



BUKIT PANJANG GOVT HIGH SCHOOL SINGAPORE

RESPONSIBILITY

RESILIENCE

RESPECT

INTEGRITY

CARE FOR OTHERS

Principal's Address
9 Jan 2026

DILIGENT IN STUDY AND PRACTICE

Welcome to the BPian Family...



School Leaders



VICE PRINCIPAL
MR TAN FONG WEI



PRINCIPAL
MR SEET TIAT HEE



VICE PRINCIPAL
MDM TEO TING TING

Est'd 1960
BPGHS is the
1st Integrated School in
Singapore



Our School Song

Forward, forward on to glory,

吾校武中, 英勇前进

wú xiào wǔ zhōng , yīng yǒng qián jìn

Let's march in wisdom hand in hand,

并肩携手, 迈向光明

bìng jiān xié shǒu , mài xiàng guāng míng

To build our school's and nation's story,

扬我校誉, 相爱相亲

yáng wǒ xiào yù , xiāng ài xiāng qīn

With pride in our multiracial land.

建我新国, 充满热情

jiàn wǒ xīn guó , chōng mǎn rè qíng

Come fear no hardship,

埋头苦干, 不怕艰辛

mái tóu kǔ gān , bù pà jiān xīn



Live and toil in duty, strength and devotion.

坚毅奋斗, 竭尽忠精

jīan yì fèn dǒu , jié jìn zhōng jīng

Like the granite of our soil,

任重道远, 寸阴是竞

rèn zhòng dào yuǎn , cùn yīn shì jìng

We will make a hardy nation.

勤劳建国, 坚固如金

qín láo jiàn guó , jiān gù rú jīn

Bukit Panjang, Bukit Panjang,

武中武中, 傲立山林

wǔ zhōng wǔ zhōng , ào lì shān lín

How proudly our school stands amid the hills.

不分种族, 合群同心

bù fēn zhǒng zú , hé qún tóng xīn

Diligent in study and practice

共同学习, 一团欢欣

gòng tóng xué xí , yī tuán huān xīn

Is our motto and our will.

遵我校训, 笃学力行

zūn wǒ xiào xùn , dù xué lì xíng



Celebrating 65 Good years as a BPIAN Family



Cranes
for
Good

School Events





What I shared on 1st day

Respect, Integrity, Gratitude, Care for others

"He who loves others is constantly loved by them.

He who respects others is constantly respected by them."

Mencius



"Don't Steal

Don't Cheat

Don't Lie"

My father

"A Teacher for a day, is a father for a lifetime"

"When you drink water,
Remember the source"

饮水思源
yǐn shuǐ sī yuán



yī rì wéi shī
一日为师
zhōng shēn wéi fù
终身为父

漢語國學 · 成語大全



Every Bpian a Passionate & Future-Ready Learner, an Inspiring Leader of Good



Jia Sheng (2024), Edmund (2015, NPCC, SC, VP/Comlink), Bing Han (2017, VP SC)



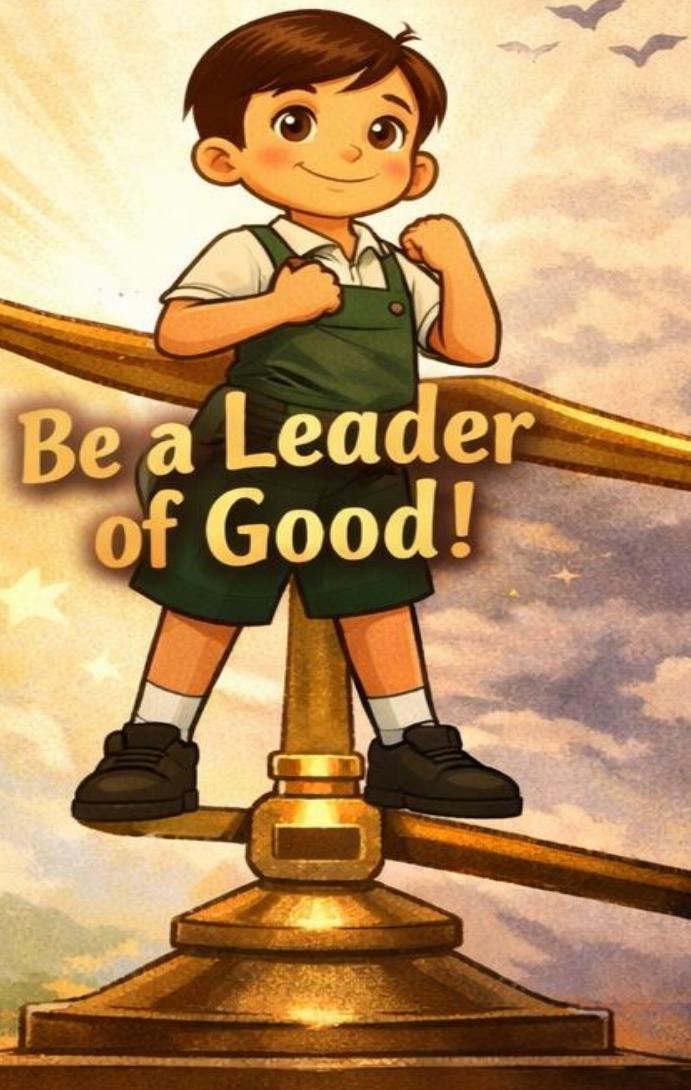
Jireh Loh Jia Le (2024, SP Facilities Management)



Er Yi Heng (2019, NUS Medicine)
Tan Ying Xin (2018, NUS Nursing),



Bring Out the **GOOD** in You!



Every BPian can be
a Leader of Good!

2025

How was it?

2026

How will it be?



Be Responsible!
Be Your Best!

Let Go of the Bad!
Rise Above It!



Nurturing Learner-Leaders (of Good) who Think, Care and Serve

THINK

- critically
- creatively
- with clarity

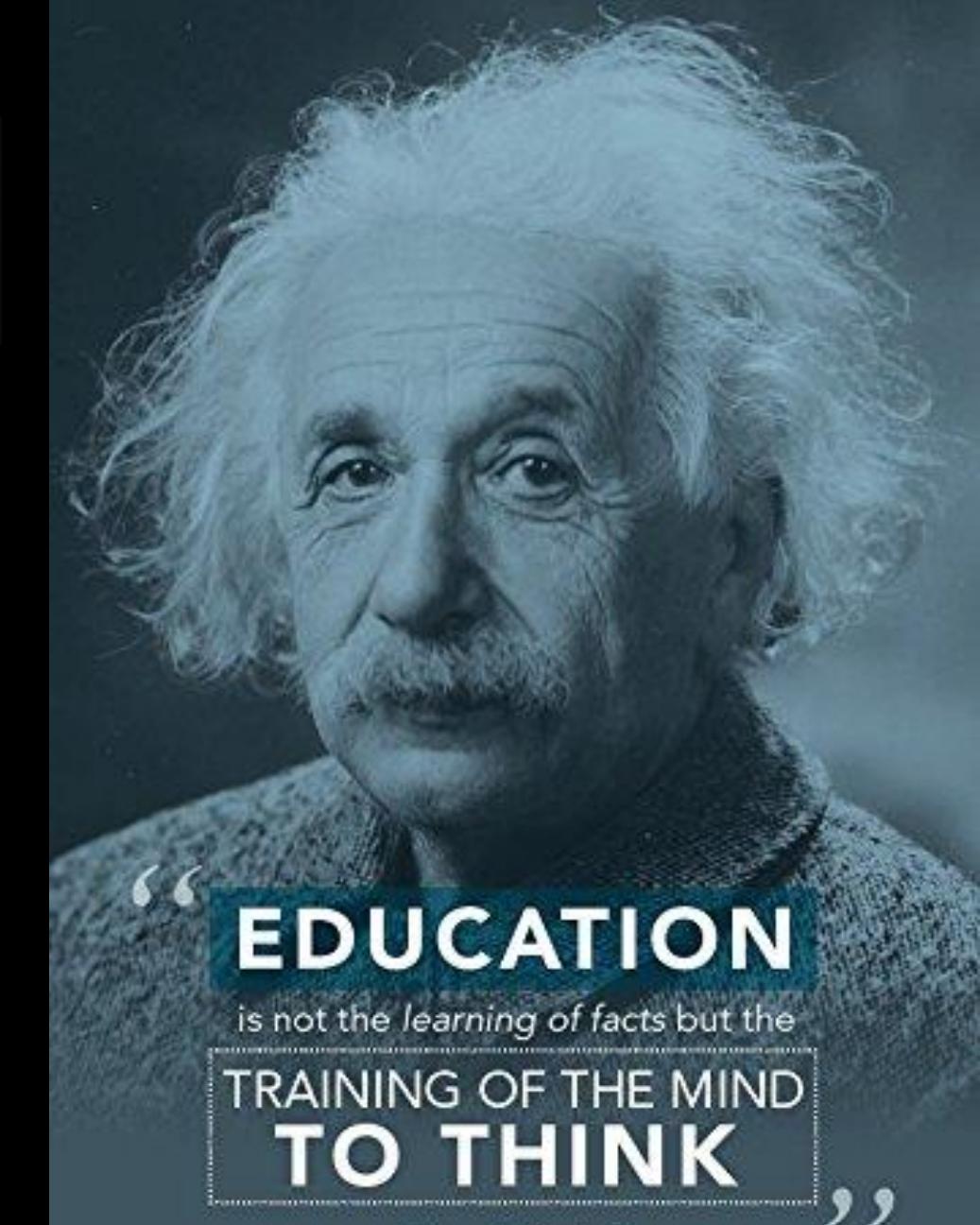


Why

- am I here today ?
- we do what we do ... (eg Rationale of School policies)
- I have to learn so many different subjects ?
- some of my classmates /schoolmates behave differently ?
- do I need to care, to serve ?

When you understand the “Why”, you

- grow not just in obedience, but in wisdom
- understand , appreciate others
- do things with purpose & meaning



Albert Einstein



Nurturing Learner-Leaders (of Good) who Think, Care and Serve

CARE

- deeply
- with heart
- with kindness



- Look beyond ourselves & take responsibility for the world we share
- Includes people, community, and issues that affect us
- To care is to notice, to act, & to make a difference
- Choose empathy over indifference .. What can I do
 - to help classmates who may have special needs, behave differently, or who struggle in ways ?
 - when I see things that are not right - bullying, unkind words, littering, or exclusion ?

Thinking Leaders

- do not look away
- reflect, decide, act with courage

Leadership is not about
being in charge.

Leadership is about taking
care of those in your charge.

- Simon Sinek





Nurturing Learner-Leaders (of Good) who Think, Care and Serve

SERVE

- Selflessly, willingly
- with purpose
- with courage

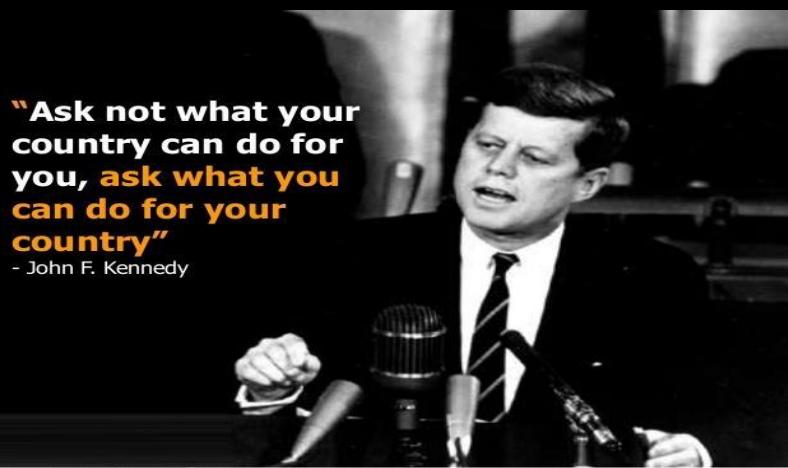


- Service begins with Care
- We serve not because we must, but because we can
- Ask not what BPGHS can do for you, ask what you can do for BPGHS
- “Not all of us can do great things, we can do small things (**serve**) with great love” Mother Teresa



“EVERYBODY CAN BE GREAT...BECAUSE ANYBODY CAN SERVE. YOU DON'T HAVE TO HAVE A COLLEGE DEGREE TO SERVE. YOU DON'T HAVE TO MAKE YOUR SUBJECT AND VERB AGREE TO SERVE. YOU ONLY NEED A HEART FULL OF GRACE. A SOUL GENERATED BY LOVE.”

- DR. MARTIN LUTHER KING JR.



- John F. Kennedy



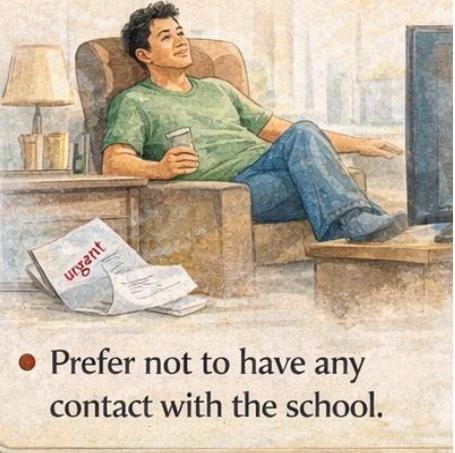
What kind of Parent are you ?

“Helpless”

“Bo-Chap”

Negligent Parents

- Prefer not to have any contact with the school.



- Prefer not to have any contact with the school.

Submissive Parents

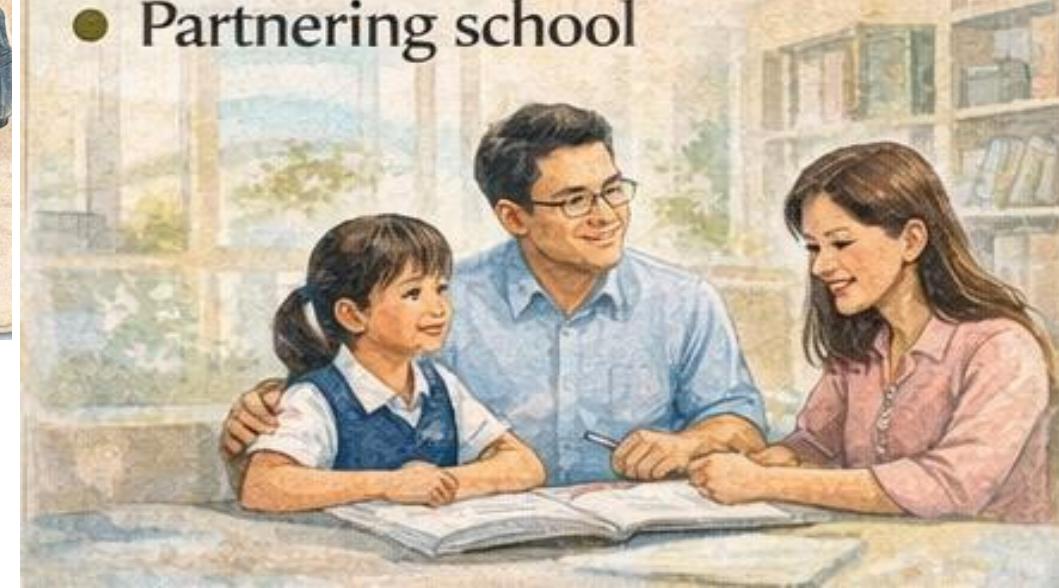
- Give in to the child easily
- Unable to influence the child.



- Give in to the child easily
- Unable to influence the child.

Supportive Parents

- Have an active interest in the child's education and development.
- Give the child sufficient space to learn and grow.
- Good Parent-Child Relationship
- Partnering school



“Over-Bearing”

Helicopter Parents

- Want to know every single thing that happened to the child.
- Defensive for the child.
- Demanding and have a sense of entitlement.
- Like to complain to higher authority.





How to be a Supportive parent?

Understanding Your Child's Challenges in Secondary School

- Transition from Primary to Secondary is significant
- Increase in academic demand
 - 4 Subjects → Up to 10 Subjects
- Higher expectations for independence and self-management
- New school environment, routines and peer groups





How to be a Supportive parent?

Key Areas of Challenge for Sec 1 Students



Academic & Co-curricular

- Academic rigour
- CCA, VIA & enrichment commitments
- Time-management

Emotional & Social

- Stress-management
- Peer influence & peer pressure
- Need for peer acceptance & belonging
- Boy-Girl Relationships (BGR)

Digital Life

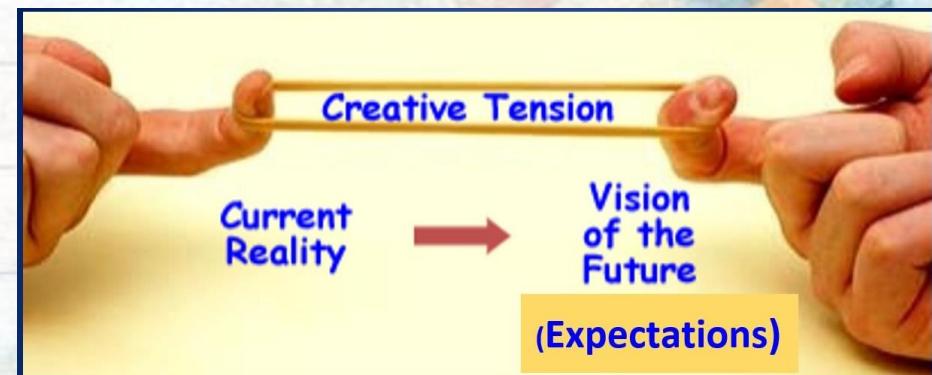
- Social media use
- Cyber wellness & online behaviour



How to be a Supportive Parent?

What Parents Can Do

- Show concern for your child's well-being, not just homework
- Be your child's friend – Seek to understand
- Give personal space & show respect
- Maintain constant dialogue, not monologue
- Keep open communication with the school & teachers
- Understand & support the school's decisions
- Partner the school in discipline matters
- Join the Parents' Support Group
- Attend parenting workshops (eg. Centre for Fathering)



To Reduce Stress, you either:

- 1) Move towards your expectations
- 2) Drop/Change your expectations



Mutual Respect & Trust

"We need to ... continue to strengthen trust and communication between parents and teachers, between parents and schools. Through positive adult role-modelling ... we can provide stronger support for their character development."

*Desmond Lee
Minister for Education
2025 - present*



"If a child sees their parents making demands on their teachers in a very unprofessional way, then I think we are transmitting the wrong values."

*Chan Chun Sing
Minister for Education
2021 - 2025*



Nurturing Learner-Leaders who Think, Care, & Serve



BUKIT PANJANG GOVERNMENT HIGH SCHOOL

SCHOOL LEADERS, KEY PERSONELS & SENIOR TEACHERS



2025

ROW 1: MRS CHRISTINE WONG, MRS JOAN NEO, MR YEO ZHI WEN, MS KOGILA VANI, MDM TEO TING TING, MR SEET TIAT HEE, MR TAN FONG WEI, MDM ONG SEOK JEAN, MDM CHONG LIN LIN, MR TAY GUAN CHUAN

ROW 2: MDM ROYHAYATI MD YUSOF, MS LWA SIEW LING, MS SHERLYN TAN XUE LING, MDM CAI HONG, MDM SITI NUR'AINI ABDUL RASHID, MR ONG WEIQUAN, MR MUHAMMAD HAFIZ BIN HANAFIA, MR CHEE SENG LUNG STEVEN, MR TAN SUAN SWEE ASHLEY, MS PENNY GOH PEI XUAN, MR CHONG SHUMING, MR NG ZI JIAN, MR CHIAM KHENG HWEE, MR LEONARD NG DING ZHONG, MS QIU YIRU, MDM RINA HAIDEATI, MDM TAN LILY, MS JESSIE LEE MIN