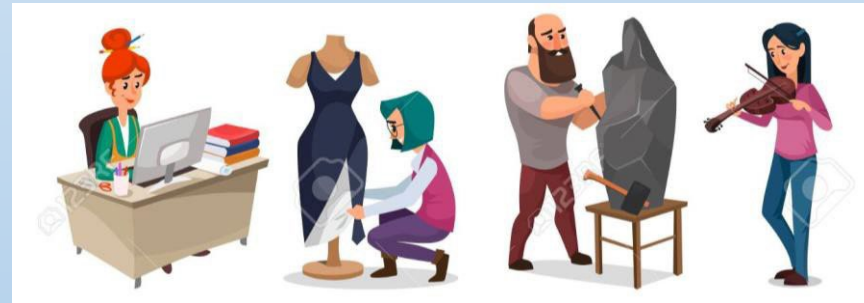


How can you contribute to the school?



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 parent volunteer, you can join us in school-organized events ...

Waffles making




Swim Safer



International Friendship Day



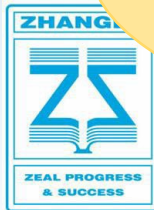
Learning Journeys



Reading Programme



Total Defence Day



As a PSG Committee, you can join us in....

Brainstorming ideas for activities



Bonding with other parents



Co-organizing events with the school



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!



Thank you!

Please proceed to the breakout rooms on Level 2 for the Hands-on sessions & workshops.

