



Haig Girls' School



Welcome to Haig Girls' School

2025

Programme

Welcome by Principal

Address by AYH

Curriculum Briefing

Briefing by Form Teachers



Principal's Address



VISION



**Empowering every Haig Girl to learn and lead,
in Service of Others**

Motto

Ars Potens Est

Knowledge is Power
In Service to School,
Community & Nation



RESPECT

INTEGRITY

RESPONSIBILITY

COMPASSION

RESILIENCE

HUMILITY

School Values



Intrinsic motivation

Character and leadership

Honour child's voice and ownership

HGS core beliefs



Uniqueness and worth of every child

Unconditional love, high expectation

Growth mindset

Haig Girl Outcomes

**Future-Ready
Learner**

**Compassionate
Leader**

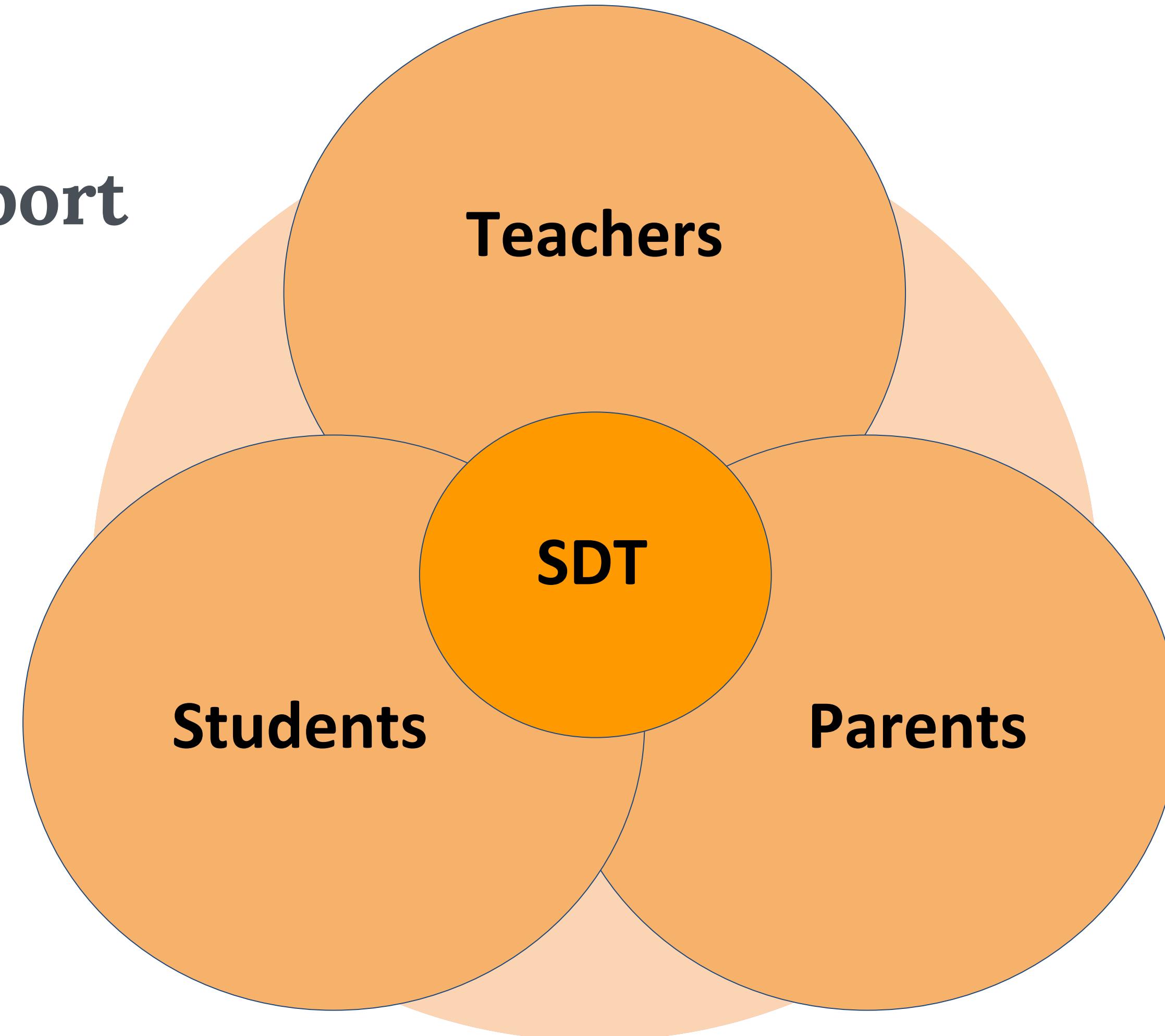


Briefing by Year Head (Lower Primary)



Student Development Team (SDT)

SDT Support



Our beliefs



- Students who are happy to come to school and motivated to learn
- Students with healthy self-identity and relationships, able to make responsible decisions
- Students who care for their families, school community and the nation



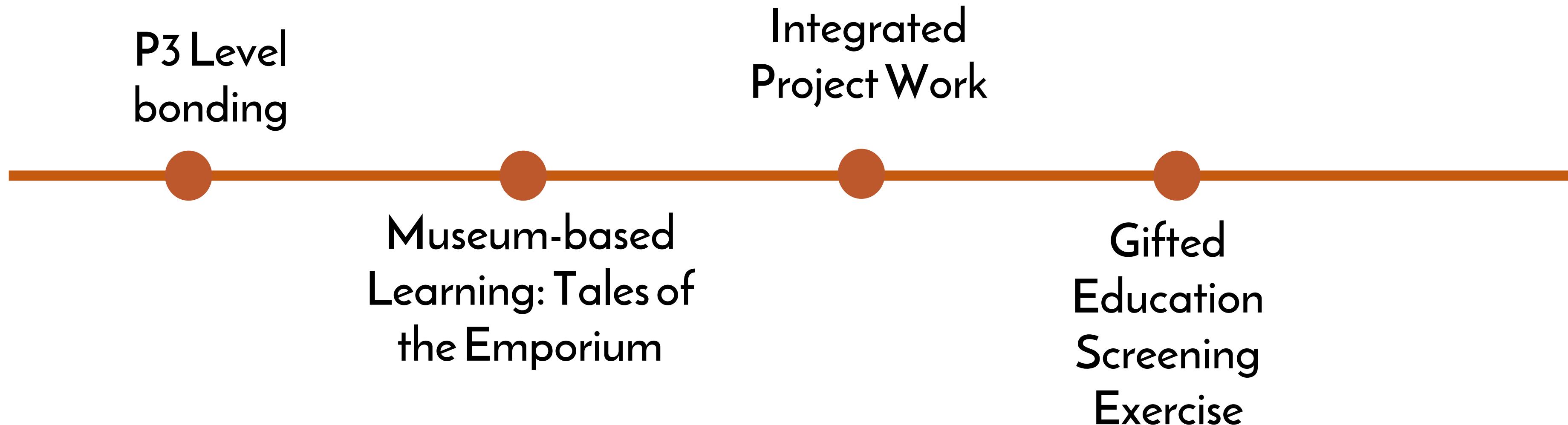
Some events planned by SDT





**Transitional
Year for your
child**

P3 COHORT MILESTONE EXPERIENCES



P3

Class Placement

5 classes

35 - 40
students per
class with at
least 2 form
teachers

Small group
teaching
(selected
students)

P3 Classes

P3-01

3 Charity

P3-02

3 Grace

P3-03

3 Humility

P3-04

3 Joy

P3-05

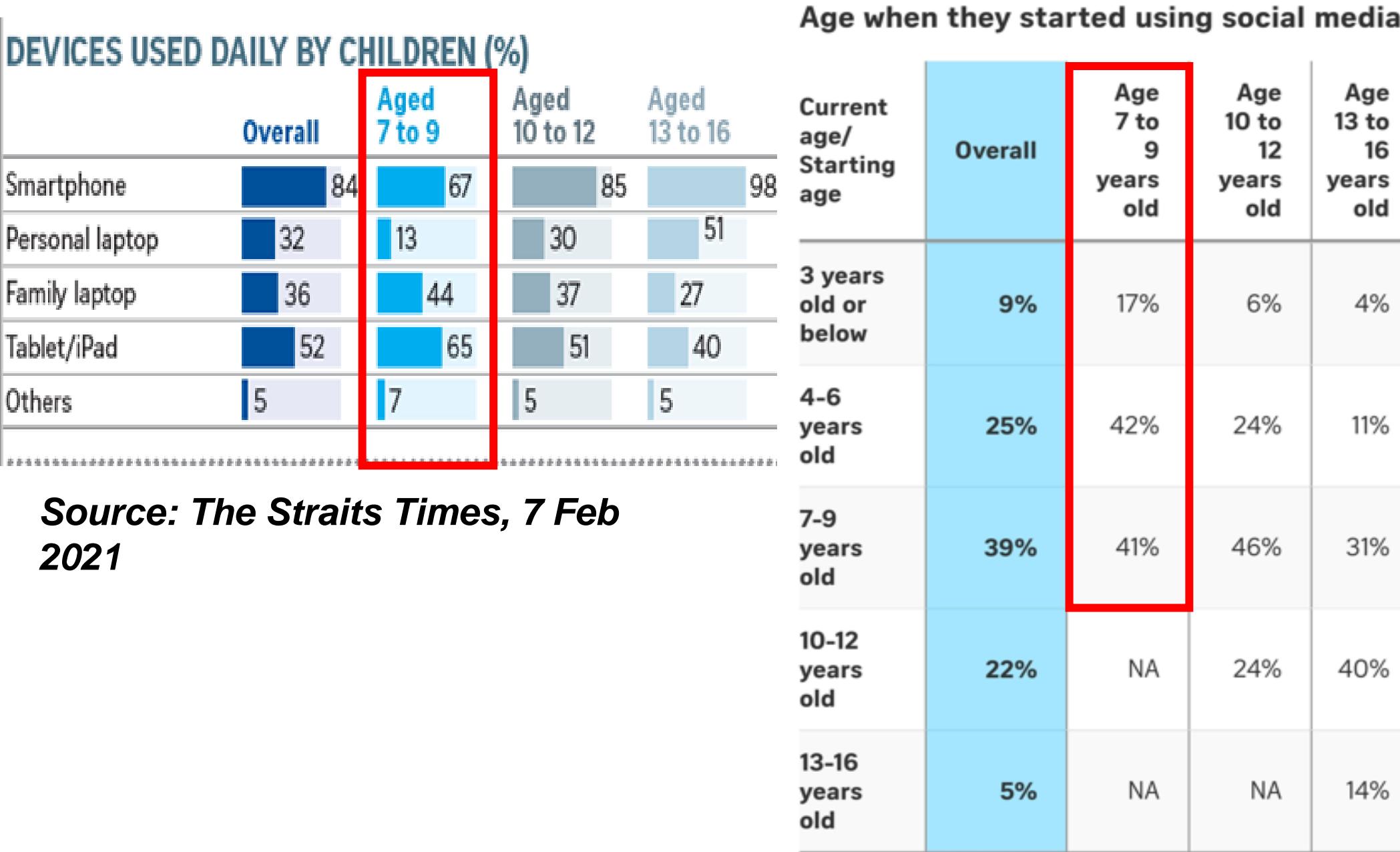
3 Kindness

Practising Cyber Wellness



Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media



Source: The Straits Times, 7 Feb 2021

Parents may not be aware of the online risks

Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023

What is Cyber Wellness?

- Cyber Wellness is about our students being able to navigate the cyber space safely.
- This is done through our curriculum which aims to
 - **equip students with the knowledge and skills** to harness the power of Information and Communication Technology (ICT) for positive purposes;
 - maintain a **positive presence in cyberspace**; and
 - be **safe and responsible users of ICT**.

What will Pri 3 and 4 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)* lessons, students will be taught:

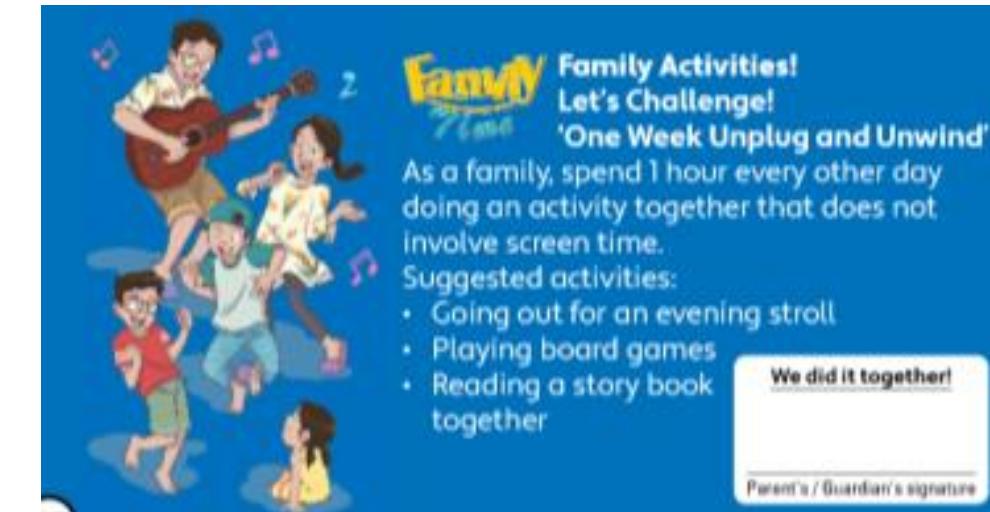
- • **Balanced use of digital devices**
 - Time management and spending time on screen-free activities
- • **Netiquette**
 - Show respect to others online
 - Be considerate when posting opinions online
 - Reflect on how our interactions can affect others online



What will Pri 3 and 4 students learn about Cyber Wellness during CCE (FTGP) lessons?

● Stand up against cyber bullying

- What is cyber bullying
- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying



● How to stay safe online

- Steps to take to determine if an online friend is trustworthy

● Respecting copyright

- Take steps to credit the works²² by others and avoid plagiarism

● Parents are strongly encouraged to participate in the “Family Time” activities in the CCE (FTGP) Journal with your children to reinforce the key cyber wellness messages at home.

Family Time in one of the P3 lessons

How can parents help your child develop good digital habits?

- As parents/guardians, you play a significant role in helping your child establish healthy digital habits, and learn to use technology in a positive and meaningful way.
- Here are some ways:
 - Role model good digital habits** for your child/ward (e.g. parents/guardians not using devices during mealtimes).
 - Have regular conversations with your child** to better understand what they do online, how to stay safe and how to use technology in a responsible manner.
 - Discuss and develop a timetable with your child** to moderate their time spent on screens.
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the *Parenting for Wellness* Toolbox for Parents.



Helping Your Child

Manage Device Use & Stay Safe Online



Develop a Family Screen Use Plan

- A family screen use plan consists of screen use rules, their consequences and screen-free activities that the family can engage in.
 - As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking these rules clearly.
- Your screen use rules can include:
- Device-free times and places

Time limit for devices
- What are some suggestions on when and where devices should not be used?
 - What should we do if we break our agreement?
 - Decide as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
 - What screen-free activities do you think we can do together?
 - Engaging your child in the process of creating screen use rules and inviting them to suggest activities to do together helps increase their ownership of the whole family screen use plan.
 - What do you think of our screen use rules?



Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
 - State observation: "I noticed you have been spending a lot of time on your device."
 - Ask open-ended questions: "What do you usually do on your device?"



How can parents better support your child's digital habits?

Achieving balanced screen time

- **Screen time** refers to the amount of time spent using devices each day. Having some screen time can be beneficial, such as when your child uses devices to learn and connect with others.
- However, it is important to be aware that **spending an excessive amount of time using devices is unhealthy**, as it is associated with insufficient good quality sleep, sedentary behaviours, increased obesity, and poorer mental health and well-being.
- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- Children aged 7 – 12 should have **consistent screen time limits**.

Using parental controls to manage device use and stay safe online

- **Parental controls** refer to a group of settings that put you **in control of what your child can see and do on a device or online**.
- Such controls can allow you to **supervise and monitor your child's online activities and protect them** from inappropriate content, online sexual grooming, cyberbullying and other online risks.
- Parental control settings can be used to **monitor and limit screen time** as agreed with the child.

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.



At what age should I give my child their first smartphone?

- Consider these questions:
 - **Does your child need a smartphone?**
 - Does your child need a smartphone to remain contactable?
 - **Is your child ready for a smartphone?**
 - Does your child always misplace their things?
 - Does your child obey certain rules set in place?
 - Will your child talk to you about issues which they might encounter while using a smartphone such as unpleasant messages or inappropriate content?
 - **Am I/Can I be a good role model for smartphone use to my child?**

What do I need to know about online games?

- Online games are everywhere, and complex games can be played on the go via smartphones.
- While gaming is fun and can bring about positive impact on children, it can create some negative impacts as well.
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the Parenting for Wellness Toolbox for Parents.

Entering Your Child's Gaming World

Online games, when played appropriately, can be opportunities for your child to practise and develop skills such as teamwork, concentration, communication and problem-solving skills.

Playing games also allows your child to receive a mix of intrinsic rewards (e.g. feeling good about their abilities and effort) and extrinsic rewards (e.g. receiving game currency or points) when they succeed. However, excessive online gaming has pitfalls that you should be aware of.

Excessive online gaming may increase the risk of:



Cyberbullying



Attracting unwanted attention online



Excessive in-app purchases



Increased levels of anxiety due to the competitive nature of the game

If you're worried about how much time your child spends gaming, talk to them about it. Work together to develop a plan to balance gaming with other screen-free activities. Check in regularly with your child to review the plan.

Things You Can Say

Use these conversation starters to find out more about the games that your child plays, as well as to ask them to reflect on their gaming habits.

① Ask about a game that your child seems to be playing frequently.

What's this game about?

② Involve your child in setting rules and expectations for when they can play games, for how long, and the consequence of not following the agreed-upon rules.

Let's discuss what would happen if anyone breaks the rules.

③ Prompt your child to think about the benefits and risks of gaming.

Do you chat with strangers you've just met while playing online games?

By understanding how games are designed to encourage your child to keep playing, and the potential pitfalls, you can approach conversations about games more empathetically. This will help you build a positive and healthy relationship with your child.

If their gaming habits continue to be a cause for concern, you may wish to seek help from their school or from community partners such as Help123 by TOUCH Community Services, Singapore's One-Stop Cyber Wellness Hotline at 1800 6123 123.





What can I do if I am concerned about the gaming habits of my child?

- Discuss your **concerns** with your child and develop a **realistic timetable** to balance their gaming with other screen-free activities.
Scan the QR code for conversation tips.
- Review the plan regularly with your child.
- If there is no improvement and their gaming behaviour continues to be a cause of concern, you may want to seek help from the school or other community partners such as Help123 at 1800 6123 123.
- If there is marked deterioration and significant impairment to the child's life, you should consider seeking professional help. The professionals could assess the severity of the problem and recommend appropriate interventions.
 - You may call National Addiction Management Service All Addictions helpline at 6-RECOVER (67326837).



Conversation tips on
gaming concerns



School-Home Partnership



3 areas we can work together on to foster School-Home Partnership

1 Respectful Communication

2 Role Models

3 Real Connections



Respectful Communication

Foster kind words and actions between schools 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



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions



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

Real Connections

Cultivate strong relationships and healthy habits in this digital age

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

Build strong bonds through shared experiences and meaningful conversations

Building Relationships
Helping Your Child Build Healthy Relationships
Page 20

Healthy relationships and supportive networks contribute to your child's overall well-being, and allow them to experience a sense of community and belonging.

Things You Can Do

- Expose your child to a range of social situations.
 - For younger children, create opportunities for them to interact with other children of similar ages (e.g. attend school camps).
 - For older children, encourage them to make friends with peers who have similar interests.
- Encourage your child to strengthen existing relationships.
 - Foster healthy relationships with supportive extended family members.
 - Encourage your child to stay in touch with their friends and trusted adults (e.g. meet up with former classmates, visit former teachers on Teachers' Day).
- Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.
 - If you ever feel pressured to do something or be someone you are not in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.
 - When you see your friend struggling, put yourself in their shoes. How would you want a friend to support you?
 - Older children are often figuring out the balance between being themselves and fitting in with others. Stay connected with your child and let them know that they can talk to you if they feel pressured to act in ways that they are uncomfortable with.
 - How has this affected you or your friend?
 - What are your expectations of a good friend?
 - How can you make things better?



Navigating the Digital Age
Helping Your Child Thrive in the Online Space
Page 54

It is important to help your child understand that not everyone holds the same point of view as them. To help them navigate these differing viewpoints, you can guide them to express their opinions confidently online while respecting others' opinions. This will help them contribute to a healthy online community.

Things You Can Do

- Encourage your child to keep an open mind and provide opportunities for them to access information that would enable them to consider issues from multiple perspectives.
 - Why do you think they said that?
 - If you were in their shoes, would you agree with their opinion?
 - Consider the issue from another perspective by applying **S.U.R.E.** (Source, Understand, Research, and Evaluate).
- When your child is responding to another person online, encourage them to exercise empathy and respect. If you notice your child is engaging in negative behaviours (e.g. sending unkind messages), correct them and help them to understand why their actions are wrong.
 - Is your message respectful and empathetic?
 - It's okay to feel upset. It's also okay not to respond to these comments. Shall we turn off the comments and notifications and do something else for now?

Check *Parenting for Wellness Toolbox* for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.

Additional Resources:



Parenting for Wellness



For more bite-sized resources (practical tips and strategies) on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

Keep a lookout for the **Parenting for Wellness website** that will be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised access to the full suite of parenting resources!



Curriculum Briefing by Heads of Departments