



PRIMARY 1 ORIENTATION

(FOR 2024 P1 COHORT)

20 NOVEMBER 2023

Slides will be uploaded onto our school website by the end of this week.

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A GREAT START TO PRIMARY SCHOOL

- LAYING THE FOUNDATION FOR LEARNING
- BUILDING CONFIDENCE & DESIRE TO LEARN
- BROAD EXPOSURE TO DISCOVER TALENTS & INTERESTS





OVERVIEW

5 Student Wellbeing & Cyber Wellness *(by Mr Yeo & Mr Rodney)*

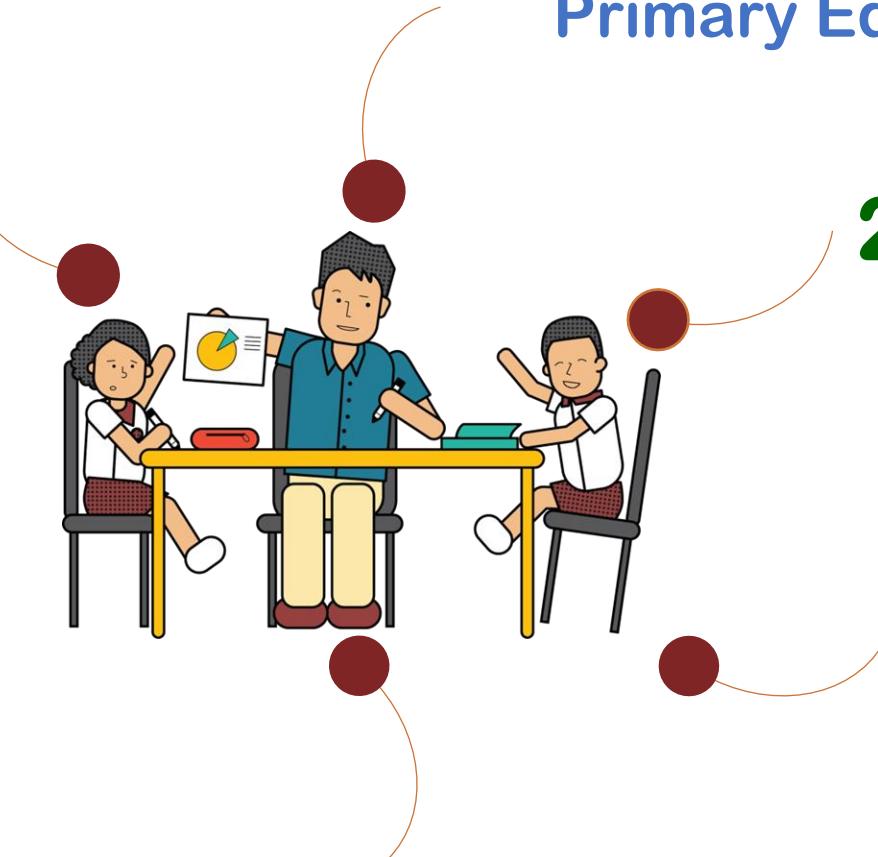
6 School-Home Partnership
(by Mr Ari)

1 Developments in Primary Education

2 What is it like in school?

4 Preparing for School *(by Mrs Walter)*

3 Transiting to Primary 1





Learn for Life

[source: CNA, 16 Aug 2021]

Minister for Education, Mr. Chan Chun Sing talks about nurturing soft skills that "endure", including curiosity and confidence from a young age. For example,

- Exposing them to different cultures and ideas to broaden their horizons;
- Developing in them the confidence to chart their own paths.





DEVELOPMENTS IN PRIMARY EDUCATION



Schools may access the video via:

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





WHAT IS IT LIKE IN SCHOOL?

- ▶ Laying a strong foundation
- ▶ Nurturing well-rounded individuals & 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 IS IT LIKE IN SCHOOL?

Subjects taken at P1

1. English Language
2. Mother Tongue Language
3. Mathematics
4. Social Studies
5. Physical Education
6. Health Education
7. Art
8. Music
9. Programme for Active Learning (PAL)





WHAT IS IT LIKE IN SCHOOL?

Holistic Assessment

- Focuses on building greater confidence and nurturing a stronger intrinsic motivation to learn so as to develop your child's potential
- No examinations and weighted assessments at P1 & P2 to ease your child into formal schooling, focus on acquisition of values and learning dispositions, and encourage the joy of learning
- Use of a range of assessment types (beyond pen and paper) to provide useful information to support students' learning and holistic development



Positive Education @ GRPS

- Positive Psychology
- Growth Mindset
- Positive Discipline

GRPS practises positive education, that draws on the approach of using PP to emphasise on students' strengths and personal motivation to promote learning. Using the PERMA model for student well-being that includes Positive Emotions, Positive Engagement, Positive Relationships, Positive Meaning and Positive Accomplishment, it enables students to strengthen their resilience and develop a growth mindset to support self and others.

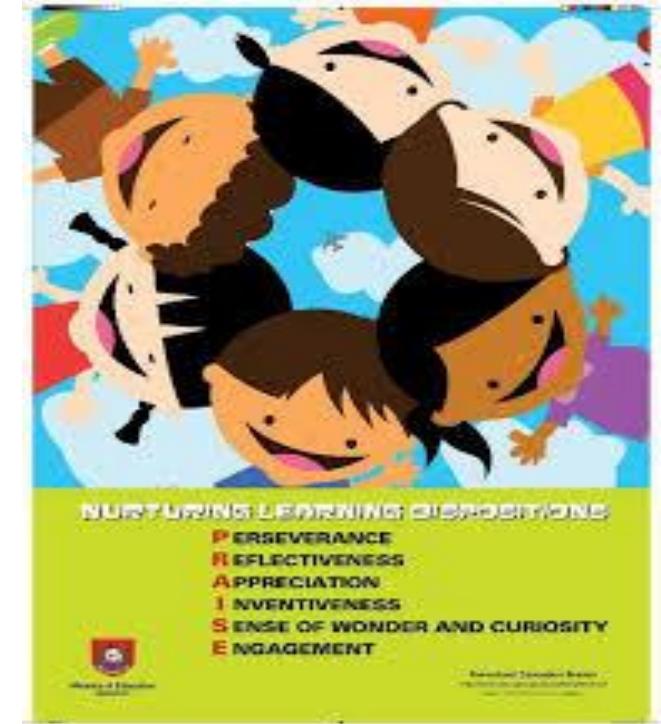


Based on PERMA (Martin Seligman) & Mindset (Carol Dweck)



Learning Dispositions

- **Characteristics or Attitudes** to learning that are **Life Skills**
- For example, “**taking responsibility**”, “**persistence**” when faced with problems, and “**coping with change**”, are all learning dispositions





OUR SCHOOL CUSTOMISED LEARNING DISPOSITIONS

Engagement

- *Engaged learners* enjoy learning and actively want to learn. They are independent and self-directed learners (shows interest in learning new things).

Graciousness

- *Gracious learners* learn well with others. They listen to and take account of different viewpoints. They form collaborative relationships and can resolve issues to be amicably.

Responsibility

- *Responsible learners* organize themselves, take responsibility for their own learning and are committed to improving themselves despite challenges.





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, they will experience:

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



<https://go.gov.sg/transition-to-primary1>



TRANSITION TO PRIMARY 1

What are the tasks that your child should be able to do independently?

- Personal hygiene eg. going to the toilet, hand washing, tying shoelaces, buttoning their shirt/blouse/uniform
- Looking out for traffic
- Organising school bag
- Counting money and receiving change
- Asking for permission





HOW CAN I SUPPORT MY CHILD THROUGH THE TRANSITION?

S.A.F.E Tips

- **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** 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.

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.

*From 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 your child 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.



WHAT DOES MY CHILD NEED AT PRIMARY 1?

- Every child develops at a different pace
- Some children learn things earlier, others need more time
- Allowing them to learn at their own pace helps them enjoy the learning process
- Some skills that parents can develop are:
 - Relating to others
 - Developing good habits
 - Nurturing positive learning attitudes



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)

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Mastering the ABCs is well and good but having seen 29 years of children enter primary school through her doors, Mrs Marjorie Seek of CHIJ Katong Primary observes that these six soft skills are even more essential in preparing students for primary school.

Entering Primary 1 can be a big step for a child — and the parents. While parents often consider



WHAT DOES MY CHILD NEED AT PRIMARY 1?

NEW

We will continue nurturing the knowledge, skills and dispositions that your child has developed at preschool:

Values, Social-Emotional Competencies, Citizenship Dispositions	<ul style="list-style-type: none">Understand and Care for OneselfShow Care and Respect for OthersMake Responsible Decisions and Act on Them
Art	<ul style="list-style-type: none">Enjoy Participating in ArtExpress Ideas and Feelings through ArtDemonstrate Awareness of Art from Different Cultural Groups
English Language	<ul style="list-style-type: none">Listen and Speak for Enjoyment and InformationRead with Enjoyment and UnderstandingCommunicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes
Mathematics	<ul style="list-style-type: none">Basic Understanding of Numbers Up To 10Recognise Simple PatternsCompare Quantities Between Two Groups of Objects
Mother Tongue Languages	<ul style="list-style-type: none">Enjoy and Show an Interest in Learning Mother Tongue Language.Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.Demonstrate Awareness of Local Ethnic Culture
Music	<ul style="list-style-type: none">Enjoy Participating in Music and Movement ActivitiesExpress Ideas and Feelings through Music and Movement ActivitiesDemonstrate Awareness of Music and Movement from Different Cultural Groups
Physical Education	<ul style="list-style-type: none">Enjoy Physical ActivitiesDisplay Coordination in Motor TasksDemonstrate Awareness of Healthy Habits and Safety

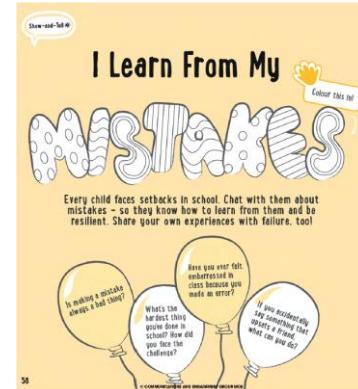


WHAT DOES MY CHILD NEED AT PRIMARY 1?

- 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
 - Creating a conducive learning environment at home



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

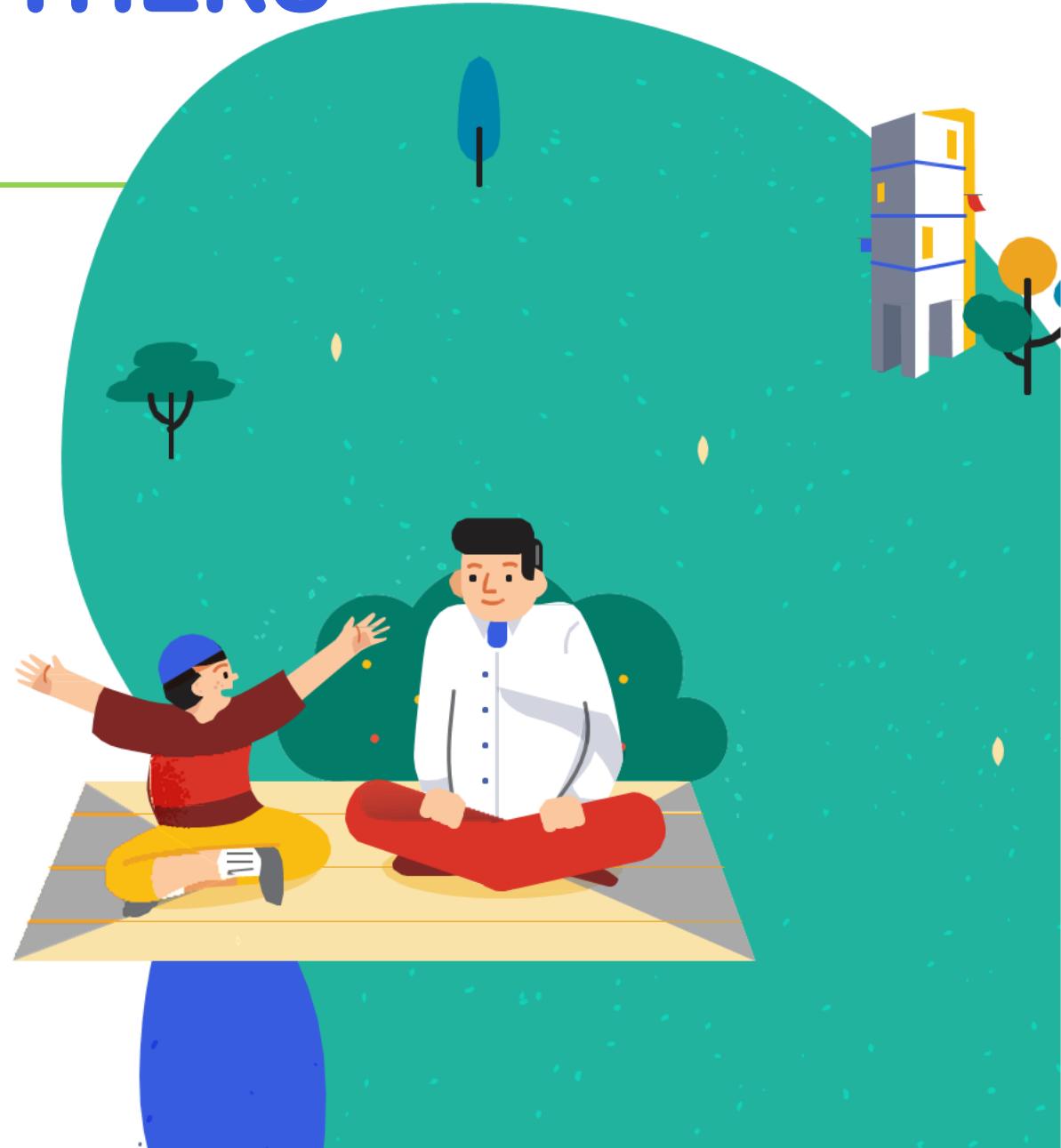




RELATING TO OTHERS

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





CREATING A CONDUCIVE LEARNING ENVIRONMENT AT HOME

Set up a conducive home environment so that your child can learn both at home and in school:

- Have a dedicated area for learning, such as doing schoolwork or reading to put your child in the right frame of mind to learn.
- If you have more than one child, allocate areas for each child to learn independently or together.
- Role model positive learning behaviours.
- Establish a daily routine with your child, with time set aside for reading, schoolwork, rest, family time and play.

A Space Of My Own

Create a comfortable space at home for your child to do work quietly. Praise your child when you notice him or her using this space to complete work on their own.

Your child can use the space below to design their study spot.

46

Check out page 46 of the PCAB for an activity to help you create a conducive learning environment at home.



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

SCHOOL-HOME PARTNERSHIP

Help your child succeed in life

Our children do best when schools and parents work hand in hand to support them. Here are some tips to make this happen...

Work with the school to know and support your child

- Have regular conversations with teachers in both academic and non-academic areas – this will help you better guide your child's development.
- Check the teachers' preferred mode of communication – they are not required to share their mobile numbers.
- Understand that teachers may not be able to respond to your queries immediately.
- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident before taking action to ensure a fair, objective outcome for all parties.

Help your child develop good habits

- Create a conducive home environment for your child to enjoy reading and to finish his/her homework by himself/herself.
- Encourage your child to live a healthy, balanced life with time for sleep and play.

Help your child relate to others

- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident before taking action to ensure a fair, objective outcome for all parties.

Help your child manage himself/herself

- Guide your child in managing his/her time.
- Encourage your child to help out with household chores.

Our children succeed when parents and schools work hand in hand.

Ministry of Education
SINGAPORE





P1/P4 Buddy Programme 2024

- P4 students will buddy P1 students during recess on Days 2 & 3 of Orientation Week 2024
- To assist P1 students to familiarise with school environment and routines
 - Being a buddy
 - Familiarising them with locations e.g. toilets, library
 - Helping in buying food in the canteen
 - Assisting them in lining up and assembling after recess



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 about your child's thoughts and feelings about 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.



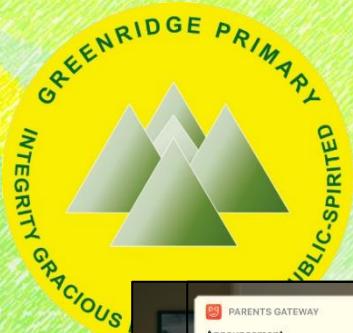


SCHOOL-HOME PARTNERSHIP

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 teacher for the best way and time to contact them e.g. Class Dojo. Official platforms e.g. School Official Email.
- More knowledge of school, check out school webpage, school official FB page, school termly notification letters, Memos via Parent Gateway.





Schools may access the video via:

<https://youtu.be/PCM5o8jAncc>



Schools may access the video via:

<https://youtu.be/tW9jwyuvOo>

PARENTS GATEWAY RESOURCES

SCHOOLBAG THE EDUCATION NEWS SITE

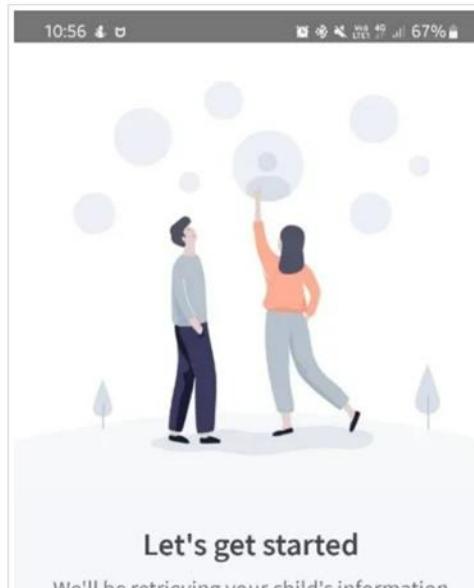
HOME EDUCATION FEATURES TEACHERS' DIGEST MULTIMEDIA FAQ

Home > Every Parent's Buddy: The Parents Gateway app

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.



Search GO



Related



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Strengthening
Community Ties
Through Social
Media >



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



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.

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

Services

Declare travels

Parenting Resources

SchoolFinder

Edusave Standing Order

Education Stages

Pre-school Preparing for Primary 1 Lower Prima

13 resources available

HOW TO PICK & PACK SCHOOLBAG

Thu, 2 December 2021

P1 cheat sheet: How to pick and pack your schoolbag

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?

Supporting your child through the Primary 1 journey



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.

Teach Your Child Social Emotional Skills

BE READY FOR LEARNING

What your child may learn in school



What you can do at home



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

Parent Kit

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.

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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.



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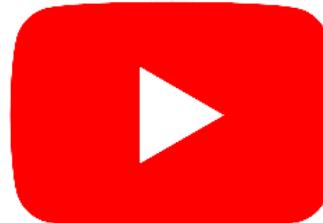


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www.instagram.com/parentingwith.moesg



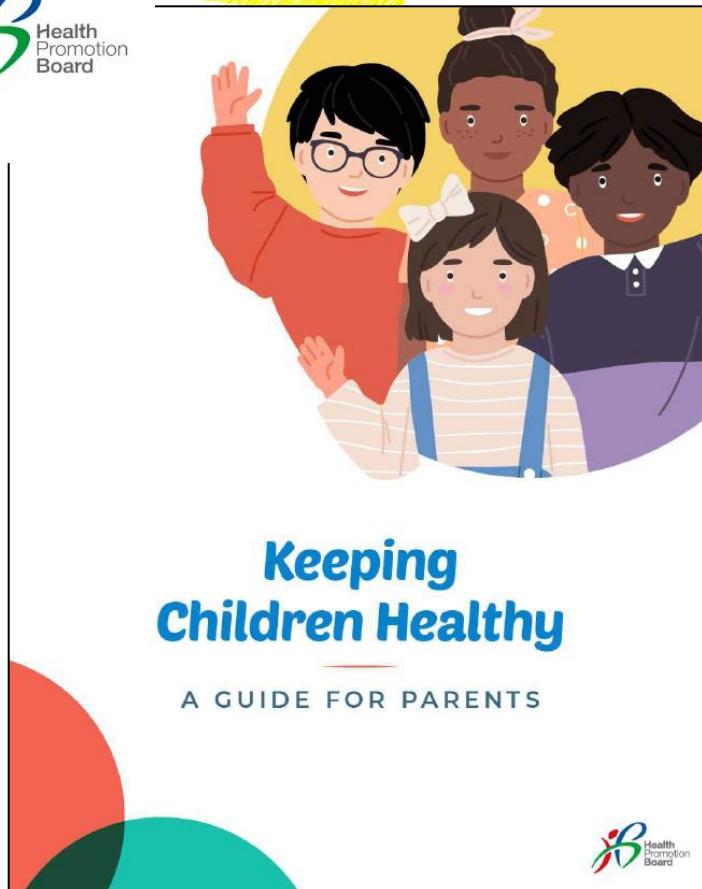
www.youtube.com/moespore





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:

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Edition 1



Edition 2



Edition 3



WE ARE HERE TO SUPPORT YOU!

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 kit
View the various parent kits available.

Education Stages | Learning | Technology | **Parent-Child Relationship** | Well-Being | Personal Growth

Parent-child activities to strengthen family relationships and bond with your child

Parent-Child Activity Book

The Parent-Child Activity Book (PCAB) is specially designed to help your child transition from preschool to P1. The PCAB includes 10 tips, and is filled with fun and meaningful parent-child activities for you to try with your child.

A Great Start to Primary School | About Me

How To Use This Book

How To Use This Book?

This marks the start of your child's very own adventure! Read this mini guide to find out how you can use the activities to help your child transition to P1.

Last updated: 1 Nov 2022 | Last updated: 1 Nov 2022



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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!

2

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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.



3

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PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

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 9 - 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: Lets Help Out At Home
pg 97 - 104
Jun-holidays!

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4 5

TIP 2

Practise Routines

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

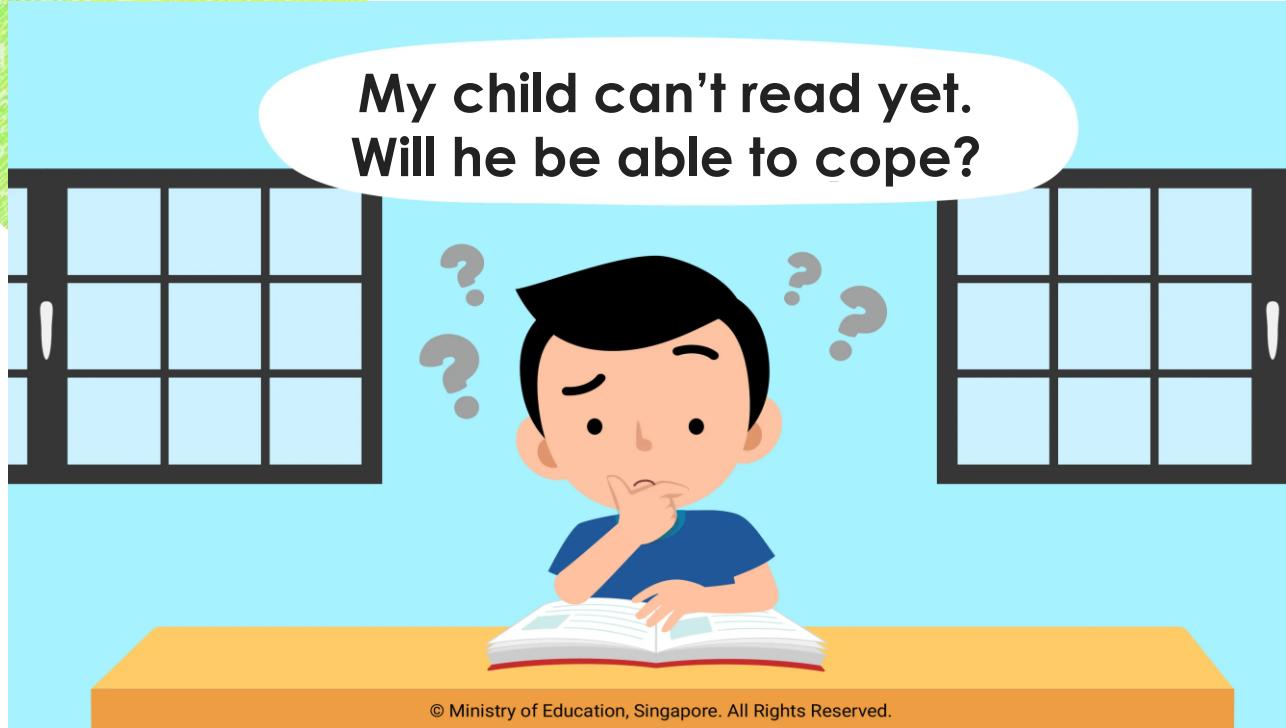
School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help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

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17



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...

I'm worried my child won't eat at recess. He'll go hungry!



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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.



GREENRIDGE PRIMARY SCHOOL

Be Ready All Greenridgeans to Serve
Giving Others Love That They Deserve
To Give Always With A Gracious Heart
Giving Others Love That They Deserve
Right From Your Heart
You Will Do Your Part
To Make Your Parents & Singapore Proud!

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*NON-SENSITIVE / SENSITIVE (NORMAL/HIGH)



THANK YOU!
