

ASSUMPTIONENGLISH

Level 1 Parent Engagement Session

18 January 2024

Objectives

- To provide information on school and curriculum matters
- To provide support for the child as he or she transits into Secondary School

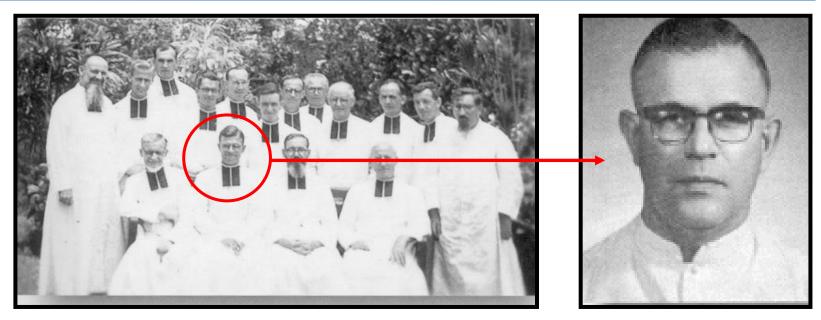


Time	Programme Outline		
5.30 pm	Principal's Address (Mr Vincent Toh)		
0.00 pm	Academic Curriculum (HOD MTL, Ms Siti Nordiana)		
	Blended Learning (BL) / Student Initiated Learning (SIL)		
	CCE Curriculum (HOD CCE, Mr Ng Shi Han)		
	National Digital Literacy Programme (SH ICT, Mr Tang)		
	 CCA Updates (HOD PE & CCA, Mr Balbinder Singh) 		
	Student Management Matters (SH SM, Mr Desmond Wong)		
	Student Wellbeing Matters (SH SW, Ms Fasihah)		
	Sharing by Fei Yue Community Services (Mr Jazon)		
6.30 pm	Breakout Rooms (into respective classes) • Contact with Form Teachers • Q & A		
7.15 pm	End of Parent Engagement Session		





Our Legacy



The Montfort Brothers of St. Gabriel arrived in Singapore in **1936** at the request of the Bishop of Singapore.

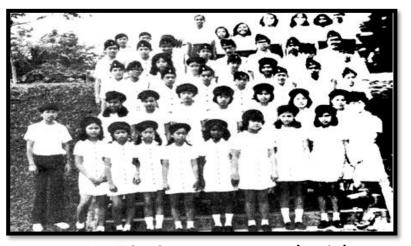
After World War II, Brother Vincent established Boys' Town in 1948 to provide shelter and care for boys. The school was founded in 1953 to provide education for the boys living in Boys' Town.



Our Legacy



We were then known as **Boys' Town English School**.



In **1973**, we merged with CHIJ Bukit Timah to become a co-ed Catholic Mission School.

The school was renamed **Assumption English School** in honour of our Lady, Mother Mary, the Patroness of the Brothers of St. Gabriel.



School Vision

Men and Women of Character and Learning in the Service of God and Community

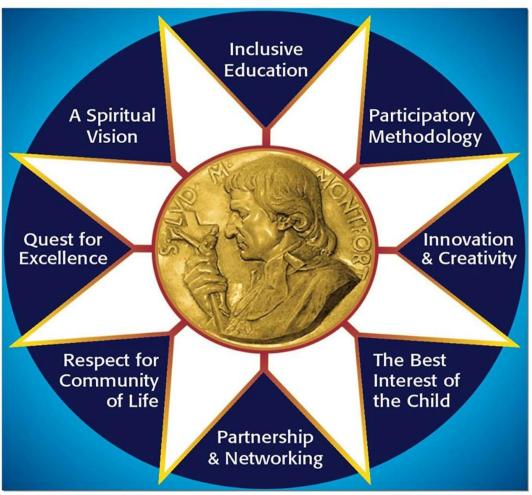


The stories of St Louis Marie de Montfort:

- Dinan: Compassion for all
- Rennes: Standing up for the Last, the Lost
 & the Least
- Poitiers: Those whom the world rejects, must move you the most
- Cesson: Give your all in everything that you do



Montfortian Education Charter





Key School Facts

- Established in 1953 by the Montfort Brothers of St Gabriel
- Government-aided school
- Offers G1, G2, G3 courses





O and N Level Exams Results 2023

Sec 4 Express	Sec 5 Normal (Acad)
Eligible for JC: 35% Eligible for JC/Poly: 91.3%	Eligible for JC/Poly: 71.4%
Sec 4 Normal (Acad)	Sec 4 Normal (Tech)
Eligible for DPP/PFP: 69.7%	Eligible for ITE: 100%



Applied Learning Programme - SPEAK

SPEAK

(Speak English with Grace and Knowledge)

- Nurtures confident communicators in English Language
- Students exposed to broadcasting, public speaking to gain authentic presentation skills

Apply academic knowledge to authentic settings

Stronger motivation for learning



Academic Learning - Special Educational Needs

Special Educational Needs Officer (SEN Officer) supports students with mild special educational needs such as dyslexia, autism, ADHD by:

- Providing in-class support
- Conducting individual/group support and training
- Working with teachers and parents to support their learning

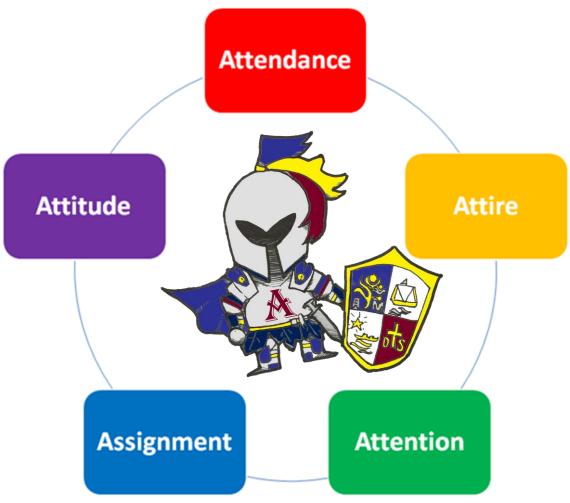


Catholic Activities

- Daily morning prayers & reflections
- The Celebration of Founder's Day (St Louis Marie de Montfort)
 with Mass
- Mass for start and close of academic year and examinations
- 'Faith Alive' fellowship programme every Friday after school (12:40pm – 1:40pm)
- Young Montfortian Associate (2nd CCA)



The basic foundation for success – 5 A's





Learn how to Learn – 5 R's

1. Read

- Annotate- Pen down your thoughts, comments, questions
- Outline
- Highlight

2. Recall

- Mental recall
- Write and recall

3. Rewrite

- Mind Map
- Summarise and make your own notes

4. Reflect

- What have you learnt?
- How do you know?
- What are your strengths and weakness?

5. **Repeat** the 5 R's



Every Parent, A Supportive Partner

- Keep in touch during your child's secondary school journey.
 Talk about his/her future plans, dreams, passions.
- Be supportive but not over-anxious.
- Encourage while ensuring discipline to study.
- Care for your child's welfare and help him/her manage his/her stress levels.
- Balance study time and rest time. Ensure enough exercise, nutrition and leisure time.



Parent and School Communication Policy

Communication between school and parent is an essential component of school life.

It is an intentional effort and a shared responsibility in order to provide support and to improve the ways students learn and develop.

The school is committed to help and support you with sincerity and professionalism, and there must be mutual courtesy and respect.



Parent and School Communication Policy

Teachers have numerous duties and matters to attend to during a normal school day.

The AES general office should be the **first point of contact**, particularly for non-educational queries.

Parents may direct queries to the form teacher/subject teachers through email (aes@moe.edu.sg). Do allow teachers to respond within 3 working days.

School will inform parents about current activities via **Parents' Gateway**. Hence it is important for parents to download the Parents'
Gateway app and to read and take note of announcement published.

Other than the bi-yearly Parent Teacher conferences, parents should make an appointment if they wish to meet the teacher on a school



Parent and School Communication Policy

Teachers' well-being is as important as students' well-being.

Teachers are not expected to provide their personal mobile numbers to students or parents. If a teacher shares their numbers to students, it is

- meant only for student to communicate with their teacher on school matters.
- should not be shared without the teachers' consent.

Teachers and staff will not respond to emails/ students' queries after 5pm or on weekends unless the matter is an emergency in nature.

Communication should be gracious and respectful. The school owes a duty of care to its teachers and staff. To protect them from intimidatory or threatening behaviour in a verbal or written form. The school reserves the right not to engage under such circumstances.



Together, Everyone Matters

What are my gifts?

What can I offer?







Academic Focus for Lower Secondary

The key academic objective for Lower Secondary:

Every student experiences a broad-based curriculum where a strong foundation is built via discovery and exploration.

- Student-centric Pedagogies
- Authentic Curriculum
- Assessment and Feedback



Subjects in Secondary School

	G3 and G2	G1	
Core Curriculum	 English Language Mother Tongue Language Mathematics General Science English Literature History Geography 	 English Language Mother Tongue Language Mathematics General Science 	
Common Curriculum	5. Music (Non-examinable)	Technology (D&T) Consumer Education (FCE) Education (PE) (Non-examinable)	



ACADEMIC PROGRAMMES FOR SECONDARY 1

AUTHENTIC CURRICULUM ◆ STUDENT-CENTRIC PEDAGOGIES

- SPEAK nurtures confident communicators in English Language through broadcasting & public speaking to gain authentic presentation skills
- Mother Tongue Fortnight Programmes and learning journeys to enhance students' understanding and appreciation of various cultures and traditions of the different races and nationalities in Singapore.
- Virtual Mass Escape Game Students apply their mathematics, science, humanities, CCE knowledge and skills to solve puzzles in this experiential learning experience.
- Humanities Historical and geographical investigation trips to enhance students' learning of these subject areas.

ACADEMIC PROGRAMMES FOR SECONDARY 1

AUTHENTIC CURRICULUM ◆ STUDENT-CENTRIC PEDAGOGIES

- Science Enhanced learning experiences with CSI (Creative Science Innovations / Investigations) and Science Experiential Projects (SEP) to promote interest, learning and creativity.
- Mathematics Mathematical modelling tasks where students apply their mathematical knowledge to solve open-ended problems.
- Design & Technology coding and incorporating the coding into their D & T projects.
- Booster Sessions for English Language and Mathematics Students who need extra support with these subjects will have special remediation sessions.

Assessment Guidelines for Secondary 1

	Weighted	Weighted	Weighted	Semestral
	Assessment	Assessment	Assessment	Assessment
	in Term 1	in Term 2	in Term 3	in Term 4
	WA1	WA2	WA3	SA2
Weighting	15%	15%	15%	55%

- Different subjects have varying components
- Varied modes of assessment
- Assignments and homework including WA and EOY papers will be reviewed and returned for students to work on their areas for improvement.



Subject-Based Banding (SBB)

There will be opportunities for Secondary 1 students to be eligible to take subjects at a more demanding level (MDL) if the student performs well during the course of the year.



Subject-Based Banding For Sec 1

Beyond the start of S1, the eligibility criteria to take the following subjects at a more demanding level, from Semester 2 are:

English Language, Mathematics, Science, Mother Tongue Languages			
Current subject level	School-based results School starting from to semester		
G1	≥75% in the specific subject	G2	
G2	≥75% in the specific subject	G3	

Subject-Based Banding For Sec 1

Beyond the start of S1, the eligibility criteria to take <u>Humanities</u> subjects at a more demanding level, <u>will be at S2 Semester 1</u> are:

<u>Humanities</u>			
Current subject School-based results level		Option to offer subject at	
G1	≥ 75% overall in G1 English Language (or ≥50% overall in G2 English Language) & A Pass with Distinction grade for both G1 Humanities (Social Studies component) Performance Tasks in Semesters 1 and 2	G2	
G2	75% or higher in specific subject	G3	

Promotion Criteria for Secondary 1

From the 2024 Sec 1 cohort

At the end of Sec 1

Students will progress to Sec 2 without needing to meet the common academic requirement.

This eases the transition of a student from primary to secondary school and provides time for students to adjust to the curriculum.



AES Self-Development Programme (SDP) for Sec 1 and Sec 2

Objectives

- To encourage students to be independent and selfdirected learners.
- To recognise the strengths and interests of our students, to help them build their confidence and develop an intrinsic motivation to learn for life in them.
- To stretch their learning in the area of Science, Humanities, Mathematics and English Language.



AES Self-Development Programme (SDP) for Sec 1

- AES SDP provides the non-SBB students the opportunity to have access and study Lower Secondary Science, Humanities, English or Mathematics subjects at a more demanding level (MDL).
- A unique Science, Humanities, English or Mathematics programme offered by Assumption English School for students offering G1 and G2 subjects.
- Students who are interested in taking up a more demanding level subject through the AES SDP will have to go through a 2 to 6 months self-directed online learning programme for the subjects at a more demanding level. They will be required to put in about 1 to 2 hours a week per subject to complete the selfdirected lesson packages and the self-assessment quizzes.
- Students will be provided with **a self-guide** to navigate the learning resources through online curriculum sites.



What the students learn at SDP is NON-EXAMINABLE.

To be ready to take on the MDL subject.

Overview of AES SDP timeline

Timeline	Stage	Action by
Term 1 Week 8	Students offering G1 and G2 subjects are to register for the AES SDP.	Students
Term 1 Week 9	Students who registered their interest will be provided with a learning guide and instructions to start their learning of SDP (Part 1).	SDP students Subject teachers
By Term 2 Week 6	inackages and the self assessment quizzes on the online platform (Part 1)	
Term 2 Week 9		
Term 3 Week 6	nackages and the self-assessment quizzes on the online platform (Part 2)	
Term 3 Week 9	Students completed AFS SDD	

AES Self-Development Programme (SDP) for Sec 1 and 2

- In deciding whether to take up the AES SDP, students and their parents should consider the student's aptitude and interest in the Science, Humanities, Mathematics and English as well as their ability to cope with the current subjects.
- For more information on how our school would implement the Self-Development Programme (SDP), you can contact us at aes@moe.edu.sg.







Objectives of Blended Learning (BL)



Nurture self-directed and Independent learners



Develop passionate and motivated learners

Blended Learning Dates in Term 1

	BL DATES	WEEK	DAY
1	19 January 2024	3	Friday
2	1 February 2024	5	Thursday
3	28 February 2024	7	Wednesday

Students will resume school on the next school day.

e.g. For BL on 19 Jan (Friday), students will report to school on 22 Jan (Mon).

How does BL look like in AES?

- ★ Attend morning assembly via Zoom Webinar
- ★ Follow regular timetable on each Blended Learning day and complete their assignments within deadline given by respective teachers by accessing the Google Spreadsheet that shows the lessons and assignment instructions for individual classes.
 - Secondary 1: go.gov.sg/aesblsec1
- **★** Proceed with **Student Initiated Learning**
- ★ Attend CCA training/school activities/ lessons in other MOE centres as scheduled



Student Initiated Learning - SIL

• All students will embark on Students Initiated Learning (SIL) on Blended Learning days.

Students have a choice in what they learn within the

semesterly curated theme

	Theme	Semester 1	
Sec 1	Dinan	Appreciation of Music / Art (e.g. watch a musical and pen down reflections / learning)	What are some of the valuable contribution of

- The SIL will be documented to build students' personal eportfolio (Google Site) and for sharing / applying for higher education institutions or jobs
- More information can be found on for.edu.sg/aessil



ICT Support

For students without learning device / internet access

- ★ Report to school as per normal (by 7.40 am) and go to the Library. Attendance will be taken.
- ★ Attire: School half Uniform

For students encountering technical issues

- ★ To reset your MIMS password, students may contact the ICT Team @ Staffroom (65729 130/164) or General Office (65729 100)
- ★ Alternatively, students may submit requests on this form (go.gov.sg/resetpwd).







Character and Citizenship Education in AES

CCE in AES - Montfortian Achievers' Programme (MAP)

An unique CCE programme that integrates school's <u>CHRIST</u> <u>values education</u> with <u>teachings of Montfort</u>, so as to become persons of character and learning.

Montfortian Ethos

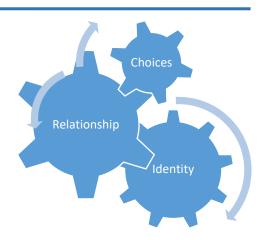
- Induction Lesson for Sec 1
- Common Practices (Morning prayer, Whole School Mass), Faith Alive for Catholic students
- Montfort's Stories for the learning of values that Montfort has exhibited (Sec 1 Dinan, Sec 2 Sec 3 Poitiers, Sec 4/5 Cesson)



Sexuality Education in Secondary Schools

3 Big Ideas

These 3 big ideas, **Identity**, **Relationships** and **Choices**, are interconnected and impact one another.



Goals of Sexuality Education

- To help students make wise, responsible and <u>informed decisions</u> (Choices) through accurate, current and age-appropriate <u>knowledge</u>
- To help students know themselves (Identity) and build healthy and rewarding relationships (Relationships) through acquisition of social and emotional skills, such as self-awareness, empathy for others and decision making.
- To help students develop a moral compass, respect for themselves and others, premised on family as basic unit of society



Sexuality Education in AES

Sexuality Education in AES

- The SEd programme (carried out during MAP lesson) is a part of developmental journey of your child, helping him / her to navigate the changing environment and the challenges faced.
- However, the school respects the primary role that parents play in SEd of their child and may wish to opt out.

Sexuality Education Opt Out Form

- The parent letter on SEd Lessons will be sent on PG. Do read and acknowledge the school's SEd programme.
- If you would like your child to opt out of the programme, do click on the URL provided in the letter to complete the opt out form. (If you do not wish to opt out, there is no need to fill up this form)



Education and Career Guidance

By having a good understanding of their own <u>values</u>, <u>interests</u>, <u>personality</u> and <u>skills</u>, your child will be able to make an informed decision in deciding on their educational pathways.



Who am I?



Where do I want to go?





Make an appointment to speak with Ms Irene Tan, AES ECG Counsellor in school at https://go.gov.sg/ecgbook-aes









The National Digital Literacy Programme (NDLP)

1. The NDLP was launched in March 2020 to make digital learning inclusive by equipping students with the digital skills to be future-ready.

1. Under the NDLP, every secondary school student will **own a school-prescribed personal learning device (PLD)**. Students may use funds from their Edusave Account to pay for the PLD.

Intended Outcomes of the PLD Initiative

The use of the PLD for teaching and learning aims to:



Support the Development of Digital Literacy



Support Self-Directed and Collaborative Learning



Enhance Teaching and Learning

Assumption English School's PLD



Intel N5200 processor, 8GB RAM, 64GB Storage, 11.6" Screen Size

The school will be using the 11.6" Acer Chromebook Spin R756TN

for teaching and learning.

Total cost with GST: \$570.00

Inclusive of 3-year warranty,
And 3-year insurance

Assumption English School's PLD



11.6" Acer Chromebook Spin R756TN

The school chose the device because of:

- Portability
- Long battery life (10 hours)
- T&L Affordances
 - Touch Screen
 - Use of Stylus pen to write
 - Typing using keyboard
 - Video recording
 - Multimedia editing

PLD Bundle

Device Bundle includes

- Acer Chromebook Spin R756TN
- Accessories (Mouse, Stylus Pen & Carrier bag)

Your child's/ward's PLD will come with the **Enhanced Device Bundle** which includes:

- 3-year warranty and 3-year insurance
- 2 repairs or 1 replacement claim







^{*}The price of the PLD Bundle may appear to be higher than similar models on the retail market as the price of those devices usually does not include extended warranty and insurance coverage.

Funding Support for Singapore Citizen (SC) Students

- The cost of the device bundle can be paid using your child's/ward's Edusave account, after setting aside provision for payment of second-tier miscellaneous fees.
- To ensure the affordability of devices, MOE has provided Edusave top-ups \$200 in 2020 to 2022, and \$300 in 2023 to all eligible Singaporean students in primary and secondary schools.
- This is on top of the annual \$290 credited into the Edusave account for Secondary School students and \$230 for Primary School students.

For Singapore Citizens (SC) Students

Time Frame	Activity	
18 Jan 2024	Dissemination of Letter to Parents for the Parental Consent for the purchase of PLD	
25 Jan 2024	Submit online form (Letter to Parents for Procurement) which includes the following annexes: • Intent to purchase • Use of Edusave Submit the above online form by 25 Jan 2024	
Term 2 2024	Collection of devices by students	

^{*} Parents Gateway would be used to convey information and to facilitate the purchase.

For Permanent Residents / International Students

Time Frame	Activity
18 Jan 2024	Dissemination of Letter to Parents for the Parental Consent for the purchase of PLD
25 Jan 2024	Submit online form (Letter to Parents for Procurement) which includes the following annex: • Intent to purchase Submit the above online form by 25 Jan 2024
March / April 2024	Parent/Guardian to make payment via Cash/Giro/Cheque/AXS/PayNow. (after students had received the school bill)
Term 2 2023	Collection of devices by students

^{*} Parents Gateway would be used to convey information and to facilitate the purchase.

Letter to Parents for Procurement

<u>Parents with Singpass</u> can access the Letter to Parents for Procurement to indicate your consent via the following link:

https://go.gov.sg/pdlpadmin

singpass



^{*} Parents/Guardians without Singpass can request for the hardcopy letter from the school's General Office

Important Contacts / Helplines

To access / find out more about	Contact / Helpline
This deck of slides	https://assumptionenglish.moe.edu.sg (through Announcements)
Edusave balance	6260 0777
Financial assistance	General Office: 6572 9100

Should there be any further queries or clarification, please contact the school at 6572 9100 or email us at aes@moe.edu.sg.

55

Frequently Asked Questions https://go.gov.sg/aesndlpfaq



Frequently Asked Questions for NDLP

Device Purchase

1. Can my child not purchase the device?

Every student is required to have a device for teaching and learning purposes and is encouraged to purchase one through the school via MOE's bulk tender. Students are encouraged to use the device model prescribed by the school, as the uniformity of systems and software would ensure a smooth learning experience for everyone. The device purchased through the school will come with the necessary warranty and insurance as well.

Singaporean students can tap on their Edusave Account to reduce their out-of-pocket expenses when buying a device under the initiative. MOE has provided a one-off Edusave top-up of \$200 in April 2020 to all eligible Singaporean students in primary and secondary schools. This is on top of the annual Edusave contribution of \$290 for secondary students and \$230 for primary students. For students from lower-income households, MOE will provide further subsidies so that they do not have to incur any out-of-pocket expenses. Students may approach their schools if they require financial assistance.

2. What is a chromebook?

A chromebook is a computing device running *Chrome OS* as its operating system. The chromebook is designed to be used primarily while connected to the internet, with most of its applications and data residing online. The chromebook should *not* be confused with a cloudbook/ultrabook etc, which runs on Windows OS.

3. Why does the school require students to use a chromebook?

In determining the choice of device, the school has taken into account the affordances of the device in enabling students to learn effectively, technical specifications of the device, such as weight and battery life and integration with the school infrastructure and staff training.

Chromebooks are chosen for their variety of affordances, including seamless learning experiences alongside existing teaching and learning technologies such as the SLS, Google Suite for Education Apps and Microsoft Pro Plus. It is also a relatively lightweight and portable device that offers students convenient learning on-the-move. A full charge of the battery





CCA Policy

- 1. It is **COMPULSORY** for every secondary school student to participate in **one CCA**.
- Participation has to be continuous throughout the 4 or 5 years before CCA points are awarded and converted to a CCA grade.
- 3. CCA points will be calculated based on **MOE LEAPS 2.0 CCA Grading Scheme.**

(https://www.moe.gov.sg/education-in-sg/our-programmes/cca/leaps2-0)



CCA Policy

- CCA attendance ≥ 75% every year for CCA points to be awarded.
- The level of attainment will be converted to a bonus point(s) which can be used for admission to Junior Colleges/ Polytechnics/Institutes of Technical Education

ALL SEC 1s will be allocated one of their 5 choices after going through the trials.

Do support them in their CCA journey!



CCAs in AES

Sports & Games	Uniformed Groups	Performing Arts	Clubs & Societies
Football^ (Boys only)	Girl Guides (Girls only)	Concert Band	ELDDS – English Language Drama &
Basketball^	NCC (SEA) (Boys only)	Dance Ensemble	Debate Society
Judo^	NPCC	Choir	Green Club
Floorball (Boys only)	Red Cross Youth		*Young Montfortian Associate (YMA)
Softball (Girls only)	^DSA sports	*2	nd CCA for Sec. 1 Catholic students on Fridays



Special Collaboration - School Football Academy (SFA)

- Part of the 'Unleash The Roar!' National Football Project Year launched in 2022
- Aims to expand the talent pool on the back of the National Football Curriculum which is implemented in schools
- Structured programme, with equal emphasis on sporting excellence and academic performance
- Team of full-time coaches from FAS







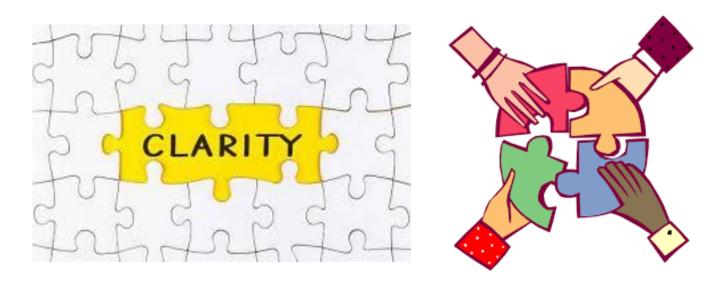
Student Management

Helping AssumptionKnights Grow in Character & Learning





Student Management



Working Together with Clarity



Attendance

- Students are accountable for any days of absence.
 - √ To inform School/Form Teachers <u>before 7:30am</u> on the day of absence via WhatsApp / SMS.
 - ✓ To submit all relevant documents (e.g. MCs, Parents' Letter) immediately on the day they return to school to their Form Teachers.
- Parents will receive an SMS notification at <u>9.30am</u> if your child/ward's attendance is marked as "Absent Pending Reason" for the day.
- Parents' letter capped at 2 letters per semester (Jan-May & Jul-Oct).



SERIOUS OFFENCES	Possible Consequences
Attendance Truancy, Leaving school grounds without permission Misconduct Open defiance and/or rudeness Disruptive behaviour, Bullying Littering (case-dependent) Cheating (applicable to all forms of assessments) Forgery, Sexual misconduct Theft/Damage of Property Theft, Vandalism Other Serious Offences Assault, Fighting, Gambling, Gangsterism Possession of weapons, Arson, Drug-related offences, Inhalant-related offences, Alcohol-related offences Smoking/vaping-related offences Any other serious offences that do not fall in the above categories	One or more of the following consequences may be applied to offences: Parental involvement Warning Apology Reflection Compensation Counselling Revision of Conduct Grade Record in School Offence Module Corrective Work After-school detention In-house suspension Suspension from school Caning Referral to External Agencies Police Assistance Expulsion Any other action deemed necessary by the school.

Serious Offence vs Less-Serious Offence

Serious Offence:

Serious impact on self and others, uncommon.

VS

Less-Serious Offence:

Lesser impact on self and others but causes significant repercussions over time and occurrences.



Offences and Consequences

OFFENCE	OCCURRENCES	CONSEQUENCES
Late-coming Helping	1 st 2 nd	-Mobile phone collected -Reflection -Parents informed
Students Appreciate the Value of	3 rd	-1-hr after-schooldetention-Discussion with parents
Time	4 th	-2-hr after-school detention
	5 th	-3-hr after-school detention
	6 th and onwards or <u>late after 9am</u>	-Further serious consequences

Offences and Consequences

Less-Serious Offences

No	OFFENCE(S)	CONSEQUENCES	The "WHY"
1	Skipping Class	Repeated offences	These behaviours:
2	Attire and Grooming	in spite of educative efforts	 Affects learning Creates
3	Usage of devices in class without permission	can be escalated into a serious offence.	misunderstanding 3. Draws consequences

Mobile Phone Policy

- Mobile phones and other forms of communication devices are to be used only during recess time in the canteen at designated Phone Usage Points, or when permission is given by a teacher, for educational purposes only.
- Rationale: To encourage genuine and meaningful interaction between students and inculcate responsibility through compliance of school rules.
- Confiscation of mobile phone phones will be returned at the end of the day during school dismissal or at the end of the day's programme (detention / CCA / supplementary lesson etc), if any.

No mobile



Guidelines on Footwear

SCHOOL SHOES & SOCKS

- Covered white shoes with <u>laces</u>, with white socks / AES socks.
- General outlook of shoes and socks with <u>other brand logos</u> should be white.
- Common, easy-to-find, and inexpensive.
- Examples of acceptable shoes and socks:



Smoking/Vaping











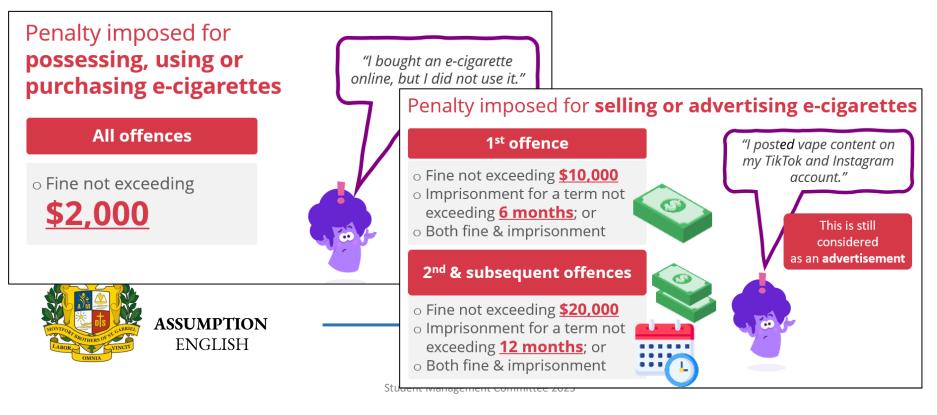




Smoking/Vaping

IMPORTANT!

- Smoking is illegal for those below the age of 21.
- 2. Vaping is illegal in Singapore, regardless of age.



Smoking/Vaping

- Appealing to adolescents easy to purchase (Telegram), lower detectability, higher smoke liberation, "fun-to-use".
- Students will face <u>SERIOUS DISCIPLINARY ACTIONS</u> by school and external agency, e.g. referral to Health Sciences Authority (HSA) for <u>recording and composition</u> <u>fines</u>.
- Take note of:
- ✓ Fruity/sweet smelling aroma
- ✓ Pen/USB-like/toy-like devices
- ✓ Evasive behaviour







CNA: Why Teens Vape: Are Vapes Really Healthier Than Cigarettes?

CAN: Vaping Is The New Smoking: Can We Get Youths To Quit Vaping?





Cyber Wellness in AES

Responsible Usage of technology for Learning

 Info-comm Technologies (ICT) are becoming increasingly important for education and communication. Hence, AES focuses on helping students to be responsible digital learners through 3 principles - Respect for Self and Others, Safe and Responsible Use, and Positive Peer Influence.

<u>Use of "Digital Wellness" app to curb excessive</u> screen time

 Most of the mobile devices can help us to manage our usage, by providing us with information such as average screen time, most used apps and come with functions to limit the usage.







Android Devices

Apple iOS
Devices



Parental Tips on Cyber Wellness

- To help your child stay safe having positive experiences online, you can:
 - Activate parental controls on your home devices
 - Model good digital habits for your child
 - Set ground rules for internet use
 - Navigate the internet together to understand their usage.

You may scan the QR code for more parental tips on CW:







Spend time chatting with your children. Use T.A.D

Talk

Talk about the different realities faced by teens these days compared to the past.

E.g. How you communicated with friends without social media.

Ask

Ask about his/her thoughts and feelings on the latest posts and discussions on social media.

E.g. issues on bullying

Discuss

Discuss some acceptable boundaries with regard to the use of electronic devices.

E.g. What are some rules for having a mobile phone (with or without a data plan)?

Talk

Talk about your teen's interests.

Encourage him/her to share the who,
what, where, when, whys and hows
of that interest.

E.g. sports, the latest phone apps, fashion

Ask

Ask about his/her thoughts and feelings on people and events around him/her or in the news.

E.g. What are some ways of having wholesome fun? How does he/she feel about the different types of jobs that adults do?

Discuss

Discuss new boundaries as your teen displays greater maturity.

E.g. Allow a later curfew - recognise that he/she can be trusted with more responsibilities

Transition Through Secondary School

Support Your Child's Transition Through Secondary School using **S.A.F.E** Tips

SUPPORT

- Find out how your child's preferences are changing. Show interest by asking open-ended questions
- Make a habit of chatting at a fixed time

Familiarise

- Find out what sec school life is like
- Excite him about new experiences
- Encourage new hobby or hone skills in outdoor sports
- Limit time on digital devices

AFFIRM

- Remember your child's strengths.
 Build his self-esteem in those areas
- Praise and affirm efforts in front of relatives and friends

Empathise

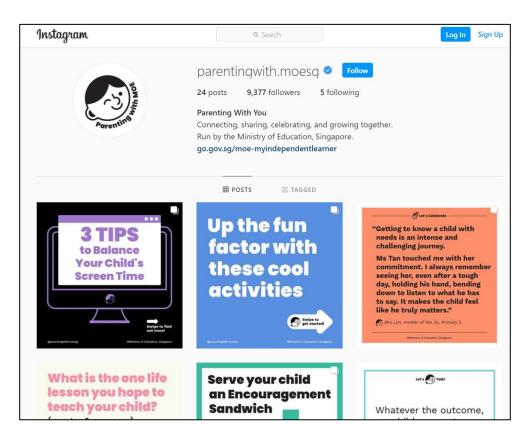
- Acknowledge your child's varying emotions
- Encourage your child to share thoughts and feelings about new school
- Prioritise sufficient sleep

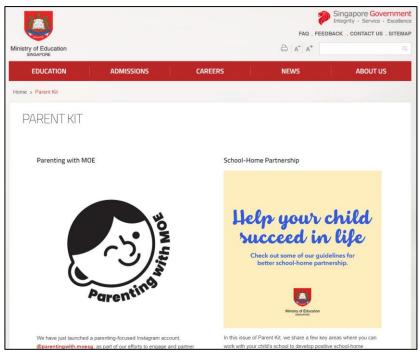


Parenting Resources

https://www.instagram.com/parentingwith.moesg/

https://www.moe.gov.sg/parentkit



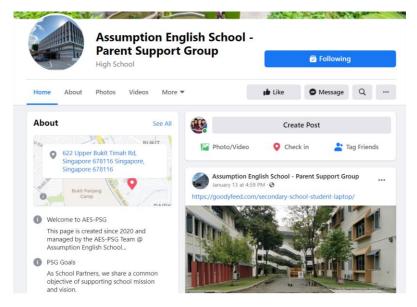


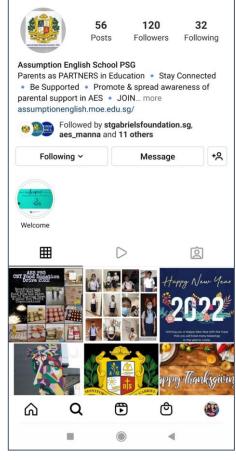


Parent Support Group









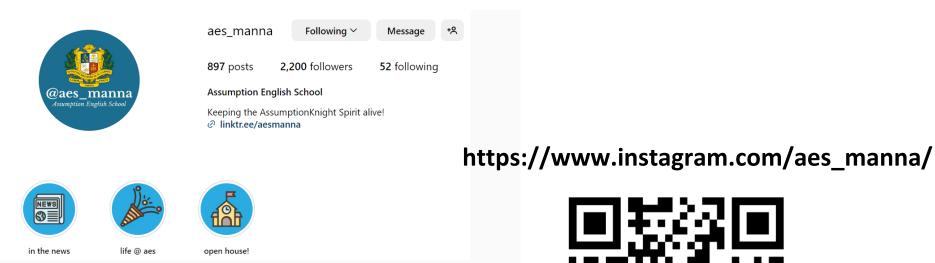
Scan the QR code to join the facebook group



@assumption_english_school_psg



Find out what is happening in AES









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ASSUMPTIONENGLISH

Building Resilient Families, Conquering LIfe's Challenges Together

> Fei Yue Community Services Mr Jazon