



Ang Mo Kio Secondary School

Year Head Address

Sec 1 Parent Engagement

9 Jan 2026

Agenda



1. Welcome and
Introduction

2. Supporting
Students' Transition
to Secondary School

3. Understanding
Mental Health
and Wellbeing of
Students

4. Partnering
Parents



Ang Mo Kio Secondary School

1. Welcome and Introduction

Journeying Together with YOU

Our Secondary 1 Form Teachers



Sec 1/1



Mdm Peggy
Teng



Mr Soh Kee Tong



Mr Yasin



Mrs Seah
Kwan Cheat

Sec 1/3



Mr Jeffrey Ong



Ms Linda Soh

Sec 1/4



Mdm
Nurmushtafiah



Mr Lim Wui Meng

Journeying Together with YOU

Our Secondary 1 Form Teachers



Sec 1/5



Mr Steven Toh



Ms Wang Sichuan

Sec 1/6



Miss Shalynn



Mr Bryan Yam

Sec 1/7



Mr Robert Ho



Ms Amiliyah

Sec 1/8



Mr Alvin Yap



Ms Khoo Li Wei

Working Closely with Your Form Teachers in Your Journey



Year Head Team 2026



Ms Michelle Ong
YH (Lower Sec)



Mrs Koh Hui Teng
AYH (Lower Sec)



Mrs Joselyn Luei
AYH (Upper Sec)



Mrs Deepa Sharav
YH (Upper Sec)

Student Development Team 2026



**Mr Muhammad
Redzuan**
HOD/Discipline



Mrs Linda Wang
HOD/CCE



Ms Diana Goh
SH/CCE



Ms Tan Jieying
**SH/Student
Leadership &
Development**



Mdm Yam Wen Shiow
SEN Officer



Ms Joana Leong (Senior School Counsellor)
Mr Dasson Mani (School Counsellor)
Ms Seow Wei Ting (ECG Counsellor)



Ang Mo Kio Secondary School

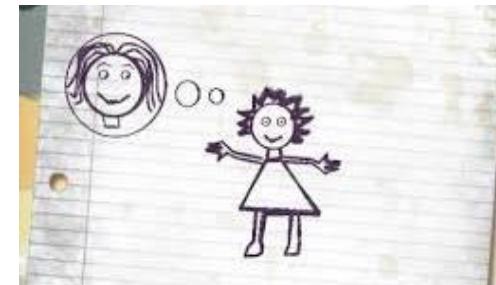
2. Supporting Students' Transition to Secondary School

Understanding your child

What your child may be experiencing

- **Overwhelmed** by a different school environment, longer days, and a wider range of subjects
- Navigating the **stress of making new friends**, fitting in with peers, and finding their place in a new community
- Influenced by peer relationships and online interactions, which shape their **self-image and confidence**
- **Adjusting to new routines**, multiple subject teachers, and increased personal responsibilities
- **Feeling tired** from earlier school hours and heavier curriculum load
- **Experiencing typical teen changes** — seeking independence but still needing support and reassurance

Transitioning & Growing Up Challenges



- New environment
- New bus route
- New friends
- New teachers
- New routines
- New & more subjects
- Heavier subject content
- More programmes
- Longer hours
- Physical changes
- Emotional changes
- Self-identity
- Sense of belonging
- High need for independence
- Adventurous and curious
- Peer Influence

Sec 1 Cohort Theme – Discover & Belong



- Discovering self and others and adapting to secondary school life

Becoming My Best Self	Building Connections	Making Choices
<ul style="list-style-type: none">• Understand their emotions and strengths• Adapt to secondary school life• Discover their interests and values	<ul style="list-style-type: none">• Make new friends and build positive relationships• Appreciate diversity in their school community• Learn to resolve conflicts respectfully	<ul style="list-style-type: none">• Make good choices about friendships• Use technology responsibly• Stand up against bullying

My hopes for the cohort...



BUILD RELATIONSHIPS

"If you want to go fast, go alone.
If you want to go far, go together"
African Proverb

BE ADVENTUROUS

Be Strong & Courageous.
Try out new things!

BE & BEING PRESENT

Make every single day count &
Have Fun!

Student Progressive Roadmap

Sec 2

- **Grow & Contribute**
 - Growing in confidence, taking ownership of learning and actions.

Sec 1

- **Discover & Belong**
 - Discovering self and others, adapting to secondary school life.

Sec 3

- **Lead & Excel**
 - Rising to new challenges, striving to excel in academics, leadership, and service.

Sec 4/5

- **Inspire & Impact**
 - Leading by example, serving others, leaving a legacy as role models.



Holistic
development
of students

Upstream
Programmes

Downstream
Support

Upstream Programmes across 4 Key Domains



Cognitive

- IP programmes
- ALP

Aesthetics

- LLP programme (Integrated Arts)
- NOMAD

Moral/Socio Emotional

- VIA

Physical

- Life Run
- Family Day
- Interclass Games

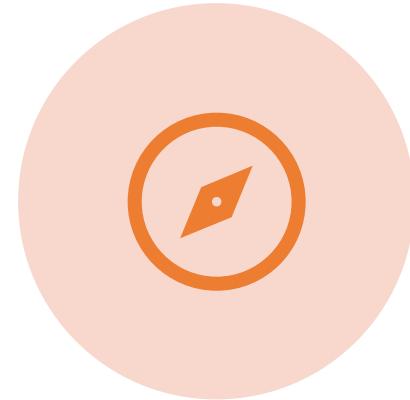
Various Forms of Downstream Support



COUNSELLING SUPPORT



SUPPORT FOR
STUDENTS WITH
SPECIAL EDUCATIONAL
NEEDS (SEN) BY SEN
OFFICER (SENO)



ECG COUNSELLING

Full Subject Based Banding (FSBB)



Reorganisation of Form Class

Facilitating social mixing and removing labels.

One Secondary School Education, Many Subject Bands

Flexibility to take subjects at different demands based on child's readiness

Secondary 1 Subjects



Subject Area	G3/G2			G1
Common Curriculum	Art Music*	Design & Technology (D&T) Physical Education (PE)*		Food & Consumer Education (FCE) Character & Citizenship Education (CCE)*
FSBB Subjects	English Language Mother Tongue Languages Mathematics Science			
Humanities	Geography[#] History[#] Literature in English[#]		G1 Humanities	
Compulsory Subjects/Lessons	Applied Learning Programme (ALP)* Learning for Life Programme (LLP)*		Applied Learning Programme (ALP)* Learning for Life Programme (LLP)*	

* non-examinable subjects

Students from PG2 and PG1 courses may offer these subjects at a more demanding level in Sec 2 if they meet subject-specific criteria by the end of Sec 1.

More information can be found on MOE's FSBB Microsite: <https://go.gov.sg/moe-fsbb>

Secondary 1 Key Dates & Events

Date	Activity/Event
2 Jan, 5 Jan, 8 Jan	Sec 1 Orientation
9 Jan	Sec 1 Orientation Milestone Event and Parent Engagement
8 Jan	CCA Experience
Term 1 Week 2 onwards • Even Week Fridays • 14-16 July (National oral exams)	Home-Based Learning (HBL)
9, 10 and 11 March (Term 1 Week 10)	Learning Festival
29 May (last day of Term 2)	Parent Teacher Conference
3 July (Term 3 Week 1)	NOMAD (Night of Music, Arts and Dance)
7-10 July (Term 3 Week 2)	Sec 1 Camp
23 Oct	Last Day of School Year





Ang Mo Kio Secondary School

3. Understanding Mental Health and Wellbeing of Students



Understanding mental health and well-being



What is Mental Health?

Good mental health is more than just the absence of mental illness.

It refers to a state of well-being where we **realise our potential** and can **cope with the varying emotions and normal stresses** that we all experience in our daily lives.



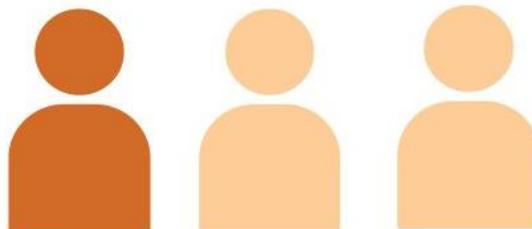
Why should we be concerned about our children's mental health?

Did you know?



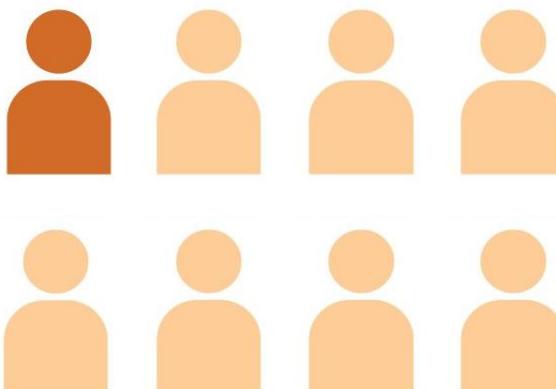
Singapore Youth Epidemiology and Resilience Study (2023)*

1 in 3 youths (37.2%) in Singapore, aged 10-18, experienced symptoms such as sadness, anxiety and loneliness⁺



+ based on self-reporting scores

1 in 8 youths (12%) had a current mental health condition



Common mental health conditions experienced by children and youth include:



Generalised Anxiety Disorder
(2.75% of those diagnosed)



Major Depressive Disorder
(2.37% of those diagnosed)

Graphics Source: Parenting for Wellness Toolbox

* Conducted by Yeo Boon Khim Mind Science Centre (NUS, NUHS). Most of the data was collected from 2020-2022 and results were published in 2023.

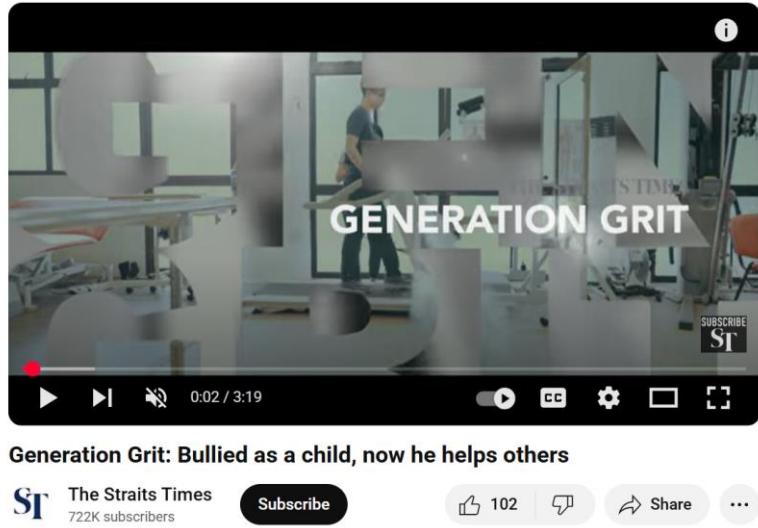


What Will Your Child Learn in School?

Lower Secondary

During CCE lessons, students will be taught:

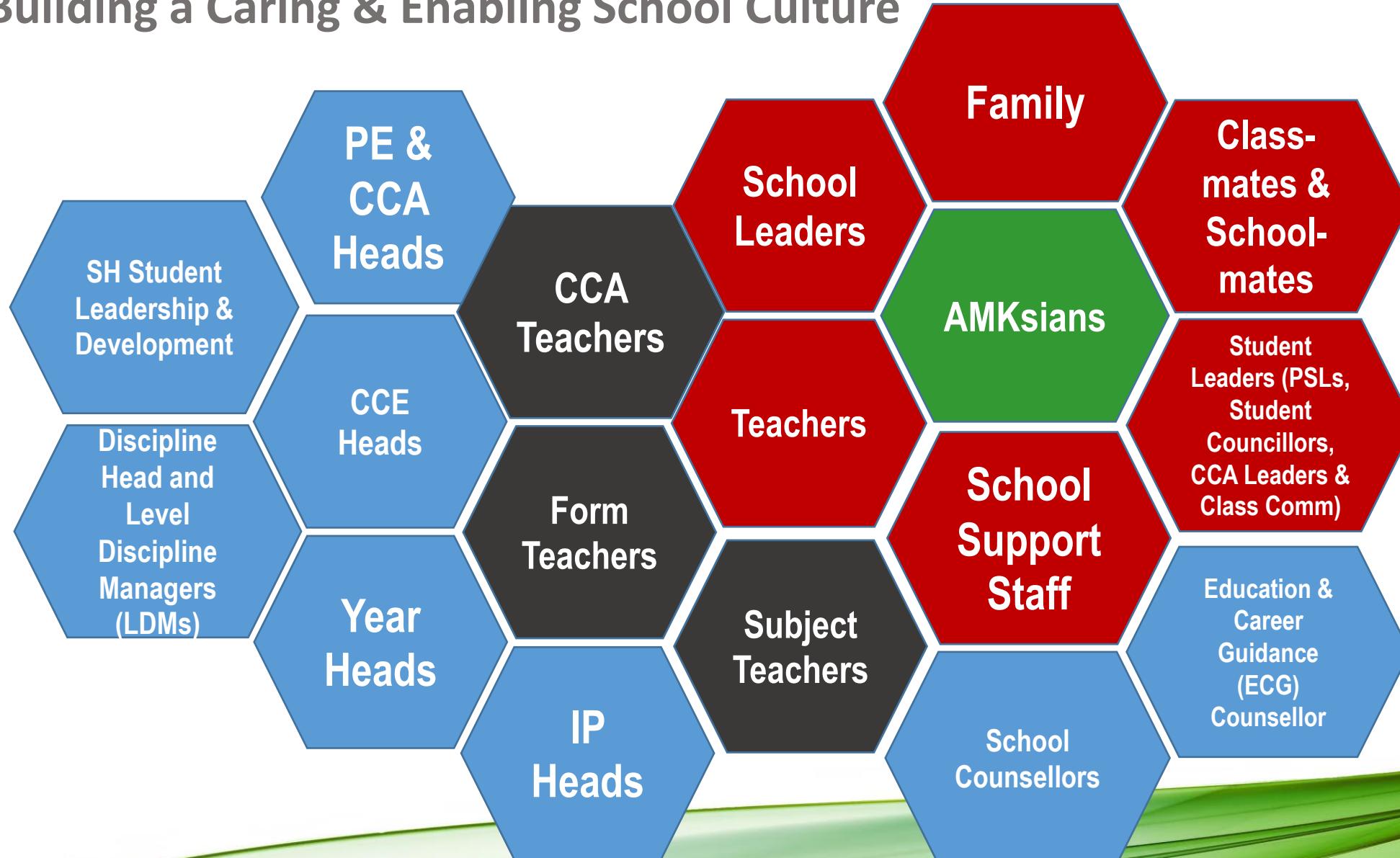
- **Managing Thoughts, Feelings & Behaviour**
 - Managing negative thought patterns and stress
 - Practising self-control and emotional awareness
- **Strengthening Resilience and Well-being**
 - Building personal resilience using individual strengths
 - Reframing failure
- **Building Positive Relationship**
 - Connecting with people from diverse backgrounds
 - Challenging stereotypes and prejudices



An example of a lesson in managing emotions. Resource Material from Sec 1 Lesson titled “Bouncing Back Stronger”. Parents can discuss with their child ways of overcoming challenges.

Working Together as a School

Building a Caring & Enabling School Culture





Ang Mo Kio Secondary School

4. Partnering Parents

Importance of Family Support

The Termly Check-In Surveys indicate that whilst *friends in school* are steadily growing as a source of support for Secondary School students, families remain a **primary source of support** when they are feeling stressed or anxious — demonstrating the **vital role parents play in their children's mental well-being**.



Parents remain a **primary source** of support for their child

Supporting your child

How you can support your child

- Take an **active interest** in what your child is curious about or learning, their friends and online activities, and not only their grades
- **Acknowledge** their feelings and normalise setbacks as part of dealing with changes
- **Affirm** effort and small improvements to build confidence
- Guide them gradually in **managing new routines** (e.g., timetable, preparing materials, balancing schoolwork and CCA)
- Encourage **healthy habits** — sleep, screen time, exercise, and family connection
- **Respect** their growing independence, while being present as a consistent and supportive guide

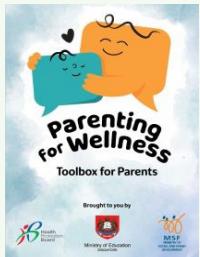
Did You Know?

The Difference between Stress and Distress



How can you support your child?

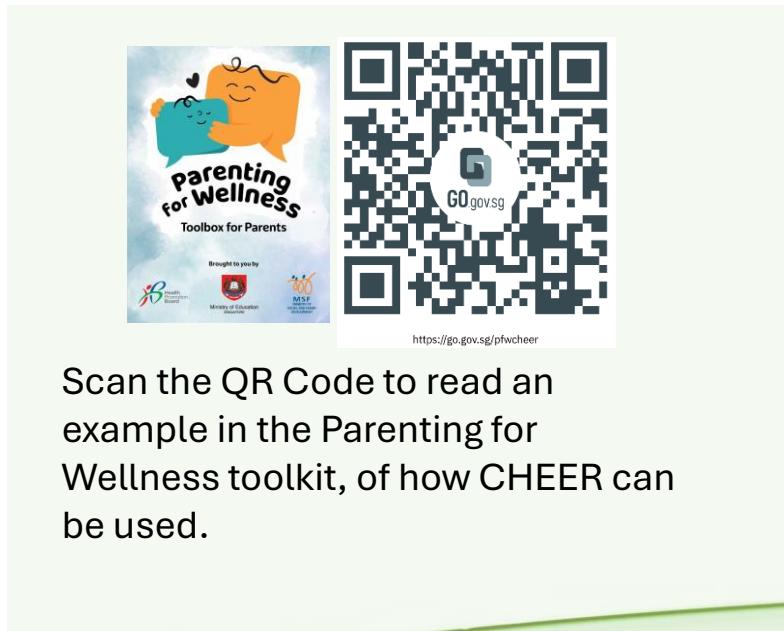
Look out for these signs of **DISTRESS** which indicate your child may need help to cope.



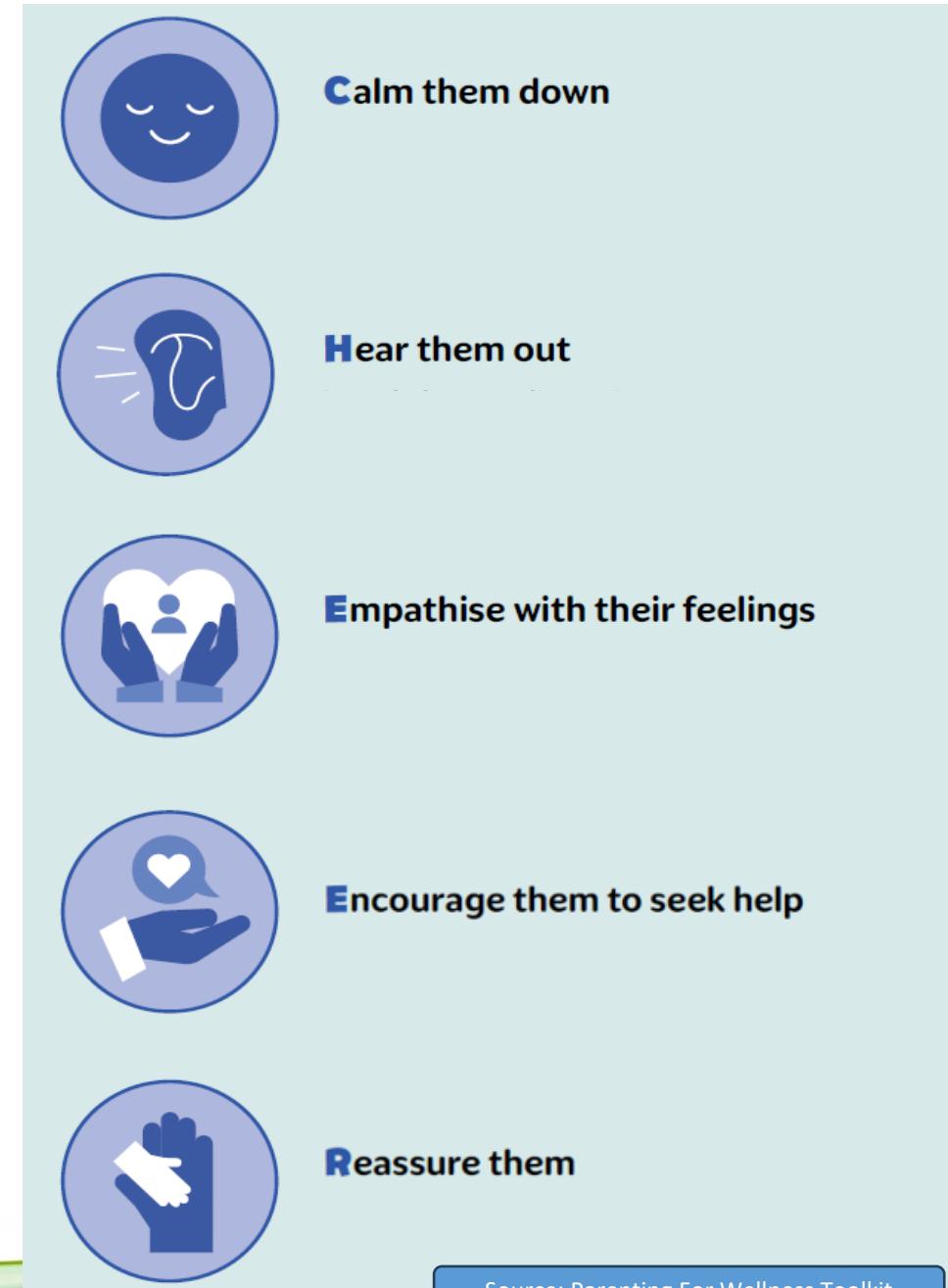
Scan the QR Code to read more about stress vs distress in the Parenting for Wellness toolbox.

- D** Deliberately avoiding others
- I** Increased irritability, restlessness, agitation, stress and anxiety
- S** Sending or posting moody messages on social media
- T** Talking about death or dying
- R** Reacting differently or gradually losing interest in things they used to like
- E** Eating more than usual or having a much reduced appetite
- S** Sleep pattern changes with difficulty falling asleep or oversleeping
- S** Slowing down of energy levels

If you observe that your child may be struggling or showing signs of needing more support, you may use **C.H.E.E.R** to guide your conversations and support your child.



Scan the QR Code to read an example in the Parenting for Wellness toolkit, of how CHEER can be used.



Source: Parenting For Wellness Toolkit

Supporting Your Child's Mental Well-Being Through School-Home Partnership (SHP)



3 areas where we can work together to foster SHP

**1 Respectful
Communication**

2 Role Models

3 Real Connections



How Do I Connect With My Teen?

Parenting with MOE video

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

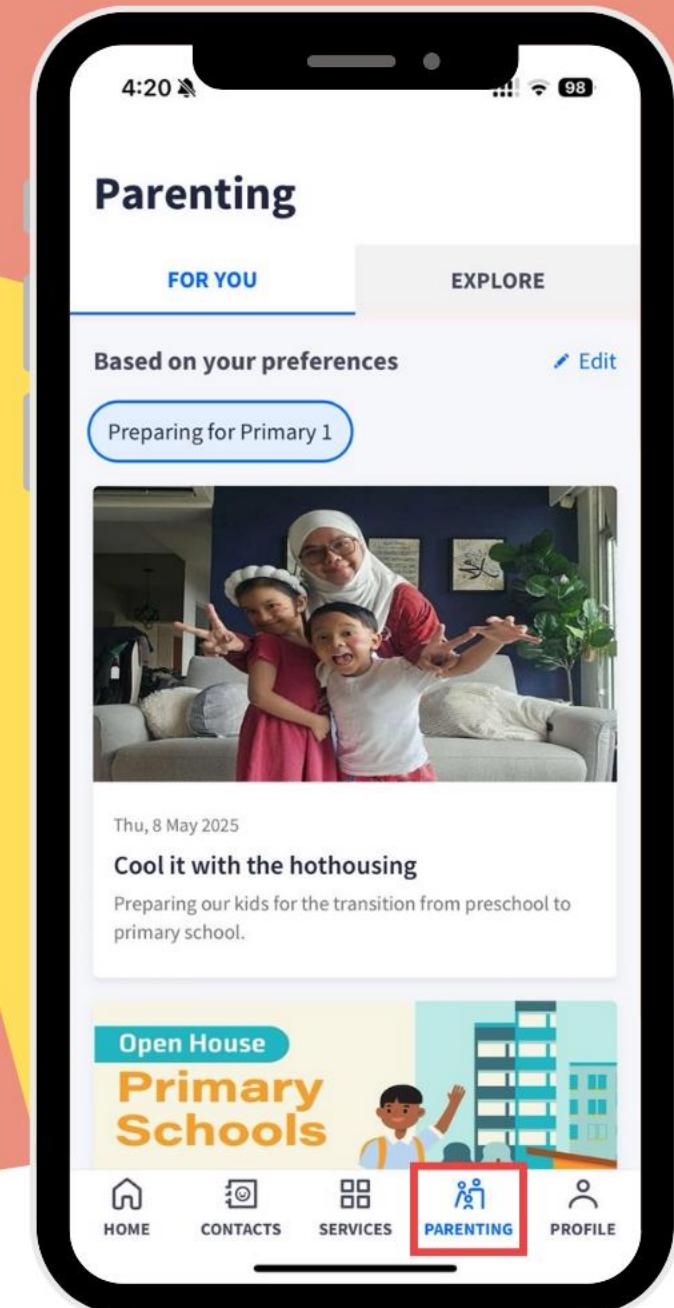




Parenting Resources on Parents Gateway (PG)



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





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.

