

**IMPORTANT:  
E-register for Bowen Secondary School  
and Sec 1 Start Right Programme  
by Thu 23 Dec 1pm**

**Microsite:** <https://go.gov.sg/2022s1regbowen>

Other Essential Matters on the Microsite:

1. Principal's welcome, Year Head's briefing
2. Purchase of Books & Uniforms
3. Information on:
  - Higher Mother Tongue Language (MTL) (for **Express** students only)
  - Subject-Based Banding (SBB) (for **NA** and **NT** students only)
  - MOE Financial Assistance Scheme (MOE FAS) (for all who wish to apply)
  - Arts & Music Special Programme

Sec 1 Registration



Dear Parents / Guardians and Secondary 1 students,

## Welcome to Bowen Secondary School!

To help you start Secondary 1, we have compiled key information in this Welcome Pack. Your journey for the next few years in Bowen will be rich and meaningful. You will need to spend time to get ready, so do make time to read this Welcome Pack and take the necessary actions.

The Welcome Pack consists of the following information:

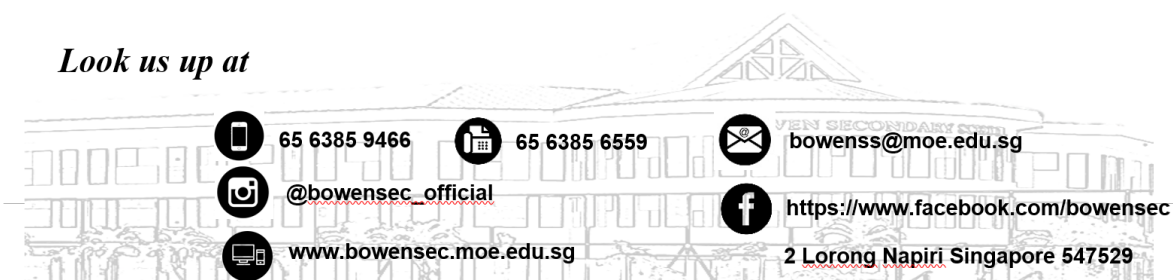
- Bowen Experience
- General School Information
- Checklist for Students for First Two Weeks of School
- Tips for Parents

Should you have any questions, please feel free to approach your child/ward's Form Teachers (emails are on page 3). We look forward to you joining our Bowen Family!

Warmly,

Ms Estelle Chong (Year Head/Sec 1)

*Look us up at*



## 1. Bowen Experience



Bowen aspires to cultivate life-long learning, strength of character and service to others in all of our students. In Bowen, there is a strong culture of care where teachers nurture and guide every Bowenian to grow and to reach for excellence.

Bowen's motto, 'I Believe, Therefore I Am', reflects on our belief that our students can fulfil their aspirations when they believe in their abilities and strive for excellence.

# B.E.E. Bowen Explore & Embrace

Our cohort theme centres around '**B.E.E - Bowen Explore & Embrace**' in lower secondary. This is an extension of our programmes and activities to help our young Bowenians discover their interests, learn new things, to feel a sense of belonging with fellow school mates and gain a sense of purpose and progress.

## 2. General School Information

### *Class names & Form Teachers for 2022 Sec 1 Classes*

# To SPARKLE

The Sec 1 classes are named after gems with the acronym “To SPARKLE” as we believe each class is a gem of its own and will sparkle in its unique way.

The gems are: **Topaz, Sapphire, Peridot, Amethyst, Ruby, Kunzite, Larimar and Emerald.**

Please refer to the table below for the names of the classes and our team of Sec 1 Form Teachers with their email contacts. If you wish to contact the Form Teachers by telephone, you may call the school office number at 6385 9466 and request for their extension number.

Class	Form Teachers	Emails
1 Topaz	Mr Ken Foo Mrs Sandra Lim	<a href="mailto:foo_sea_win@schools.gov.sg">foo_sea_win@schools.gov.sg</a> <a href="mailto:teo_cai_ling_sandra@schools.gov.sg">teo_cai_ling_sandra@schools.gov.sg</a>
1 Sapphire	Ms Angie Goh Ms Rachel Emily Wu	<a href="mailto:goh_see_ngee@schools.gov.sg">goh_see_ngee@schools.gov.sg</a> <a href="mailto:wu_shi_min_rachel@schools.gov.sg">wu_shi_min_rachel@schools.gov.sg</a>
1 Peridot	Mr Mohd Irsyad Ms Jean Cai	<a href="mailto:mohamad_irsyad@schools.gov.sg">mohamad_irsyad@schools.gov.sg</a> <a href="mailto:cai_junting@schools.gov.sg">cai_junting@schools.gov.sg</a>
1 Amethyst	Mdm Cheryl Lim Ms Siow Wei Ling Ms Sivaranjini Shamugathye	<a href="mailto:lim_hui_yi_cheryl@schools.gov.sg">lim_hui_yi_cheryl@schools.gov.sg</a> <a href="mailto:siow_wei_ling@schools.gov.sg">siow_wei_ling@schools.gov.sg</a>
1 Ruby	Mr Ainsley Liew Mdm Liang Ruishan	<a href="mailto:liew_en-li_ainsley@schools.gov.sg">liew_en-li_ainsley@schools.gov.sg</a> <a href="mailto:liang_ruishan@schools.gov.sg">liang_ruishan@schools.gov.sg</a>
1 Kunzite	Mr Chong How Kiat Mdm Ng Gek Hwa Mdm Noorlidiawati	<a href="mailto:chong_how_kiat@schools.gov.sg">chong_how_kiat@schools.gov.sg</a> <a href="mailto:ng_gek_hwa@schools.gov.sg">ng_gek_hwa@schools.gov.sg</a> <a href="mailto:noorlidiawati_said@schools.gov.sg">noorlidiawati_said@schools.gov.sg</a>
1 Larimar	Mrs Wong Swee Keng Mdm Uma Thiruselvam Ms Nurhaqimah	<a href="mailto:woon_swee_keng@schools.gov.sg">woon_swee_keng@schools.gov.sg</a> <a href="mailto:uma_thiruselvam@schools.gov.sg">uma_thiruselvam@schools.gov.sg</a> <a href="mailto:nurhaqimah_mohd_khamin@schools.gov.sg">nurhaqimah_mohd_khamin@schools.gov.sg</a>
1 Emerald	Ms Grace Wang Mr Justin Chong	<a href="mailto:wang_yahui_grace@schools.gov.sg">wang_yahui_grace@schools.gov.sg</a> <a href="mailto:justin_chong_jin_fatt@moe.edu.sg">justin_chong_jin_fatt@moe.edu.sg</a>

## An Overview of Important Events for the first 5 weeks of School

Mon	Tue	Wed	Thu	Fri
3 Jan	4 Jan	5 Jan	6 Jan	7 Jan
	<b>Sec 1 Orientation Day 1*</b> First day of school Reporting time – 8.45 am at classrooms	<b>Sec 1 Orientation Day 2*</b> Reporting time – 7.30 am at classrooms (includes Sec 1 Start Right briefing)	Reporting time from this day onwards: 7.30am at classrooms  Lessons as per timetable	Lessons as per timetable  <b>Sec 1 CCA Experience Day 1^</b>
10 Jan	11 Jan	12 Jan	13 Jan	14 Jan
Lessons as per timetable	Lessons as per timetable	<b>Sec 1 Start Right Programme Day 1</b>	<b>Sec 1 Start Right Programme Day 2</b>	<b>Sec 1 Start Right Programme Day 3</b> <b>Sec 1 CCA Experience Day 2</b>
17 Jan	18 Jan	19 Jan	20 Jan	21 Jan
Lessons as per timetable**	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable  <b>Sec 1 CCA Experience Day 3</b>  <b>Sec 1 Meet-Parent-Session (Webinar)</b>
24 Jan	25 Jan	26 Jan	27 Jan	28 Jan
Lessons as per timetable <b>Sec 1 Photo-taking Deadline for CCA Option Submission</b>	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable
31 Jan	1 Feb	2 Feb	3 Feb	4 Feb
Lessons as per timetable  <b>Release of CCA allocation</b>	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable  <b>Sec 1 CCA begins</b>

\* Secondary 1 students will be dismissed at 1.00pm on Tue 4 and Wed 5 Jan.

^ DSA students will begin attending their allocated CCA sessions from Fri 7 Jan

\*\* From Mon 17 Jan onwards, lessons will be as per timetable.

## ***First day of school, Sec 1 Orientation & Sec 1 Start Right Programme***

### ***First day of school***

School will start at **9am** on the first day of school (**Tues 4 Jan**). All students are strongly encouraged to report to school and assemble at their classroom by 8.45am.

Students should come in Bowen school uniform (smart formal attire without tie or smart casual attire). **If students are unable to purchase the school uniform before 4 Jan, they may wear their primary school uniform and bring along their primary school PE attire.** Students need to bring along their TraceTogether token for SafeEntry.

### ***Sec 1 Orientation***

To help our Secondary 1 students transit to Bowen Secondary School, all Secondary 1 students will attend a **Secondary 1 Orientation programme** on the first 2 days of school (**Tues 4 Jan – Wed 5 Jan**). They will have opportunities to mingle with friends from their form class (mixed stream) and teaching groups (course of study). Students are required to bring their stationery (including a notebook), PE attire, water bottle and about \$3 for recess per day. The briefing for the Sec 1 Start Right Programme will be held on Wed 5 Jan. More information (including packing list) will be provided on that day.

### ***Sec 1 Start Right Programme***

The **3-day school-based Day Programme** from **Wed 12 Jan to Fri 14 Jan** aims to orientate students and ease the transition for students into the new school environment.

The aims of the Sec 1 Start Right Programme are as follows:

1. Foster strong teacher-student relationships and student-student relationships, and promote positive school/class culture.
2. Reinforce school values, instill sense of belonging to the school and provide experiential opportunities for cohort bonding.
3. Introduce and develop core skills and competencies through basic outdoor activities such as simple outdoor cooking, mini expedition, low elements, and team building activities with an emphasis on having a growth mindset.

Activities will be conducted in accordance to Safe Management Measures. A Start Right programme T-shirt and meals will be provided.

Both programmes will help your child/ward transition to Bowen Secondary School. We hope that you **strongly encourage** your child to participate actively during the programmes as they present many opportunities for him/her to interact and bond with their peers, seniors, and teachers.

### 3-Day Co-Curricular Activities (CCA) Experience

CCA participation is compulsory for all students in Bowen Secondary School. CCAs help students to learn values and build their social and emotional competencies, contributing to their holistic development.

To allow our Secondary 1 students to make a more informed CCA choice, students will be able to explore and try out sports and performing arts CCAs during CCA Experience which will be conducted over 3 afternoons (**Fri 7 Jan, Fri 14 Jan & Fri 21 Jan**) in school. Due to Safe Management Measures (SMM), students will be brought to each CCA venue in groups of not more than 20. Students are strongly encouraged to try out a wide variety of CCAs in addition to those they are interested in. Students will need to bring their PE attire for all 3 days for the CCA Experience.

### 2022 CCA Experience Schedule

#### BOYS

	Time	1T Boys	1S Boys	1P Boys	1A Boys	1R Boys	1K Boys	1L Boys	1E Boys
Fri 7 Jan	1400 to 1430	BB	Badminton	Library	Modern Dance	Table Tennis	NCC	Drama	NCDCC
	1430 to 1500	Badminton	Library	Modern Dance	Table Tennis	NCC	Drama	NCDCC	AIMs
	1500 to 1530	Library	Modern Dance	Table Tennis	NCC	Drama	NCDCC	AIMs	Football
	1530 to 1600	Modern Dance	Table Tennis	NCC	Drama	NCDCC	AIMs	Football	Malay Dance
	1600 to 1630	Table Tennis	NCC	Drama	NCDCC	AIMs	Football	Malay Dance	Chorale
	1630 to 1700	NCC	Drama	NCDCC	AIMs	Football	Malay Dance	Chorale	NPCC
Fri 14 Jan	1700 to 1730	Drama	NCDCC	AIMs	Football	Malay Dance	Chorale	NPCC	Artists
	1400 to 1430	NCDCC	AIMs	Football	Malay Dance	Chorale	NPCC	Artists	Band
	1430 to 1500	AIMs	Football	Malay Dance	Chorale	NPCC	Artists	Band	TKD
	1500 to 1530	Football	Malay Dance	Chorale	NPCC	Artists	Band	TKD	Indian Dance
	1530 to 1600	Malay Dance	Chorale	NPCC	Artists	Band	TKD	Indian Dance	Basketball
	1600 to 1630	Chorale	NPCC	Artists	Band	TKD	Indian Dance	Basketball	BB
Fri 21 Jan	1630 to 1700	NPCC	Artists	Band	TKD	Indian Dance	Basketball	BB	Badminton
	1700 to 1730	Artists	Band	TKD	Indian Dance	Basketball	BB	Badminton	Library
	1400 to 1430	Band	TKD	Indian Dance	Basketball	BB	Badminton	Library	Modern Dance
	1430 to 1500	TKD	Indian Dance	Basketball	BB	Badminton	Library	Modern Dance	Table Tennis
	1500 to 1530	Indian Dance	Basketball	BB	Badminton	Library	Modern Dance	Table Tennis	NCC
	1530 to 1600	Basketball	BB	Badminton	Library	Modern Dance	Table Tennis	NCC	Drama

## GIRLS

	Time	1T Girls	1S Girls	1P Girls	1A Girls	1R Girls	1K Girls	1L Girls	1E Girls
Fri 7 Jan	1400 to 1430	GG	AIMs	Football	Malay Dance	Chorale	NPCC	Artists	Band
	1430 to 1500	AIMs	Football	Malay Dance	Chorale	NPCC	Artists	Band	TKD
	1500 to 1530	Football	REST	REST	NPCC	Artists	Band	TKD	Indian Dance
	1530 to 1600	REST	Malay Dance	Chorale	REST	Band	TKD	Indian Dance	Netball
	1600 to 1630	Malay Dance	Chorale	NPCC	Artists	REST	REST	Netball	REST
	1630 to 1700	Chorale	NPCC	Artists	Band	TKD	Indian Dance	REST	Badminton
Fri 14 Jan	1700 to 1730	NPCC	Artists	Band	TKD	Indian Dance	Netball	Badminton	Library
	1400 to 1430	Artists	Band	TKD	Indian Dance	Netball	Badminton	Library	Modern Dance
	1430 to 1500	Band	TKD	Indian Dance	Netball	Badminton	REST	Modern Dance	Drama
	1500 to 1530	TKD	Indian Dance	Netball	REST	REST	Library	REST	NCDCC
	1530 to 1600	Indian Dance	Netball	REST	Badminton	Library	Modern Dance	Drama	GG
	1600 to 1630	Netball	REST	Badminton	Library	Modern Dance	Drama	NCDCC	REST
Fri 21 Jan	1630 to 1700	REST	Badminton	Library	Modern Dance	Drama	NCDCC	GG	AIMs
	1700 to 1730	Badminton	Library	Modern Dance	Drama	NCDCC	GG	AIMs	Football
	1400 to 1430	Library	Modern Dance	Drama	NCDCC	GG	AIMs	Football	Malay Dance
	1430 to 1500	Modern Dance	Drama	NCDCC	GG	AIMs	Football	Malay Dance	Chorale
	1500 to 1530	Drama	NCDCC	GG	AIMs	Football	Malay Dance	Chorale	NPCC
	1530 to 1600	NCDCC	GG	AIMs	Football	Malay Dance	Chorale	NPCC	Artists

### CCA Selection & Allocation Process

CCA teachers will shortlist students based on interest, talent/potential, CCA needs and vacancies. Students are allocated to the CCA by matching their CCA choices with CCA teachers' recommendations and vacancies in the CCA.

### Indicating CCA Preferences

- Over **Fri 21 Jan to Mon 24 Jan**, students will indicate 5 CCA choices according to their preference via an online portal. More details will be given to students nearer the date.
- All 3 CCA categories (Sports & Games, Performing Arts and Uniformed Groups) must be included in your child's CCA choices. CCA choices should be indicated from most preferred CCA (1<sup>st</sup> choice) to least preferred (5<sup>th</sup> choice).
- Results of the CCA allocation will be announced on **Mon 31 Jan**. All Secondary 1 students will begin attending their allocated CCA session from **Fri 4 Feb**. DSA students need not participate in the CCA Experience and will begin attending their allocated CCA sessions from **Fri 7 Jan (subject to prevailing MOE CCA training guidelines)**.



### Meet-the-Parents (MPS)

Our annual Secondary 1 MPS will be held on **Fri 21 Jan** at **5.30pm**, through a virtual platform. More details will be provided closer to date.

### Student Photo-Taking

Student photographs will be required for your child's/ward's report book and other official school documents. Therefore, a photo-taking session is scheduled for all Secondary 1 students on **Mon 24 Jan**. The session will be conducted in school during school hours. Students will pay a discounted rate of 8 photographs for \$4. Students will be required to be in formal school attire with the school tie for the session.

### 2022 School Terms

Term	Period	Term Break ( <i>Student Protected Time</i> )
1	Tue 4 Jan – Fri 11 March	Sat 12 Mar – Sun 20 Mar ( <i>Thurs 17 Mar &amp; Fri 18 Mar</i> )
2	Mon 21 Mar – Fri 27 May	Sat 28 May – Sun 26 Jun ( <i>Wed 8 Jun - Tue 21 Jun</i> )
3	Mon 27 Jun – Fri 2 Sept	Sat 3 Sept – Sun 11 Sept ( <i>Mon 5 Sept &amp; Tues 6 Sept</i> )
4	Mon 12 Sept – Fri 18 Nov	Sat 19 Nov – Sat 31 Dec ( <i>Sat 26 Nov &amp; Tues 27 Dec</i> )

### Typical School Week

Time/Day	Mon	Tue	Wed	Thu	Fri
7.30am	Flag-Raising, Pledge Taking & Announcements				
7.35am – 8.00am	Assembly	Silent Reading  Form Teacher Time (FTT)	Form Teacher Quality Time (FTQT)  Class Bonding Time	Silent Reading  Form Teacher Time (FTT)	Form Teacher Quality Time (FTQT)  Class Bonding Time
8.00am – 9.00am	Character & Citizenship Education (CCE)	Lessons  <			

\*Detailed schedule will be issued by respective CCAs

\*\* Dismissal time may be adjusted slightly in 2022 when the actual timetable is available.



Our students' safety, well-being and learning are our top priority. **No student is allowed to leave the school during school hours (including lesson time, CCA time and other school activities) for any reason without permission.**

A student is only allowed to leave school before the official dismissal time if he/she:

- has a valid reason and are granted approval, and
- is picked up by his/her parent/guardian from the General Office.

### ***Attendance***

Attendance at school and school-related activities (e.g. CCA, Sports Day, Enrichment Days etc.) is **compulsory**, as there will be continuity of learning when there is regular attendance. Students who are absent must submit a valid medical certificate (MC) or a letter from parents with valid reasons immediately upon their return to school after they are absent. Only Medical Certificates from doctors who are registered with the Singapore Medical Association will be accepted.

As it is important that that students attend school regularly, we encourage parents / guardians to excuse their children from school through parents/guardians' letters only for valid reasons such as unforeseen family circumstances.

If students are unwell, we encourage parents to seek medical attention and be excused from school through an MC. We will allow students to be excused from school through parents/guardians' letter **only up to 3 letters per term.**

Students who are absent from school without either MC or parents' letter stating a valid reason will be regarded as having committed truancy, which is a serious offence.

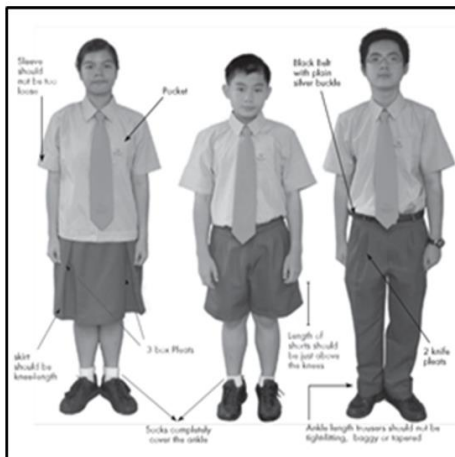
Poor attendance may affect the student's conduct grade and/or weighted assessment.

## School Attire

### 3 Types of Bowen School Uniforms

#### Smart Formal Attire

Compulsory for Mondays with School Tie to be worn till recess



#### PE Attire

Attire for PE Lessons only



#### Smart Casual Attire

(optional)

Alternative for Tuesdays - Fridays



The **Smart Formal Attire** (*shirt with trousers / shorts for boys, blouse with skirt for girls; with school tie*) is compulsory for Monday mornings as the school will convene in the school hall for the weekly morning assembly. After assembly, students can take off their ties and choose to change into the **Smart Casual Attire** (*polo-shirt, PE t-shirt with trousers / shorts / skirt*).

From **Tuesdays** to **Fridays**, both Smart Formal Attire (without school tie) and Smart Casual Attire may be worn.

- The school shirt / blouse should not be worn with sleeves folded or with the topmost button fixed (except when the school tie is worn).
- Trousers modifications (e.g. tapering and skinny jeans style) are not allowed except for length adjustment. Only black or dark brown-coloured belts with plain buckles are allowed.
- Skirt modifications are not allowed. Skirts must not be tight-fitted and must be at knee-length. Folding at the waistline of the skirts is also not allowed.
- Students should in the Smart Formal/Casual attire during examinations and common tests.

For **Fridays**, deemed as “Dress Down Days”, students are allowed to report in their CCA, Class T-shirts or PE T-shirts and school trousers/shorts/skirts.

Students are allowed to change to PE T-shirt **and** formal school trousers/shorts/skirts **after 1.30 p.m.** (Mondays to Fridays).

### **2022 Dress Code:**

In view of the ongoing COVID-19 situation, students must wear a face mask at all times. For greater comfort, students will be allowed to report in CCA, Class T-shirts or PE T-shirts and formal school trousers/shorts/skirts every day. This dress code applies to 2022 and we may revert to the Standing Dress Code when there is a change in national policy of mask-wearing.

**Attire for PE Lessons:** Students must wear their PE T-shirt and school black PE shorts for PE lessons. After PE lessons, students must change out of their PE attire and into their shirt / polo-shirt and formal attire bottoms (shorts / trousers / skirt) for classroom lessons.

Students who have **PE during the first period on Tue to Fri**, are allowed to attend assembly in PE top with school bottoms (pants/skirt).

**School Tie** (as part of Smart Formal Attire): The school tie should be worn on all morning assemblies on Mondays (Smart Formal Attire) and during formal school events (e.g. Speech Day). Students are also expected to wear their ties when attending formal events outside school such as when receiving Edusave awards, or when representing the school during formal events.

**School Shoes:** Students are allowed to wear track shoes in only black, white, grey, blue or purple colours (i.e. school colours) to school. Students may also choose to wear black canvas shoes with black or white shoelaces. Side rubber trimmings of the sole can either be black or white. Only white socks are allowed and must be worn such that the cuffs (top part) of the socks are visible. Students who come in slippers may be disallowed entry into the school unless for valid reasons.

### ***Parents Gateway, Events for Parents, and Parents Support***

**Our school communicate with parents and legal guardians primarily through MOE's Parents Gateway (PG) Mobile App. The PG app is free and easily available. The school will not print hardcopy letters, except for parents / guardians who are unable to access PG for special reasons.**

The PG app will bring several benefits, including:

- Providing parents with timely information about school events (E.g. Enrichment and CCA activities)
- Enabling parents to perform a range of functions including giving consent for school trips
- Reducing usage of paper and decreasing environmental impact (hardcopies will not be provided)

The PG App has been implemented in most schools over the course of 2019. If you have two or more children who are in different schools, you will be able to receive notifications for all your children on the same PG App. Both parents should download the PG App so that both parents will receive notices for your child.

**We strongly encourage all parents to download and use the PG App as it will bring significant benefits for parents, teachers and the school** through more effective communication and for us to better focus on educating our students. Please follow the instruction from <https://tinyurl.com/BWparentsgateway> to download and sign in to PG App. If you are already using PG in Primary School, please ensure that your PG App is updated to the latest version and also allow notifications from the App.

**All parents will be invited to all parent events**, e.g. talks for parents (topics include inculcating values in your teenager, managing handphone usage), briefings for parents on school programmes and Parent-Teacher Meetings. These are held on weekday evenings / on Saturday mornings. All parents are strongly encouraged to make time for these events, as they will help you play a stronger role as parents, network with other parents, and 'keep in step' with the school.

**ParentLink is the name of our Bowen Parent Support Group.**

ParentLink plays a strong supportive role to the school. Please consider to join the Sec 1 WhatsApp group that is managed by ParentLink, either by sending your handphone number to [parentlinkcommittee@gmail.com](mailto:parentlinkcommittee@gmail.com) or by scanning the QR code. Rest assured they will respect your privacy and carefully manage your handphone numbers. We will send more information about ParentLink through Parents Gateway.



[SCAN TO REGISTER]

### ***Financial Assistance Scheme (FAS)***

Students who require financial support for school fees, textbooks, uniforms or meals are strongly encouraged to apply for financial assistance. Students who did not manage to submit FAS applications through their primary school or do not have siblings whose FAS applications have been approved are encouraged to apply quickly.

Students who require financial assistance can obtain the **MOE FAS Application** Form at the General Office. They should **submit the completed form with the relevant supporting documents** (e.g. parent's/guardian's latest pay slips) to the General Office by **Tues 28 Dec 2021**.

**If you apply for FAS, please do not buy your books and uniform till you are informed of the application outcome.** Parents will not be refunded for purchases made before the application is approved.

Students who need financial assistance in the course of the year may submit applications as required as applications are accepted year-round.

For further enquiries, please contact Mdm. Filzah A Hadi, Administration Manager, at Tel: 6385 9466.

## **Checklist for Students for the first 2 weeks of school** **(Tues 4 Jan – Fri 14 Jan 2022)**

<b>Week/Date</b>	<b>Things to bring</b>	<b>Things to take note</b>
<b>1</b> <b>Tue 4 Jan</b> <b>(First day of school &amp; Orientation day 1)</b>	<input type="checkbox"/> Stationery & notebook <input type="checkbox"/> \$3 for recess <input type="checkbox"/> Water bottle <input type="checkbox"/> Mask & thermometer <input type="checkbox"/> TraceTogether (TT) Token / phone with TT app downloaded <input type="checkbox"/> Informal photograph for class noticeboard <input type="checkbox"/> A set of PE attire*	<input type="checkbox"/> Report to classroom by 9am <input type="checkbox"/> Report in smart formal or smart casual attire* (tie not needed) <input type="checkbox"/> School dismissal at 1pm
<b>1</b> <b>Wed 5 Jan</b> <b>(Orientation day 2)</b>	<input type="checkbox"/> Stationery & notebook <input type="checkbox"/> \$3 for recess <input type="checkbox"/> Water bottle <input type="checkbox"/> Mask & thermometer <input type="checkbox"/> TraceTogether (TT) Token / phone with TT app downloaded <input type="checkbox"/> A set of PE attire*	<input type="checkbox"/> Report to school by 7.25am (Usual school reporting time) <input type="checkbox"/> Report in smart formal or smart casual attire* <input type="checkbox"/> School dismissal at 1pm
<b>1</b> <b>Thurs 6 Jan</b> (Lessons as per normal)	<input type="checkbox"/> Subject materials based on the subjects as reflected in the timetable given.	<input type="checkbox"/> Usual school reporting time. <input type="checkbox"/> School dismissal time based on timetable given.
<b>1</b> <b>Fri 7 Jan</b> (Lessons as per normal) <b>CCA Experience Day 1</b>	<input type="checkbox"/> Subject materials based on the subjects as reflected in the timetable given. <input type="checkbox"/> A set of PE attire	<input type="checkbox"/> Usual school reporting time. <input type="checkbox"/> School dismissal time at 5.30pm due to CCA Experience
<b>2</b> <b>Mon 10 Jan – Tue 11 Jan</b> (Lessons as per normal)	<input type="checkbox"/> Subject materials based on the subjects as reflected in the timetable given.	<input type="checkbox"/> Usual school reporting time. <input type="checkbox"/> School dismissal time based on timetable given.
<b>2</b> <b>Wed 12 Jan – Fri 14 Jan</b> <b>Sec 1 Start Right Programme</b> <b>CCA Experience Day 2</b>	<input type="checkbox"/> Refer to the packing list given on 5 Jan during the Sec 1 Start Right programme briefing	<input type="checkbox"/> Usual school reporting time. <input type="checkbox"/> School dismissal time at 5.30pm on 12 & 13 Jan <input type="checkbox"/> School dismissal time at 4pm on 14 Jan after CCA Experience.

\* If students are unable to purchase the school uniform before 4 Jan, they may wear their primary school uniform and bring along their primary school PE attire.

**Note:** Teachers will use textbooks from Monday of Term 1 Week 3 onwards (i.e. Mon 17 Jan), so there are ~2.5 weeks to order and take collection of the books. *Don't worry!*

## Tips for Parents / Guardians to help your child / ward to transit to Secondary School

S

### **Support**

- Guide your child/ward in his/her time management.
- Set a routine together & guide him/her how to prioritise his/her various commitments (Studies, CCA etc.)
- Provide a conducive environment at home for learning
- Set firm boundaries (e.g. on handphone and computer usage) and enforce them firmly. NOTE: Most parents find that handphone / computer usage is a big challenge to manage; so start off in Secondary 1 with a firm hold on this issue.

T

### **Trust**

- Trust that they can be independent and be responsible for their own choices.
- Give them freedom of choices when appropriate (e.g. choosing CCAs)
- Stay committed to the mutual agreements and consequences as discussed with your child/ward

A

### **Affirm**

- Affirm your child/ward of his/her efforts. Focus more on process rather than results
- Use positive reinforcements for the affirmation
- Encourage him/her to explore new opportunities and stretch his/her potential based on his/her strengths

R

### **Rapport**

- Be with your child/ward & spend quality time with him/her (bonding time)
- Take time to listen to your child/ward without being quick to judge or provide suggestions
- Provide opportunities to explore diversity of subjects & discover his/her strengths (e.g. bring them to musical plays, playing sports etc.)
- Co-create goals with him/her & keep him/her committed to the goals

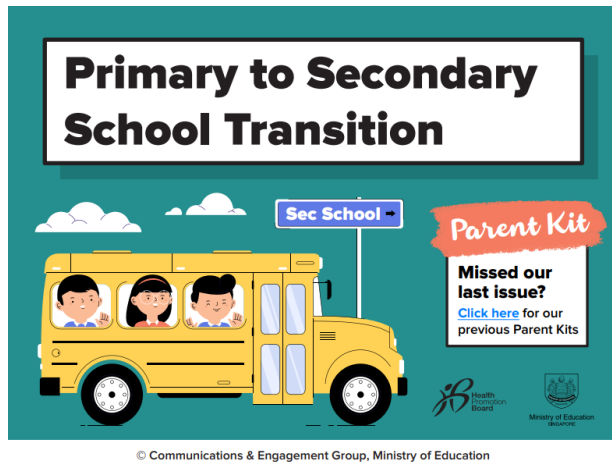
T

### **Talk**

- Dedicate time to talk to him/her every day (e.g. dinner time) to find out how his/her school life is. Use open-ended questions.
- Discuss with him/her when he/she needs to make choices. Respect his/her perspectives. Work with him/her for options (within boundaries)
- Acknowledge his/her emotions to encourage him/her to share more
- Talk to him/her on the responsible use of social media and its impacts



Here are some useful resources taken from MOE Parent Kit (<https://www.moe.gov.sg/parentkit>) that parents can explore:



SCAN ME

<https://www.moe.gov.sg/docs/default-source/document/parent-kit/parent-kit---primary-to-secondary-transition.pdf>



SCAN ME

<https://www.moe.gov.sg/-/media/files/parent-kit/my-independent-learner.pdf>



SCAN ME

<https://www.moe.gov.sg/-/media/files/parent-kit/school-home-partnership.pdf>



Instagram:

@parentingwith.moesg

Dear Parent/Guardian of Secondary 1 Bowenians for 2022,

**Methodist Welfare Services Family Support Programme (MWS FSP)** has been appointed by **Ministry of Social and Family Development (MSF)** to partner with your child's school, Bowen Secondary School to conduct a secular parenting programme. We are pleased to invite you to attend our **fully-subsidised, Positive Parenting Program® (TripleP) Level 2 webinars via Zoom**.

TripleP is one of the world's most effective parenting programmes that equips parents with evidence-based parenting skills. Not only has this programme been proven to improve children's behaviours, it has also significantly improved parenting confidence and satisfaction. TripleP has also helped parents build stronger relationships with their children. This programme was developed by clinical psychologist Prof Matt Sanders at the University of Queensland, with more than 40 years of ongoing research. For the upcoming webinar, our MSF certified speakers will focus on topics regarding Primary Six to Secondary One transition. More details of the programme can be found in attached infographics.

Please register via the link provided below or via attached infographics.

Link: <https://forms.office.com/r/VTJBDJatJB>

Registration will be on ***first-come-first-served basis***. Your **full attendance for the three webinars will be required** when you register. Once your registration is confirmed, MWS FSP will send you an acknowledgment email. More information, including the Zoom link and worksheets will also be shared with you via the email address which you will be required to provide in the registration form. If you wish to cancel your registration, you may drop us an email at [mwsfspnorth@mws.sg](mailto:mwsfspnorth@mws.sg). Upon completion of all three webinars, a set of complimentary Tipsheets will be sent to you via your child's school. In the event that the webinar reaches full capacity, MWS FSP will contact you again for the next run of webinars.

We look forward to your participation!

# TRIPLE P TEENS SEMINAR SERIES

## WHAT IS TRIPLE P?



A toolbox of **tested-and-proven parenting strategies** for you to choose from!



Ranked by the United Nations as the **world's Number 1 parenting programme**



**Tested with thousands of families** for more than 35 years

## WHY SHOULD YOU ATTEND TRIPLE P?

How do I support my teen to be **self-motivated** and **resilient**?

- Triple P is **for every parent** who wants to unlock the potential in their children!
- Conducted by **certified trainers**, accredited by the Ministry of Social and Family Development (MSF) and Triple P International.
- **Complimentary tipsheets** will be given to parents who attend all three seminars.

**FULLY SUBSIDISED**

# WHAT WILL YOU LEARN?

## SEMINAR 1: RAISING RESPONSIBLE TEENAGERS

Learn how to help your teenager be more **reliable**, **respectful**, **considerate**, and get **involved in family decisions!**

How can I help my teen **adapt** to the demands of **secondary school?**

## SEMINAR 2: RAISING CONFIDENT, COMPETENT TEENAGERS

Help your teenager make the most of his or her time through **setting routines**, learning how to **problem-solve** and develop **self-discipline!**

## SEMINAR 3: GETTING TEENAGERS CONNECTED

Coach your teenager to build healthy relationships by **caring for others**, being **confident and assertive**, and **planning ahead!**

## SEMINAR DETAILS

### Dates & Time:

**15, 22 & 29 January, Saturday, 11am to 12.30pm via Zoom**

Please use this link or scan the QR code to register:



<https://forms.office.com/r/VTJBDJatJB>

For more information on Triple P, please visit:  
<https://www.triplep-parenting.net/global/triple-p/>



### Presented to you by:



MWS is an MSF-appointed Social Service Agency conducting secular parenting programmes