



# Welcome to **Bedok Green Primary School**

Primary 1's First Day of School

2 January 2026



# PHOTOGRAPHY AND VIDEOGRAPHY AT SCHOOL EVENTS/ PUBLICATION OF STUDENTS' WORK

We would like to inform you that photographs/videos of students/parents taken at all school events by the official school photographers may be published on the school's official media platforms (e.g. newsletters, school website or similar platforms) and used for briefings, workshops and other educational purposes. The school may publish photographs, videos and students' work/achievements together with the names of the students from time to time. Please notify the school in writing if you do not wish to grant such permission.



# Preparing for the Primary 1 Journey



**Empowered Learners**  
Persons of Strength & Character



# First Steps @ BGPS (18 November 2025)

## Overview

1 Aims of Primary Education

2 Developments in Primary Education

3 What is it like in Bedok Green Primary School?

4 Preparing for School

5 First Four Days of School

6 Transitioning to Primary 1

7 Home-School Partnership

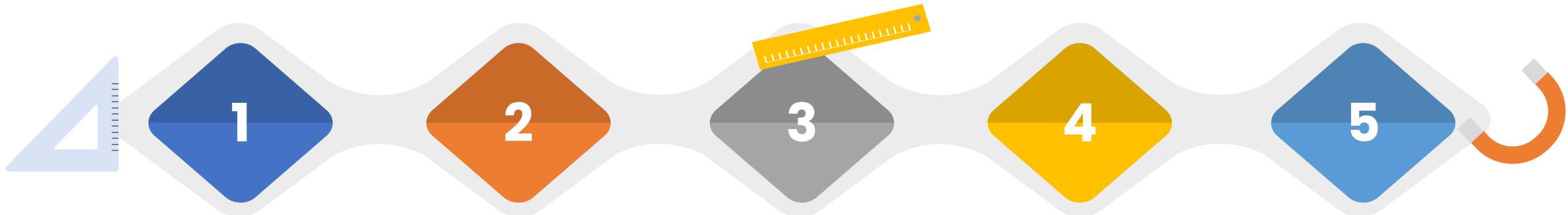


**Empowered Learners**  
Persons of Strength & Character



<https://go.gov.sg/p1bgpsmicrosite>

# What is Primary School about?



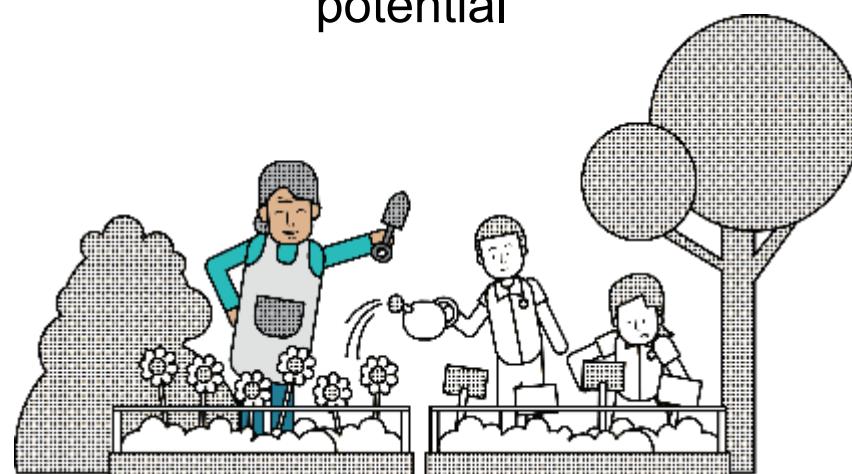
Laying a strong foundation

Nurturing holistic individuals and continuous learning

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



# Tips to Ease the Transition

**Use S.A.F.E.  
communication**

**Develop good  
habits that  
promote  
independence**

**Nurture values  
and positive  
attitudes**

**Relate well to  
others**

**Manage the  
academic  
workload**

**Ensure punctuality  
and attendance**

# 1. S.A.F.E. Communication

## Support

your child and encourage them to overcome challenges with your care

## Affirm

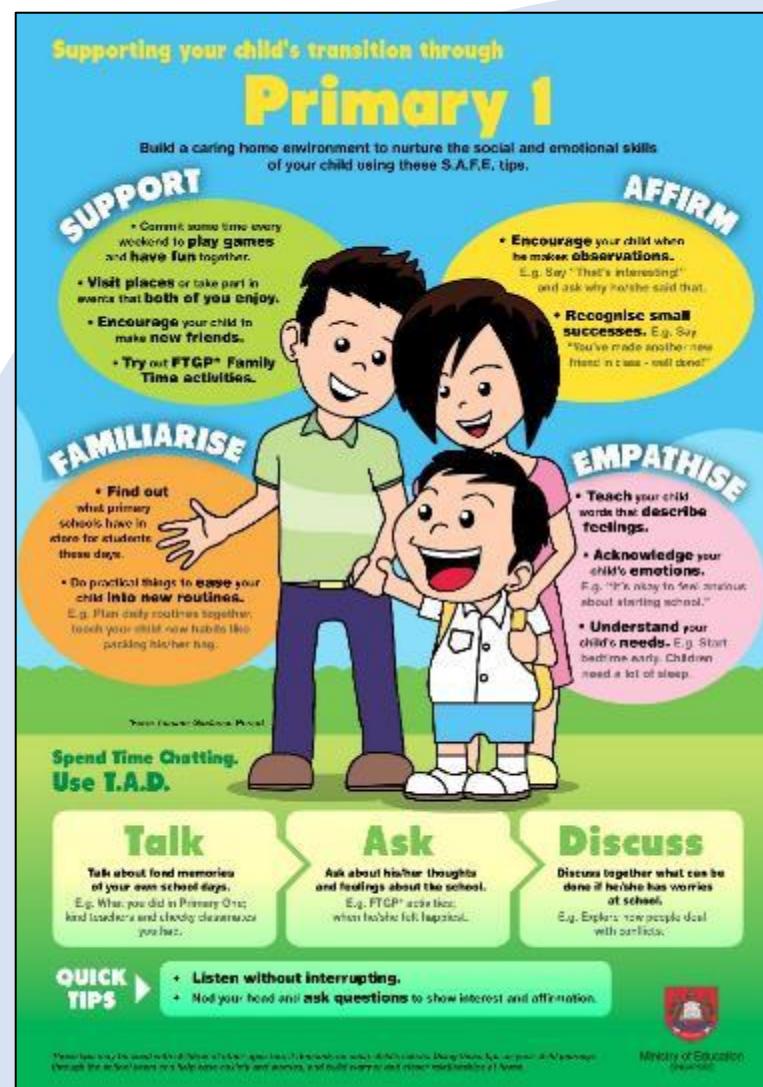
your child by recognising small successes and praising their efforts

## Familiarise

your child with new routines gradually and share your experiences in primary school

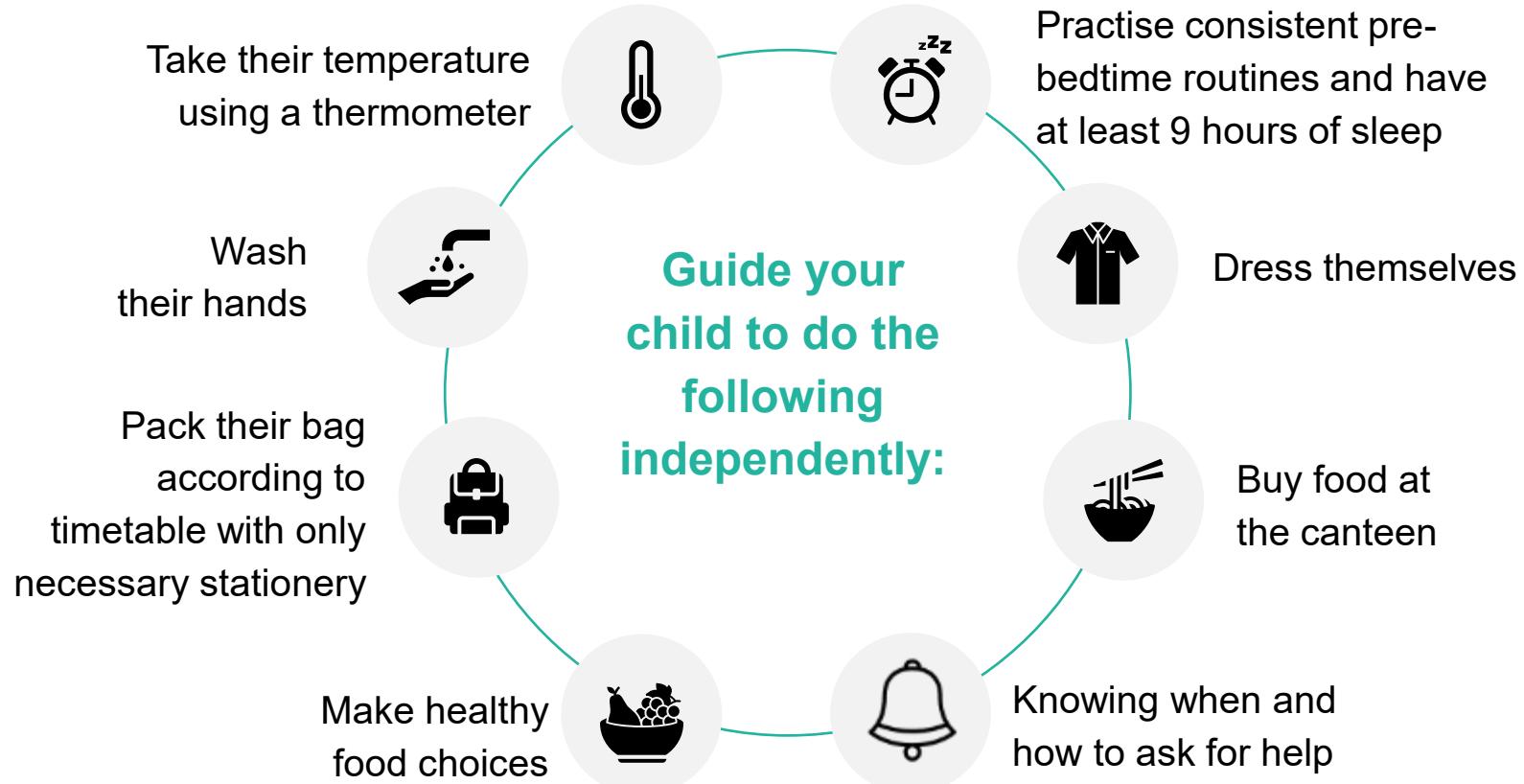
## Empathise

with and acknowledge your child's feelings



## 2. Develop Good Habits

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





## IS YOUR CHILD GETTING ENOUGH SLEEP?

When your little one has enough sleep, he or she should feel refreshed and have enough energy to go out and play! Having sufficient hours of sleep means at least 10 hours a day if they are 3 to 5 years old and at least 9 hours a day if they are 6 to 13 years old.

### SLEEP DURATION RECOMMENDATIONS

#### School Age 6-13 Years

9-11 HOURS



#### Teen 14-17 Years

8-10 HOURS



### **3. Nurture 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



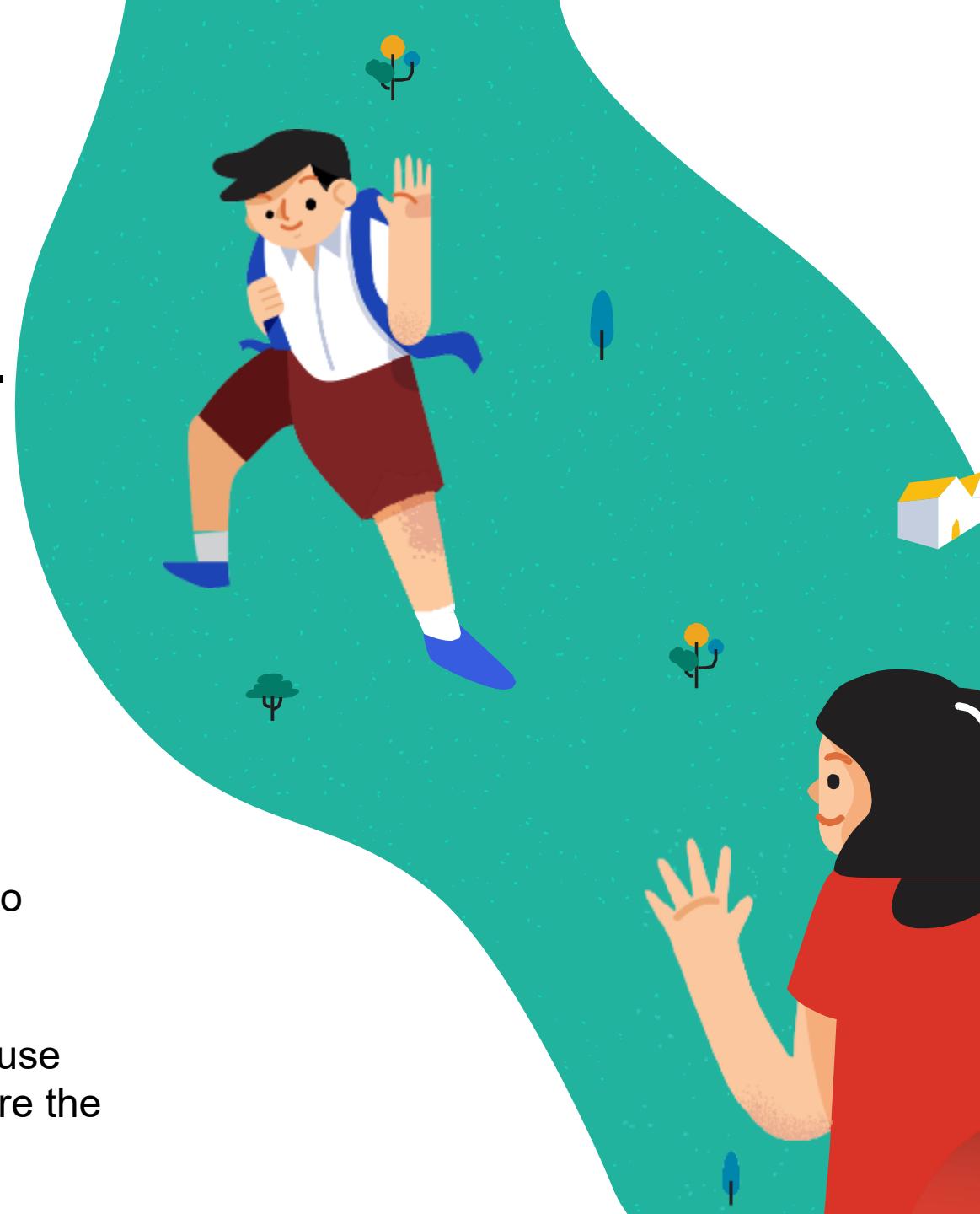
Ask questions about their experiences in school, at home and of the world around them



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



# 3. Relate 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**

Hi!  
My name is [redacted]

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.

**Quick Info:**

- The Programme for Active Learning (PAL) helps your child to discover his/her interests and how to relate and work with peers through Sports and Games, Outdoor Education, Performing Arts (Dance, Drama and Music) and Visual Arts.

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!

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



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

## 4. Manage the Academic Work



- **Introduce** early literacy and numeracy skills



- **Know** your child's school schedule and events



- **Communicate** regularly with the teachers



- **Check** your child's handbook daily

# What does my child need at Primary 1?

Every child develops at a different pace. We will continue nurturing the knowledge, skills and dispositions that your child has developed at preschool:

<b>Values, Social-Emotional Competencies, Citizenship Dispositions</b>	<ul style="list-style-type: none"><li>Understand and Care for Oneself</li><li>Show Care and Respect for Others</li><li>Make Responsible Decisions and Act on Them</li></ul>
<b>Art</b>	<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>
<b>English Language</b>	<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>
<b>Mathematics</b>	<ul style="list-style-type: none"><li>Basic Understanding of Numbers Up To 10</li><li>Recognise Simple Patterns</li><li>Compare Quantities Between Two Groups of Objects</li></ul>
<b>Mother Tongue Languages</b>	<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>
<b>Music</b>	<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>
<b>Physical Education</b>	<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>

**SCHOOLBAG**  
THE EDUCATION NEWS SITE

HOME EDUCATION FEATURES TEACHERS' DIGEST MULTIMEDIA FAQ

Home > Put the books down! 6 skills your child really needs for P1

Put the books down! 6 skills your child really needs for P1  
14 JUN 2021



MOE Stock Image (\*Photo taken before COVID-19)



## 5. Ensure Punctuality and Attendance



- **Set up a regular bedtime and morning routine**
- **Develop backup plans for coming to school on time**
- **Avoid medical appointments and overseas trips during the school term**
- **Determine if your child's complaint of frequent stomachache/headache is genuine**

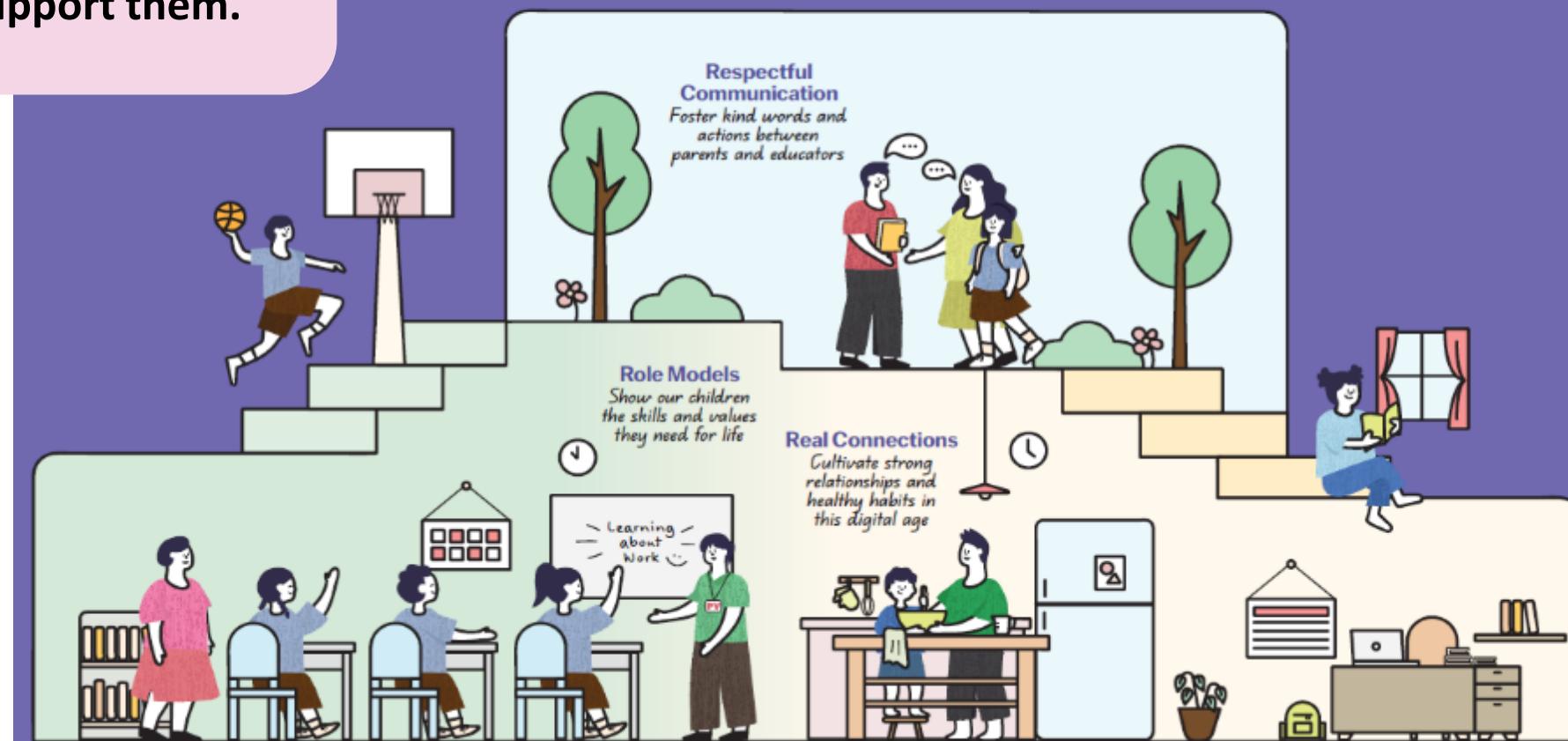


# School-Home Partnership

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**



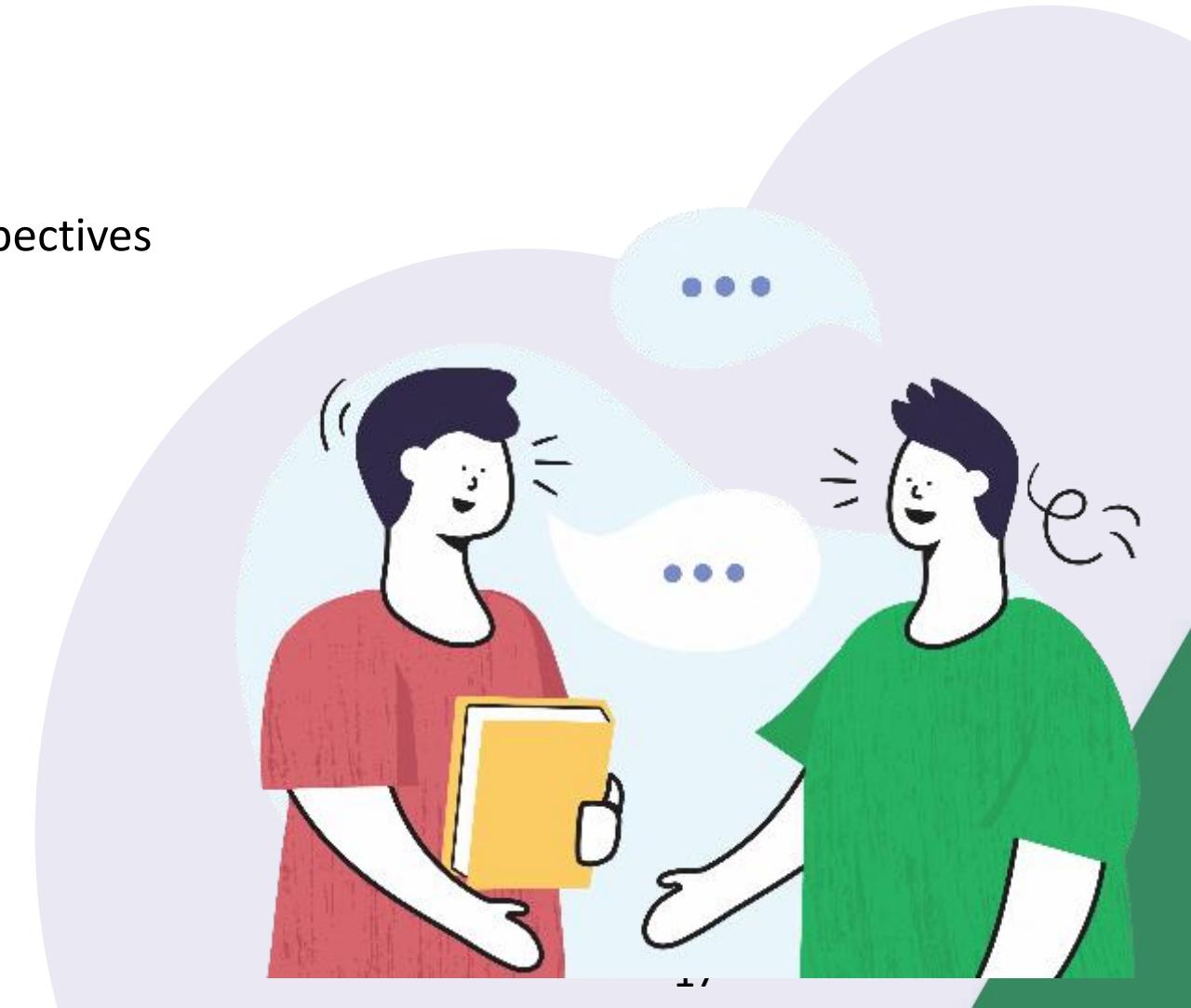
Listen to and understand each other's perspectives and concerns regarding each child



Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers

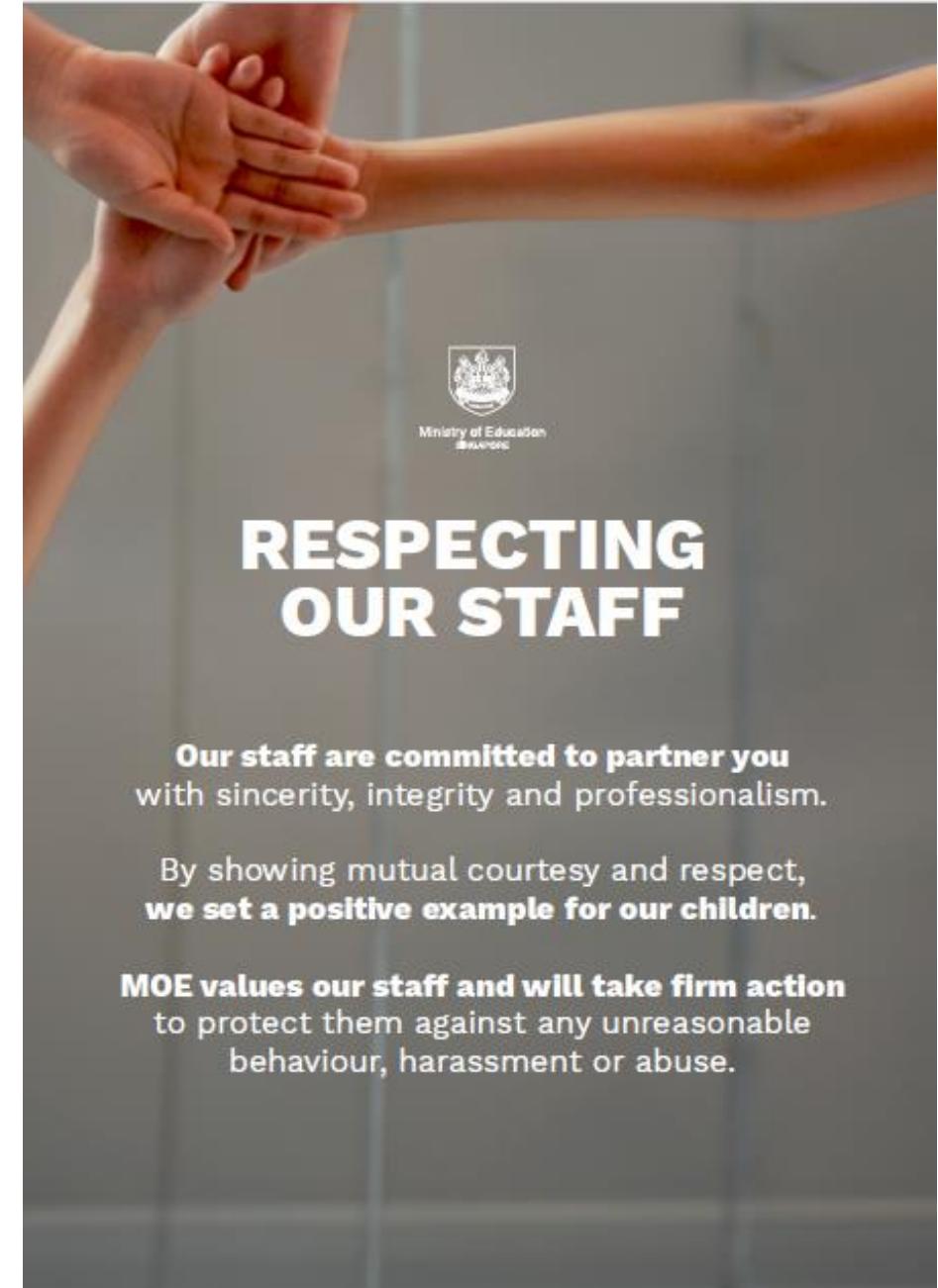


Respect each other's time by communicating during working hours



# Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.



# 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



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

Build strong bonds through shared experiences and meaningful conversations

The image shows two pages from the Parenting for Wellness Toolbox:

**Building Relationships (Page 20):** This page is titled "Helping Your Child Build Healthy Relationships". It discusses the importance of healthy relationships and supportive relationships for children's overall well-being. It includes sections on "Things You Can Do" (such as exposing children to a range of people and encouraging them to make friends) and "Things You Can Say" (such as talking to your child about the qualities of a good friend). It also includes a QR code and a "you've got this!" logo.

**Navigating the Digital Age (Page 54):** This page is titled "Helping Your Child Thrive in the Online Space". It emphasizes the importance of helping children understand that not everyone holds the same point of view. It includes sections on "Things You Can Do" (such as encouraging children to keep an open mind and providing opportunities for them to exercise empathy), "When your child is responding to another person online", and "Posts with negative comments may upset your child". It also includes a QR code and a "you've got this!" logo.



Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.

# Your Handy Guide to Cultivating Healthy Screen Use in Children



Tips on healthy screen use for your family!



## < 18 months

- No screen use unless it is used for interactive video chatting.



### DO NOT...

- Turn on the TV in the background.

Developed by local paediatricians, academics, and representatives from ministries and agencies.  
For more information, refer to Guidance on Screen Use in Children at [go.gov.sg/moh-screenadvisory](http://go.gov.sg/moh-screenadvisory)

## Manage Your Child's Screen Use

- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your child where necessary.
- Have a plan that balances screen use with other activities.

## Model Healthy Media Habits

- Review your own media habits.
- Encourage daily 'screen-free' times, especially during family meals or when interacting with one another.



## 1.5 to 6 years

- Less than 1 hour of screen use a day outside school.
- Choose educational and age-appropriate content.
- Watch content together and discuss the content with your child.

### DO NOT...

- Use screens during meals and one hour before bedtime.
- Use screens just to occupy or distract your child.
- Turn on the TV in the background.

## Encourage Meaningful Screen Use

- Make sure your child is watching content appropriate for their age.
- Discuss with your child about what they are viewing.



## 7 to 12 years

- Less than 2 hours of screen use a day, unless related to school work.
- Agree on a screen use plan or timetable.
- Use parental control settings and check content ratings to ensure content is age-appropriate.
- Talk to your child often on what they are viewing online. Offer advice regularly.

### DO NOT...

- Use screens during meals and one hour before bedtime.
- Allow access to social media services.
- Give your child mobile devices with unrestricted access to the internet and applications.



Refreshed Guidance  
on Screen Use in  
Children by MOH.  
Scan the QR code for  
more info.

# Smartphones and Smartwatches

- Students **are not to use smartphone and/or smartwatches** (except POSB Smart Buddy Watch) during school hours including recess, CCA and after-school programmes.
- Students who bring such devices **are to put them in school bags before school start time**. Students have to ensure that their mobile phones are switched off during curriculum. For smartwatches, they have to be set to '**school mode**'.
- Students should bear responsibility for safekeeping these devices.
- Students are only allowed to use smartphones and/or smartwatches at designated areas **after school hours**, e.g. canteen, foyer.

**Available online!**

# ***Parent-Child Activity Book***



## **10 TIPS FOR PARENTS**

to help you navigate your child's first year in primary school.



**Chat** with your child

**Boost** their confidence

**Practise** various scenarios

**Create** something interesting

**Thank** others for their help

**Pledge** to do things together

# **Dismissal**

P1 classes will be dismissed from these gates:

<b>Gate 1</b>
Primary 1 (1.25pm)
<b>1INT</b>
<b>1RES</b>

<b>Gate 4</b>
Primary 1 (1.25pm)
<b>1BRV</b>
<b>1GRA</b>

<b>Gate 5</b>
Primary 1 (1.25pm)
<b>1RPS</b>
<b>1RSL</b>
<b>1COM</b>

