



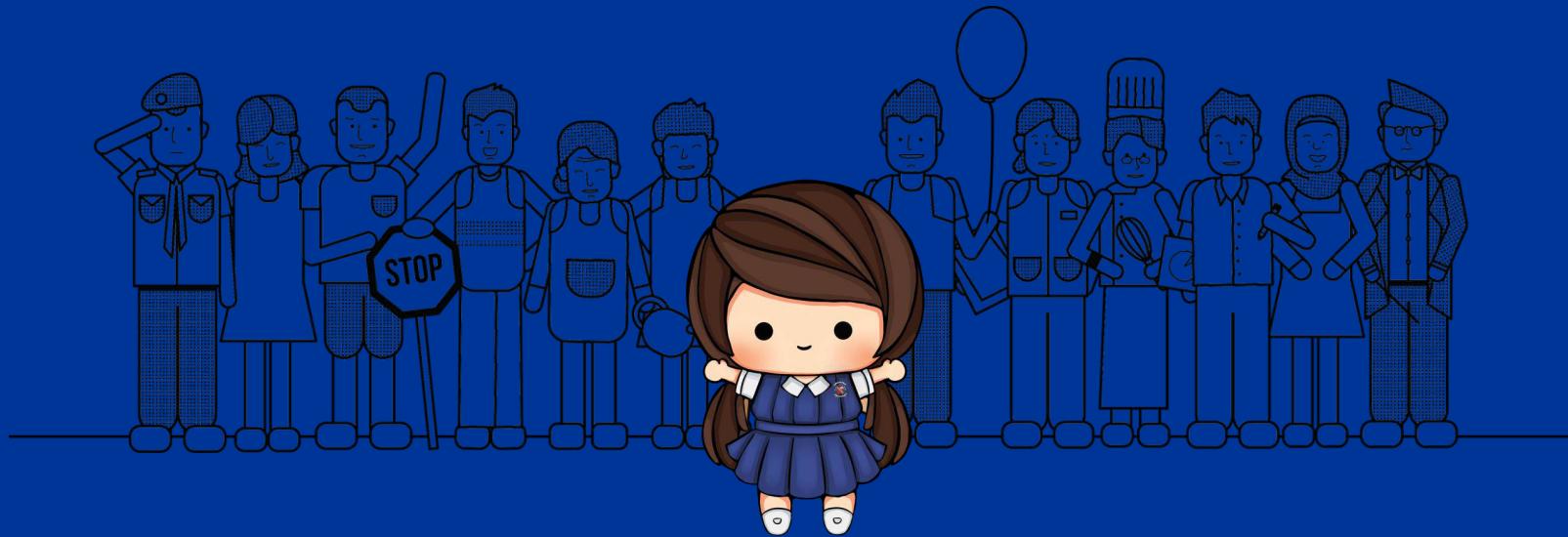
Sec 1 Parents' Meeting

9 January 2026

CONVENT OF THE HOLY INFANT JESUS
SECONDARY



A new journey ahead...



CONVENT OF THE HOLY INFANT JESUS
SECONDARY



The IJ Experience



Oldest Catholic Girls' School

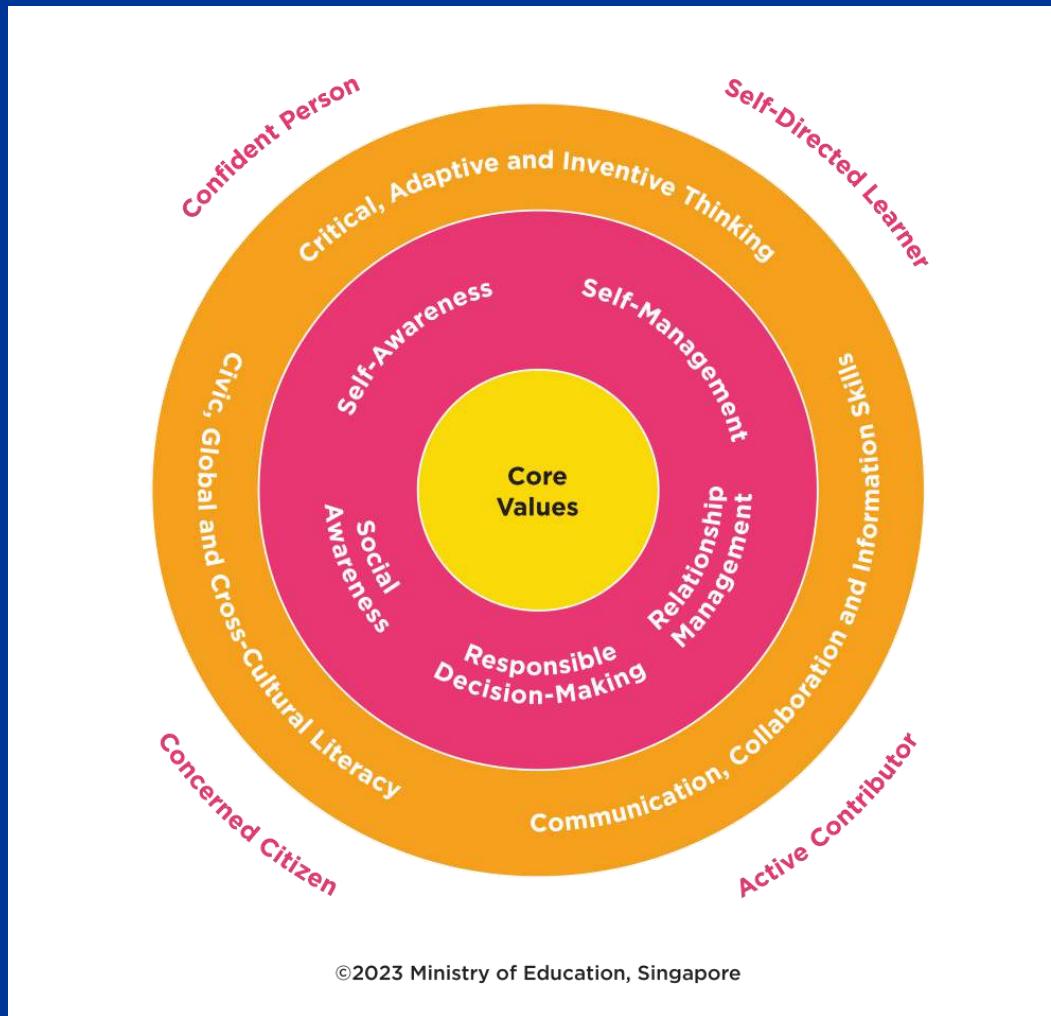
Established in 1854 at Victoria Street

**Mother school of the CHIJ family
(11 IJ Schools in Singapore)**

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



The IJ Experience



**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



The IJ Experience

The Five Marks of a Catholic School



1. Inspired by
God's Vision



2. Founded on a
Christian
Anthropology



3. Animated by
Communion and
Community



4. Imbued with a
Catholic Worldview



5. Sustained by
Gospel Witness



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SECONDARY



The IJ Experience

Spiritual & Character Development

Sacramental Life	<ul style="list-style-type: none">- Weekly Friday Eucharist in school chapel at 6.55am- Whole-school Masses for major occasions and feast days- Reconciliation during Lent
Prayer Integration	<ul style="list-style-type: none">- Daily prayers at morning assembly and end of school day- Legion of Mary praesidium leading morning prayer services- Prayers offered before examinations
Religious Education	<ul style="list-style-type: none">- RE lessons for Catholic students, covering Christian living, Scripture, Church teachings, and Saints' as role models
Retreats & Camps	<ul style="list-style-type: none">- Annual Faith Aflame! day camp for upper secondary Catholic students- Level retreats and self-awareness camps for all students



The IJ Girl

THINKER, LEADER, COMMUNICATOR

IJ Values

- Compassion
- Humility
- Integrity
- Perseverance
- Faith



IJ Motto

Simple in
Virtue

Steadfast in
Duty

Transition to Secondary School

CONVENT OF THE HOLY INFANT JESUS
SECONDARY



Changes to Manage

Physical/Cognitive:

- Increased load:
 - Number of subjects
 - New subjects
 - Longer school hours
 - Higher commitment due to CCAs and other activities
- Sleeping patterns may change

Your support:

- Set boundaries and clear expectations together e.g. school and home rules and expectations
- Teach them to self-organise and manage their time with clear routines
- Understand her strengths, interests and development in academic and non-academic areas
- Praise her efforts and recognise small successes beyond academic results



Changes to Manage

Socio-Emotional:

- Growing independence and sense of self
 - Talk less
 - Question more
 - Need for privacy

Your support:

- Stay present and available; independence doesn't mean she doesn't need you
- Empower her to be more independent in managing herself and school work
- Keep communication open
 - Listen more, lecture less
 - Don't overreact
 - Focus on understanding



Changes to Manage

Socio-Emotional:

- Emotional changes
 - Mood swings
 - Stress triggers
- Increased importance placed on peer relationships and influence

Your support:

- Be patient and reassuring
- Focus on gratitude
- Talk about challenges faced and engage in healthy coping strategies together
- Encourage her to be open to new friends and experiences
- Encourage her to seek help when needed



Self-determination Theory (Ryan and Deci)



AUTONOMY

Feeling a sense of choice and control



COMPETENCE

Feeling like you're good at something



RELATEDNESS

Feeling connected to other people

MOTIVATION, ENGAGEMENT, AND
INCREASED WELL-BEING

School-Home Partnership

1 Knowing your child

2 Developing your child

3 Keeping in touch with the school



Respectful Communication

Foster kind words and actions between parents 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.

Role Models

Show our children the skills and values they need for life



- Practise gratitude and find joy in everyday experiences with our children.
- Instil confidence by encouraging responsibility and believing in each child's abilities.
- Model good values in words and actions, at school and at home.

Real Connections

Cultivate strong relationships and healthy habits in this digital age



- Build strong bonds through shared experiences and meaningful conversations.
- 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.

MOE's Guidelines for School-Home Partnership

Keeping in Touch with the School

- **School Website** and official social media account
- **Parents Gateway (PG)** for announcements and consent forms and resources
- **School Events**
 - Sec 1 Parents' Talk (Orientation) & Campfire
 - Parent-Teacher Meetings
 - Briefings (e.g. CCA, Subject Allocation)
 - Others (e.g. Honours Day, Graduation Ceremony)
- Parent Support Group (PSG)
- **Keep in contact with school teachers via email (7am to 5pm)**



Working in partnership to develop your child, our student



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SECONDARY**



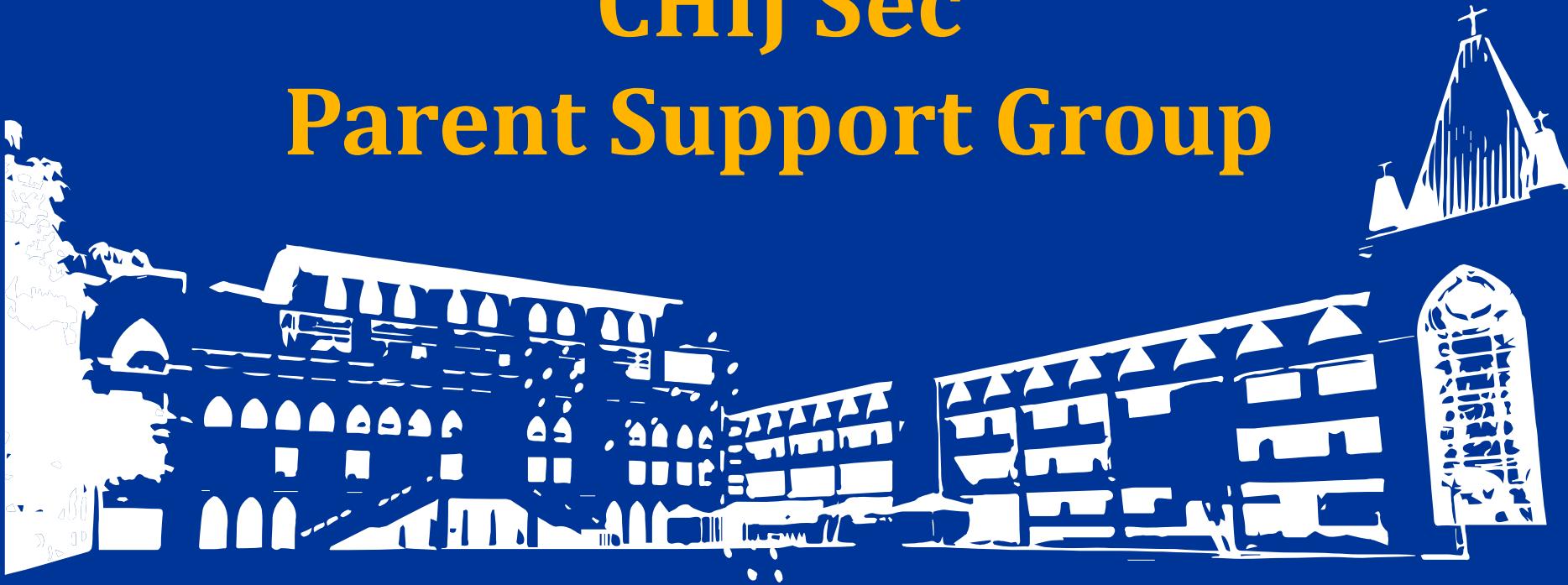


“Whatever happens, be always at peace and trust in God. What you experience will be in proportion to your faith, your hope and your love, and even more abundantly than that.”

Blessed Nicolas Barré

Welcome to the IJ Family

CHIJ Sec Parent Support Group



CONVENT OF THE HOLY INFANT JESUS
SECONDARY



PSG EXCO 2026

PSG Exco (1 of 1)



Ms Jenevieve Tan
Chair



Ms Charmaine Ong
Vice-Chair



Ms Stacy Lim
Communications



Mr Christian Huber
Pastoral



Ms Lew Chee Ling
Treasurer



Ms Nofi Bong
Member

IJ Secondary Parent Support Group (PSG)

- The PSG works closely with the school to foster a warm and supportive environment for our girls.
- We support a wide range of activities throughout the year to strengthen bonds between the students, parents and school.
- Some activities include celebrating Mother's Day, Children's and Youth Day where the PSG give treats to the girls, the annual Cross Country and IJ Fiesta.
- Bake Sale - proceeds for this sale help to support all our activities throughout the year.
- Prayers for our N and O Level students

Cross Country @ Bishan Park



Celebrating Children's Day



Valentine's Day



Youth Day



Racial Harmony Day



CHIJ Fiesta 2025



M O T H E R ' s D A Y



Bake Sale





PSG II Prayers for N and O Levels

Faith and Pastoral Life IJ Secondary

The PSG works alongside the school to support its Faith-driven initiatives

Pastoral care is integrated into daily school life

- Reinforcing values taught in school.
- Students pray **every morning**
- **Weekly Chapel Mass** every Friday morning during school terms.
- **Special Masses** held throughout the school year

classes

Building Community

- Opportunities for parents and students to journey together in faith

Supporting Students

- Prayer support during key moments (e.g. exams)
- Faith activities that complement school programs
- Encouraging participation through Houses and

Power of Praying Parents

- Weekly Reflections and Prayers throughout the School Year and communications (WhatsApp Catholic Chat Group).
- Monthly online prayer sessions for parents.



PSG Pastoral 2025

Supporting Faith in Everyday School Life



Scan the QR code to join our PSG and Pastoral Group



CHIJ Sec PSG Registration



Pastoral Group Registration or go to this link
<https://tinyurl.com/4fz6myjp>

CHIJ Staff



**Year Head
(Lower Secondary)**
Mr Francis Yap



**Assistant Year Head
(Lower Secondary)**
Mrs Tivona Low-Chelliah

CHIJ Staff

- Works closely with Form Teachers of classes
- Coordinates the well-being of students in the level
- Assists in specific needs of students
- Monitors student's academic performance to ensure steady progress throughout the two-year lower secondary block.



ACADEMIC MATTERS

CONVENT OF THE HOLY INFANT JESUS
SECONDARY



Contact Time with Form Teachers

0740-0800

Daily contact time with
Form Teachers - TLC/IJ
Cares / JoR – Joy of
Reading

				1-L																						
				Mon, Singapore				Tue, Singapore				Wed, Singapore				Thu, Singapore				Fri, Singapore						
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
		7:40 8:00	8:00 8:20	8:20 8:40	8:40 9:00	9:00 9:20	9:20 9:40	9:40 10:00	10:00 10:20	10:20 10:40	10:40 11:00	11:00 11:20	11:20 11:40	11:40 12:00	12:00 12:20	12:20 12:40	12:40 13:00	13:00 13:20	13:20 13:40	13:40 14:00	14:00 14:20	14:20 14:40	14:40 15:00	15:00 15:20	15:20 15:40	15:40 16:00
Mo	TLC	Audrey Poon / Lionel Fooing / Daphne Chia Yip Lai Yee / Leow Chen Yen	G Sci	Recess (LS)	Amen Ho / Kiang Bee Hong		Agnes Leong		PE 2		Walter Ong / Lin Peng Tang / Melati Cheng Wei / Ley Woon Tong / Jessie Goh Kwong Yit / Li Zhenqiong / Wang Wei Phoebe Maitra / Kristina Madeline Sankar Wu Zexuan / Zhang Weiqian		Jean Ng / May Cheng / Agnes Leong Audrey Poon / Lionel Fooing / Daphne Chia Yip Lai Yee / Leow Chen Yen		Math		Melanie Tay / Lee Xiu Ping / Reginald Tomasz Przybecki / Jay		Math		EL		Zhang Shuhuan			
Tu	IJ Care S	Brian Ho / Devoree / Susanna Ng Gai101, Gai102	D&T/FCE	Jason Ng / May Cheng / Agnes Leong Andy Poon / Lionel Fooing / Daphne Chia Yip Lai Yee / Leow Chen Yen		Math		Recess (LS)		Geog		Geoffrey Vassell / Claudia Ng / Melati Cheng Wei / Ley Woon Tong / Jessie Goh Kwong Yit / Li Zhenqiong / Wang Wei Phoebe Maitra / Kristina Madeline Sankar Wu Zexuan / Zhang Weiqian		Geoffrey Vassell / Claudia Ng / Melati Cheng Wei / Ley Woon Tong / Jessie Goh Kwong Yit / Li Zhenqiong / Wang Wei Phoebe Maitra / Kristina Madeline Sankar Wu Zexuan / Zhang Weiqian		Lit		EL		Melanie Tay / Lee Xiu Ping / Reginald Tomasz Przybecki / Jay						
We	TLC	Math	Recess (LS)	Hist		G Sci		Study Break		CL/ML/TL		Audrey Poon / Lionel Fooing / Daphne Chia Yip Lai Yee / Leow Chen Yen		Audrey Poon / Lionel Fooing / Daphne Chia Yip Lai Yee / Leow Chen Yen		CL/ML/TL		Assembly								
Th	JoR	Mervin Leung G104	Drama	Lit		Recess (LS)		G Sci		Hist		Audrey Poon / Lionel Fooing / Daphne Chia Yip Lai Yee / Leow Chen Yen		Under Chai / Yeo Ying / Street Leong Tomasz Przybecki		Melanie Tay / Lee Xiu Ping / Reginald Tomasz Przybecki / Jay		EL								
Fr	JoR	PE (LS)		Music		Recess (LS)		Math		Geog		Study Break		CL/ML/TL												

Timetable generated: 29/12/2025

aSc Timetables

Character Education Programme



CONVENT OF THE HOLY INFANT JESUS

SECONDARY

Timetable Matters

L1 - Higher Mother Tongue

1-L

CHIJ Secondary (Toa Payoh), Singapore

R201

	1 7:40 8:00	2 8:00 8:20	3 8:20 8:40	4 8:40 9:00	5 9:00 9:20	6 9:20 9:40	7 9:40 10:00	8 10:00 10:20	9 10:20 10:40	10 10:40 11:00	11 11:00 11:20	12 11:20 11:40	13 11:40 12:00	14 12:00 12:20	15 12:20 12:40	16 12:40 13:00	17 13:00 13:20	18 13:20 13:40	19 13:40 14:00	20 14:00 14:20	21 14:20 14:40	22 14:40 15:00	23 15:00 15:20	24 15:20 15:40	25 15:40 16:00
Mo	TLC <i>Audrey Poon / Lionel Foong / Daphne Chia Yip Lai Yee / Leow Chen Yen</i>	G Sci <i>John</i>	Recess (LS)	Art <i>Rein</i>	PE 2 <i>Frit</i>	CL/ML/TL <i>G101, M102, S101, J101, J301</i>	Math <i>M002</i>	EL <i>J001</i>	Zhang Shiqian																
Tu	IJ Care S <i>Brian Ho / Devon / Suzanne Ng</i>	D&T/FCE <i>Ga101, Ga102</i>	Math <i>M002</i>	Recess (LS)	Math <i>G102, R102</i>	Geog <i>R102, R103</i>	Lit <i>J001</i>	EL <i>J001</i>																	
We	TLC <i>Jason Ng / May Cheng / Agnes Koh Andy Peh / Siti Nurhaliza</i>	Math <i>M002</i>	Recess (LS)	Hist <i>J001</i>	G Sci <i>J001</i>	Study Break <i>CL/ML/TL G101, M102, S101, J101, J301</i>	Assembly <i>J001</i>																		
Th	JoR <i>Marius Liang</i>	Drama <i>R104</i>	Lit <i>R105</i>	Recess (LS)	Audrey Poon / Daphne Chia / Lionel Foong / Yip Lai Yee / Leow Chen Yen <i>Ga202, Ga302, J301</i>	G Sci <i>G102</i>	Hist <i>G102</i>	EL <i>J001</i>																	
Fr	PE <i>John</i>	PE (LS) <i>Priti</i>	Music <i>M002</i>	Recess (LS)	Agree Living <i>Samantha Chan</i>	Math <i>M002, R105</i>	Geog <i>R102</i>	Study Break <i>CL/ML/TL G101, M102, S101, J101, J301</i>																	

Recess

- Min 40-60 mins duration
- Snack break in class (for late day)

Study Break

End of School Day
can be different
(1:40 to 2.20pm)

aSc Timetables

CONVENT OF THE HOLY INFANT JESUS
SECONDARY



School Calendar

<https://www.chijsec.edu.sg/resources/ij-calendar>

The screenshot shows the CHIJ Secondary website with a yellow header bar. The main title "School Calendar" is displayed prominently. Below it is the URL "https://www.chijsec.edu.sg/resources/ij-calendar". The website features a navigation menu with links to "ABOUT US", "CCA", "THE IJ EXPERIENCE", "RESOURCES", "HIGHLIGHTS", and "ADMISSION". A search icon is also present. The main content area features a large banner image of three students in school uniforms looking upwards. A callout bubble points to this image with the text "School Events and Activities". Below the banner are four blue buttons: "ANNOUNCEMENTS" (View All), "CALENDAR OF EVENTS" (View All), "DSA ADMISSION" (View All), and "OPEN HOUSE" (View All). The footer contains a "CHIJ Home" link and a grid of links categorized under "About Us", "CCA", "The IJ Experience", "Resources", and "Highlights". A second callout bubble points to the "Highlights" section with the text "Resources", "Parents", "Students", "School events", and "Time-Table for classes & Exams". The footer also includes the school's crest and motto.

SCHOOL CALENDAR

<https://www.chijsec.edu.sg/resources/ij-calendar>

CHIJ SECONDARY

ABOUT US ▾ CCA ▾ THE IJ EXPERIENCE ▾ RESOURCES ▾ HIGHLIGHTS ▾ ADMISSION ▾

SEARCH



School Events and Activities

ANNOUNCEMENTS [View All](#)

CALENDAR OF EVENTS [View All](#)

DSA ADMISSION [View All](#)

OPEN HOUSE [View All](#)

CHIJ Home

About Us

- [CHIJ History](#)
- [Mission, Vision, Our Crest and Motto](#)
- [Principal's Message](#)
- [School Organization](#)
- [School Achievements](#)
- [Key Information](#)

CCA

- [Clubs & Societies](#)
- [Performing Arts](#)
- [Sports & Games](#)
- [Uniformed Groups](#)

The IJ Experience

- [Learning@IJ](#)
- [CCE](#)
- [Self Awareness Camp](#)
- [INNO@IJ](#)
- [IJ Spirit Day & Fiesta](#)
- [IJ FLAIR](#)
- [Drama Programme](#)
- [IJ Goes Global](#)

Resources

- [Open House](#)
- [Parents](#)
- [Teachers](#)
- [Students](#)
- [DSA Application](#)
- [Announcements](#)
- [IJ Calendar](#)

Highlights

- [The Caring Team](#)
- [MOT](#)
- [Professional](#)

Resources
Parents
Students
School events
Time-Table for classes & Exams

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



School Calendar

Today < > January 2026 ▾

SUN MON TUE WED THU FRI SAT
28 29 30 31 1 Jan 2 3

T1W0

New Year's Day

IJCE Breaker Week

4 5 6 7 8 9 10

T1W1 **IJCE Breaker Week 2026**

• 16:00 Sec 1 Par

11 12 13 14 15 16 17

T1W2

• 07:30 IPEKA Ch

• 07:30 IPEKA Ch

• 17:00 Sec 3 Par

18 19 20 21 22 23 24

T1W3 **S1-5 HBL**

• 17:00 Sec 4&5 F

25 26 27 28 29 30 31

Commencement

T1W4

• 17:00 Sec 2 Par

CHIJ 2026 (School Website)
Events shown in time zone: (GMT+08:00) Singapore Standard Time
[Add to Google Calendar](#)

[Google Calendar](#)

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



School Calendar

Resources >> Students >> Links >>

Links

Open House

Parents

Teachers

Students

Links

Helpdesk



Timetable



- [self-service password reset guide](#)
- [CCA Orientation Slides](#)

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SECONDARY



School Calendar

HOME / TIMETABLE / TIMETABLE 2026

Timetable 2026

Timetable 2026

IJCE Breaker Schedule

- [S1 IJCE Breaker Week Schedule 2026](#)
- [S2 IJCE Breaker Week Schedule 2026](#)
- [S3 IJCE Breaker Week Schedule 2026](#)
- [S4 IJCE Breaker Week Schedule 2026](#)
- [S5 IJCE Breaker Week Schedule 2026](#)

2026 Semester 1 Class timetables

- [Sec 1 Timetables](#)
- [Sec 2 Timetables](#)
- [Sec 3 Timetables](#)
- [Sec 4 & 5 Timetables](#)

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



Academic Development

Secondary 1 & 2

- English Language
- Mother Tongue Language
(Chinese / Malay/ Tamil / HMTL)
- Science
- Mathematics
- Literature*
- History*
- Geography*
- Humanities (for students taking predominantly G1 subjects)

- Common Curriculum Subjects:
- Art
 - PE
 - Character Education (CCE)
 - Food & Consumer Education (FCE)
 - Design & Technology (D&T)
 - Music
 - Drama

**Lit/Hist/Geo for those taking predominantly G2 and G3 subjects*



Academic Development

GEM programme for students offering predominantly G1 subjects

- GEM programme is designed to enable students to cultivate 21st century competencies and skills, with a focus on adaptive and inventive thinking, effective communication, and confidence and resilience building.
- Students can look forward to enrichment modules such as Robotics workshops, life skills modules on social skills, executive functioning, and health and fitness activities to enhance psychomotor skills and resilience development.
- These would be planned within the school timetable.

Assessments

- Learn for Life - to **excel beyond tests and exams**
- Weighted Assessments in lieu of Mid-Year Exams
- Alternative Assessments (e.g. projects, GI/HI, FCE/D&T applied module)
- **More time and space** for students to **deepen their learning**, especially in their transition year to secondary school
- Better enjoy the process of learning and **develop skills and dispositions for lifelong learning**

Weighting of Assessments (Sec 1)

Subject	Term 1 (WA1)	Term 2 (WA2)	Term 3 (WA3)	Term 4 (EOY)
Examinable Subjects except:	10%	15%	15%	60%
Geography	10%	GI: 15%	10% GI: 15%	EOY: 50%
History	10%	HI: 15%	10% HI: 15%	EOY: 50%
FCE D&T	Grp 1 WA: 15%	Grp 1 WA: 15%	Grp 2 WA: 15%	Grp 2 WA: 15% Grp 1&2 Applied Module: 70%
Music Drama	Grade-only subject; grade will be entered in Term 4			



Student Handbook



CONVENT OF THE HOLY INFANT JESUS SECONDARY

STUDENT HANDBOOK

2026

Designed by Hannah Chui Shu En
3Marianne 2025



<https://www.chijsec.edu.sg/resources/students/>

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SECONDARY



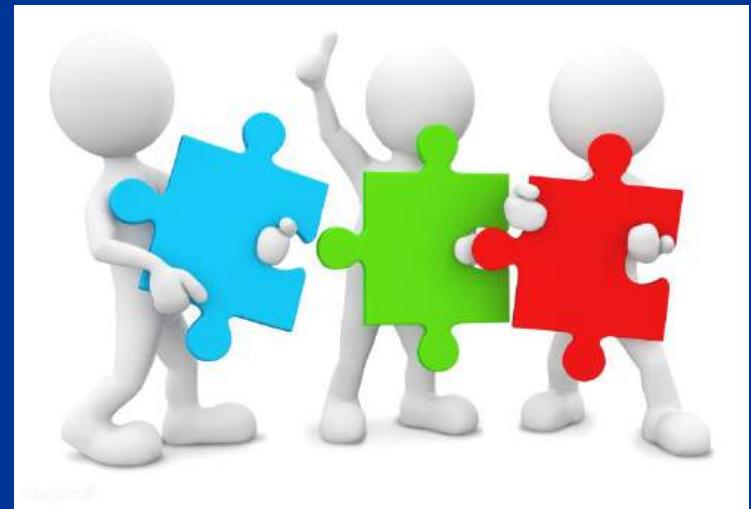
SUPPORTING STUDENTS' WELL-BEING

CONVENT OF THE HOLY INFANT JESUS
SECONDARY



Student Support team

- Comprises
 - Counsellors
 - AED (Learning & Behavioural Support)
 - Education & Career Guidance (ECG) counsellor
 - Student Welfare Officer



Counselling in IJ

- Sec 1 orientation talk
 - Confidentiality (unless safety concerns arise)
 - For them to talk about anything they want
 - Not only for complex issues
 - Sessions are done at each student's pace
- Close partnership
 - Teachers
 - Parents
 - External agencies



Student Support team



Counsellor
Ms Andrea Wang



Counsellor
Mrs Mathews



Counsellor
Ms Hazirah

Student Support team



SENO
Ms Jesslyn Fong



SENO
Ms Genevieve Pang



SWO
Ms Tan Jia Hui

Meet our ECG Counsellor!



Ms Sharon Tay

Library (every Tuesday
& Wednesday)

tay_liu_kian_sharon@s
chools.gov.sg

The booklet cover features a green background with a pen and paper illustration. The title "CHIJ Toa Payoh Secondary School" and "ECG COUNSELLING GUIDANCE" are at the top. Below the title, it says "Tue or Thurs Via appt (online/f2f)". A small photo of Ms. Sharon Tay is on the right. The section "WHO IS IT FOR?" lists challenges like decision-making difficulties, anxiety, and motivational issues. It includes a QR code and contact information for Ms. Sharon Tay.

CHIJ Toa Payoh Secondary School

ECG COUNSELLING GUIDANCE

Tue or Thurs
Via appt (online/f2f)

About Me

Hello Girls! I am a former polytechnic lecturer and aviation specialist for more than 2 decades. I am in MOE counselling/guidance work for coming to 6 years.

What is ECG ?

A developmental approach to meeting the needs of students at every stage of their education journey, allowing them to be future ready and more prepared for their journey from school to future education or work.

WHO IS IT FOR?

Any students who may have the following challenges or just wish to explore further

01 Decision making difficulties

Post secondary pathways
Career aspirations
Subject combinations
EAE/DSA choices

02 Anxiety/Uncertainty for the future

Lack of self understanding
Personal challenges
Family situation

03 Motivational issues

Loss of confidence
Self-esteem
Lack of directions

<https://go.gov.sg/chij-ecg>

Ms Sharon Tay
ECG Counselling Manager
tay_liu_kian_sharon@schools.gov.sg

Wellness Journal



MINDFULNESS

What is it?
A state of paying full attention to your present thoughts, feelings without judging them as good or bad.

Benefits of Mindfulness

- Reduced stress and other negative emotional distress
- Less impulsive emotional responses
- Improved attention and working memory
- Reduced repetitive thinking
- Higher levels of relationship satisfaction

Mindfulness exercises

Try 1 mindful exercise today.
You can do it anywhere, anytime for as little as **15 minutes a day**.

Mindful breathing

- 1 Sit or lie in a relaxed posture
- 2 Take deep breaths and close your eyes
- 3 Focus your attention on your breath as you inhale and exhale
- 4 Allow the thoughts that you may have come and go
- 5 If the thoughts interrupt your meditation, return your attention to your breath

Project HERO



A collaboration between CHIJ Secondary and National Healthcare Group

Objective:

To empower CHIJ students with the knowledge and skills to strengthen their **socio-emotional competencies**, and increase their **mental resilience**.

Partnership with parents is key to support our children in their mental well-being!

Project HERO



Term 1: Hope

New Start and Transitions: goal-setting, support networks and self-management



Term 3: Resilience

Resisting negative influences and being a positive influence

Term 2: Efficacy
Dealing with Disappointments:
supporting myself and others

Term 4: Optimism
Self-reflection and developing positivity

Educating your daughter on cyberwellness

CONVENT OF THE HOLY INFANT JESUS
SECONDARY



**Starting January 2026, MOE
is implementing stricter
rules, banning smartphone
and smartwatch use for
secondary school students
during all school hours,
including lesson time,
recess, CCAs, and after
school classes.**

No smartphone use in secondary schools from 2026, including during recess and CCAs



**Devices must stay in lockers,
promoting healthier digital
habits and increased focus**

Common Concerns of Parents

THE STRAITS TIMES SINGAPORE LOG IN ST SUBSCRIBE

DIGITAL HABITS IN SINGAPORE

12-year-olds in Singapore spend 6½ hours daily on electronic devices: Survey

12-year-olds here spend that much time daily on electronic devices, shows survey

A photograph showing two young girls, likely 12-year-olds, sitting on a red sofa. They are both looking at a silver tablet device held by the girl on the left. They appear to be laughing or smiling, suggesting they are engaged in a fun activity together. The background shows a wall decorated with various stickers, including flowers and birds.

Concerns:

- Becomes a habit
- Poor sleep quality
- Affects mood and mental capacity

Common Concerns of Parents

- Balancing our children's screen time can be a struggle
- Our children spend more time connected than ever before. Child psychologists are reporting **more cases of screen addiction.**



It is important to create healthy online habits for our children.

Cyber Wellness & Mental Health

- Teenage girls are **twice as likely** as boys to **show depressive symptoms** linked to social media use due to:

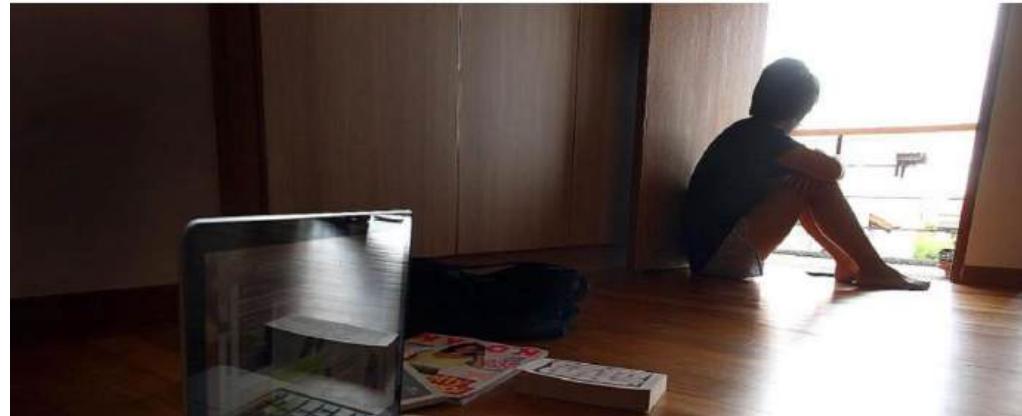
online harassment

disturbed sleep

low self-esteem

THE STRAITS TIMES WORLD LOG IN ST SUBSCRIBE

Social media linked to higher risk of depression in teen girls



How can parents support their daughters?

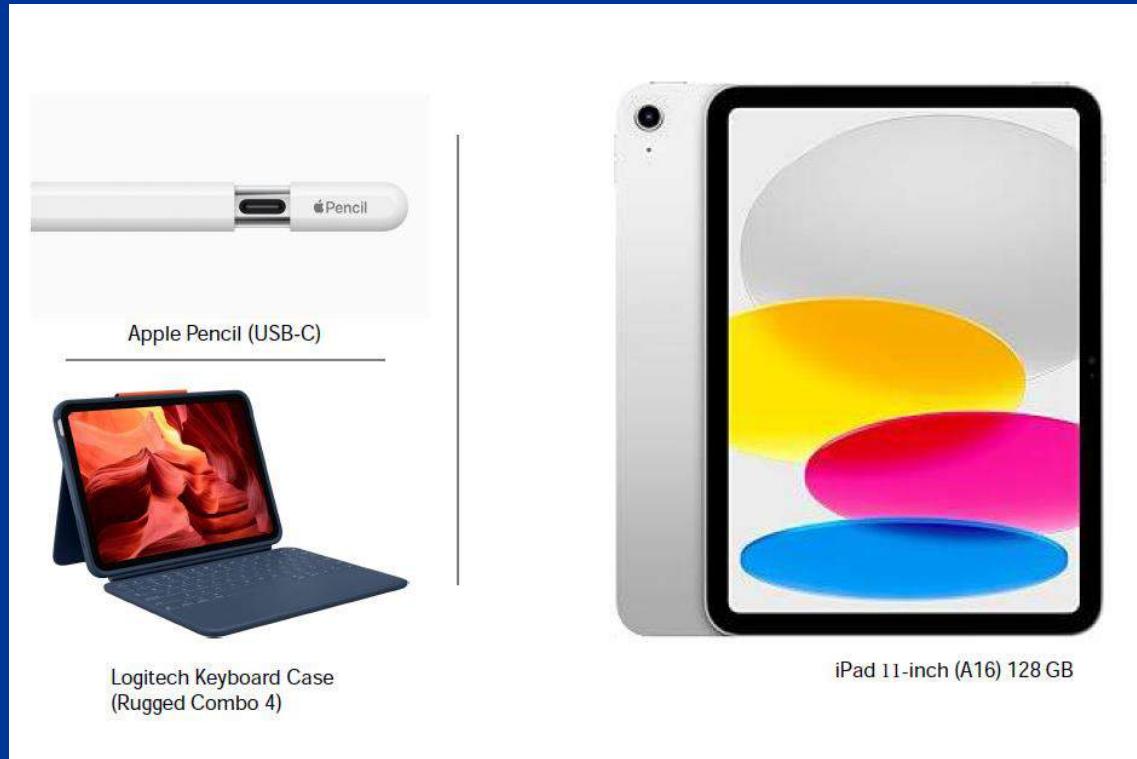
- 1. Start early:** Have open conversations about online safety
- 2. Educate about risks:** Teach how to recognise and respond to online dangers
- 3. Stay informed:** Keep up-to-date with popular platforms
- 4. Encourage balance:** Promote offline activities and interests
- 5. Foster open communication:** Create a safe space for sharing online experiences

Additional Resources for Parents

To support you in keeping your child/ward safe online, you may refer to these additional resources:

- Parent Handbooks (I) and (II) on Learning with a Personal Learning Device (school website)
- Parent Kit on Cyber Wellness for Your Child (<https://go.gov.sg/moe-cyber-wellness>)
- Schoolbag article ‘Keeping our teens safe online’ (<https://www.schoolbag.edu.sg/story/keeping-our-teens-safe-online>)
- MOE Cyber Wellness Programme (<https://www.moe.gov.sg/programmes/cyber-wellness/>)
- Media Literacy Council (<https://go.gov.sg/better-internet-sg>)
- National Library’s Learning & Information Literacy Resources (<https://sure.nlb.gov.sg/>)

CHIJ Personal Learning Device (PLD)



11-inch *iPad 128 GB WiFi*
4 Years Apple Care
4 Years Insurance
Apple Pencil 1St Gen (USB-C)
Logitech Keyboard Case
(Rugged Combo 4)

Please refer to PG message sent.

Full Subject-Based Banding

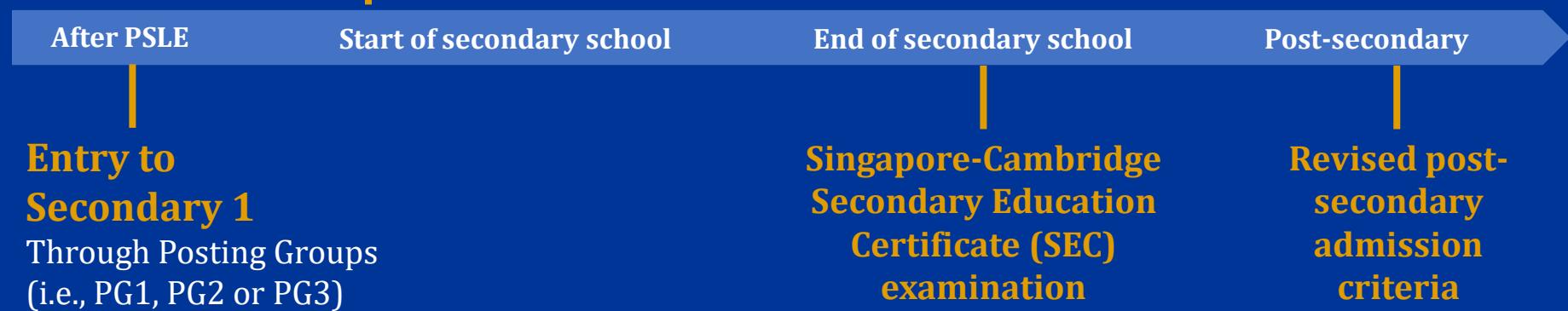
For students posted to PG1 and PG2



Overview of Full Subject-based Banding (Full SBB)

Secondary school experience

1. Mixed form classes upon entering secondary school
2. Common curriculum subjects at lower secondary
3. Subjects to be offered at G1, G2 or G3, mapped from the standards of the N(T), N(A) and Express subject levels respectively
4. Greater flexibility to offer subjects at various subject levels
5. Shift away from stream-based subject offerings



Rationale of Full SBB

Have **greater ownership of their learning** according to their strengths, interests, abilities, talents and learning needs

Develop a **growth mindset and an intrinsic motivation** to learn for life

Have **more opportunities to interact with friends** of different strengths, interests, abilities and talents

Have **more options for post-secondary pathways**, while ensuring they have strong fundamentals and can thrive in their chosen pathway



How are offers of more demanding level (MDL) subjects determined?

- Applicable to English Language, MTL, Mathematics and Science
- Parents of eligible students would have received an offer based on the following criteria:

Indicative Level of Most Subjects at Start of S1	PSLE Standard grade	PSLE Foundation grade	Option to offer subject at
G2	AL 5 or better	-	G3
G1	AL 5 or better	-	G2 / G3
	AL 6	AL A	G2



EXAMPLE: MARY FROM 1 ANGELA

After PSLE

- Indicative level of most subjects at start of Secondary 1: G2
- Scored AL5 for English at PSLE

Note: SBB works the same for students who scored AL5 or above in English at PSLE. They will be offered 1 MDL subject at the start of Sec 1 with an indicative level of G1; they will then be offered specific subjects at G2.

1 MDL subject at the start of Sec 1



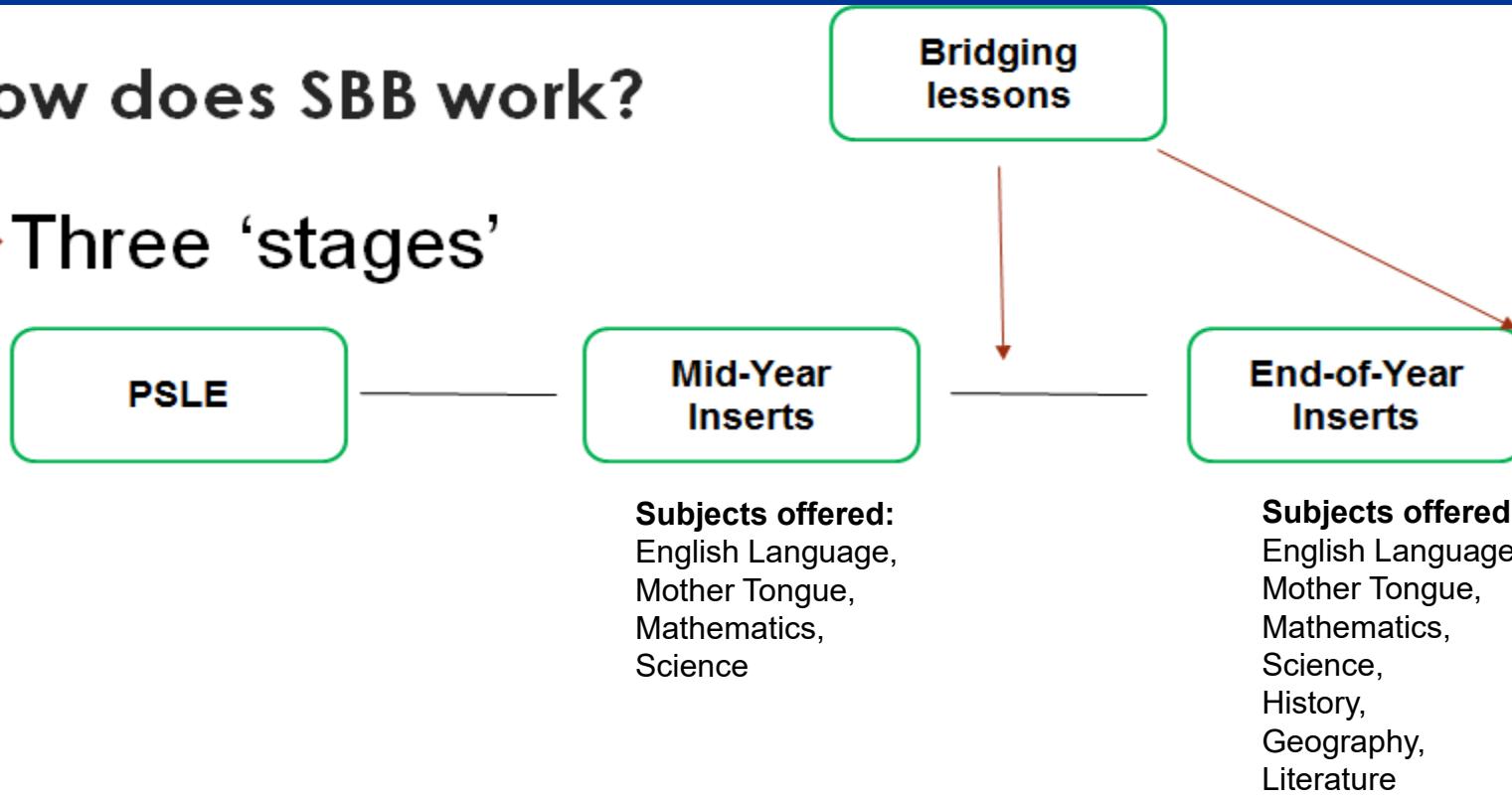
Subjects to be taken in Sem 1 of Sec 1

G2 Math	G2 MTL	G2 Science	G2 Humanities (Geography, History, Literature)
Common Curriculum Subjects			

Are there other junctures beyond the PSLE?

How does SBB work?

- Three ‘stages’



How will my child's eligibility for these subjects be determined?

- via school-based assessment, after Sec 1 WAs or year-end examinations and overall results, based on:

- (a) Excellent and consistent performance in the subject;*
- (b) Positive learning attitude to cope with the higher academic demand; and*
- (c) Teachers' recommendations*



What is the criteria to offer Humanities at a more demanding level?

Offering G3 Humanities (Geography / Literature / History)

- Good performance in EOY results and overall results in Humanities subjects
- Good performance in EOY results and overall results in English Language

Offering G2 Humanities (Geography / Literature / History)

- a) Good performance in EOY results and overall results in English Language
- b) Good performance in G1 Humanities
- c) Graded class work

Note:

Maximum of one Humanities subject will be offered



EXAMPLE: MARY FROM 1 ANGELA

Sec 1 Mid-year Juncture

- Showed consistently good performance in WA 1 and WA 2 for Science
- Decided to take up G2 Math and G2 MTL

2 MDL subjects from Semester 2



**Subjects to be taken
in Sem 2 of Sec 1**

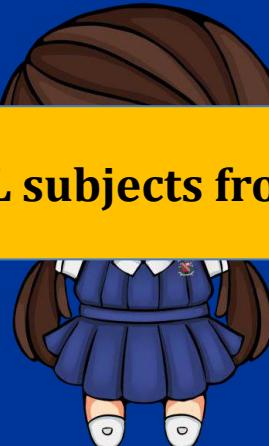
G2 Math	G2 MTL
	G3 Science
G2 Humanities (Geography, History, Literature)	
Common Curriculum Subjects	

EXAMPLE: MARY FROM 1 ANGELA

Sec 1 End of Year Juncture

- Showed consistently good performance over the year for History
- Decided to take up GCE O Level subjects (Humanities only offered in Sec 2)

3 MDL subjects from Sec 2



Subjects to be taken in Sec 2

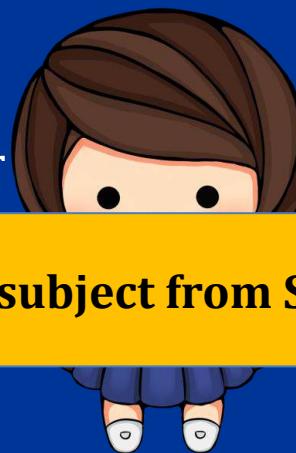
G2 Math, MTL	G3 Science
	G3 History
G2 Humanities (Geography, Literature)	
Common Curriculum Subjects	

EXAMPLE: MARY FROM 2 ANGELA

Sec 2 End of Year Juncture

- Did not meet criteria to continue with G3 History but met criteria for G3 English and Science
- Decided to take up G2 English
- However, chooses to continue Upper Sec Science at G2

1 MDL subject from Sec 3



G2 Math	G2 SS/History
English	G2 Science

What are the support systems in place if my child takes up the offer?

- Students to **continue** MDL subjects **until the end of Secondary 2** ('adjustment' period)
- Constant **monitoring of students' progress, socio-emotional and academic needs**
- Provision of **necessary support to students** to help them cope, e.g. bridging lessons will be conducted for all SBB inserts

TODAY MENU ▾ 

A struggle at first, but taking higher-level subjects helped boost confidence

By FARIS MOKHTAR



Jurong Secondary student Ismahani Azmi, 15, struggled with taking higher-level subjects when she first entered secondary school, but has seen her confidence blossom from the experience, with some help from her teachers, including Mdm Siti Hawa Zaini, her Malay language teacher (seated). PHOTO: FARIS MOKHTAR

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Will my child continue with the subject at Upper Sec?

- Entry into SBB at Secondary 1 **does not automatically guarantee transition** to subjects at the more demanding level at Sec 3.
- Child's performance needs to meet the **school's criteria** at the end of Secondary 2 to offer subjects at the more demanding level (*subject combination criteria apply*)
- Subject to minimum class size and school resourcing



Offering Subjects at the Less Demanding Level

Indicative level of most subjects at start of Secondary 1	PSLE Grade (Standard Mother Tongue Language)	PSLE Grade (Foundation Mother Tongue Language)	Option to offer at
G3	AL 6	AL A	G2
	AL 7-8	AL B-C	G1 or G2
G2	AL 7-8	AL B-C	G1



EXAMPLE: Amy FROM 1 BRIDGET

- Indicative level of most subjects at start of Secondary 1: G3
- Scored AL6 for MTL at PSLE



Subjects to be taken in Sem 1 of Sec 1

G3 Math	G2 MTL
G3 English	G3 Science
G3 Humanities (Geography, History, Literature)	

Common Curriculum Subjects

For Further Queries on MDL Subjects

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