



PRIMARY 1 ORIENTATION

(FOR 2025 P1 COHORT)

18 NOVEMBER 2024

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

OFFICIAL (CLOSED) / NON-SENSITIVE



Visit Us



<https://www.facebook.com/Greenridge.Primary.Official/>



<https://www.instagram.com/greenridge.primary.official/>

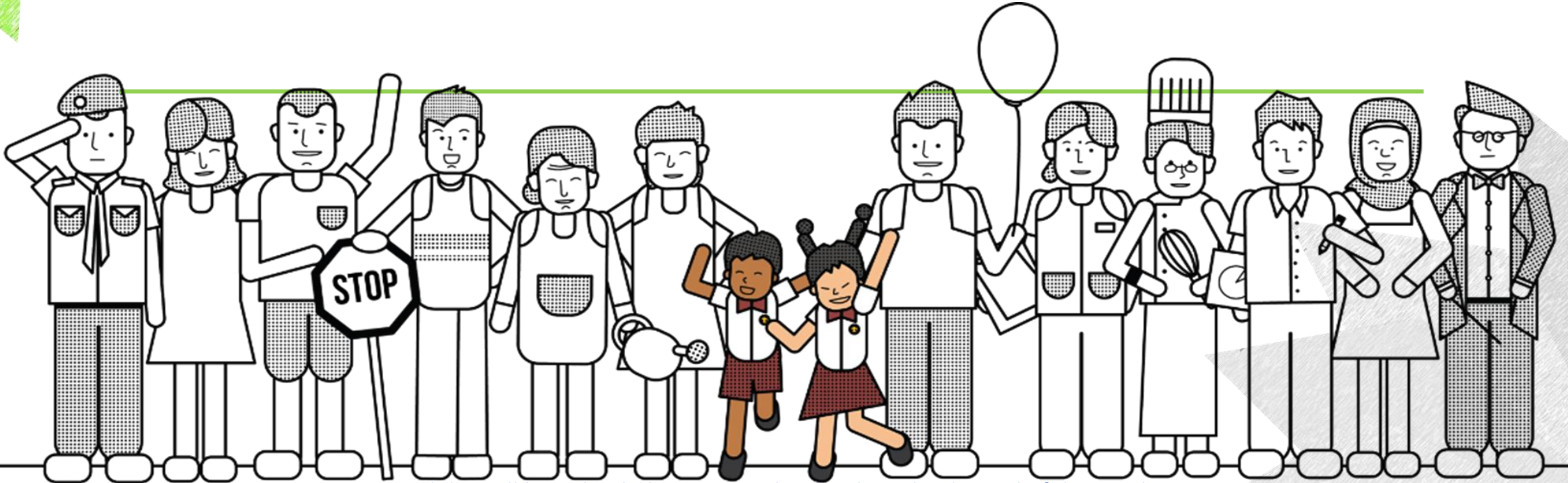
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A GREAT START TO PRIMARY SCHOOL

- 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

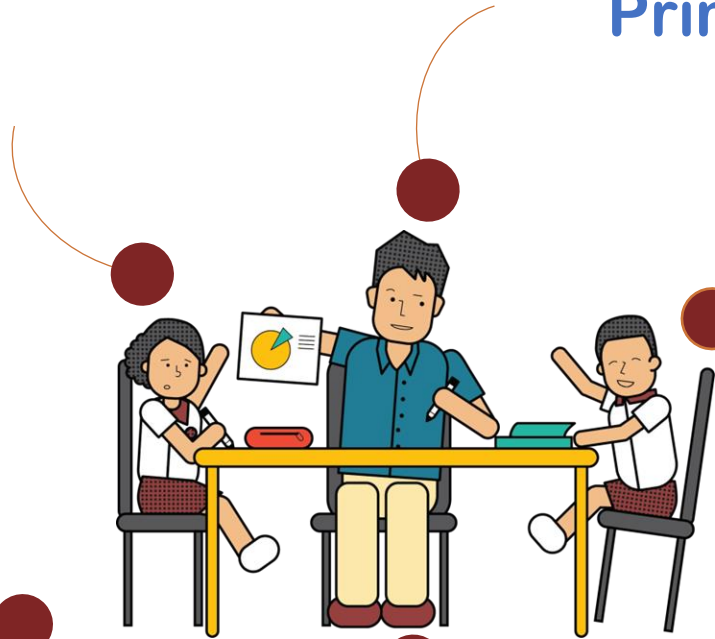
2 What is it like in school?

4 Preparing for School *(by Mrs Walter)*

3 Smoothing the Transition to Primary 1

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

6 School-Home Partnership





Learn for Life *[source: CNA, 16 Aug 2021]*

Minister for Education, Mr. Chan Chun Sing talks about nurturing soft skills that "endure", including curiosity and confidence from a young age. For example,

- Exposing them to different cultures and ideas to broaden their horizons;
- Developing in them the confidence to chart their own paths.



DEVELOPMENTS IN PRIMARY EDUCATION



Either opened up an opportunity or taught us some value,



Schools may access the video via:

<https://youtu.be/9paLbNR2zWg>

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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





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 to be amicably.

Responsibility

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





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

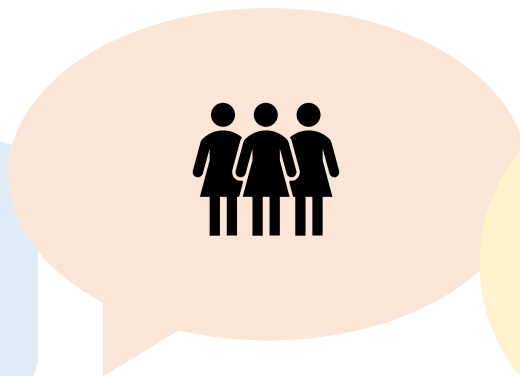
New learning environment

HOW CAN I PREPARE MY CHILD FOR PRIMARY 1?

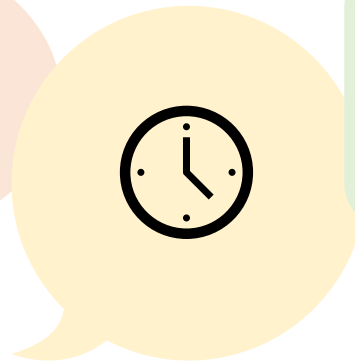
You can start talking to your child about the following:



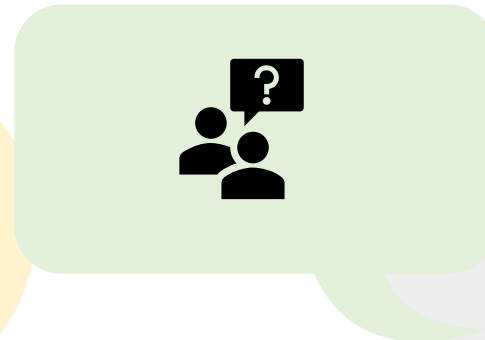
Adjusting to a larger learning environment



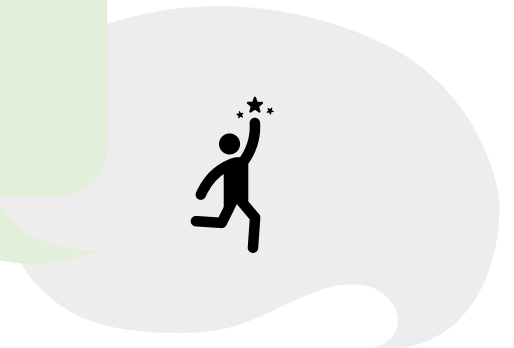
Interacting with more peers and teachers



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/transition-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
 - “Hello! My name is...What is your name?”
 - “May I please...”
- Providing opportunities for your child to share and take turns during playtime with other children





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.

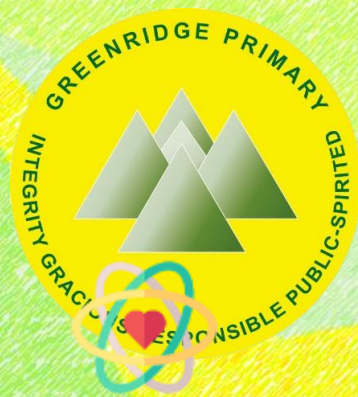
You can encourage your child to:

- 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



WHAT DOES MY CHILD NEED AT PRIMARY 1?

We will continue nurturing the knowledge, skills and dispositions that your child has developed at preschool:



Values, Social-Emotional Competencies, Citizenship Dispositions



Art



English Language



Mathematics



Mother Tongue Languages



Music



Physical Education

- Understand and Care for Oneself
- Show Care and Respect for Others
- Make Responsible Decisions and Act on Them

- 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

- 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

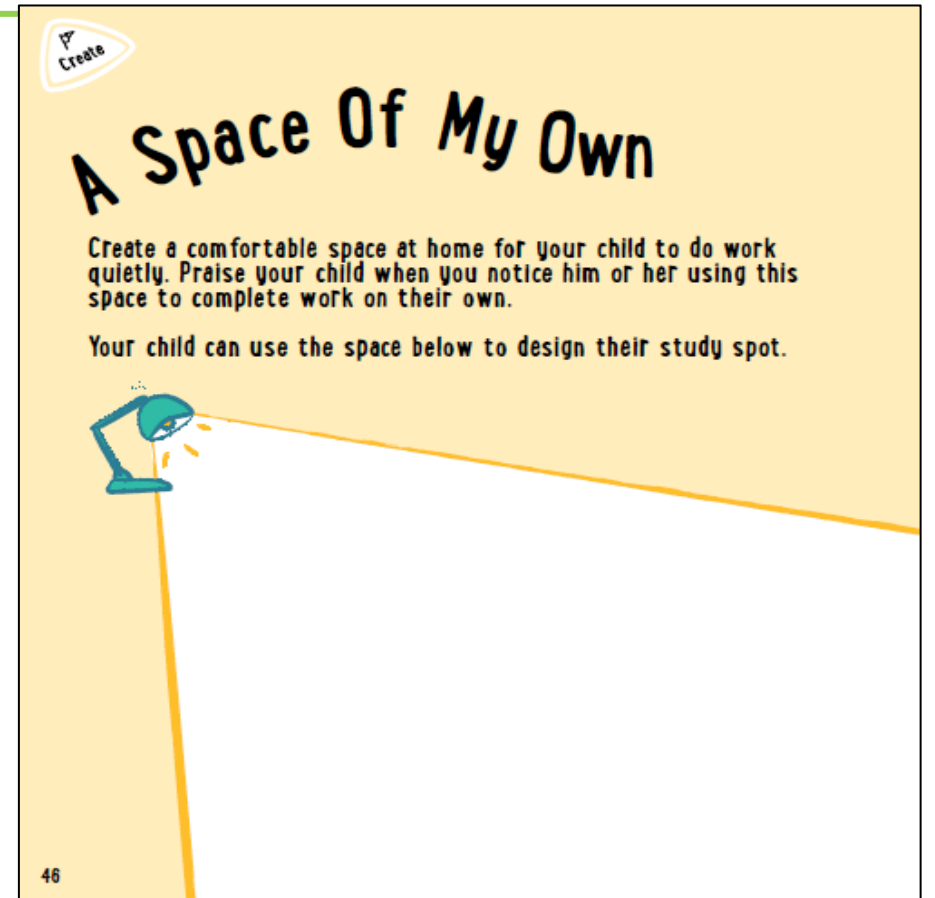
- Enjoy Physical Activities
- Display Coordination in Motor Tasks
- Demonstrate Awareness of Healthy Habits and Safety

CREATING A CONDUCTIVE LEARNING ENVIRONMENT AT HOME



Set up a conducive home environment so that your child can learn both at home and in school:

- Have a dedicated area for learning, such as doing schoolwork or reading to put your child in the right frame of mind to learn.
- If you have more than one child, allocate areas for each child to learn independently or together.
- Role model positive learning behaviours.
- Establish a daily routine with your child, with time set aside for reading, schoolwork, rest, family time and play.



Check out page 46 of the PCAB for an activity to help you create a conducive learning environment at home.

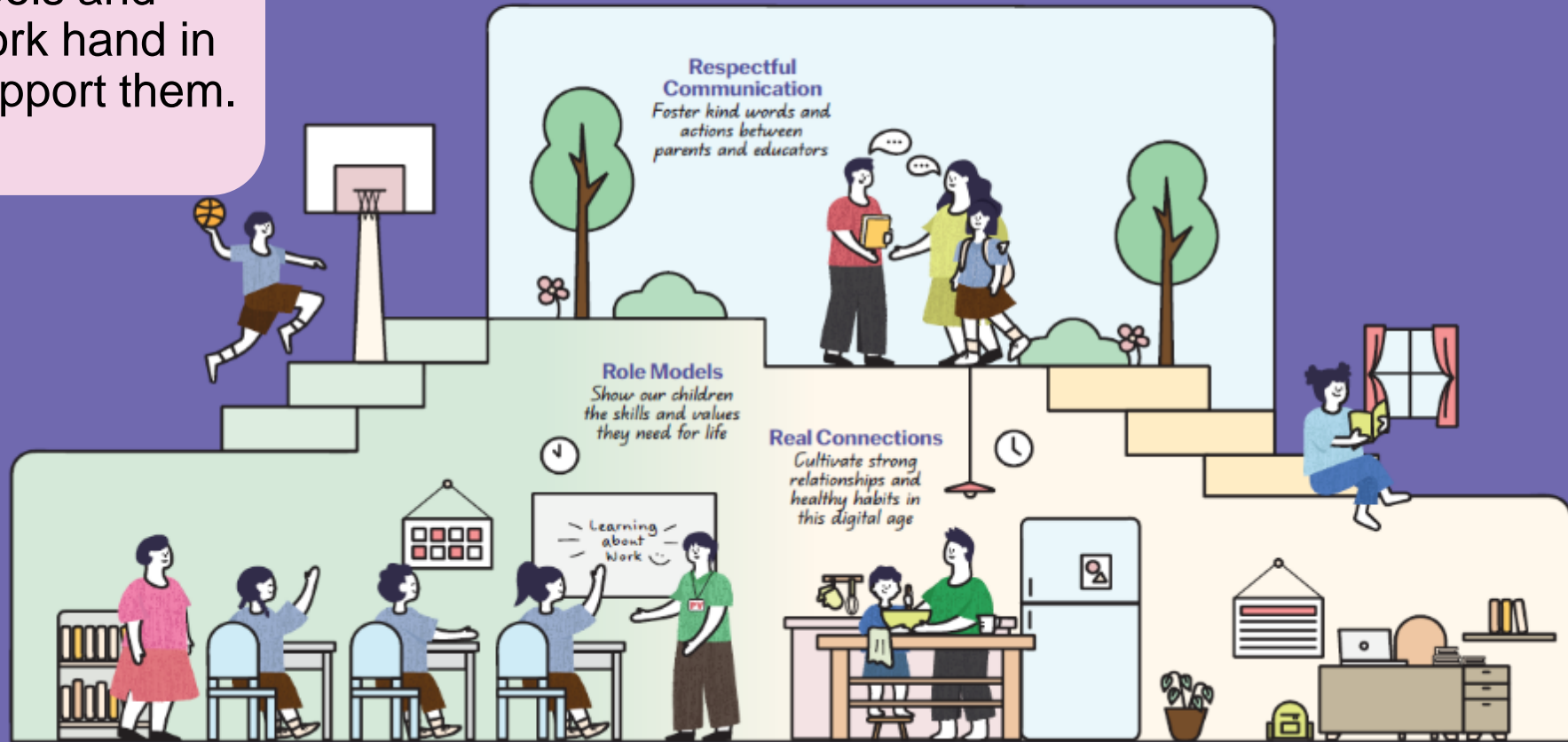
School- Home Partnership



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.



Respectful Communication
Foster kind words and actions between parents and educators

Role Models
Show our children the skills and values they need for life

Real Connections
Cultivate strong relationships and healthy habits in this digital age

Learning about Work

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

Build strong bonds through shared experiences and meaningful conversations

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





SCHOOL-HOME PARTNERSHIP

Maintain regular communication through official school channels.

- Have regular conversations with teachers in both academic and **non-academic areas** – this will help you better guide your child’s development.
- Ask the teacher for the best way and time to contact them e.g. Class Dojo. Official platforms e.g. School Official Email.
- More knowledge of school, check out school webpage, school official FB page, school termly notification letters, Memos via Parent Gateway.



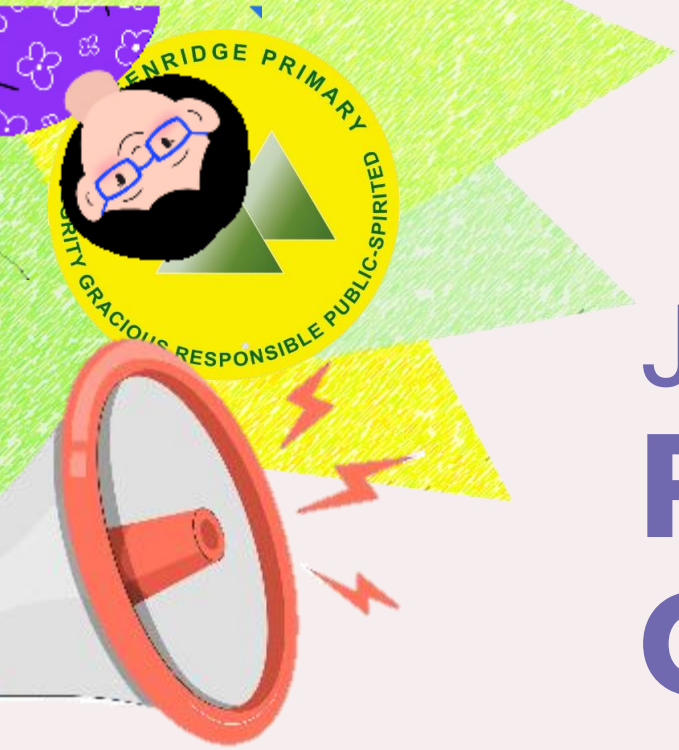


KNOWING YOUR CHILD

Understand your child's strengths and interests.

- Work with your child's teachers to understand their strengths, interests and development in academic and non-academic areas
- Ask about your child's thoughts and feelings about school





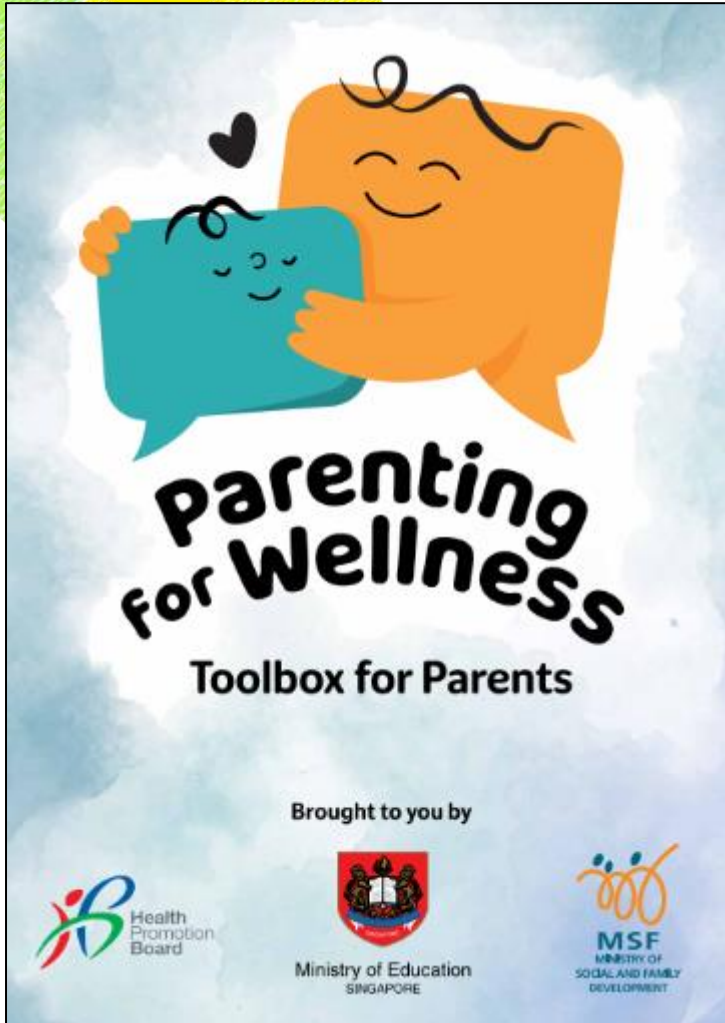
Join Us! Parent Support Group (PSG)

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.





Latest Resource: Parenting for Wellness Toolbox



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.

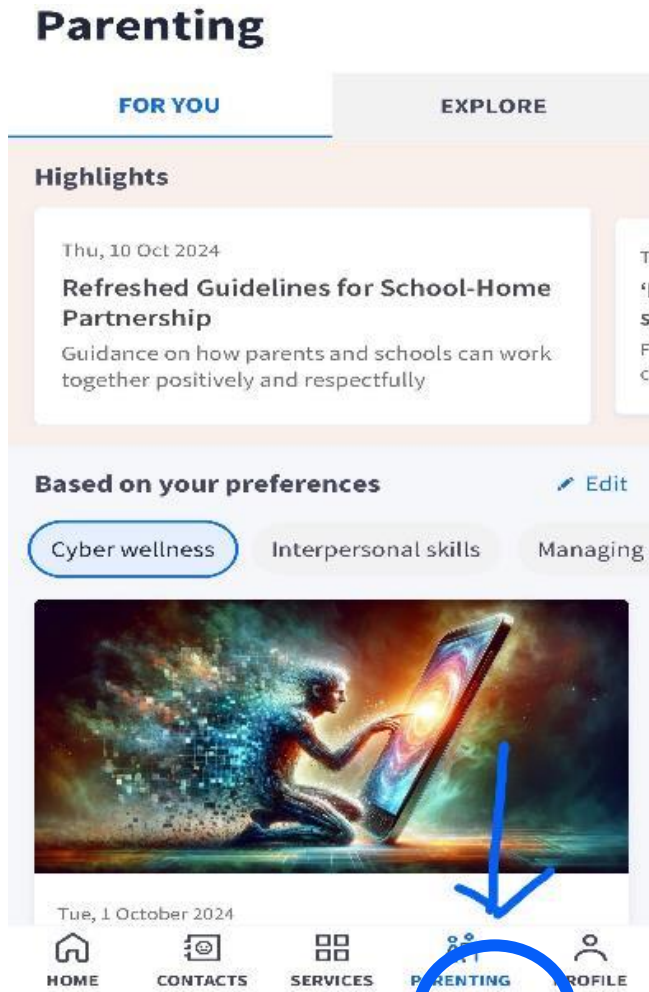




Check out Parenting Resources on Parents Gateway (PG)

Repository of parenting resources

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



Find out more about Parents Gateway here.



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.

Find out what your child really needs for Primary 1.

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.

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



Mon, 23 August 2021

Are you over-preparing your child for P1?

Learn how overpreparing your child may hinder learning.

Are you over-preparing your child for primary school?



Wed, 15 December 2021

[NLB] LearnX Reading - Primary

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

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

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



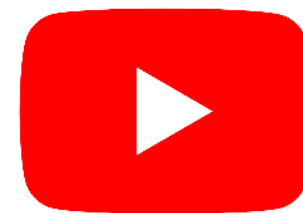
www.instagram.com/parentingwith.moesg



www.facebook.com/moesingapore



www.instagram.com/moesingapore

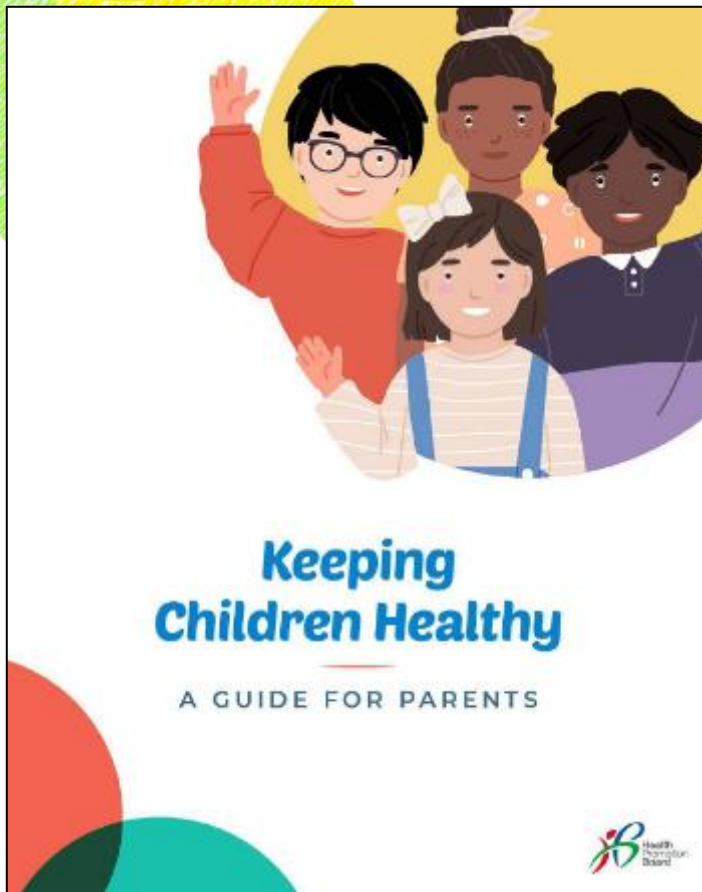


www.youtube.com/moesingapore



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 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**



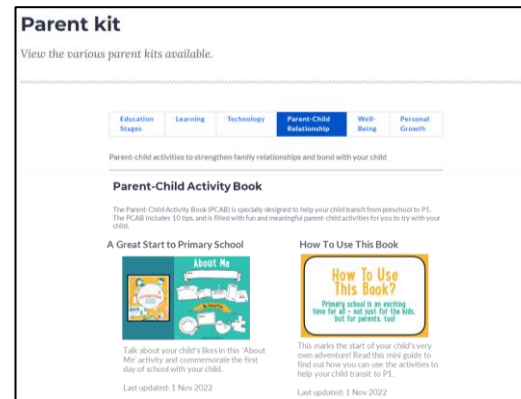


PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

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-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

How To Use This Book?

Primary school is an exciting time for all – not just for the kids, but for parents, too!

In this book, you'll find 10 tips for parents – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!



Use an application and allow your child to doodle on it!

2

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Activities Inside Include:

Pledge

Make promises and keep them



Every child needs encouragement



Show gratitude. It's a great habit



Make something awesome together



Get familiar with new routines



Keep that conversation flowing

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page.



3

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PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

Great Ideas For A Great Adventure

Paste a sticker after you complete each tip!
Stickers can be downloaded from <https://www.moe.gov.sg/parentkit>

Before school starts!

Tip 1: Get Ready For School
Pg 9 - 16
Dec - before school starts!

Tip 2: Practise Routines
Pg 17 - 28
Dec - before school starts!

During term time!

Tip 3: New Places, New Faces
Pg 29 - 38
Jan - first week of school!

Tip 4: We Can Do This Together!
Pg 39 - 48
Feb - when learning gets more serious!

Tip 5: Show Interest In Your Child
Pg 49 - 56
Mar - holidays!

Tip 6: Time To Let Go!
Pg 57 - 68
Apr - start of term 2!

Tip 7: Team Up With Teachers
Pg 69 - 78
May - before and after the Parent-Teacher Meeting!

Tip 8: Every Child Is Unique
Pg 79 - 86
May - before and after the Parent-Teacher Meeting!

Tip 9: Be A Great Role Model
Pg 87 - 96
Jun - holidays!

Tip 10: Let's Help Out At Home
Pg 97 - 104
Jun - holidays!

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TIP 2

Practise Routines

Building good habits helps your child cope with the many new things they 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. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

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SOME QUESTIONS YOU MAY HAVE...



My child can't read yet.
Will he be able to cope?

Reading is a habit that we can build.

Interest your child in reading

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work

You can encourage your child for any effort in learning to read. Most importantly, reading should be a fun learning process.

SOME QUESTIONS YOU MAY HAVE...

My child takes so long to complete her work. Will she fall behind?



Children pick up time management at a different pace and can improve with help.

Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them
- If you notice any learning issues, do reach out to the school early

Be specific about how much time they should spend on the work, and what time they should complete the work.

SOME QUESTIONS YOU MAY HAVE...

Help, my child doesn't know how to ask for help!



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Asking for help may not seem obvious to a child.

Teach your child how to ask for help

- Here are some steps you may teach your child:
 - **Step 1:** Look for someone who can help
 - **Step 2:** Check if that person has the time to help; if not, look for another suitable person
 - **Step 3:** Share what the problem is and how they feel
 - **Step 4:** Listen carefully to the advice given
 - **Step 5:** Thank the person for the help

Practise with your child how to ask for help. Remember to affirm them for their efforts.

SOME QUESTIONS YOU MAY HAVE...

I'm worried my child won't eat at recess. He'll go hungry!



Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat
- If you worry that your child is not eating at all, discuss with your child's teacher

Remind your child that eating during recess is important as it helps them with the physical energy to continue focusing and learning in class.



THANK YOU!
