



PRIMARY 1 ORIENTATION

(FOR 2026 P1 COHORT)

24 NOVEMBER 2025

Slides will be uploaded onto our school website by the end of this week.

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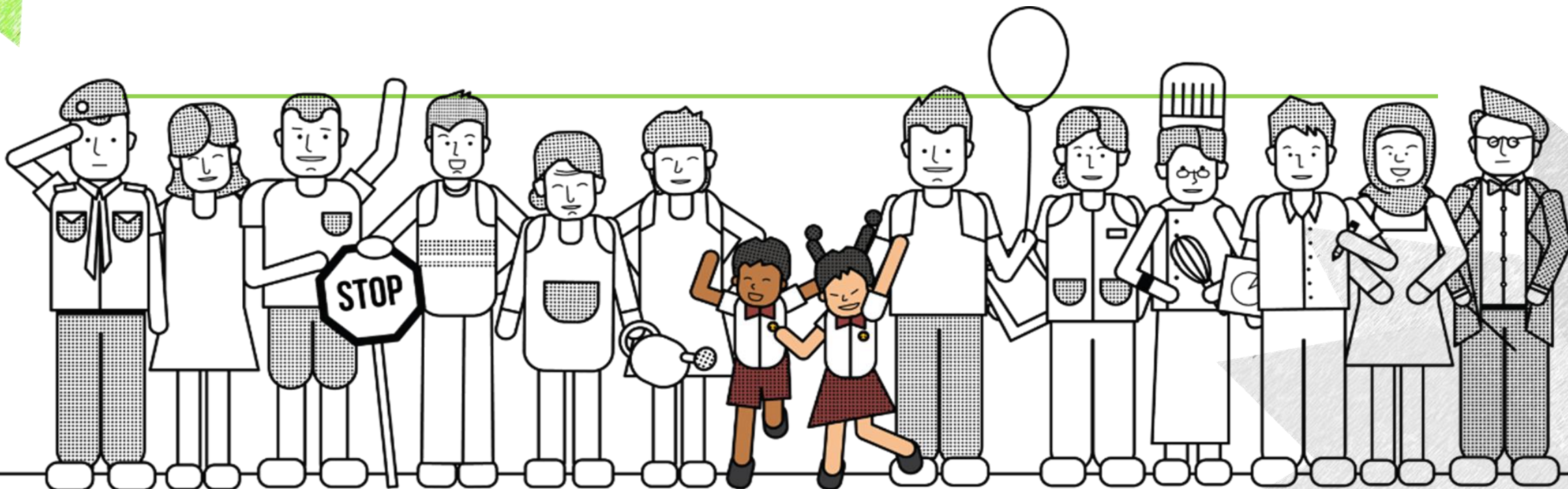
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A GREAT START TO PRIMARY SCHOOL

- LAYING THE FOUNDATION FOR LEARNING
- BUILDING CONFIDENCE & DESIRE TO LEARN
- BROAD EXPOSURE TO DISCOVER TALENTS & INTERESTS



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OVERVIEW

1 Developments in Primary Education

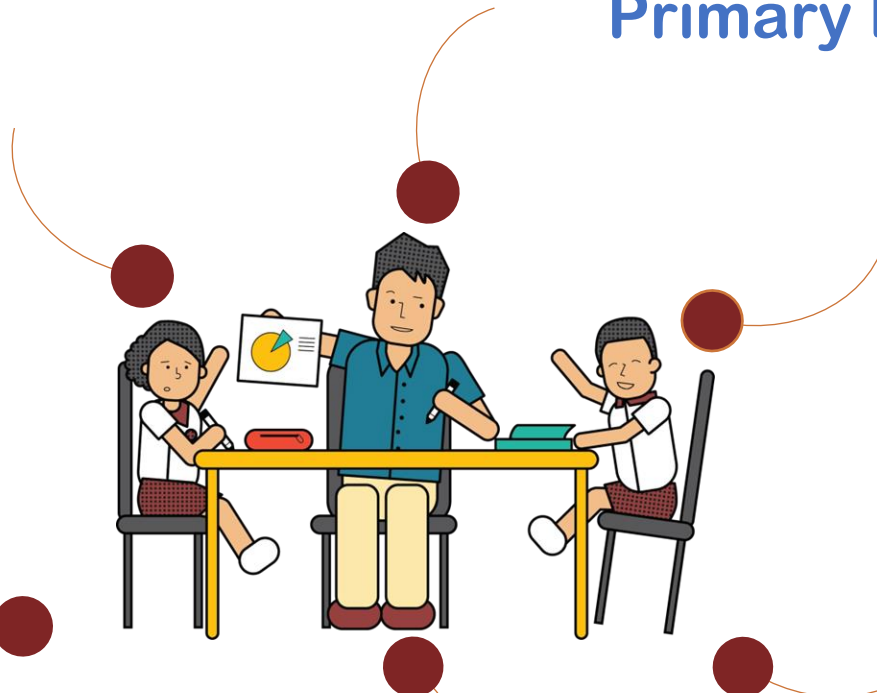
6 School-Home Partnership

5 Student Wellbeing & Cyber Wellness *(by Mr Yeo & Mr Rodney)*

2 What is it like in school?

4 Preparing for School *(by Mrs Walter)*

3 Smoothing the Transition to Primary 1





WHAT IS IT LIKE IN SCHOOL?

- ▶ Laying a strong foundation
- ▶ Nurturing well-rounded individuals & 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





Holistic development for Primary 1 includes:

Prioritising the development of soft skills, including values, social-emotional competencies and self-help skills

Building strong foundations in literacy and numeracy



Focusing on building learning dispositions for Lifelong Learning, including curiosity, confidence and nurturing the joy of learning

Strengthening 21st Century Competencies and Digital Literacy in an age-appropriate manner



Values, Social-Emotional Competencies, Citizenship Dispositions



Art



English Language



Mathematics



Mother Tongue Languages



Music



Physical Education

Building Strong Foundations: Knowledge, Skills & Dispositions (KSDs) at the Start of P1

- The lower primary curriculum nurtures students' joy of learning, builds on pre-school foundations, and promotes dispositions and attitudes for lifelong learning.
- The following are professionally determined expectations on what most children should be equipped with at the start of P1. Our teachers will continue to build on these to strengthen our students' foundations and nurture active, curious learners.

- Develop understanding of self and manage own behaviours
- Communicate, interact and build caring and respectful relationships with others
- Take responsibility for own actions

- Enjoy Participating in Art
- Express Ideas and Feelings through Art
- Demonstrate Awareness of Art from Different Cultural Groups

- Listen and Speak for Enjoyment and Information
- Read with Enjoyment and Understanding
- Communicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes

- Basic Understanding of Numbers Up To 10
- Recognise Simple Patterns
- Compare Quantities Between Two Groups of Objects within 10

- Enjoy and Show an Interest in Learning Mother Tongue Language.
- Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.
- Demonstrate Awareness of Local Ethnic Culture

- Enjoy Participating in Music and Movement Activities
- Express Ideas and Feelings through Music and Movement Activities
- Demonstrate Awareness of Music and Movement from Different Cultural Groups

- Enjoy Physical Activities
- Display Coordination in Motor Tasks
- Demonstrate Awareness of Healthy Habits and Safety

Building Strong Foundations: How is it achieved?

Play is an essential feature that taps students' inquisitiveness and ignites a self-sustaining passion for learning.

Teachers **pace** teaching and adopt **developmentally appropriate, engaging pedagogies** to deepen learning.

Differentiated support for children with differing learning needs

No examinations and weighted assessments at P1 and P2

to provide more time and space to settle into a formal school setting, build relationships and develop the necessary skills and attitudes towards learning.





WHAT IS IT LIKE IN SCHOOL?

Subjects taken at P1

1. English Language
2. Mother Tongue Language
3. Mathematics
4. Social Studies
5. Physical Education
6. Health Education
7. Art
8. Music
9. Programme for Active Learning (PAL)





WHAT IS IT LIKE IN SCHOOL?

Holistic Assessment

- Focuses on building greater confidence and nurturing a stronger intrinsic motivation to learn so as to develop your child's potential
- No examinations and weighted assessments at P1 & P2 to ease your child into formal schooling, focus on acquisition of values and learning dispositions, and encourage the joy of learning
- Use of a range of assessment types (beyond pen and paper) to provide useful information to support students' learning and holistic development



Positive Education @ GRPS

- Positive Psychology
- Growth Mindset
- Positive Discipline

GRPS practises positive education, that draws on the approach of using PP to emphasise on students' strengths and personal motivation to promote learning. Using the PERMA model for student well-being that includes Positive Emotions, Positive Engagement, Positive Relationships, Positive Meaning and Positive Accomplishment, it enables students to strengthen their resilience and develop a growth mindset to support self and others.



Based on PERMA (Martin Seligman) & *Mindset* (Carol Dweck)



Learning Dispositions

- **Characteristics or Attitudes** to learning that are **Life Skills**
- For example, “taking **responsibility**”, “**persistence**” when faced with problems, and “coping with change”, are all learning dispositions





OUR SCHOOL CUSTOMISED LEARNING DISPOSITIONS

Engagement

- *Engaged learners* enjoy learning and actively want to learn. They are independent and self-directed learners (shows interest in learning new things).

Graciousness

- *Gracious learners* learn well with others. They listen to and take account of different viewpoints. They form collaborative relationships and can resolve issues amicably.

Responsibility

- *Responsible learners* organize themselves, take responsibility for their own learning and are committed to improving themselves despite challenges.





WHAT are EXECUTIVE FUNCTIONING SKILLS (EFS)?



Executive functioning skills are a set of cognitive abilities that help children **plan, focus attention, remember instructions, and manage multiple tasks** to achieve goals.

These skills are crucial for success in school, relationships, and daily life.



Organization

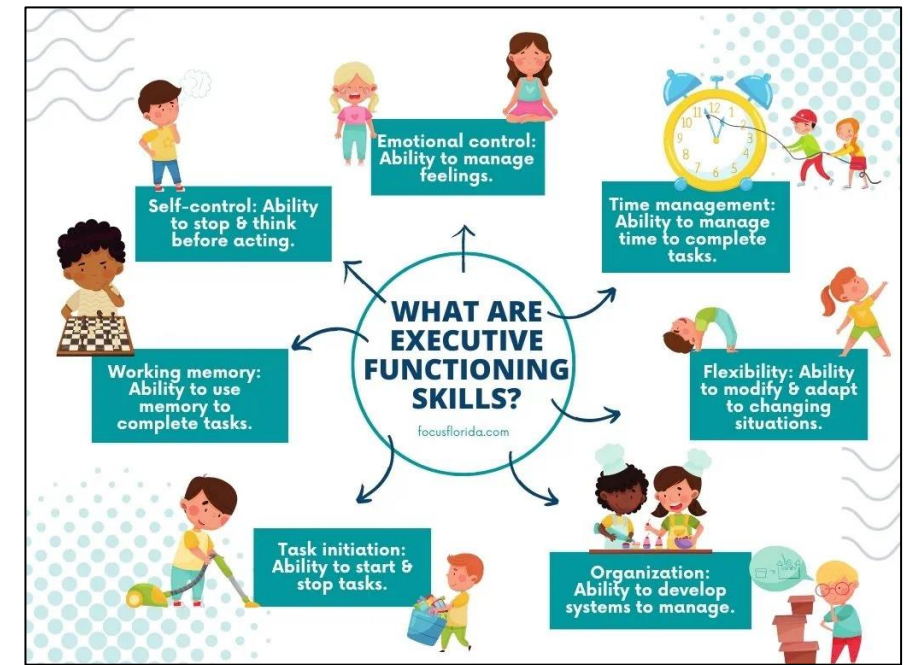
**Cognitive
Flexibility**



Emotional Control

Impulse Control

Skills set for Primary 1



Semester	EFS Skill Focus	Outcomes	Pedagogical Approach
Semester 1	Organisation - able to keep things in order and keep track of personal belongings	<ul style="list-style-type: none"> Pack their own bag Jotting down homework in Stud Handbook Sort worksheets in homework folder Maintain neat workspace Adequate writing materials / stationery 	<ul style="list-style-type: none"> Story-telling Social skills talk
	Emotional Control - Able to control their emotions and feelings on their own	<ul style="list-style-type: none"> Share about their feelings or anxiety Regulate their emotions in a safe way 	<ul style="list-style-type: none"> Story-telling Morning Check-in Peer Talk TSIT session

Self-Management Skills

Effective Functional Skills (EFS)

Primary 1



Semester	EFS Skill Focus	Outcomes	Pedagogical Approach
Semester 2	Cognitive Flexibility (Adapting) - Ability to modify and adapt to changing situations	<ul style="list-style-type: none"> Managing emotions when facing changes in routines 	<ul style="list-style-type: none"> Growth Mindset talk through story telling/ role-play activities "Think out of the box" activities
	Impulse Control - Process information before acting	<ul style="list-style-type: none"> Apply STOP, THINK, DO strategy 	<ul style="list-style-type: none"> Story-telling / Role play



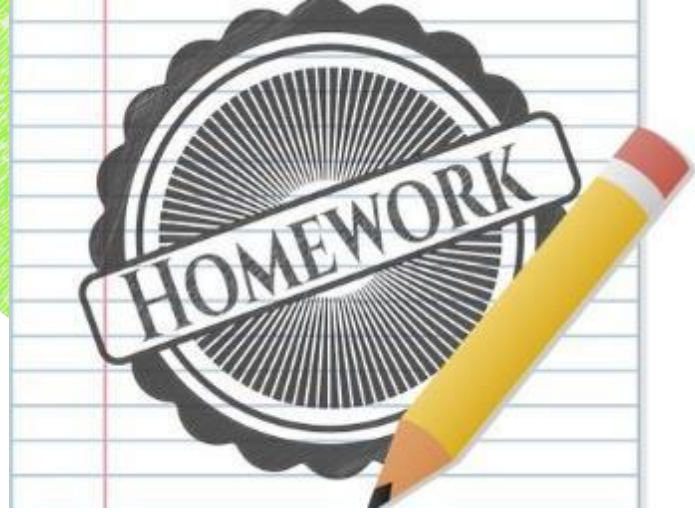
When are EFS taught in school?



The EFS lessons will be conducted throughout the year by the Form teachers / subject teachers.



Learning in school and at home



- **Homework Policy** is in place to guide parents on the extent of offline and occasional online homework that is given to the students.
- Homework helps teachers to assess students' understanding of their learning so that timely feedback can be given to support their learning.

Vision: Engaged Learners, Caring Leaders



- **Digital Tools** used by to support and complement classroom teaching and learning, e.g. Singapore Student Learning Space (SLS), eZhishi, Koobits etc.



SLS onboarding information will be shared with parents via PG announcement by school.

What is SLS?

Our national online learning portal with curriculum-aligned resources for students to learn at their own pace and collaboratively.

How and when will P1 students use SLS?

Students will learn with technology progressively, with light use at P1 [after Term 1] in an age-appropriate manner.

SLS homework are occasionally used to reinforce learning.

MOH's new screen time guidelines for kids under 12



Below 18 months



- **No screen time** (except for video calls)
- Do not leave screens on in the background

18 months to 6 years old



- Screen time: **Under 1 hour daily** outside school
- Watch media with kids when possible
- Do not use screens to occupy or distract children
- Choose age-appropriate educational content
- Do not leave screens on in the background
- **No screens during meals and before bedtime**

7 to 12 years old



- Screen time: **Under 2 hours daily**, except for schoolwork
- Avoid giving children mobile devices with unrestricted internet and app access
- Avoid giving children access to social media

Digital Wellbeing and Balance

1. **Balance screentime** with other activities including physical exercise and face-to-face social interactions.
2. **Avoid excessive use** of your devices outside learning hours.
3. **Take regular breaks** to rest your eyes and mind.
4. **Practise good sleep hygiene** by not using your devices one hour before bedtime.
5. Follow the recommended **screen time guidelines** for your age.



SMOOTHENING THE TRANSITION TO PRIMARY 1

- **Transition is the process in which a child moves into a new environment**
- **For example, when a child moves from preschool to primary school, a child has to adapt to an unfamiliar setting**
- **A smooth transition occurs when your child:**
 - feels safe and comfortable in their new environment
 - is able to manage the daily challenges of school life
 - can reach out to teacher and/or peers for support when needed



TRANSITION TO PRIMARY 1

When your child enters primary school, they will experience:

New friends and teachers



New routines

New learning environment

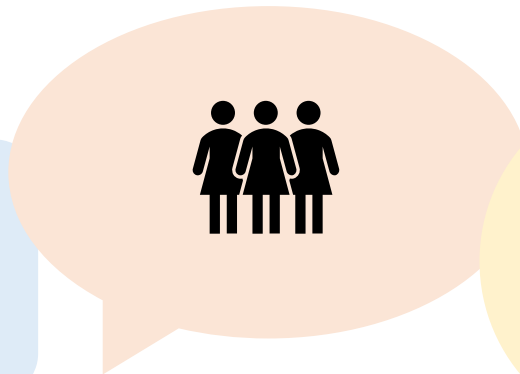


HOW CAN I PREPARE MY CHILD FOR PRIMARY 1?

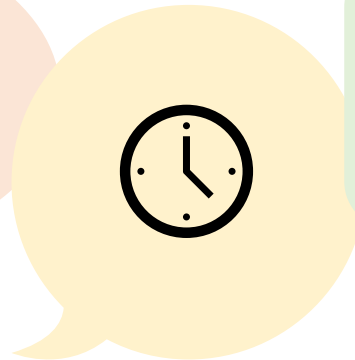
You can start talking to your child about the following:



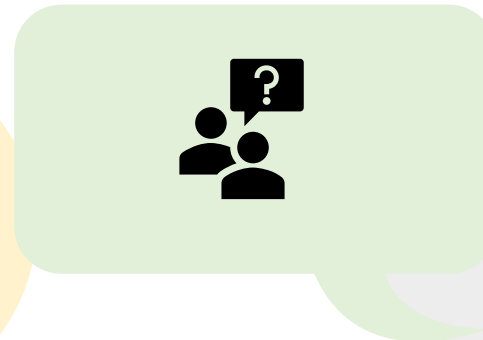
Adjusting to a
larger learning
environment



Interacting
with more
peers and
teachers



Adapting to
longer school
hours and new
routines



Taking the
initiative to
ask for help



Becoming more
independent and
responsible



Schools may access
the video via:

[https://go.gov.sg/tran-
sition-to-primary1](https://go.gov.sg/tran-sition-to-primary1)



HOW CAN I SUPPORT MY CHILD THROUGH THE TRANSITION?

S.A.F.E Tips

- **S**upport your child and encourage them to overcome challenges with you
- **A**ffirm your child by recognising small successes and praising their efforts
- **F**amiliarise your child by easing them into new routines and sharing with them your experiences in primary school
- **E**mpathise 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 packing his/her bag.

EMPATHISE

- **Teach** your child words that **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.

*Form Teacher Guidance Period

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 cheeky classmates you had.

Ask
Ask about his/her thoughts and feelings about the school.
E.g. FTGP* activities; when he/she felt happiest.

Discuss
Discuss together what can be done if he/she has worries at school.
E.g. Explore how people deal with conflicts.

QUICK TIPS

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

These tips may be used with children of other ages too, it depends on each child's needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

Ministry of Education Singapore



How else can you support your child?

**Primary 1 is an exciting and fun stage for your child.
Help your child to enjoy the journey by developing these skills:**



Nurture a love for reading
Sign your child up for a free Library
membership and myLibrary ID to enjoy
NLB's e-resources!



RELATING TO OTHERS

Build your child's interpersonal skills by:

- Modelling the use of friendly and polite phrases

"Hi! My name is...What is your name?"

"Could you help me with..."

- Providing opportunities for your child to share and take turns during playtime with other children

- Modelling respectful interactions

"May I please..."

"It's okay if I can't join in..."

"I am sorry I ..."



Find out more activities from the **P1 Parent-Child Role Playing Activity Kit**



DEVELOPING GOOD HABITS

Routines help your child build confidence and learn to manage themselves.

Guide your child to do the following independently:

- Practise pre-bedtime routines to have at least 9 hours of sleep
- Dress themselves
- Buy food at the canteen
- Make healthy food choices
- Pack their bag
- Wash their hands
- Take their temperature using a thermometer
- Knowing when and how to ask for help





NURTURING POSITIVE LEARNING ATTITUDES

Developing the right learning attitude will help your child learn better.

You can encourage your child to:

- Ask questions about their experiences and the world around them
- Express their thoughts and feelings and discuss what can be done if they have worries
- Practise life skills independently like buying food and drinks on their own and asking for permission



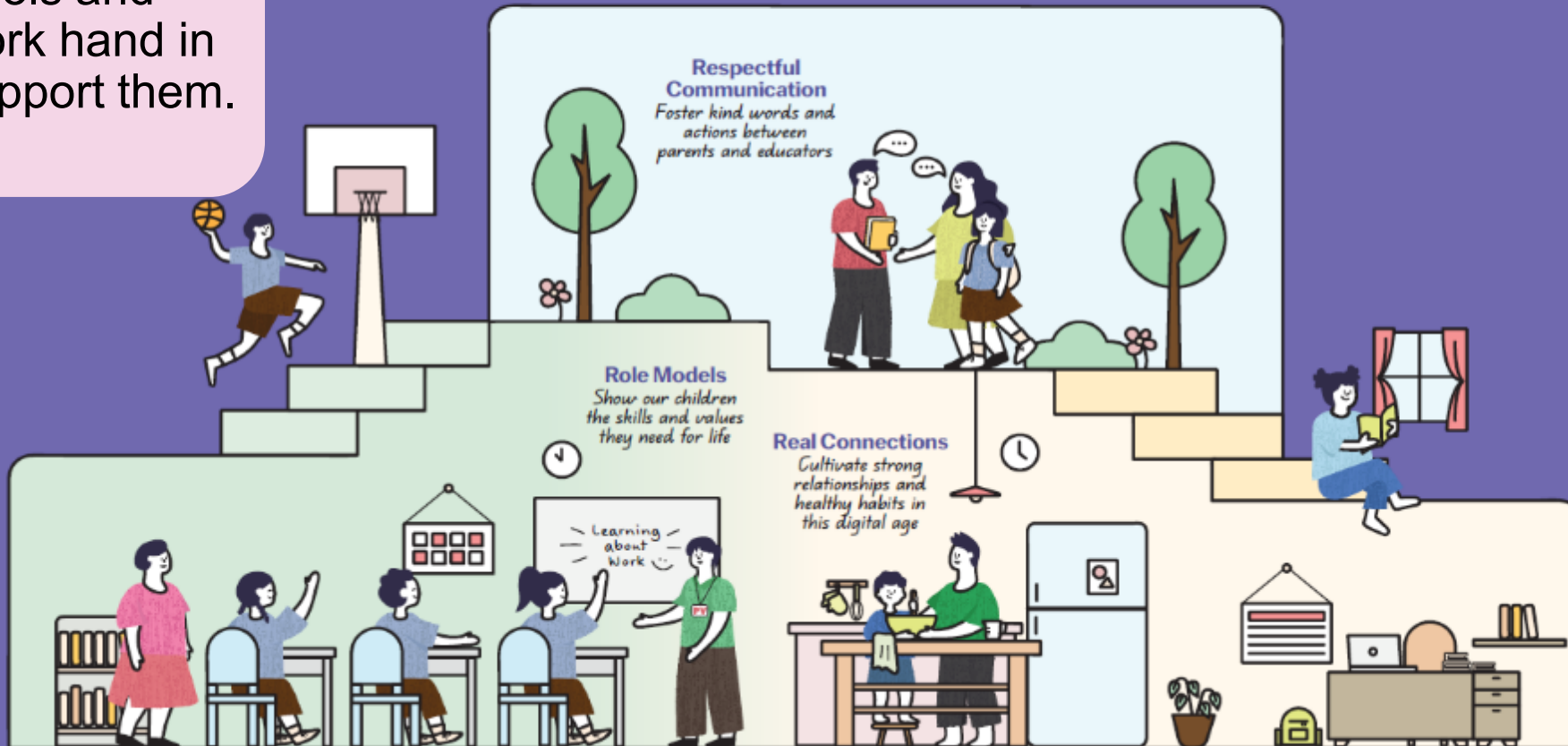


School- Home Partnership

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



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



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 parents 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



- Practise gratitude and find joy in everyday experiences with our children.
- Instil confidence by encouraging responsibility and believing in each child's abilities.
- Model good values in words and actions, at school and at home.

Real Connections

Cultivate strong relationships and
healthy habits in this digital age



- Build strong bonds through shared experiences and meaningful conversations.
- 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.



Respectful Communication

Foster kind words and actions between schools and educators



Listen to and understand each other's perspectives and concerns regarding each child. More knowledge of school, check out school webpage, school official FB page, school termly notification letter, Memos via Parent Gateway.



Communicate kindly using official channels e.g. School Email. 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

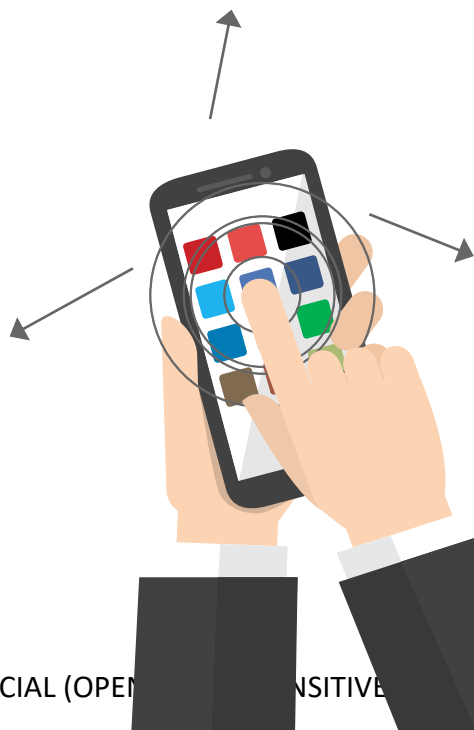


*Check out the refreshed
Guidance on Screen Use in
Children by MOH.*

Cultivate strong relationships and healthy habits in this digital age

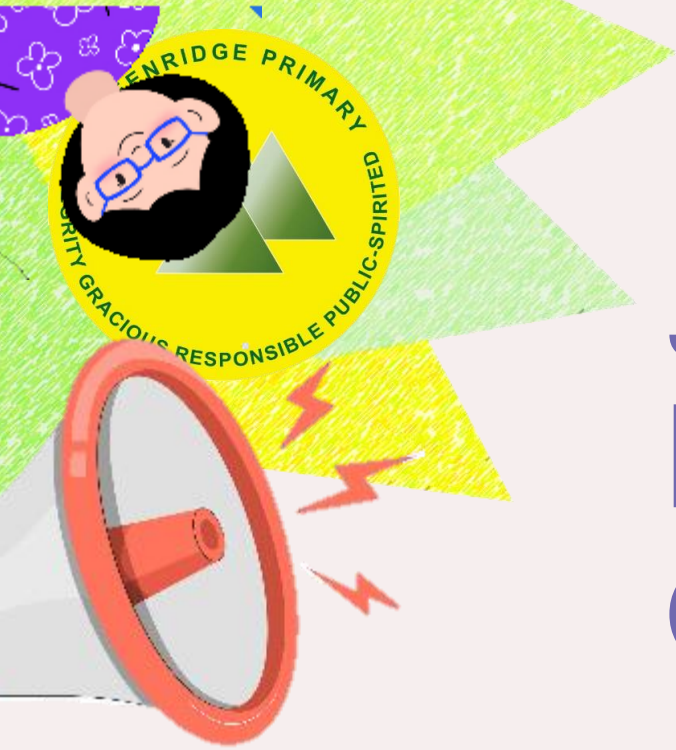
Establish good habits for our
children to stay confident and in
control of their technology use

Build strong bonds through shared
experiences and meaningful
conversations. Work with your child's
teachers to understand their strengths,
interests and development.
Ask about your child's thoughts and
feelings about school.



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





Join Us!

Parent Support Group (PSG)

A team of dedicated parents supporting each other in nurturing their children. Network, share and learn with fellow parents by involving yourself in initiatives such as Parenting Workshops and Career Talks for P5 and P6 students.



Check out more resources from MOE



Parent Kit



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.

MOE Social Media Platforms



www.instagram.com/parentingwith.moesg



www.facebook.com/moesingapore



www.instagram.com/moesingapore



www.youtube.com/moespore



Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.

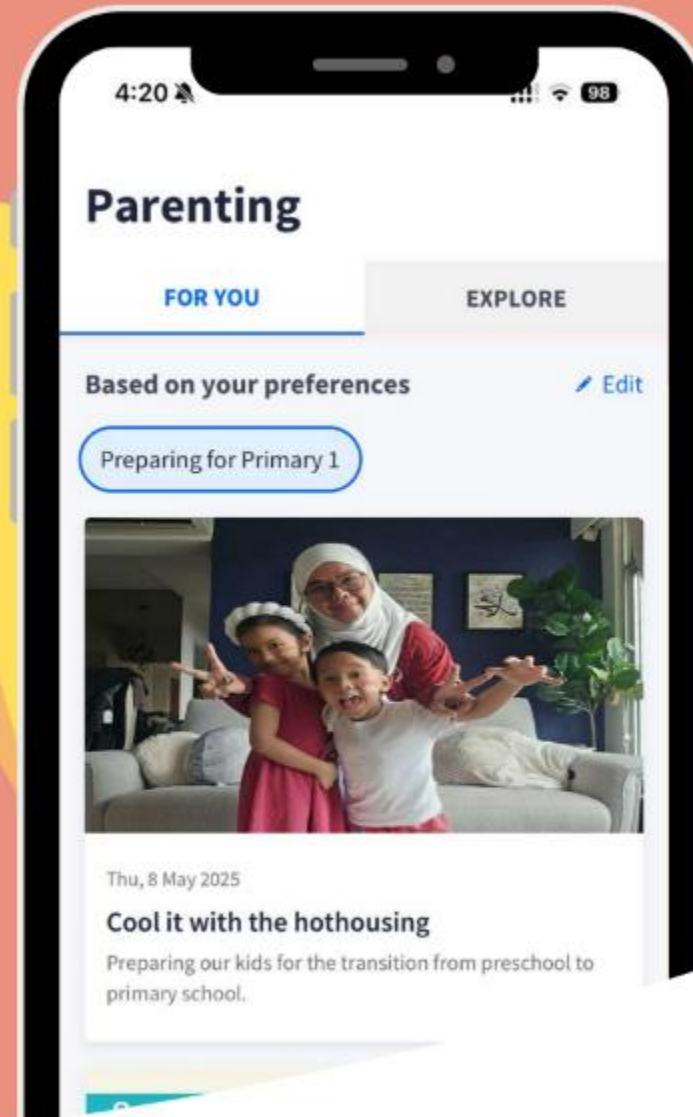




Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.

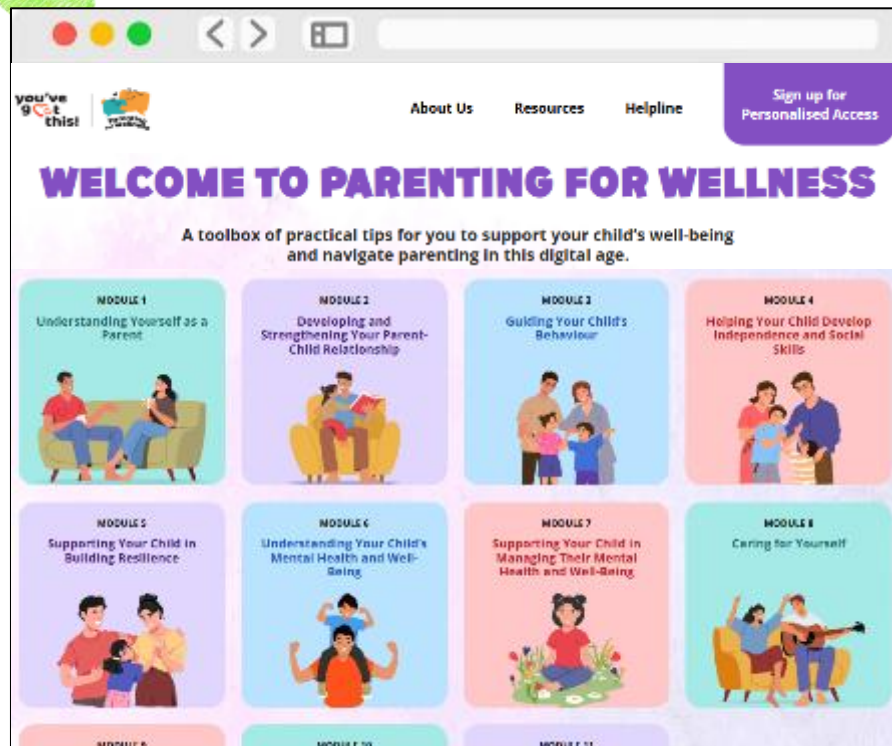




Parenting for Wellness

An initiative to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience, and parent effectively in the digital age.

The Toolbox for Parents **comprises bite-sized practical tips and strategies for parents**, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.



The **Website** offers **customised tips and resources tailored for individual parent**, including curated module recommendations, and allows you to easily track your parenting journey through a personalised dashboard.



SCHOOLBAG

CHECK US OUT!

PARTNERING YOU ON YOUR EDUCATION JOURNEY

New look, new features,
same good content

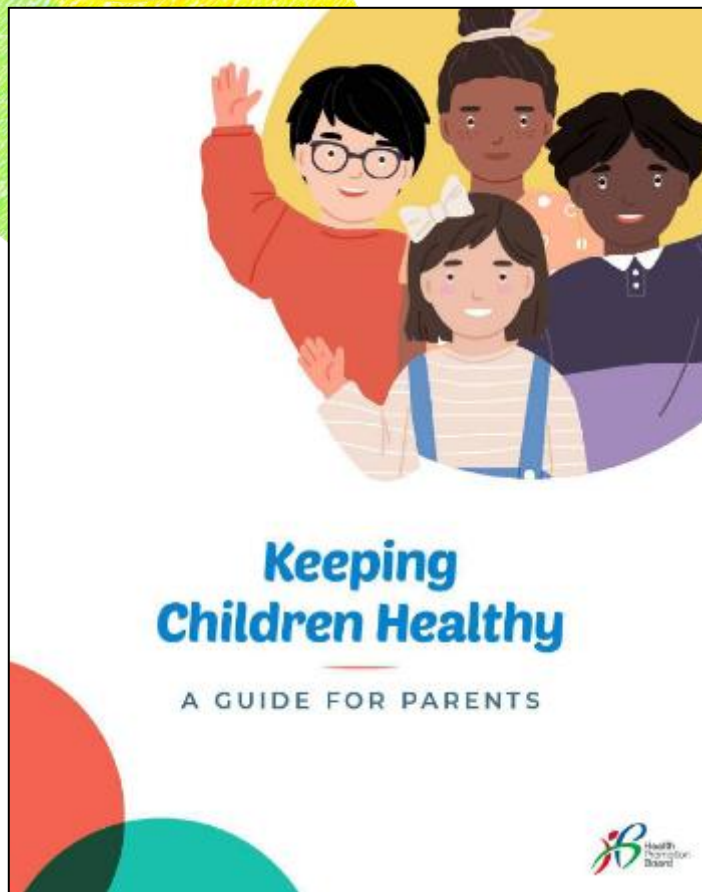
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MOE educators and more.
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Keeping Children Healthy



Edition 1



Edition 2



Edition 3

Available online!

Parent-Child Activity Book



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



THANK YOU!
