

# Year Head Sharing

Sec 1 Parent  
Engagement

# S.A.I.L

**Sec 1**  
**Strengthen  
Our  
Foundation**

**Sec 2**  
**Appreciate  
Our  
Community**

**Sec 3**  
**Ignite  
Our  
Potential**

**Sec 4/5**  
**Launch  
Our  
Dreams**

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Transition to Secondary School.  
Building a positive sense of self

Cultivating a sense of Gratitude and Appreciation.  
Serving the Community with gratitude.

Building Resilience.  
Discovering strengths.  
Being a good role model.

Enhancing Motivation.  
Finding Purpose,  
Charting goals.

# 1) Building good habits & routines

- Note taking
  - track homework & test dates
- Planning
  - time management, ILD



# Independent Learning Day (ILD)

- ILD is a regular feature of the secondary schooling experience.
- On selected days, students stay at home to complete tasks set by teachers.
- ILD also provides a platform for Student-Initiated Learning (SIL) where students explore topics of interests individually or in groups.
- An opportunity for students to develop as **independent and lifelong learners**.

The screenshot shows a school calendar for January 2025. The top navigation bar includes links for HOME, THE KC EXPERIENCE, and CALENDAR. The main title is "Calendar". On the left, there's a sidebar with dropdown menus for "The KC Experience" (Spirituality, The Arts, Book and Music Week, National Digital Literacy), "Prog", and a small logo. The calendar grid shows dates from Sunday, January 29, to Saturday, February 4. Specific events are highlighted with blue boxes: "New Year's Day" (Jan 1), "TIWO Orientation Day 1" (Jan 2), "Orientation Day 2" (Jan 3), "TIW1 Orientation Day 3" (Jan 5), "Upper Sec Full Lit S" (Jan 6), "Sec 1 Parent Engage" (Jan 6), "TIW2 Sec 3 Parent Engage" (Jan 12), "Sec 2 HI" (Jan 13), "Sec 2 HI" (Jan 14), "ART SG Learning Jo" (Jan 18). A red circle highlights the "ILD 1" event on Saturday, January 10. The bottom of the calendar shows "TUESDAY JANUARY 10".

# 1) Building good habits & routines

- Organisation (materials & PLD)
- Sleep hygiene (including managing hand phone use)

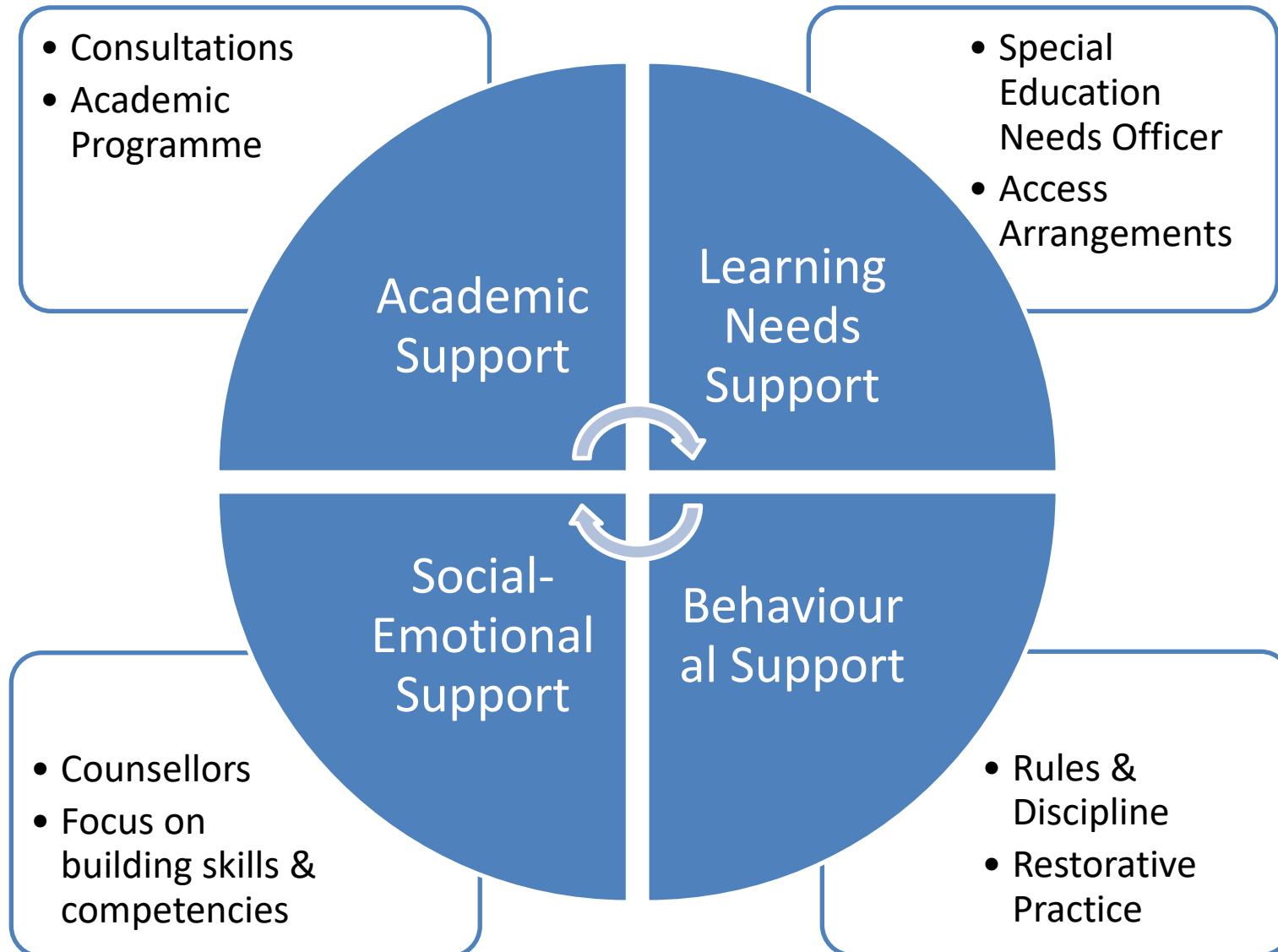


## 2) Social Mixing

- Intentional groupings for CCE activities
- Programmes – bonding activities, class party  
(CNY, National Day etc), BMW



# Support for Students



# Support Team



Ms Aqilah Sha'aban  
School Counsellor



Ms Jermaine Ho  
SENO



Education & Career Guidance  
Counsellor  
Ms Sherry Long

# ECG Counsellor



Support students to

- ✓ understand themselves
- ✓ explore education and career options
- ✓ prepare applications and interviews
- ✓ develop clear goals with action plans to achieve their aspirations



Ms Sherry Long



long\_ai\_sin@moe.edu.sg



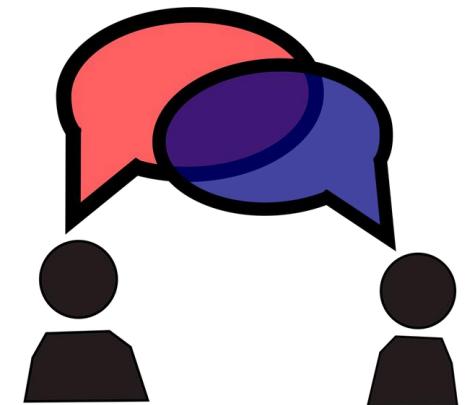
Every Mon, Tue & some Fri @ Library

Appointment Booking



# Dialogue Session with Special Educational Needs Officer

- Face-to-Face Session
- Details will be shared via PG in due time





# **UNDERSTANDING YOUR CHILD'S CHANGING WORLD IN SECONDARY SCHOOL**

**A PARENT GUIDE TO WELL-BEING & GROWTH**



# Why This Toolkit?

Secondary school marks a pivotal time in your child's life, introducing them to:

- A new environment
- New friendships
- Increased academic challenges

This toolkit provides valuable insights and practical tips to help you:

- Become their strongest support system
- Equip yourself for this journey



# Navigating Evolving Challenges by Levels

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++  
++  
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## SEC 1



Transitional Adjustment:  
New Environment,  
New Routines

Confidence Building  
Forming  
Independence

## SEC 2



Peer Issues:  
Social Circles,  
Sense of Belonging,  
Friendship Drama

Self-Identity  
Exploring Interests &  
Values

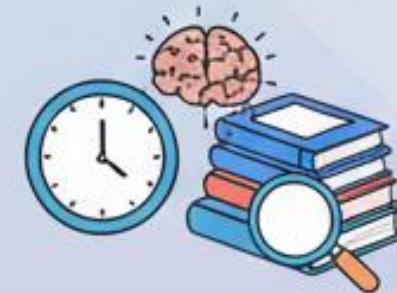
## SEC 3



Transition to  
Upper Secondary:  
Subject Streaming,  
Future Planning

Higher Academic  
Demands  
Leadership  
Responsibilities

## SEC 4 & 5



Exam Stress:  
National Exams  
(N/O-Levels)

Motivation & Focus  
Sustained Effort,  
Future Pathways

# The Great Transition

## Sec 1: Adjusting to a New World (Ages 12-13)

### What to Expect:

Larger school  
New routines  
More subjects  
Less direct  
supervision

### Challenges:

Feeling disoriented  
Building friendships  
Managing time  
effectively

### Parents' Role:

Provide stability  
Encourage  
independence  
Listen without  
judgment

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# Cornerstones of Effective Parental Support



## Communicate Openly

Foster dialogue, share thoughts and maintain connection



## Active Listening

Truly hear their perspective, empathize and validate feelings



## Build Resilience

Allow them to face challenges, learn from setbacks and grow stronger



## Model Healthy Habits

Demonstrate work/rest balance, self care and stress management



# Supporting Sec 1: Practical Tips

## Be Present



Engage in conversations that show genuine interest in their experiences and feelings. This active involvement demonstrates that you value their thoughts and emotions, reinforcing a sense of security and understanding.

## Foster Independence



Encourage them to explore CCAs that align with their interests and passions. Participation in these activities not only helps in forming new friendships but also fosters teamwork, commitment, and a sense of belonging.



## Encourage Connection



Allow them to tackle minor issues on their own. Celebrate successes and learn from any missteps together. This builds confidence and resilience. By fostering a supportive environment, they are empowered to trust their instincts and develop problem-solving skills.

# Mental Health considerations in Adolescence

Adolescence is a pivotal time of growth, exploration, and identity formation, making it crucial to address any mental health concerns early on. During this period, teenagers may face challenges such as peer pressure, stress from school or family life, anxiety or depression,



## The state of well-being of Singapore's youth

To assess the overall mental health of those aged 15 – 35 living in Singapore, the Institute of Mental Health carried out its first National Youth Mental Health Study in 2022. Here are the key findings:

### Symptoms of depression

Nearly 15 per cent, or about one in seven youth,



had severe or extremely severe symptoms of depression, such as feeling sad, empty and a lack of interest and pleasure in activities most of the time.

Those more likely to have had severe or extremely severe symptoms of depression were:

- Aged 20 – 24 (versus those aged 30 – 35)
- Single (v married)
- Unemployed (v employed)
- From vocational schools (v universities)

### Symptoms of anxiety

About 27 per cent, or more than one in four youth,



had severe or extremely severe symptoms of anxiety, such as feeling worried, tense and restless most of the time.

Those more likely to have had severe or extremely severe symptoms of anxiety were:

- Aged 15 – 24 (v those aged 30 – 35)
- Females (v males)
- Single (v married)
- From junior colleges or vocational schools (v universities)
- From families with a monthly household income of below \$5,000 (v \$10,000 – \$19,999)

### Symptoms of stress

Nearly 13 per cent, or about one in eight youth,



felt severe to extremely severe levels of stress, including being unable to relax or feeling upset or irritable most of the time.

Those more likely to have severe or extremely severe levels of stress were:

- Aged 15 – 24 (v those aged 30 – 35)
- Unemployed (v employed)

### Factors linked to mental health symptoms

#### Excessive social media use

About 27 per cent, or more than one in four youth,



reported spending more than three hours on social media platforms daily, which was defined as excessive in the study.

Those more likely to engage in excessive social media usage were:

- Aged below 30 (v those aged 30 – 35)
- Females (v males)
- Unemployed (v employed)
- From vocational schools (v universities)

Young people with excessive social media usage were more likely to have had severe or extremely severe symptoms.

**1.5 times**  
depression    **1.3 times**  
anxiety    **1.6 times**  
stress

#### Body shape concerns

About 20 per cent, or one in five youth,



had moderate to severe body shape concerns, such as negative body image or excessive concerns about body shape that are typically associated with eating disorders.

Those more likely to experience body shape concerns were:

- Aged 20 – 29 (v those aged 30 – 35)
- Females (v males)

Young people who had moderate to severe body image concerns were more likely to have had severe or extremely severe symptoms.

**4.9 times**  
depression    **4.3 times**  
anxiety    **4.5 times**  
stress

#### Cyber bullying

About 21 per cent, or one in five youth,



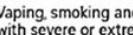
had been cyber bullied, encountering threats, harassment, or mean, aggressive or rude messages online.

The prevalence was similar across the different age groups and gender.

**2 times** Young people who had experienced cyber bullying were about twice as likely to have had severe or extremely severe symptoms of depression, anxiety or stress, than those who had not.

Young people who had moderate to severe body image concerns were also **2.6 times** more likely to have been cyber bullied than those without such concerns.

#### Other factors



Vaping, smoking and adverse childhood experiences were also associated with severe or extremely severe symptoms of depression or anxiety.

PHOTO: The Straits Times



# Youth Mental Wellness in Singapore: Findings

**S'pore study shows girls a lot more anxious than boys about being judged negatively**

[Sign up now: Get ST's newsletters delivered to your inbox](#)



**NUS study finds gap in parents' understanding of mental distress as 1 in 3 youth reports symptoms**

[Sign up now: Get ST's newsletters delivered to your inbox](#)

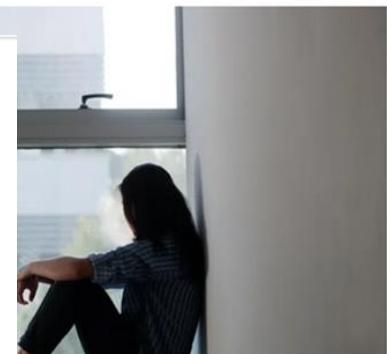


THE STRAITS TIMES

Anxiety is the invisible disorder among kids: 'I was suffering every day in school'

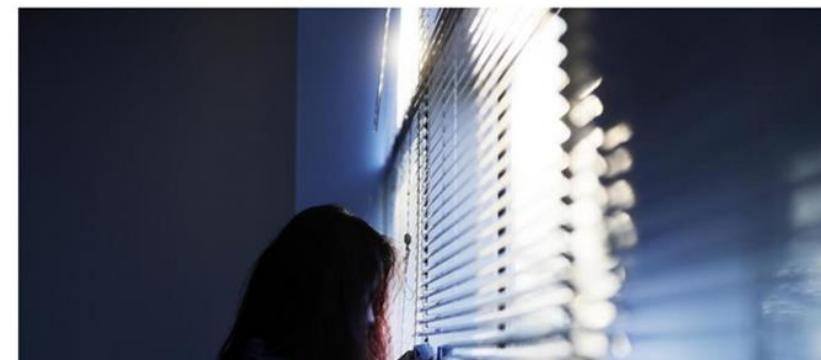
**Anxiety is the invisible disorder among kids: 'I was suffering every day in school'**

[Sign up now: Get tips on how to help your child succeed](#)



**Mental disorders significantly impact youth aged 10-14 in Singapore: Lancet study**

[Sign up now: Get ST's newsletters delivered to your inbox](#)





# BUILDING OPEN COMMUNICATION



## Connection Over Correction



### Listen with an Open Heart

For parents to work on strengthen the emotional bond



### Listen More, Lecture Less

A helpful reminder that teenagers appreciate being listened to more than simply being instructed.



### Be That Safe Space to Talk

Emphasizes that the child won't get "in trouble" for sharing.



### Validate First, Advise Later

Recognizes the importance of acknowledging feelings prior to attempting to "solve" the issue.



# Key Takeaways



## ADAPT YOUR SUPPORT

As they grow through each stage.



## BUILD TRUST

Foster a strong, open relationship



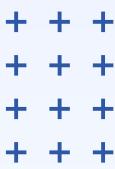
## HOLISTIC DEVELOPMENT

Focus on growth beyond just academics.



## BE THEIR ANCHOR

Provide stability in turbulent times



## → **BALANCE: LEARN + REST + FUN**

These three components form the cornerstone of a fulfilling lifestyle, each playing a crucial role in maintaining mental, emotional, and physical health.

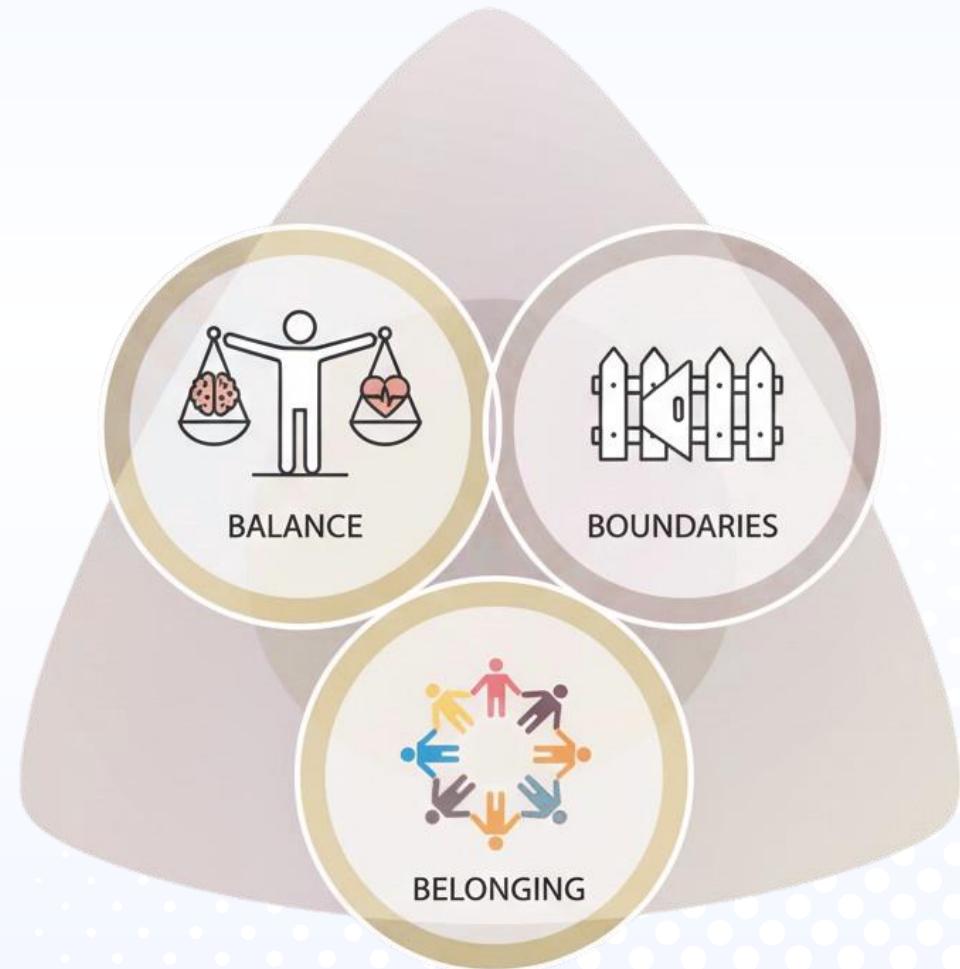
## → **BOUNDARIES**

It's important to understand your own capacity and set realistic expectations for yourself. Overcommitting can lead to unnecessary stress and burnout. Remember, it's okay to say no and prioritize your own needs.

## → **BELONGING**

Students should be reminded to connect with parents, teachers, and counsellors. This network ensures that students do not face challenges by themselves. It's crucial to emphasize that asking for help is a sign of strength, not a weakness.

# **3Bs Framework** **Parents Can Reinforce**



# Evolving Role of Parents

When parents are truly present, they create a nurturing environment where children feel valued and heard. This presence involves actively listening, engaging in meaningful conversations, showing genuine interest in a child's thoughts and feelings. It encourages children to express themselves freely, knowing they have a supportive and attentive audience in their parents. This foundation of presence sets the stage for positive relationships and effective collaboration as children grow and face new challenges.

1

**Emphasize collaboration over control**



2

**More on coaching rather than fixing**

3

**Curiosity instead of interrogation**

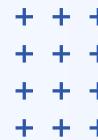




“The **parent-child** connection  
is the most **powerful** mental  
health **intervention** known  
to mankind.”

*-Bessel Van Der Kolk*





# Useful Links



If someone you know is facing mental health challenges. It's important to reach out and utilize the resources available. Remember, seeking help is a sign of strength and the first step towards healing and well-being.

## CREST-Youth

youth mental health assessment and support services  
(Ministry of Health)

<https://supportgowhere.life.gov.sg/services/CREST-YOUTH/youth-community-outreach-team-crest-youth>

## Youth Intervention Teams (YITs)

Provides community-based mental health assessment, therapeutic intervention  
<https://supportgowhere.life.gov.sg/services/YIT/youth-integrated-team-yit>