



# Primary 1 Orientation

21 November 2025

# **PROGRAMME**

- 1. Welcome Address by the School Principal  
(Mr Muhammad Farizal)**
- 2. Talk by Year Head (Mr Cavin Lee)**
- 3. Introduction to Programme for Active Learning (PAL)  
(Mr Rizal)**
- 4. Information on PSG@AMKP (Mdm Chua Liting)**
- 5. Q & A Session (Mr Cavin Lee)**



# **PRINCIPAL'S ADDRESS**

**Mr Muhammad Farizal**

---

**WELCOME TO ANG MO KIO  
PRIMARY SCHOOL AND  
WELCOME TO THE FAMILY**

---

---

# BRIEF INTRODUCTION



- Principal of AMKP from 2025 onwards
- Was Principal of Radin Mas Primary School from 2017-2024.
- Started career as a History teacher in Secondary school.
- Father of two girls

---

# PHILOSOPHY

Important for key skills, competencies, values, dispositions and habits and routines to be instilled in Primary school to build intrinsic motivation to learn.

To support each child to grow at their own pace and to recognise that each child is unique.

Importance of establishing a Caring and enabling school.

Role of parents as key partners in the holistic growth and development of each child.

---

# ANG MO KIO PRIMARY SCHOOL



**Vision:** Every Child, a Confident Person, a Joyful Learner and a Caring Citizen

**Mission:** To Care, To Guide, To Inspire

**Motto:** Rise and Shine

**Values:** Resilience, Respect, Responsibility, Integrity, Care, Courage, Excellence

---

---

# AMKP PROMISE KEEPERS

- Learn
- Enact and embody
- Lead and showcase

..... THE .....

## AMKPIANS' PROMISE

WE, THE AMKPIANS, PROMISE TO UPHOLD OUR R<sup>3</sup>IC<sup>2</sup>E VALUES

**RESILIENCE**  
We will be grateful for what we have and face challenges with perseverance and positivity.

**RESPECT**  
We will appreciate diversity and be mindful and considerate in our speech and actions.

**RESPONSIBILITY**  
We will take ownership of our words and actions.

**INTEGRITY**  
We will do what is right even when no one is watching.

**CARE**  
We will be kind and helpful to others, our environment and our community.

**COURAGE**  
We will embrace a 'dare-to-try' attitude when we face new experiences, and stand up for what is right and kind.

**EXCELLENCE**  
We will give our best and pursue growth with confidence and celebrate successes with humility.

TOGETHER WE R<sup>3</sup>IC<sup>2</sup>E AND SHINE

---

# WHAT IS AN AMKP EDUCATION?



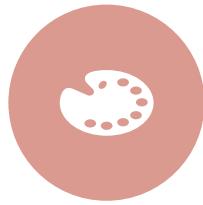
**Cognitive** (Future ready learners)



**Social** (Leaders of self and others)



**Physical** (Grow well)



**Aesthetics** (diverse range of talents)



**Morale** (Building a sense of affect and belonging)

# OUTCOMES FOR ALL AMKPIANS

---



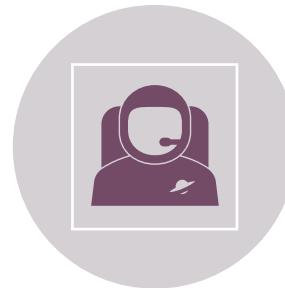
Good academic results to give them options for Post Primary.



Good character grounding, values system and self regulation and management



Strong interpersonal skills

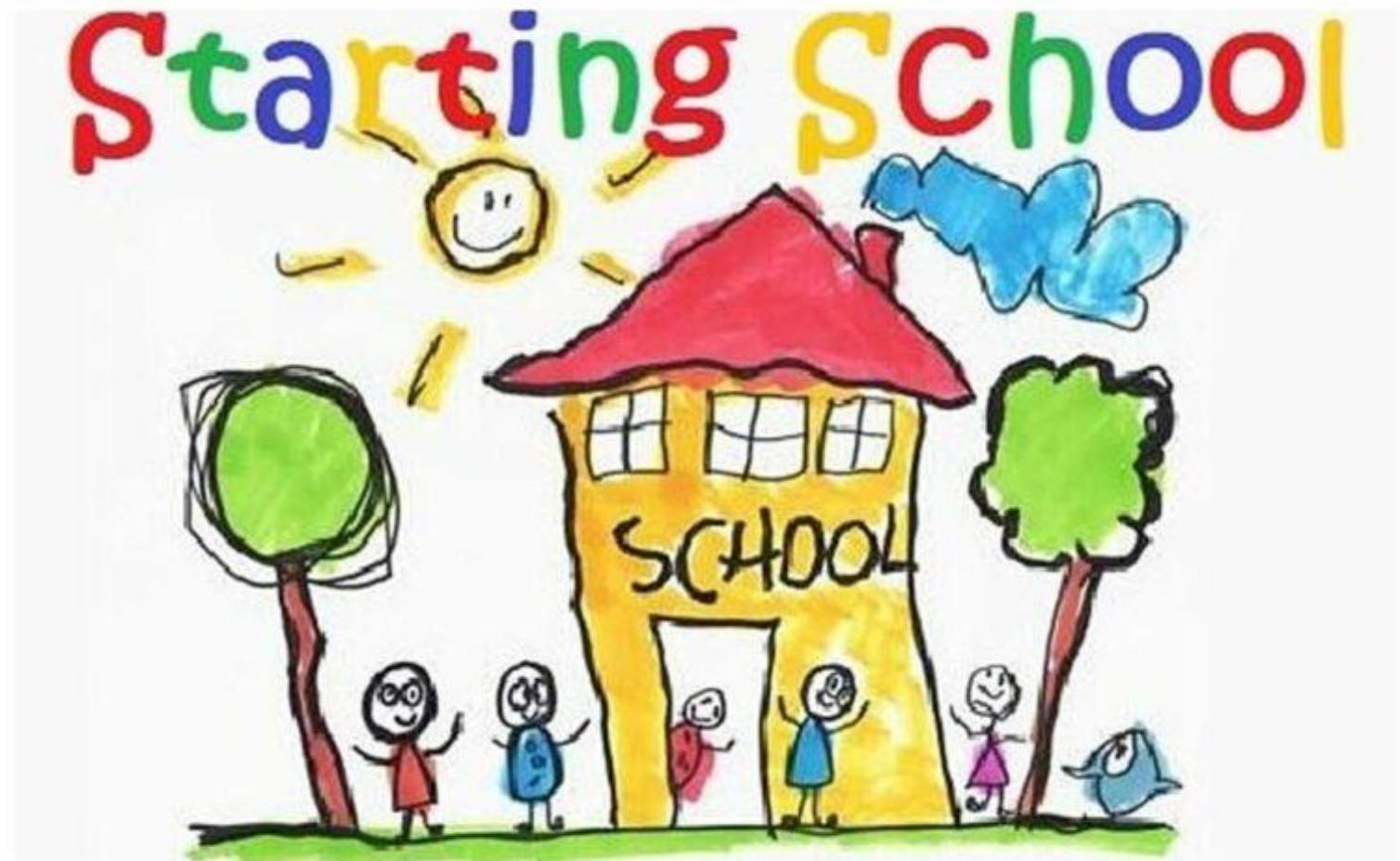


Range of talents (Sports, Arts and aesthetics, academic, leadership, service)

---

---

# STARTING P1 WELL: HOW PARENTS CAN SUPPORT



# How can you prepare your 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 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 Well to Others

Build your child's interpersonal skills by:

01

Modelling the use of friendly and polite phrases

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

"Could you help me with..."

02

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

03

Modelling respectful interactions

"May I please..."

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

"I am sorry I ..."

**MAKE NEW FRIENDS**

**What your child may learn in school**

**JOINING IN ACTIVITIES**

- Choose a good time.
- Look at the person.
- Ask in a friendly way, "Hi, may I join you?"
- Accept the answer by saying "Thank you" or "Okay".

**What you can do at home**

**SAY HELLO AND SMILE**

Practice skill steps with your child to help him/her relate with others and make friends easily. Encourage them to say hello, greet, good morning and smile at their new friends and teachers. These greetings are a great way to connect with people.

Do a short role-play with your child to practise these steps for joining in activities:

- saying hello with a smile and introducing him/herself
- asking politely if he/she can join the group
- thanking them for choosing to include him/her
- saying and feeling okay even if they choose not to

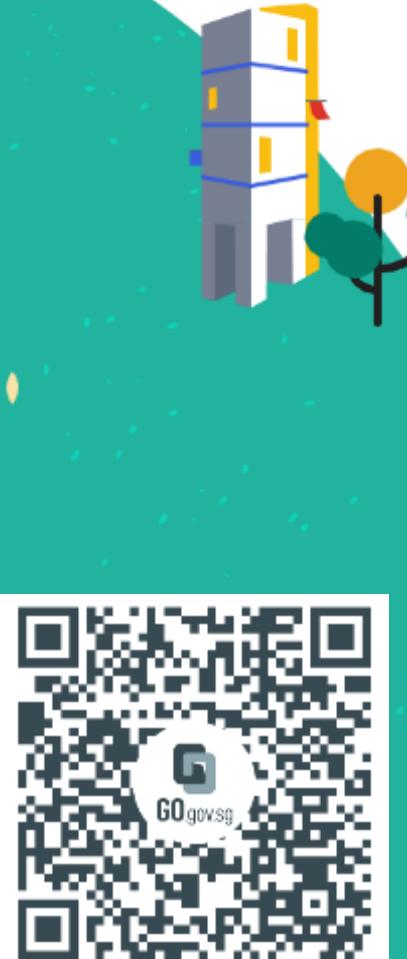
Are you excited to meet your new friends? What do you do or say when you meet your new classmates or join them in group activities? Let's try it!

Explain how doing the above helps him/her to:

- make others feel comfortable
- prevent conflict with new classmates
- be confident

Read more: <https://www.schoolbag.sg/story/how-to-help-your-child-ace-the-first-week-of-school>

GO.gov.sg



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 things by themselves.



# Nurturing Values and Positive Attitudes

**Values guide our words and actions, and develop character strengths and dispositions.**

**You can encourage your child to:**



Reflect on how to show care and concern, and respect for their friends and family members



Ask questions about their experiences in school, at home and of the world around them



Reflect on learning experiences and try ways to do something better



Persevere even when faced with challenges and use these experiences as a teachable moment to share the importance of building resilience in life





At the end of the day, the most overwhelming key to a child's success is the involvement of parents.

JANE D HULL



Wishing all a wonderful journey ahead



# **YEAR HEAD'S ADDRESS**

**Mr Cavin Lee**  
**Year Head (Lower Pri)**

# P1 Orientation Information Booklet For Parents/Guardians

---



<https://go.gov.sg/amkpp1orientation2>  
1nov



Primary 1 Orientation



Information for  
Parents/Guardians



1

# Introducing our Year Heads for Lower Primary

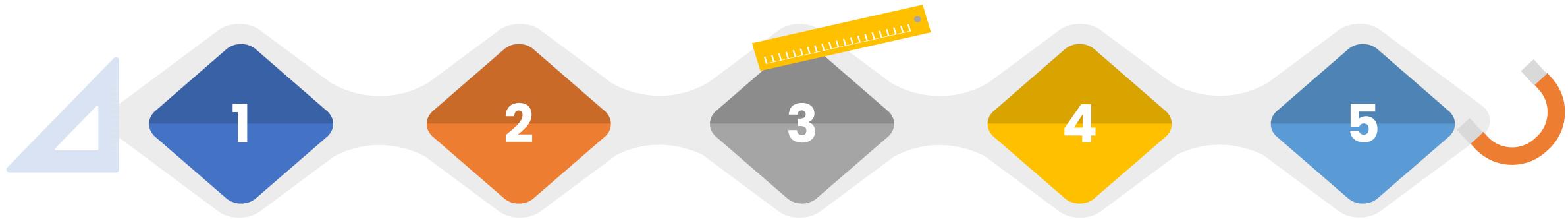


**Mr Cavin Lee (YH)**



**Ms Junisha Erat (AYH)**

# What is Primary School about?



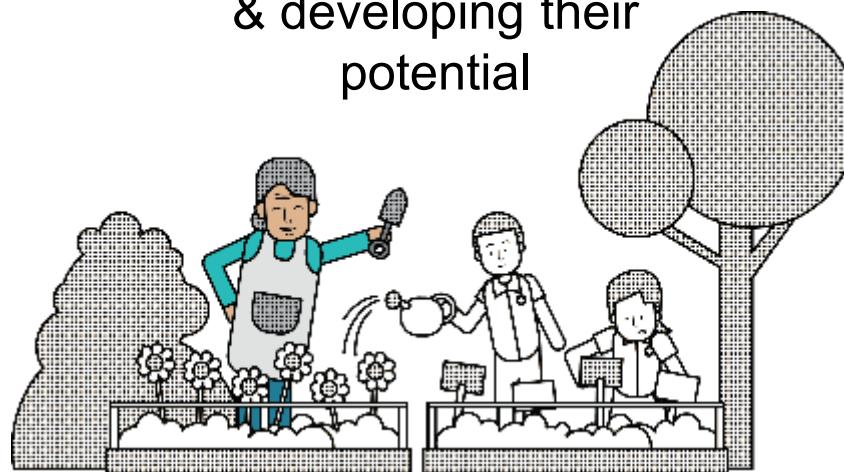
Laying a strong foundation

Nurturing well-rounded individuals & passionate lifelong learners

Providing learning opportunities, recognising our children's strengths & developing their potential

Preparing our children for the future

Providing a safe learning environment to support their well-being



# Holistic development for Primary 1 includes:

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

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

Building strong foundations in literacy and numeracy

Strengthening 21<sup>st</sup> Century Competencies and Digital Literacy in an age-appropriate manner



# 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.



## Values, Social-Emotional Competencies, Citizenship Dispositions



## Art



## English Language



## Mathematics



## Mother Tongue Languages



## Music



## Physical Education

<ul style="list-style-type: none"> <li>Develop understanding of self and manage own behaviours</li> <li>Communicate, interact and build caring and respectful relationships with others</li> <li>Take responsibility for own actions</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy Participating in Art</li> <li>Express Ideas and Feelings through Art</li> <li>Demonstrate Awareness of Art from Different Cultural Groups</li> </ul>	<ul style="list-style-type: none"> <li>Listen and Speak for Enjoyment and Information</li> <li>Read with Enjoyment and Understanding</li> <li>Communicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes</li> </ul>	<ul style="list-style-type: none"> <li>Basic Understanding of Numbers Up To 10</li> <li>Compare Quantities Between Two Groups of Objects within 10</li> <li>Recognise Simple Patterns</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy and Show an Interest in Learning Mother Tongue Language</li> <li>Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language</li> <li>Demonstrate Awareness of Local Ethnic Culture</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy Participating in Music and Movement Activities</li> <li>Express Ideas and Feelings through Music and Movement Activities</li> <li>Demonstrate Awareness of Music and Movement from Different Cultural Groups</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy Physical Activities</li> <li>Display Coordination in Motor Tasks</li> <li>Demonstrate Awareness of Healthy Habits and Safety</li> </ul>
---	---	---	--	--	--	--

# 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 experiences would your child likely undergo in Primary 1?



- PAL Programme

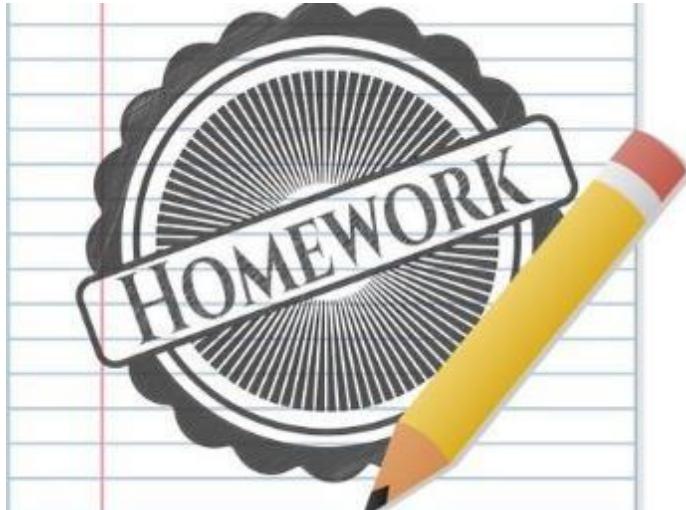


- Recess learning activities



- Learning Journeys

# 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.



- **Digital Tools** used by to support and complement classroom teaching and learning, e.g. Singapore Student Learning Space (SLS), *<insert other EdTech platforms that schools use e.g. eZhishi, Koobits>*



*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.

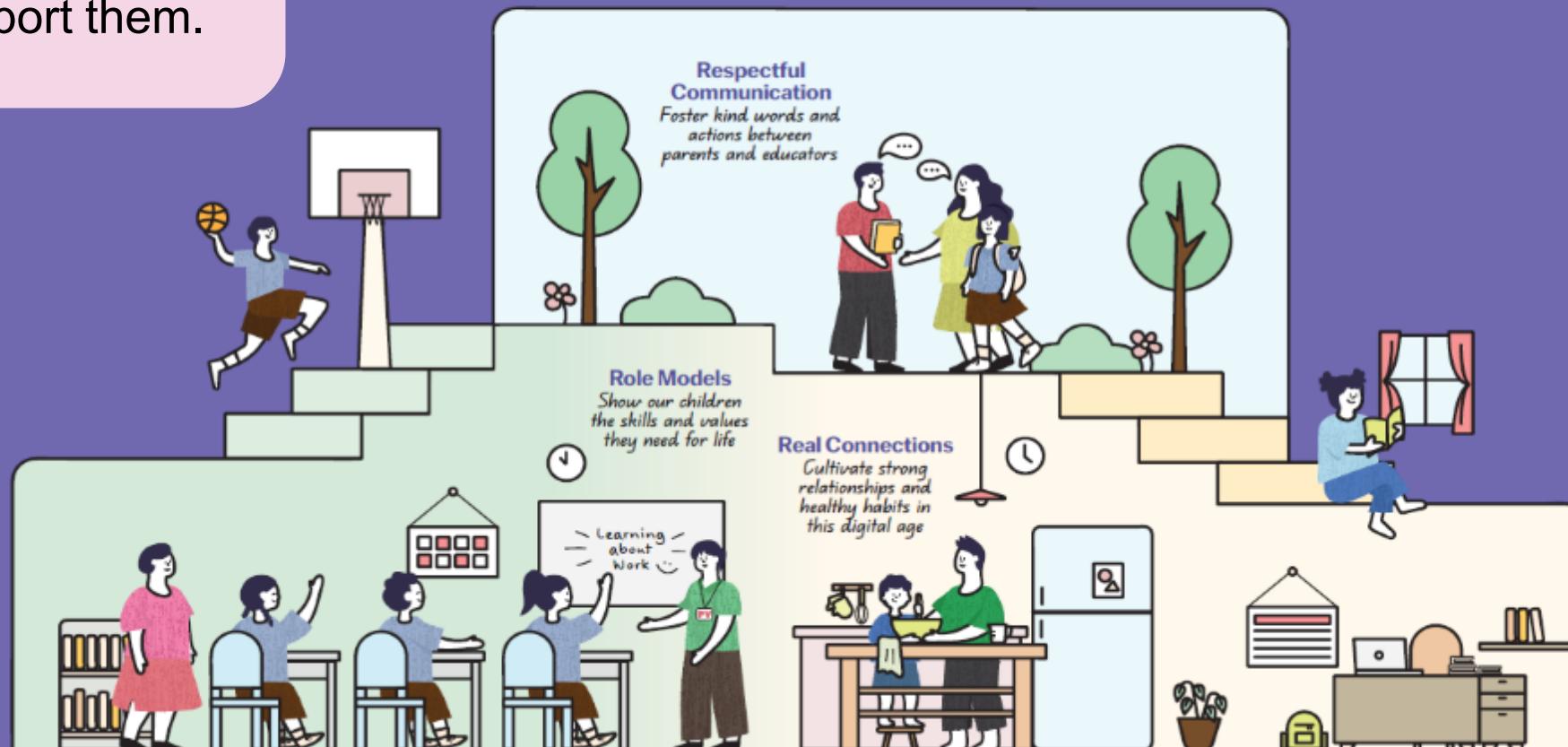
SLS homework are occasionally used to reinforce learning.

# 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



# 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



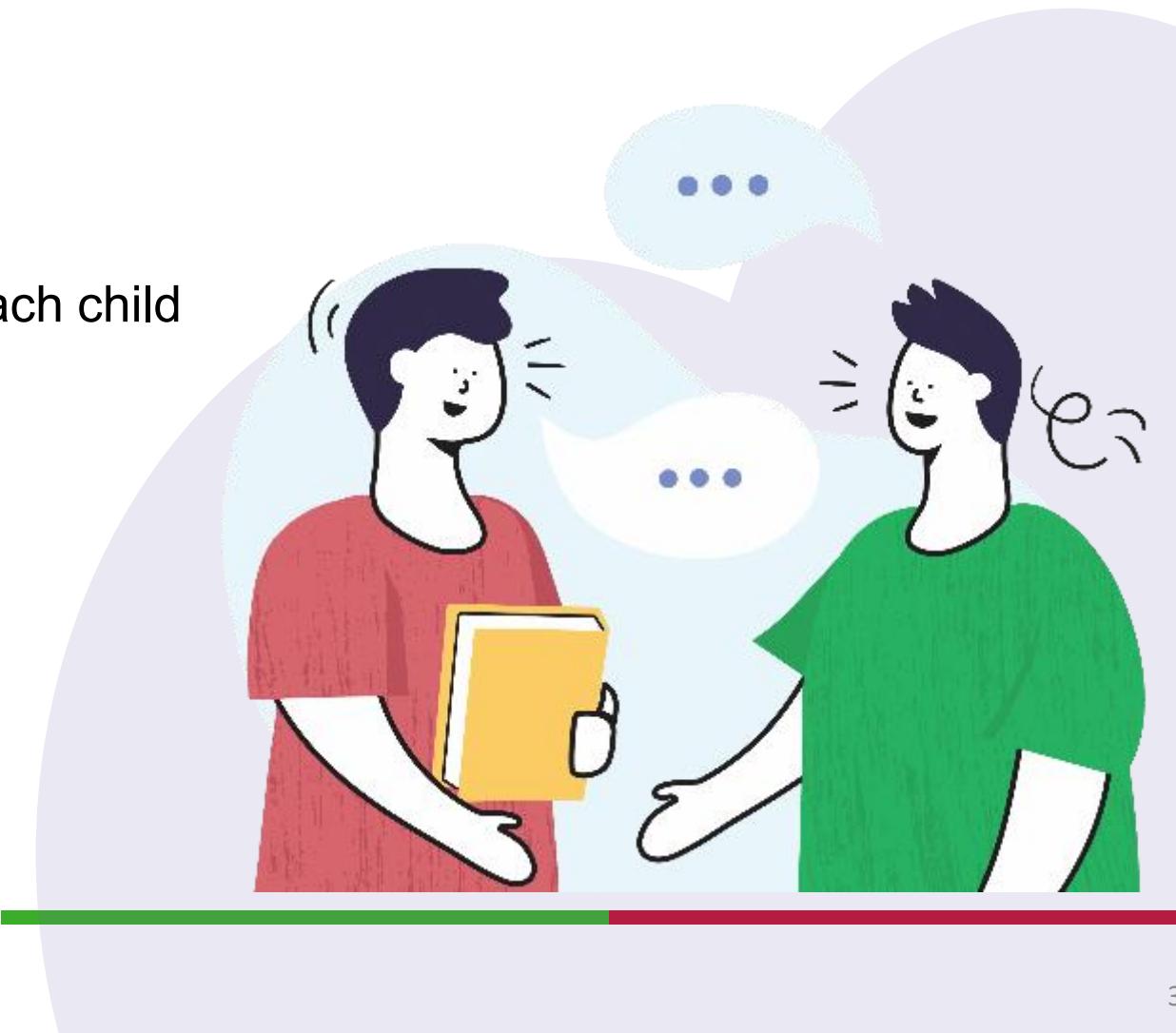
Listen to and understand each other's perspectives and concerns regarding each child



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



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



# [IMPT] Announcement of Your Child's Class

- Your child's confirmed class will be announced in December on Parents Gateway.

## What if my child has trouble adjusting to Primary One?

Stepping into a new environment is not always easy – just ask a seven-year-old. For some Primary 1 students, the TRANSIT programme makes the move from pre-school smoother.

20 December, 2024



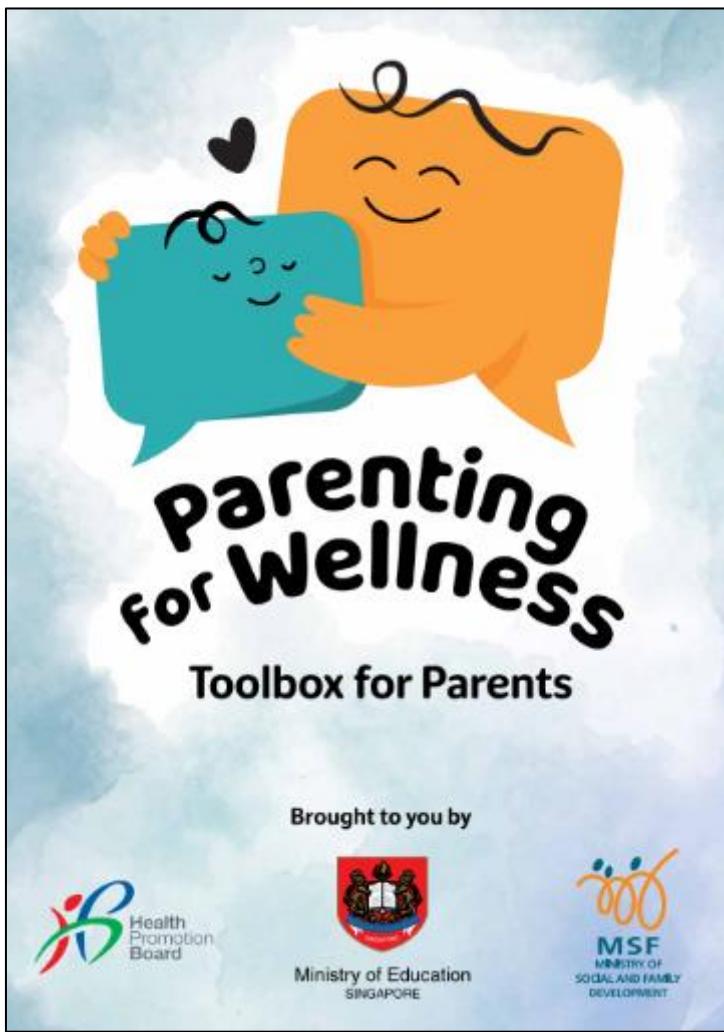
<https://www.schoolbag.edu.sg/story/what-if-my-child-has-trouble-adjusting-to-primary-one/>



## Transit Programme

- TRANSition Support for InTegration
- helps Primary 1 pupils with behavioural or social difficulties transition to the school environment
- provides early intervention by teaching self-management skills through small-group and classroom support from teachers and allied educators.
- Need to change the student's class to be effectively supported by the Allied educator and Teachers.

# Latest Resource: Parenting for Wellness Toolbox



The screenshots illustrate the toolbox's user-friendly design, featuring a sidebar with icons for 'Things You Can Do', 'Nutrition', 'Sleep', and 'Chores'. Each section provides practical tips and strategies for parents.

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.

The image shows two screenshots of the Parents Gateway (PG) website. The left screenshot displays the 'Parenting' section with tabs 'FOR YOU' and 'EXPLORE'. Under 'Highlights', there is a card for 'Refreshed Guidelines for School-Home Partnership'. Below it, under 'Based on your preferences', there is a card for 'Cyber wellness' featuring an illustration of a person interacting with a large smartphone. A blue arrow points from the bottom right of this card to a blue circle around the 'PARENTING' tab at the bottom of the page. The right screenshot shows a resource titled 'Preparing for Primary 1' under the 'Education Stages' section, specifically for 'Pre-school'. It features a card for 'P1 cheat sheet: How to pick and pack your schoolbag' and another for 'PARENT KIT Starting Your Primary 1 Journey'.



Find out more about Parents Gateway here.

# Resources in PG for every educational stage

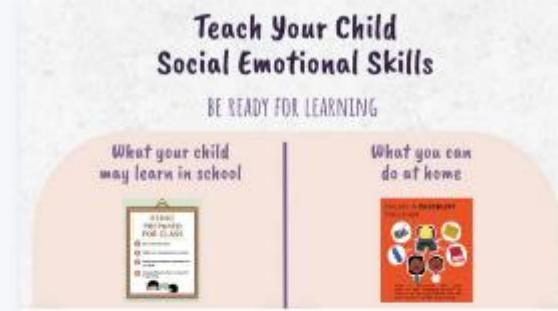


Fri, 23 September 2022

[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.



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.

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.

# Check out more resources from MOE

## Parent Kit



## Parent Kit

[www.moe.gov.sg/parentkit](http://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



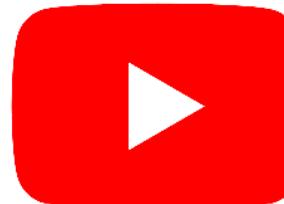
[www.instagram.com/parentingwith.moesg](https://www.instagram.com/parentingwith.moesg)



[www.instagram.com/moesin-gapore](https://www.instagram.com/moesin-gapore)

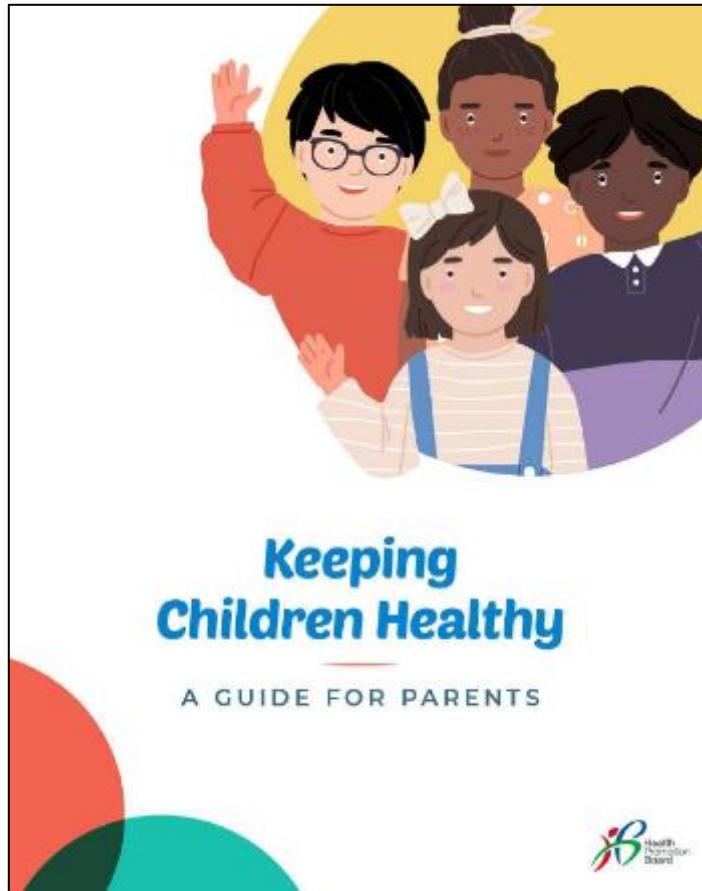


[www.facebook.com/moesingapore](https://www.facebook.com/moesingapore)



[www.youtube.com/moe-spore](https://www.youtube.com/moe-spore)

# Keeping Children Healthy



**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:

- 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**

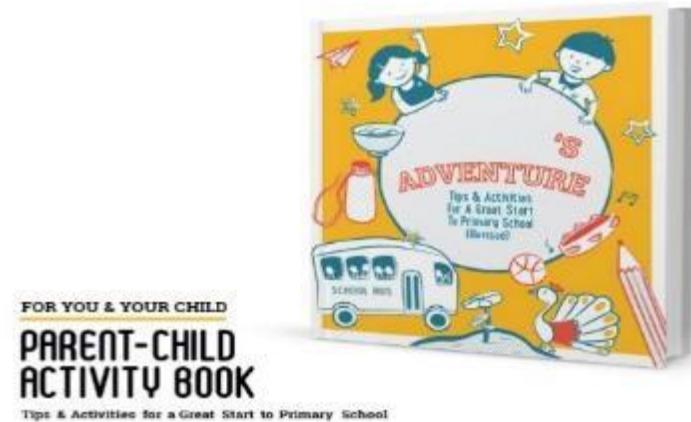


**Edition 3**

# Useful Resources For Parents

## **Parent-Child Activity Book (Digitalized copy)**

- Choose the activities that best meet you and your child's needs.
- Have fun learning with your child.
- Refer to handbook



FOR YOU & YOUR CHILD  
**PARENT-CHILD  
ACTIVITY BOOK**

Tips & Activities for a Great Start to Primary School

# Other Important information

- Information to help parents prepare on day 1 of school

- Day 1 Schedule (2 Jan 2026)
- Things to bring
- School uniform
- Contact information
- Attendance



<https://go.gov.sg/amkpporientation21nov>

# Contact

Email address:

- amkps@moe.edu.sg



Contact number: 6452 0794





Confidence, Curiosity and  
Cooperation

# **Introduction to Programme for Active Learning (PAL)**

**Mr. Mohd. Rizal**  
**Subject Head PE & CCA**



Ministry of Education  
SINGAPORE

# Programme for Active Learning



## PAL Objectives

- Provides pupils broad exposure to the 4 PAL domains
- Nurtures pupils in the 3Cs and social-emotional competencies

## 5 PAL Learning Characteristics

1 Experiential in nature

2 Encompasses learning in a creative way

3 Provides opportunities for children to create

4 Incorporates values and social-emotional learning

5 Fun and enjoyable

## PERFORMING ARTS



## SPORTS AND GAMES



## OUTDOOR EDUCATION



## 5 Key Practices of the PAL Teacher

1 Models curiosity and expresses joy in learning

2 Uses varied and engaging pedagogies to facilitate creative and hands-on learning

3 Allows pupils' inquiry and interest to drive the direction of learning during lessons

4 Facilitates pupils' learning with open-ended questions that prompt sharing and reflection

5 Creates a learning environment that welcomes play, exploration and teamwork



## VISUAL ARTS

# The Four PAL Domains



## Sports & Games

Building fundamental movement skills, teamwork, and fair play through active participation



## Outdoor Education

Fostering nature appreciation, environmental awareness, and resilience through outdoor experiences



## Performing Arts (Music)

Creative expression through beats, rhythms and simple instruments



## Visual Arts

Developing artistic abilities through drawing, crafts, and sculpture activities

# **AMKP**

# **P1 & P2 PAL Domains 2026**

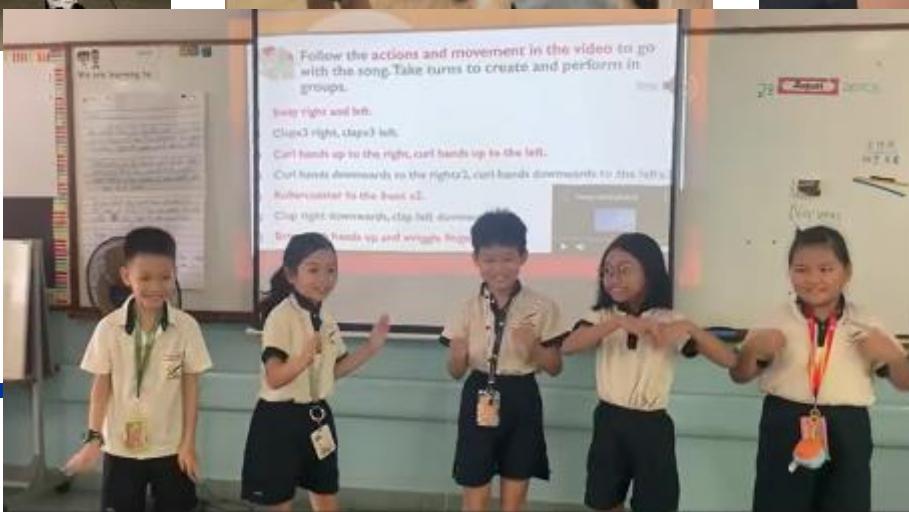
Programme for Active Learning (PAL) domain allocation across four terms for Primary 1 and Primary 2. Designed to provide diverse, hands-on learning experiences throughout the academic year.

<b>TERM</b>	<b>PRIMARY 1</b>	<b>PRIMARY 2</b>
TERM 1	Sports & Games	Visual Arts
TERM 2	Visual Arts	Outdoor Education
TERM 3	Outdoor Education	Performing Arts (Music)
TERM 4	Performing Arts (Music)	Sports & Games

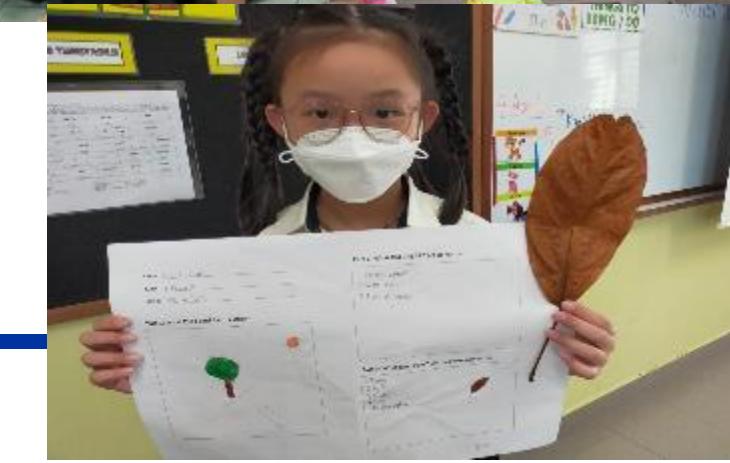
# Visual Arts



# Performing Art (Music)



# Outdoor Education



# Sports & Games





# **Parent Support Group (PSG)**

ANG MO KIO PRIMARY SCHOOL



PSG  
PARENT SUPPORT GROUP

# **AMKP Parents Support Group**

- Our Parents Support Group (PSG) is made up of a lively group of parent volunteers who are dedicated to supporting the school in our pupils' holistic development.



# MEET OUR EXECUTIVE COMMITTEE



**CHAIRPERSON:**  
**Mdm Chua Liting**



**VICE-CHAIRPERSON:**  
**Mdm Florence Ow  
Pui Ling**



**VICE-CHAIRPERSON:**  
**Mrs Aarthi  
Narasimhan**

# COMMITTEE MEMBERS

**Ms Tan Qin Yi Kate**



**Mdm Pramods Challa**



**Mr Vivek Kumar K R**



**Mdm Goh Siew Ling Jessica**



**Mdm Neeti Bhardwaj**



**Mdm Ramona Thet Mon Aye**



# COMMITTEE MEMBERS

Mdm Charumathi Munuswamy



Mdm Shailajah Devi D/O Surash Pillai



Mdm Sein Lai Myo Lwin



# **WHAT DO WE DO?**

- Collaborate actively with the school in providing a holistic environment for the pupils
- Provide a network of support and link for the school, families, and the community, as members come from diverse backgrounds and possess varied skills and experiences
- Enhance connections and promote bonding between parents, school and children.



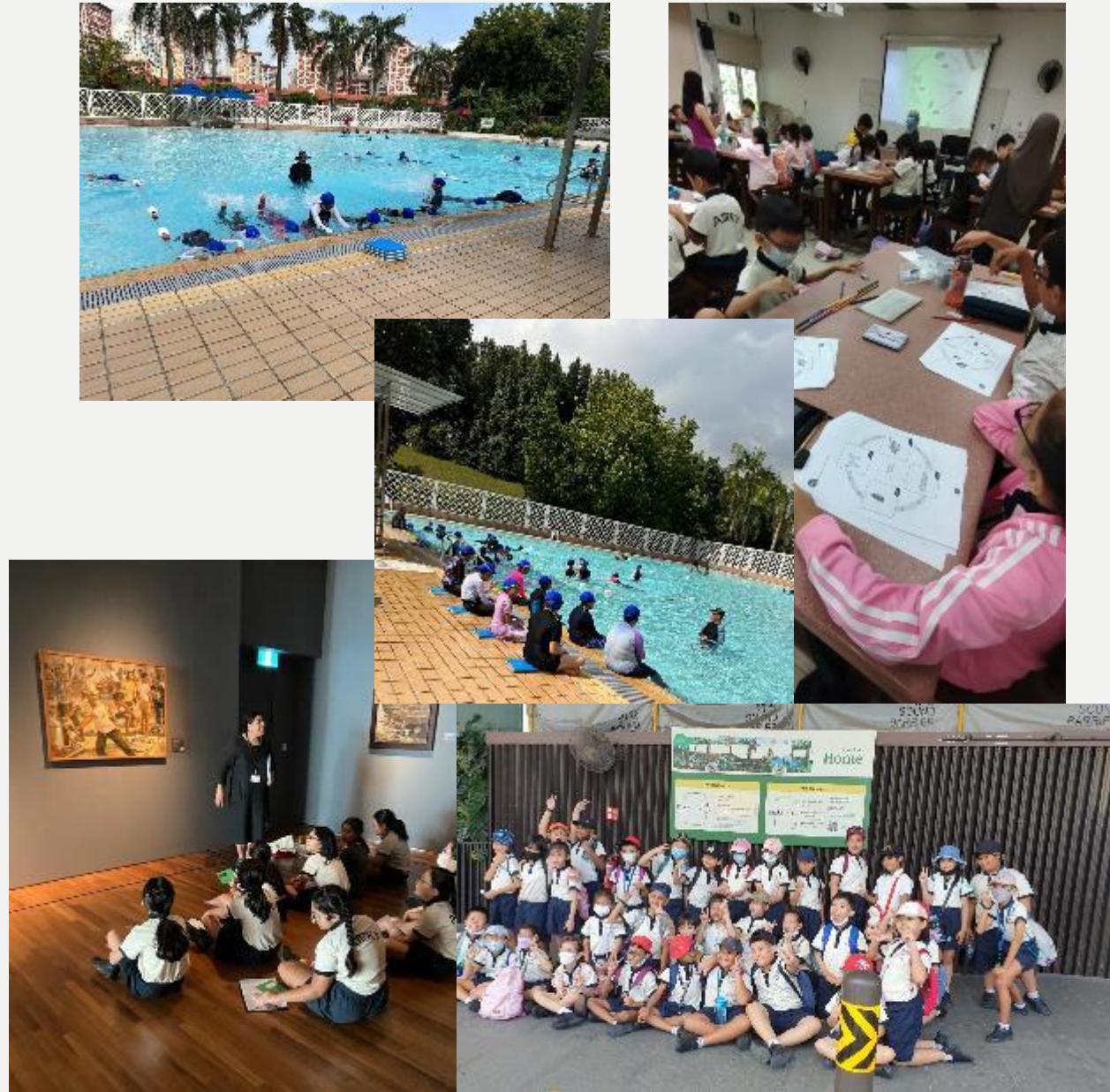
# Activities

- Celebration of festivals during recess
- Maths Fi.e.s.t.a
- Kaleidoscope
- Health Fiesta
- ICT MakerSpace @ Recess
- Sports Carnival
- Children's Day Celebration & Games Day
- Total Defence Commemoration
- Racial Harmony Day Commemoration



# Activities

- Lower primary learning journeys to Science Centre and zoo
- Upper primary learning journeys to Kreta Ayer, Geylang Serai, Indian Heritage Gallery and National Gallery
- Swimsafer Programme
- Values-in-action programmes to St Lukes' elderly care





Thank you, PSG 😊

# **KEEN TO LEARN MORE?**

Visit our PSG booth at the canteen to speak with our  
PSG Exco members!

**JOIN US TODAY!**



<https://forms.gle/2z6baMPwN9PAHf838>

RESILIENCE · RESPONSIBILITY · RESPECT · INTEGRITY · CARE · EXCELLENCE

AMKP R3ice & Shine 20.3FM

500 likes • 618 followers

[Message](#) [Like](#) [Search](#)

Please  Like &  
follow this page.





Thank You