



# CHIJ (Katong) Primary School

## Primary 1 Orientation

### 17 November 2023



# Our School Leaders

**Mrs. Mischa Simon  
Principal**

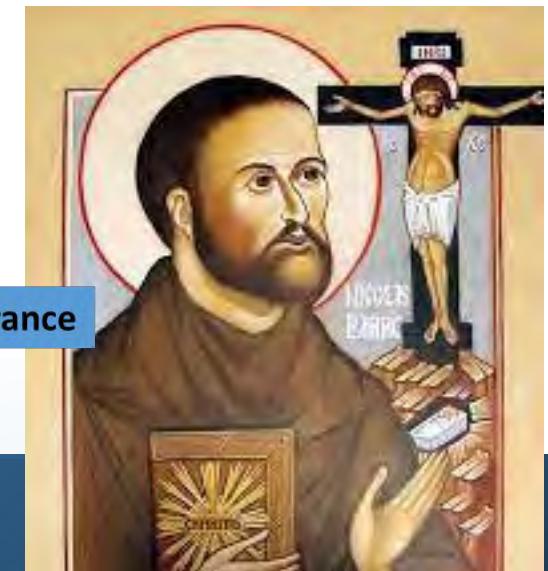
**Mrs. Joycelyn Tan  
Vice-Principal (Academic)**

**Mr. William Ong  
Vice-Principal (Admin)**



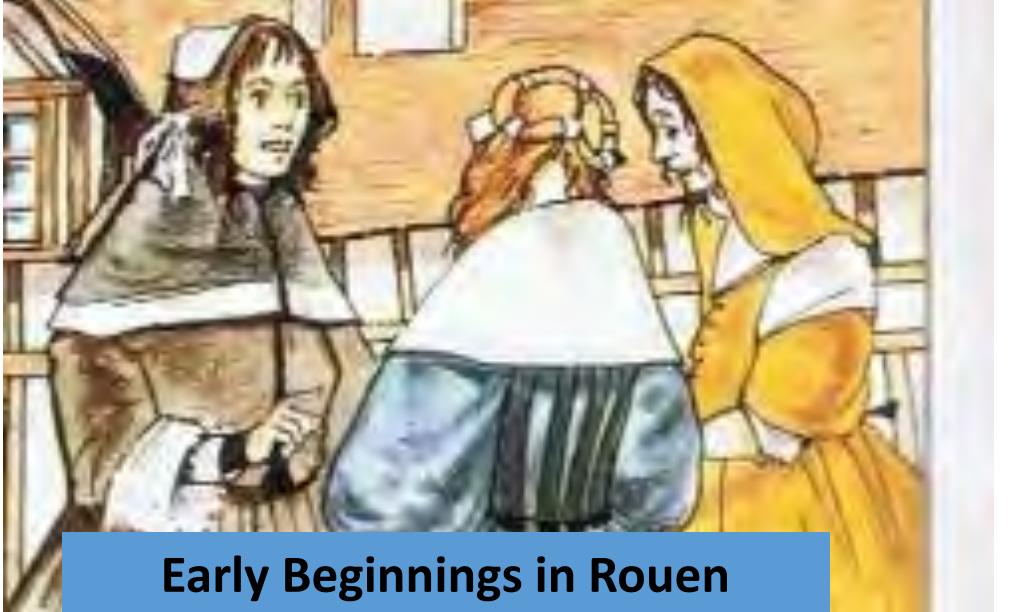
Our CHIJ Journey

- Influenced a small group of young women to first accept to live a life with Jesus
- “Instruct, educate and form” the young,
- The poor and deprived children in France.
- They had the spirit of Jesus, whom God had given to the world.



# Our Founder, Blessed Nicolas Barre

- Simple rule of life for them in “Statutes and Rules” (1677).
- A way of life to live together in community.
- This was the first call to community and this is the same call we are continuing within our schools.
- Christ-centred community we see in our schools, where all work together for the promotion of truth, justice, freedom and love.

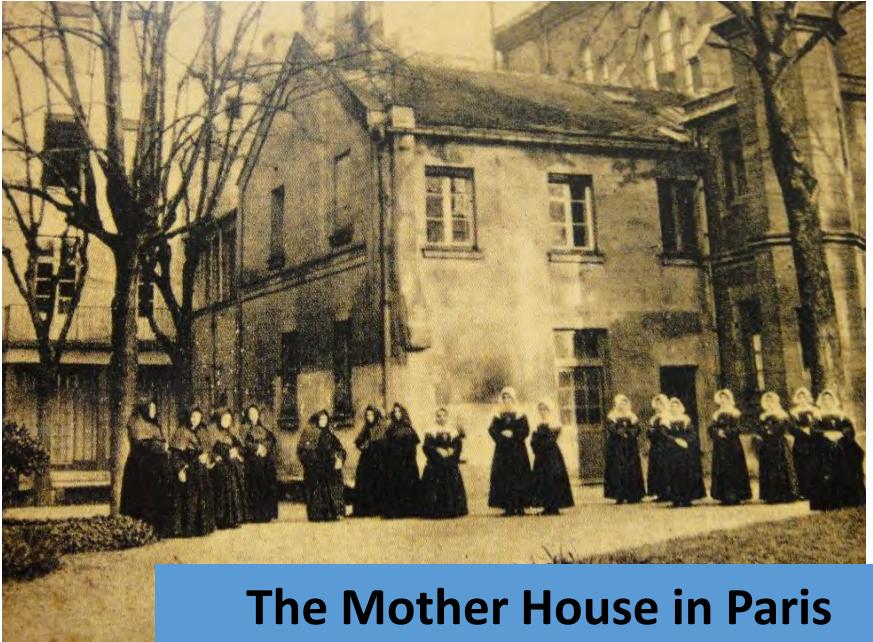


Early Beginnings in Rouen  
The Little Schools

## Our CHIJ Mission



A **Christ-centred community** where all work together for the promotion of **truth, justice, freedom and love**, with special reference to the needs of the persons who are **disadvantaged** in any way.



The Mother House in Paris

# Our CHIJ Journey



## Arrival of IJ Sisters in the Far East



IJ sisters boarding a ship heading eastward

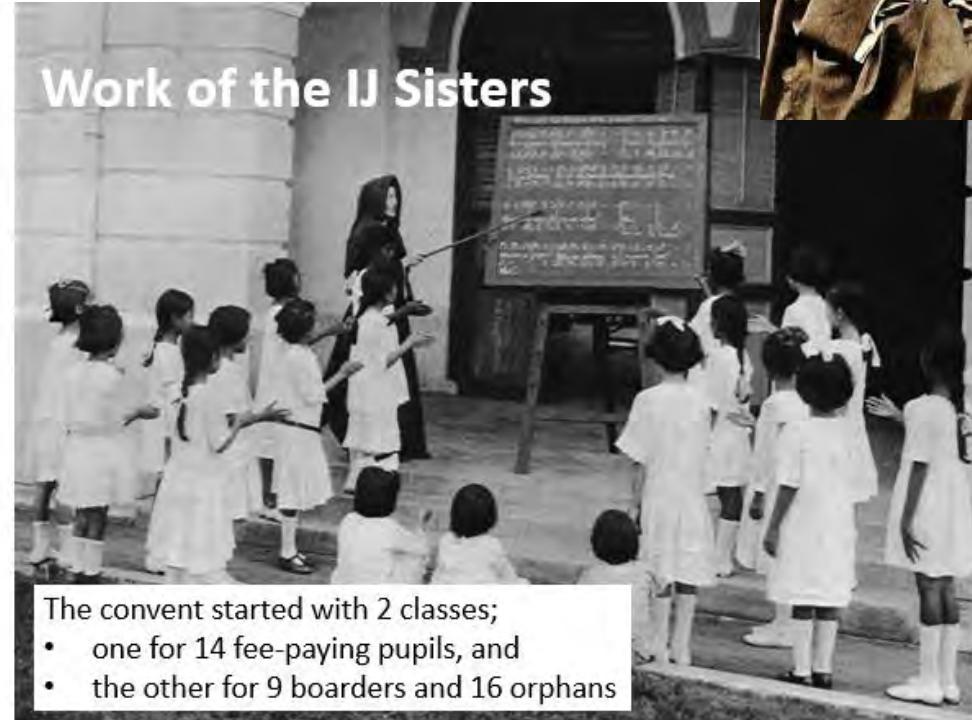
The first group of IJ Sisters arrived in  
***Penang in October 1852.***



Set up first CHIJ School at  
Caldwell House,  
(CHIJMES) Victoria Street



- Form a community of young women for mission.
- For Blessed Nicolas Barre, the Institute of the Infant Jesus sisters had its origin in the very heart of God.
- God's call to commit themselves in mission, giving their services freely and out of pure love to the persons entrusted to their care
- Form a Christ centred community as the inspiration of their lives of commitment.

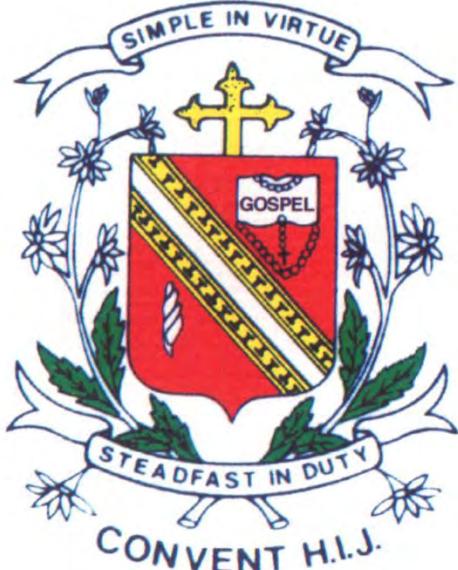


## **MISSION OF CHIJ SCHOOLS:**

1. CHIJ School is a Christ-centred school community where all work together for the promotion of truth, justice, freedom and love, with special reference to the needs of persons who are disadvantaged in any way.
2. An Inclusive Community that believes in the worth and dignity of each person.
3. Well – rounded education to all students.
4. Care and Concern for all.
5. Everyone's unique talents and potential are valued.



# Our CHIJ Motto



In English:  
Simple in Virtue  
Steadfast in Duty

In French:  
Simple Dans Ma Vertu  
Forte Dans Mon Devoir



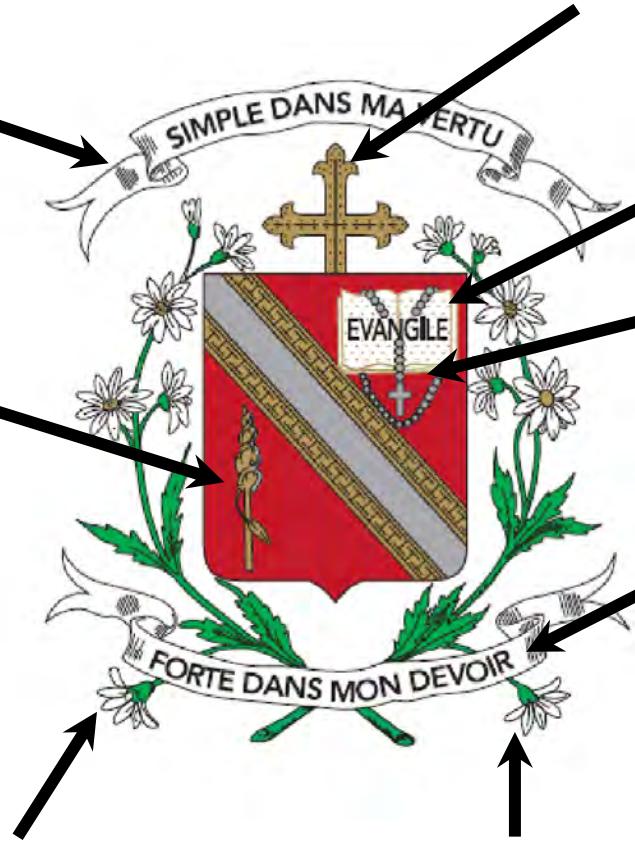
## **SIMPLE IN VIRTUE**

- To be noble in character

inspired by a desire to live according to God's will

## **STEADFAST IN DUTY**

- To show strength of character  
in the commitment of service to others



School Motto

Topped by a gold cross

Distaff  
And  
Spindle

Gospel in gold

Rosary in silver

School Motto

Encircled by a garland of marguerites

# Our School Crest



- The **red** shield symbolises the all-embracing message of love.
- The **Cross** is a reminder that the source of inspiration, dedication and fidelity comes from Christ.
- The **open gospel** and **rosary** express the foundation of faith lived out and the story of the gospel as seen through the eyes of the virgin Mary.
- The **distaff** and **spindle** are the symbols of womanly labour which remind us of the dignity of work.
- The **marguerites** are a symbol of purity and simplicity, characterizing our relationships at every level.

# CHIJ (Katong) Primary Our Journey

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# Our School Theme

1. Being proud of who you are.
2. Building resilience and gratitude.
3. Building self – discipline.
4. Building a strong body and mind.



1. God and Prayer as anchors for challenging times
  2. Gratitude
  3. Service
- 
1. To be of service to all especially the last, least and the lost.
  2. To 'see' others and acknowledge the presence of everyone.
  3. To support those in need, so that no one is ever alone.
  4. To love and be responsible to the environment – class, level, school, home, community.

## Our Vision

**Our Virtues**  
Compassion,  
Self-Discipline,  
Integrity,  
Respect.



**Our Motto**  
Simple in Virtue  
Steadfast in Duty

**From Girls to Women of Grace and Substance**

# From Girls to Women of Grace and Substance

## Grace

1. Simple in virtue
2. Noble in character and in accordance to God's will
3. Respectful of self and community
4. Confident
5. Eloquent
6. Poised and well – mannered



## Substance

1. Steadfast in duty
2. Self – disciplined in the pursuit of knowledge
3. Intelligent
4. Intrinsically motivated to grow self and others
5. Compassionate and Empathetic
6. Principled in morals and values
7. Committed to serve

# **Authentic Learning Experiences to bring about the Joy Of Learning**

**ICT to develop self –  
directed and  
collaborative skills; as  
well as to engage and  
motivate.**



# I BELIEVE I CAN!

Name: \_\_\_\_\_

Some of my best moments

I new thing I have tried

Class: \_\_\_\_\_

I dare to try new thing because...

- I have encouragement from my friends
- I believe I can
- I follow someone's example
- Others \_\_\_\_\_

#Selfie Capture your best moment here

All our dreams can come true if we have the courage to pursue them.  
WALT DISNEY



# GROWTH MINDSET

@ CHIJ (KATONG) PRIMARY

TERM 1  
DARE TO DREAM

TERM 2  
I BELIEVE I CAN

WE HAVE THE GROWTH MINDSET

TERM 3  
I GROW FROM MY MISTAKES

TERM 4  
I AM GRATEFUL FOR MY PAST, PRESENT & FUTURE

# An Empowering Curriculum to develop resilient and future – ready learners.



CHIJ (KATONG (PRIMARY)

## Growth Mindset @ CHIJ (Katong) Primary

GROWTH MINDSET MATTERS TERM 1/ 2023

### WHAT'S IN THIS ISSUE:

- Our Growth Mindset Mantras
- How can I help my child set effective goals?

I will be the best version of myself, pursuing my own definition of success, with confidence resilience and a Growth Mindset.

Everyone can learn anything, improve and achieve any goal with the effort and the right strategies.

Our Growth Mindset Mantras

Term 1 - I dare to dream

Term 2 - I believe I can

Term 3 - I grow from my mistakes

Term 4 - I am grateful for my past, present and future

PAGE 1



**Community Student Leaders who actively contribute.**

**CHIJ (KCP) Girls who have a sense of pride for school and nation.**

**A CHRIST – centered community that embraces all.**



Additional  
Information and  
Support for you

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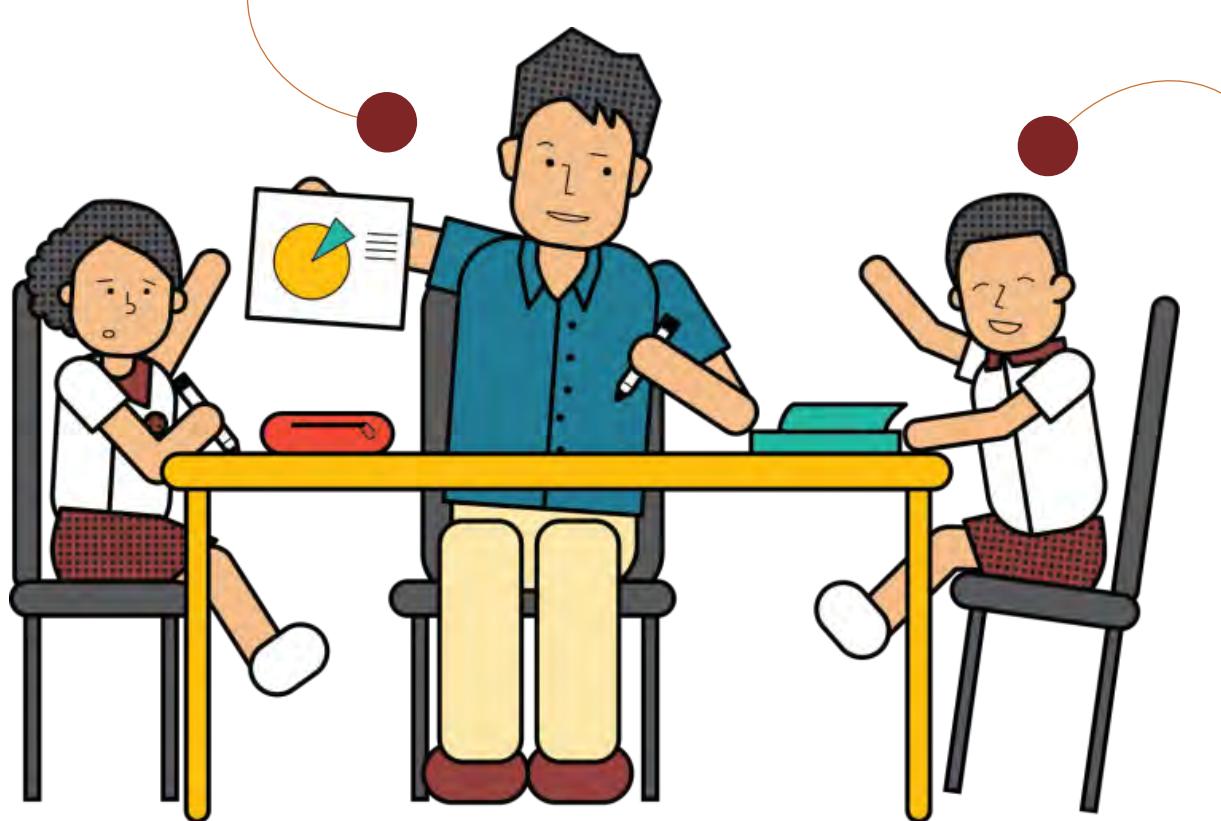
Ministry of Education  
SINGAPORE

# A GREAT START TO PRIMARY SCHOOL



# OVERVIEW

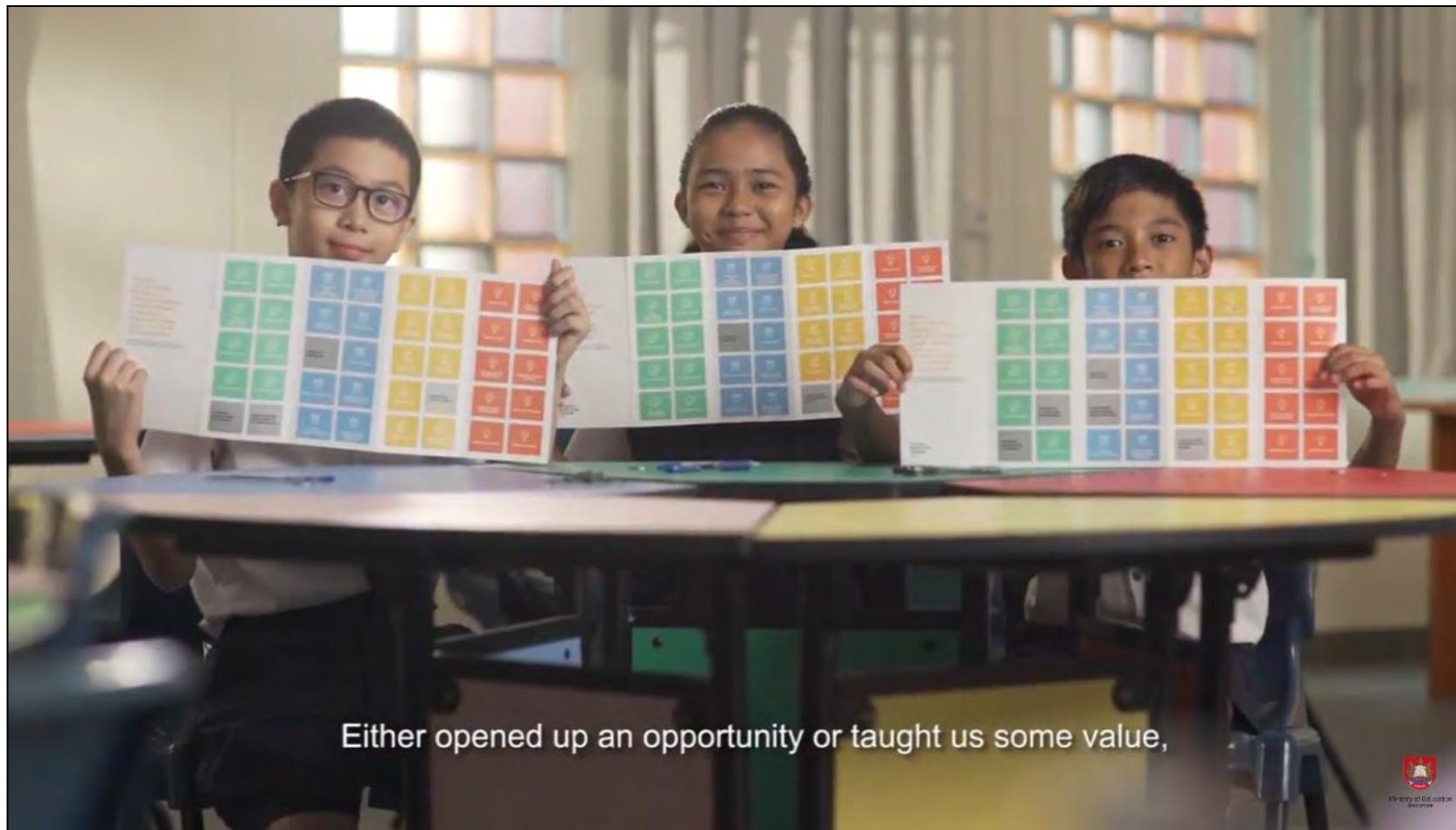
**1** What Is It Like in Primary School?



**3** School-Home  
Partnership

**2** Transition to  
Primary 1

# DEVELOPMENTS IN PRIMARY EDUCATION



Either opened up an opportunity or taught us some value,



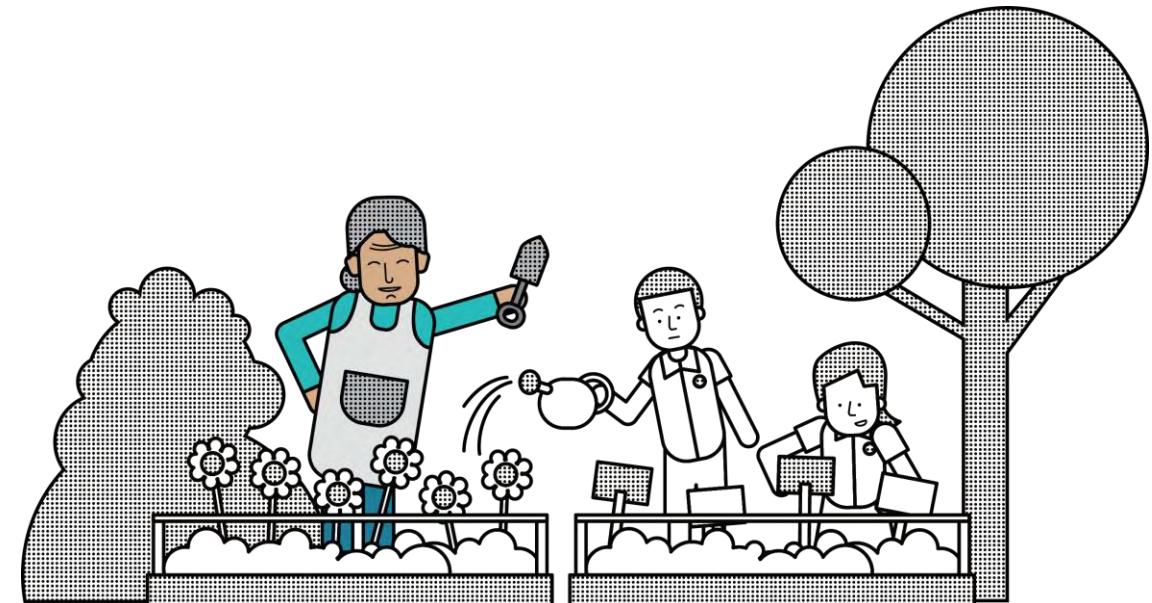
Schools may access the video via:

<https://youtu.be/9paLbNR2zWg>



# WHAT IS IT LIKE IN PRIMARY SCHOOL?

- Laying a strong foundation
- Nurturing well-rounded individuals and passionate lifelong learners
- Providing learning opportunities that recognise their strengths and develop their full potential
- Preparing our children for the future
- Providing a safe learning environment to support our children's well-being



# **WHAT EXPERIENCES WILL MY CHILD GO THROUGH IN PRIMARY 1?**

## **Holistic Development**

- Focuses on building greater confidence and nurturing a stronger intrinsic motivation to learn so as to develop your child's potential.
- Use of a range of assessment types to gather information to support students' learning.
- No examinations and weighted assessments at Primary 1 and Primary 2 to ease your child into formal schooling and to encourage the joy of learning.

# **TRANSITION TO PRIMARY 1**

- Transition is the process in which a child moves into a new environment
- For example, when a child moves from preschool to primary school, a child has to adapt to an unfamiliar setting
- A smooth transition occurs when your child:
  - feels safe and comfortable in their new environment
  - is able to manage the daily challenges of school life
  - can reach out to teacher and/or peers for support when needed

# TRANSITION TO PRIMARY 1

When your child enters primary school, their experience will include:

New friends and  
teachers



New routines

New learning environment

# HOW CAN I PREPARE MY CHILD FOR PRIMARY 1?

**In primary school, your child will be equipped with skills to:**

- adjust to a larger learning environment
- interact with more peers and teachers
- adapt to longer school hours
- become more independent and responsible



**Schools may access the video via:**  
<https://go.gov.sg/transition-to-primary1>

# HOW CAN I SUPPORT MY CHILD THROUGH THE TRANSITION?

- **Support** your child and encourage them to overcome challenges with you
- **Affirm** your child by recognising small successes and praising their efforts
- **Familiarise** your child by easing them into new routines and sharing with them your experiences in primary school
- **Empathise** with and acknowledge your child's feelings



**Supporting your child's transition through Primary 1**

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

The infographic is titled "Supporting your child's transition through Primary 1" and aims to build a caring home environment to nurture the social and emotional skills of your child using S.A.F.E. tips. It features a central illustration of a family (a father, a mother, and a young child) and is divided into four main sections: SUPPORT, AFFIRM, FAMILIARISE, and EMPATHISE. Each section contains specific tips and examples:

- SUPPORT:**
  - Commit some time every weekend to play games and have fun together.
  - Visit places or take part in events that both of you enjoy.
  - Encourage your child to make new friends.
  - Try out FTGP\* Family Time activities.
- AFFIRM:**
  - Encourage your child when he makes observations. E.g. Say "That's interesting!" and ask why he/she said that.
  - Recognise small successes. E.g. Say "You've made another new friend in class - well done!"
- FAMILIARISE:**
  - Find out what primary schools have in store for students these days.
  - Do practical things to ease your child into new routines. E.g. Plan daily routines together; teach your child new habits like packing his/her bag.
- EMPATHISE:**
  - Teach your child words that describe feelings.
  - Acknowledge your child's emotions. E.g. "It's okay to feel anxious about starting school."
  - Understand your child's needs. E.g. Start bedtime early. Children need a lot of sleep.

\*Form Teacher Guidance Period

**Spend Time Chatting. Use T.A.D.**

**Talk**  
Talk about fond memories of your own school days.  
E.g. What you did in Primary One; kind teachers and cheeky classmates you had.

**Ask**  
Ask about his/her thoughts and feelings about the school.  
E.g. FTGP activities; when he/she felt happiest.

**Discuss**  
Discuss together what can be done if he/she has worries at school.  
E.g. Explore how people deal with conflicts.

**QUICK TIPS**

- Listen without interrupting.
- Nod your head and ask questions to show interest and affirmation.

These tips may be used with children of other ages too, it depends on each child's needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

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SINGAPORE

# 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)

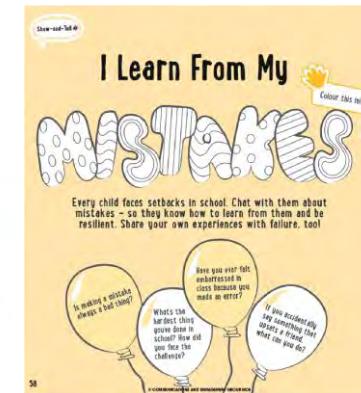


# WHAT DOES MY CHILD NEED AT PRIMARY 1?

- Learning at Primary 1 should be exciting and fun for your child.
- Some skills that parents can support children in developing are:
  - Relating to others
  - Developing good habits
  - Nurturing positive learning attitudes
  - Encouraging children to learn from their mistakes



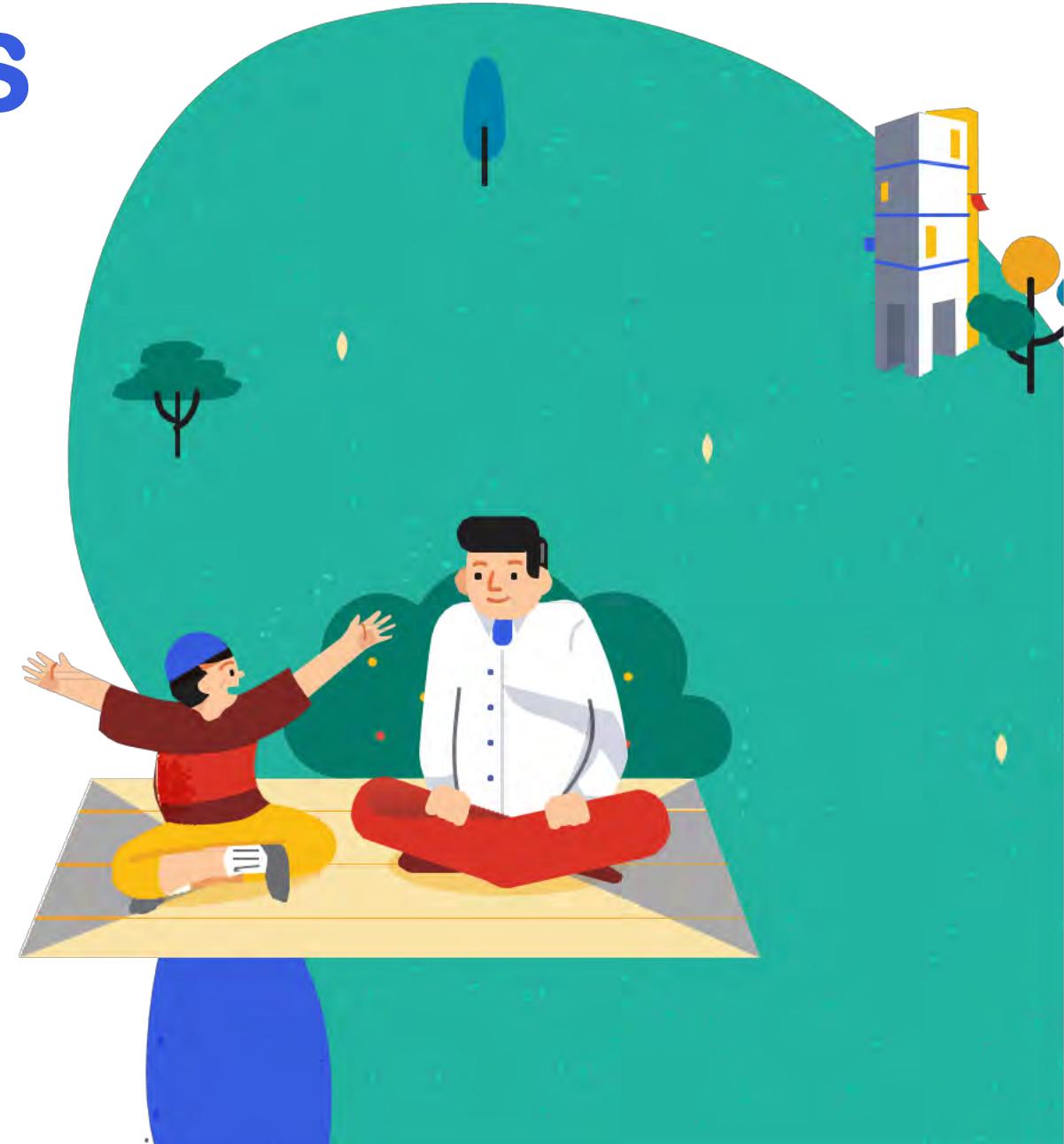
Refer to Tip 6 of Parent-Child Activity Book for an activity to encourage children to learn from their mistakes.



# RELATING TO OTHERS

**Build your child's interpersonal skills by:**

- modelling the use of friendly and polite phrases
  - “Hello! My name is...What is your name?”
  - “May I please...”
- providing opportunities for your child to share and take turns during playtime with other children



# DEVELOPING GOOD HABITS

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

**Guide your child to do the following independently:**

- Practise pre-bedtime routines to have at least 9 hours of sleep
- Dress themselves
- Buy food at the canteen
- Make healthy food choices
- Pack their bag
- Wash their hands
- Take their temperature using a thermometer

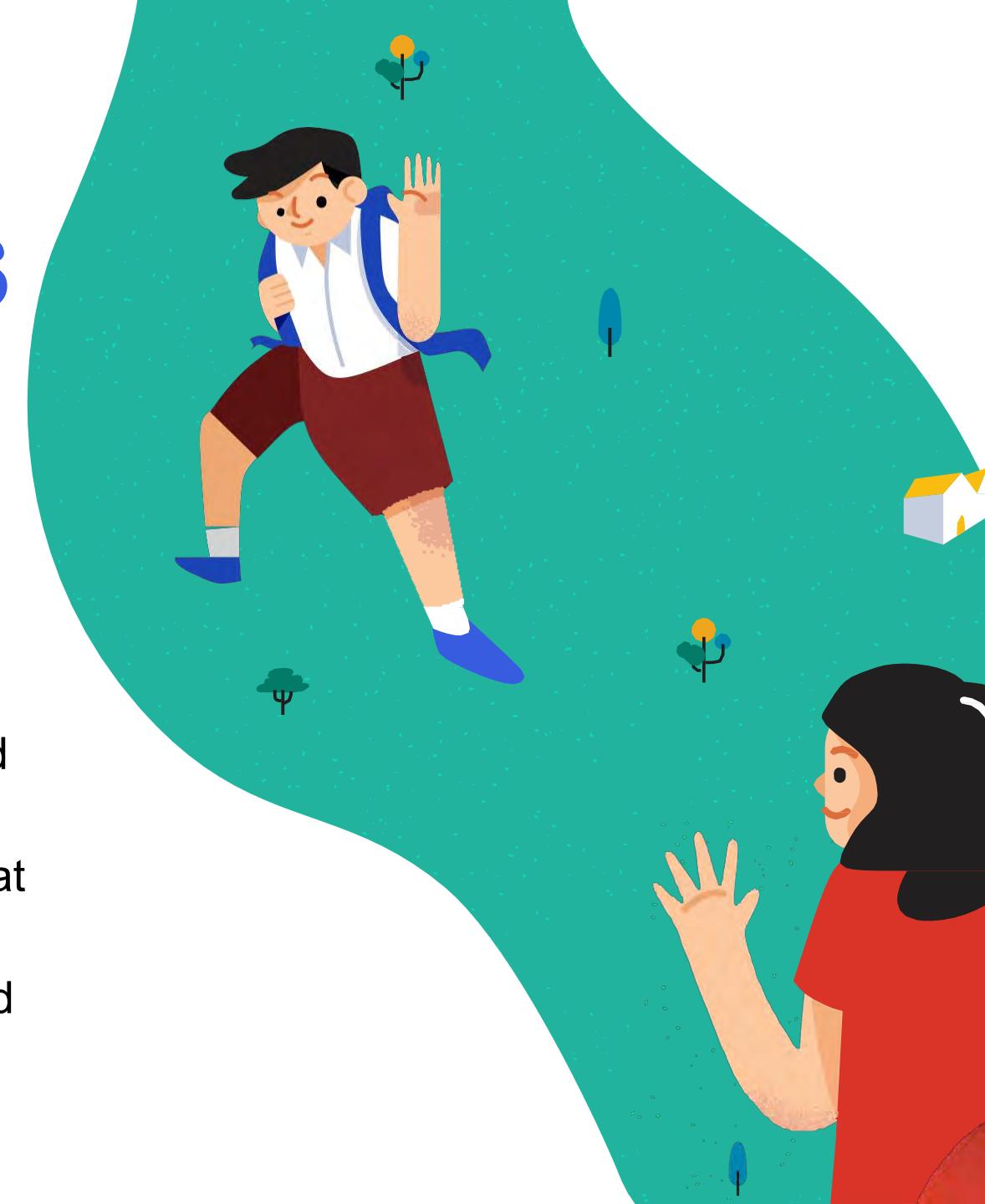


# NURTURING POSITIVE LEARNING ATTITUDES

**Developing the right learning attitude will help your child learn better.**

**You can encourage your child to:**

- ask questions about their experiences and the world around them
- express their thoughts and feelings and discuss what can be done if they have worries
- practise life skills independently like buying food and drinks on their own, and asking for permission



# SCHOOL-HOME PARTNERSHIP

Our children do best when schools and parents work hand in hand to support them.



# SCHOOL-HOME PARTNERSHIP

**1** Knowing  
your child



**2** Developing your child

**3** Building  
partnership with  
the school

# KNOWING YOUR CHILD

## Understand your child's strengths and interests.

- Work with your child's teachers to understand their strengths, interests and development in academic and non-academic areas
- Ask your child about their thoughts and feelings regarding school



# DEVELOPING YOUR CHILD

**Partner the school in the social-emotional learning and holistic development of your child.**

- Allow your child to develop independence
- Encourage your child to participate in school activities
- Talk to your child regularly about values and nurture their interest in learning
- Affirm your child by recognising their efforts
- Teach your child effective ways to manage their challenges and stressors



*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*

# BUILDING PARTNERSHIP WITH THE SCHOOL

**Maintain regular communication through official school channels.**

- Have regular conversations with teachers in both academic and non-academic areas - this will help you better guide your child's development
- Ask the teachers for the best way and time to contact them



# SOME QUESTIONS YOU MAY HAVE...



Reading is a habit that we can build.

## Interest your child in reading

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work

You can encourage your child for any effort in learning to read. Most importantly, reading should be a fun learning process.

# SOME QUESTIONS YOU MAY HAVE...

**My child takes so long to complete her work. Will she fall behind?**



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Children pick up time management at a different pace and can improve with help.

## Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them
- If you notice any learning issues, do reach out to the school early

**Be specific about how much time they should spend on the work, and what time they should complete the work.**

# SOME QUESTIONS YOU MAY HAVE...



Asking for help may not seem obvious to a child.

## Teach your child how to ask for help

- Here are some steps you may teach your child:
  - **Step 1:** Look for someone who can help
  - **Step 2:** Check if that person has the time to help; if not, look for another suitable person
  - **Step 3:** Share what the problem is and how they feel
  - **Step 4:** Listen carefully to the advice given
  - **Step 5:** Thank the person for the help

Practise with your child how to ask for help. Remember to affirm them for their efforts.

# SOME QUESTIONS YOU MAY HAVE...



Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

## Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat
- If you worry that your child is not eating at all, discuss with your child's teacher

**Remind your child that eating during recess is important as it helps them with the physical energy to continue focusing and learning in class.**

# Home – School Partnerships



A strong  
partnership to  
develop  
Women of Grace  
and Substance

# 1. Let them fail and Learn

Prepare them for the test of life, not a life of tests.



## 2. Let them fall

It is part and parcel of growing up.



# 3. Let them Forget

If they forget, they forget.



# 4. Let them be children

A child who can be herself is a happy child.



## **Our Parents A supportive and mutually – beneficial relationship**

The home and the school represent two of the most critical support systems for our girls.

Having a strong partnership between home and school is associated with many positive student outcomes (academic, behavioral, and emotional well-being).

Likewise, our teachers can do their best work when there is trust in them and the school.



# PARENTS GATEWAY RESOURCES



Schools may access the video via:  
<https://youtu.be/PCM5o8jAncc>



Schools may access the video via:  
<https://youtu.be/tW9jwyuvOo>



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Every Parent's Buddy: The Parents Gateway app  
23 AUG 2022

5 reasons to sign up for the Parents Gateway app if you haven't done so already.

Related

Every Parent's Buddy: The Parents Gateway app

Strengthening Community Ties Through Social Media

GO.gov.sg

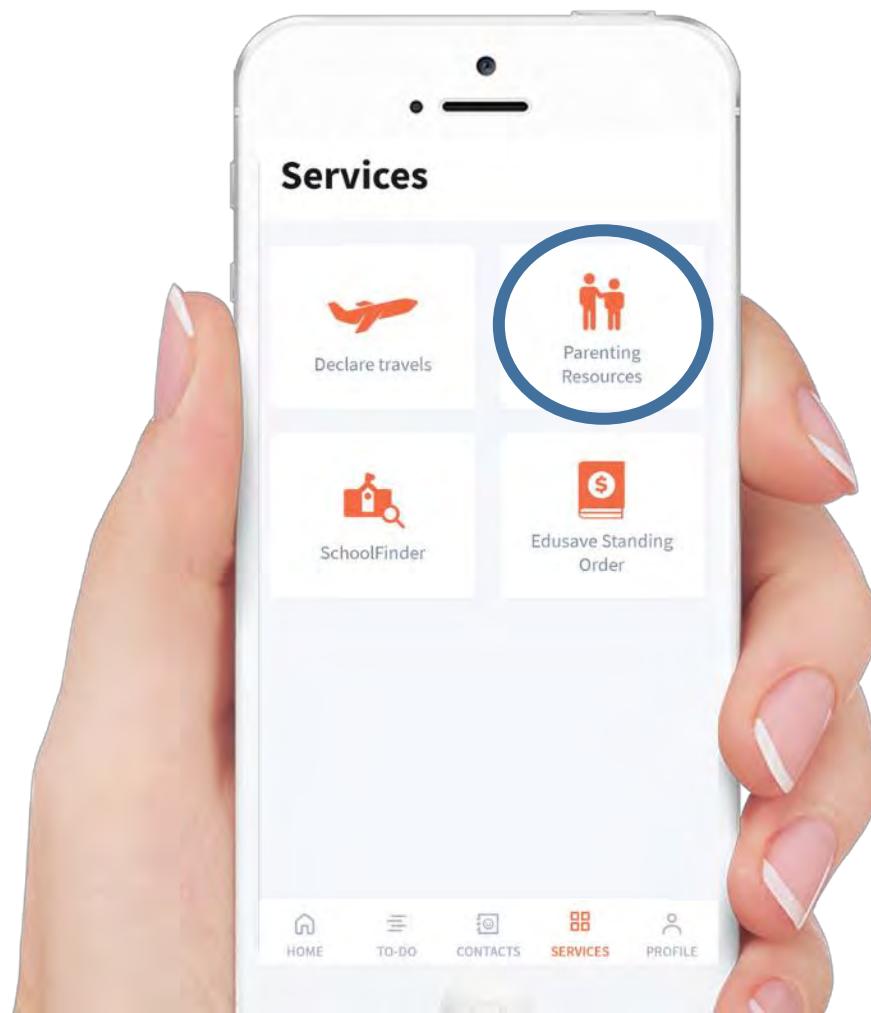
<https://go.gov.sg/every-parents-buddy-the-parents-gateway-app>



# ONLY ON PARENTS GATEWAY! A ONE-STOP PORTAL OF RESOURCES

## Parenting Resources repository

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



< Education Stages

Pre-school Preparing for Primary 1 Lower Prima

13 resources available

**P1 cheat sheet: How to pick and pack your schoolbag**

Thu, 2 December 2021

Learn how you can guide your Primary 1 child to pick and pack their schoolbag.

**PARENT KIT**

**Starting Your Primary 1 Journey**

Your child will be reaching another milestone going into Primary 1 soon.



Find out more about Parents Gateway here.

# WHAT'S AVAILABLE ON THE REPOSITORY?

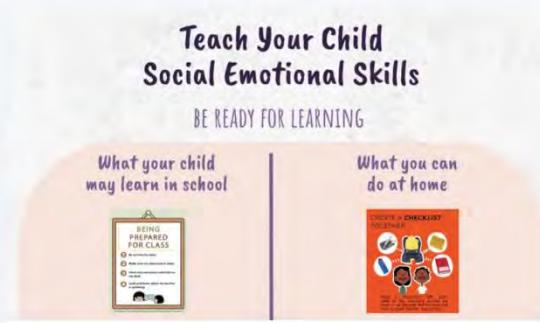


Fri, 23 September 2022

[Preparing for P1 - PDF] Supporting Your Child Through the Primary 1 Journey

Click to download or view this issue on preparing your child for P1.

Find out what your child really needs for Primary 1.



Mon, 18 October 2021

[PDF] Social skills to prepare your child for Primary 1

Click to download or view this resource to learn how you can help your child learn social skills.



Mon, 23 August 2021

Are you over-preparing your child for P1?

Learn how overpreparing your child may hinder learning.



Wed, 15 December 2021

[NLB] LearnX Reading - Primary

Create fun experiences for your child to discover the joy of reading.

Help develop your child's social and emotional skills by referring to this infographic

Are you over-preparing your child for primary school?

How to cultivate the love for reading? Check out resources from the National Library Board.

# WE ARE HERE TO SUPPORT YOU!



## Parent Kit

[www.moe.gov.sg/parentkit](http://www.moe.gov.sg/parentkit)

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.

**Parent Kit**



**SCHOOLBAG**  
THE EDUCATION NEWS SITE

## Schoolbag.edu.sg

[www.schoolbag.edu.sg](http://www.schoolbag.edu.sg)

Through articles and multimedia content, Schoolbag provide parents and general public with information and insights related to education, tips for parent involvement and features on school programmes.

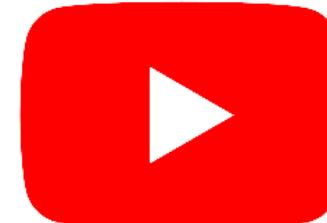
# WE ARE HERE TO SUPPORT YOU!



[www.instagram.com/moesingapore](https://www.instagram.com/moesingapore)



[www.facebook.com/moesingapore](https://www.facebook.com/moesingapore)



[www.instagram.com/parentingwith.moesg](https://www.instagram.com/parentingwith.moesg)

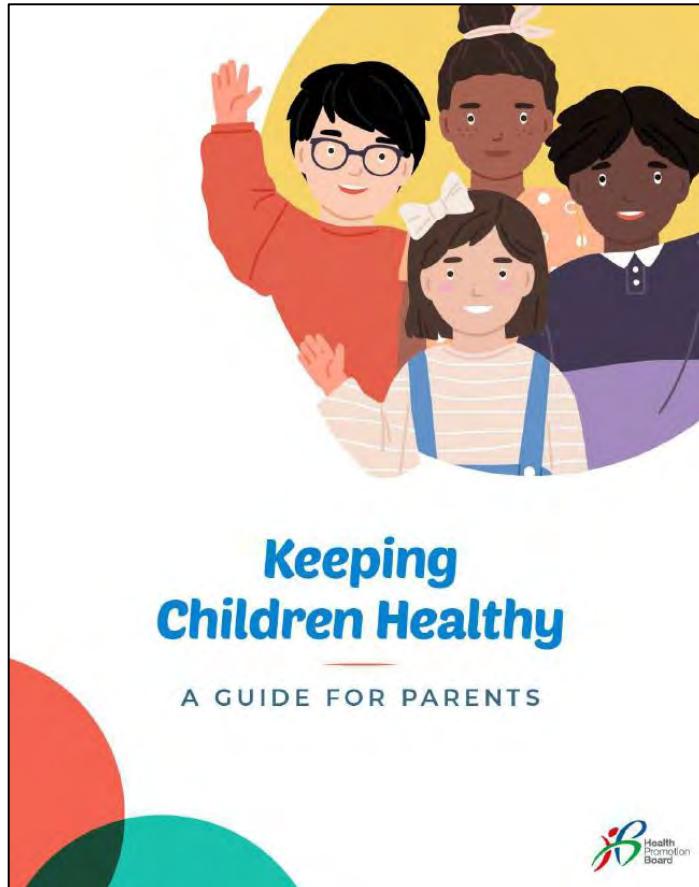


[www.youtube.com/moespore](https://www.youtube.com/moespore)

# WE ARE HERE TO SUPPORT YOU!



## KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



**Is your child transitioning to P1?**

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:

The first bowl (spaghetti and meat) has a red 'X' below it, indicating it's not well-balanced. The second bowl (ramen with meat and vegetables) has a green checkmark below it, and the third bowl (rice with vegetables) also has a green checkmark below it, indicating they are well-balanced meals.



Edition 1



Edition 2



Edition 3

# WE ARE HERE TO SUPPORT YOU!

NEW

## FAMILY VALUES CARD GAME

*Developed by Families for Life, in partnership with the Ministry of Education*

- Designed for parent-child bonding and provide opportunities to discuss about family values as a family
- Families can learn how to play the game by scanning the QR code on the game box
- Parents are encouraged to make use of the conversation starters included in the rulebook to engage children in understanding and demonstrating the family values of **love, care and concern, commitment and respect**

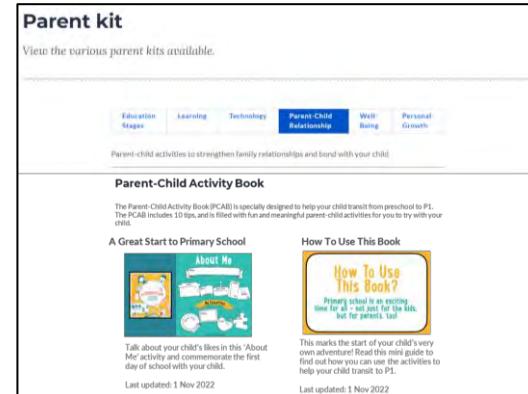


# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## PARENT-CHILD ACTIVITY BOOK (DIGITAL)

**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



# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## How To Use This Book?

Primary school is an exciting time for all – not just for the kids, but for parents, too!

In this book, you'll find 10 tips for parents – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!



Use an application and allow your child to doodle on it!

## Activities Inside Include:

### →→→ Pledge ←←←

Make promises and keep them



Boost

Every child needs encouragement



Thank

Show gratitude. It's a great habit.



Create

Make something awesome together



Practise

Get familiar with new routines



Show-and-Tell \*

Keep that conversation flowing

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page.

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**Great Ideas  
For A Great  
Adventure**

Paste a sticker after you complete each tip!  
Stickers can be downloaded from <https://www.moe.gov.sg/parentkit>

**Before school starts!**



Tip 1: Get Ready For School  
pg 8 - 16  
Dec - before school starts!

Tip 2: Practise Routines  
pg 17 - 28  
Dec - before school starts!

**During term time!**



Tip 3: New Places, New Faces  
pg 29 - 38  
Jan - first week of school

Tip 4: We Can Do This, Together!  
pg 39 - 48  
Feb - when learning gets more serious

Tip 5: Show Interest In Your Child  
pg 49 - 56  
Mar - holidays!

Tip 6: Time To Let Go!  
pg 57 - 68  
Apr - start of Term 2

Tip 7: Team Up With Teachers  
pg 69 - 78  
May - before and after the Parent-Teacher Meeting!

Tip 8: Every Child Is Unique  
pg 79 - 86  
May - before and after the Parent-Teacher Meeting!

Tip 9: Be A Great Role Model  
pg 87 - 96  
Jun - holidays!

Tip 10: Let's Help Out At Home  
pg 97 - 104  
Jun - holidays!

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**TIP 2**



## Practise Routines

Building good habits helps your child cope with the many new things they will encounter this year.

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

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# Thank you!

