



# More Resources



# Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



# Parenting for Wellness

An initiative to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience, and parent effectively in the digital age.

The screenshot shows the homepage of the Parenting for Wellness website. At the top, there are navigation links for 'About Us', 'Resources', 'Helpline', and a purple button for 'Sign up for Personalised Access'. Below this, a banner reads 'WELCOME TO PARENTING FOR WELLNESS' in large purple letters. A subtext below the banner says 'A toolbox of practical tips for you to support your child's well-being and navigate parenting in this digital age.' The main content area displays ten modules arranged in two rows of five. Each module has a title, a small icon, and a brief description. The modules are:

- MODULE 1: Understanding Yourself as a Parent
- MODULE 2: Developing and Strengthening Your Parent-Child Relationship
- MODULE 3: Guiding Your Child's Behaviour
- MODULE 4: Helping Your Child Develop Independence and Social Skills
- MODULE 5: Supporting Your Child in Building Resilience
- MODULE 6: Understanding Your Child's Mental Health and Well-Being
- MODULE 7: Supporting Your Child in Managing Their Mental Health and Well-Being
- MODULE 8: Caring for Yourself
- MODULE 9: Supporting Your Child in Performing Age-Appropriate Tasks
- MODULE 10: Helping Your Child Develop Good Daily Habits

The screenshot shows a dashboard from the Parenting for Wellness website. It features three cards with QR codes and titles:

- Building Relationships**: Helps parents build healthy relationships with their children.
- Helping Your Child Build Healthy Relationships**: Provides tips for building healthy relationships.
- Helping Your Child Develop Good Daily Habits**: Offers advice on developing good daily habits.

Below these cards, there are sections for 'Things You Can Do' and 'Supporting Your Child in Performing Age-Appropriate Tasks', each with several sub-tips and icons.

The Toolbox for Parents **comprises bite-sized practical tips and strategies for parents**, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.

The **Website** offers **customised tips and resources tailored for individual parent**, including curated module recommendations, and allows you to easily track your parenting journey through a personalised dashboard.

Toolbox



Website



# SCHOOLBAG

CHECK US OUT!

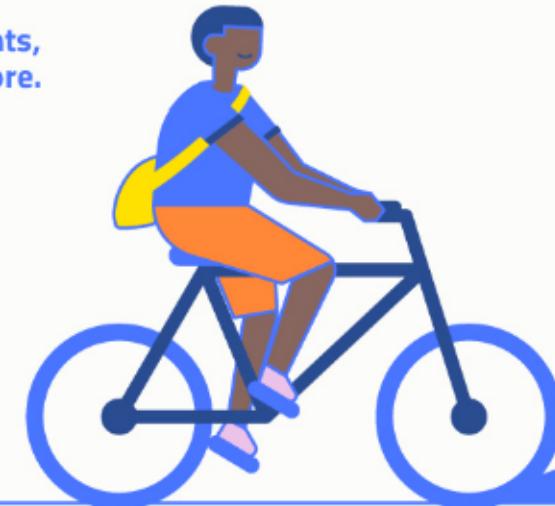
PARTNERING YOU ON YOUR EDUCATION JOURNEY

New look, new features,  
same good content

**Schoolbag.edu.sg**

Hear from fellow parents,  
MOE educators and more.  
Subscribe today!

[go.gov.sg/schoolbag-subscribe](http://go.gov.sg/schoolbag-subscribe)



# Keeping Children Healthy



**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:

- a) 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:



**Edition 1**



**Edition 2**



**Edition 3**

**Available online!**

# ***Parent-Child Activity Book***



## **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

# More resources

Parent Kit



## Parent Kit

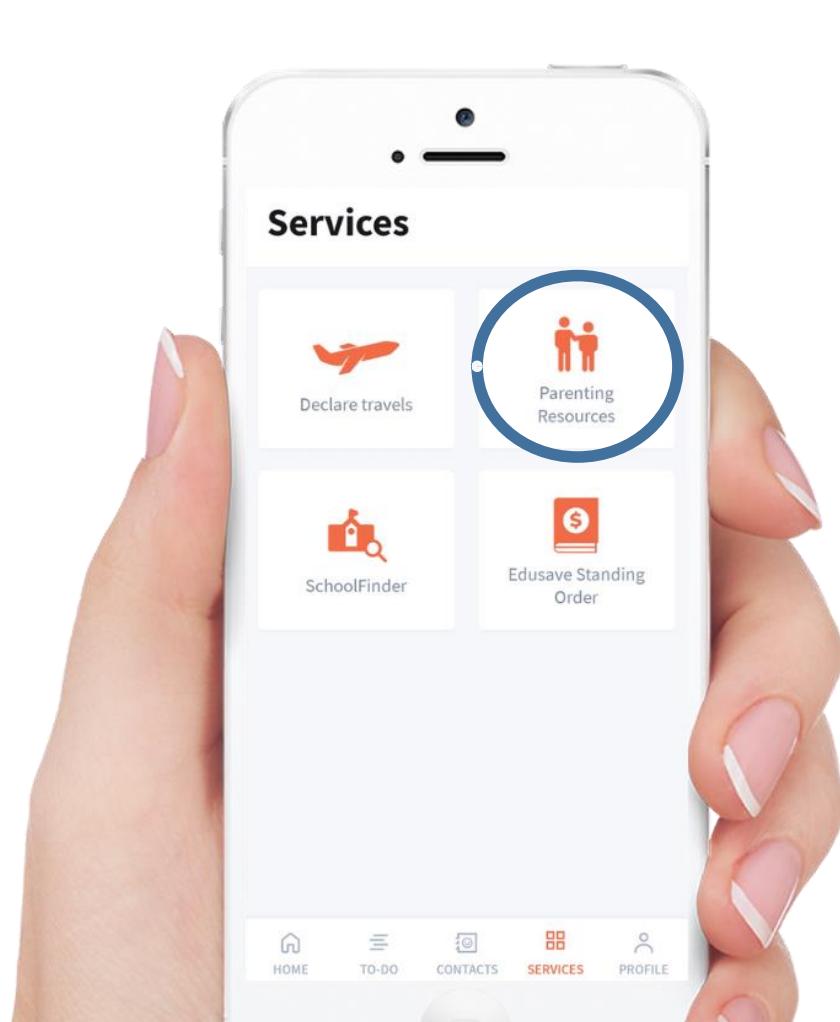
[www.moe.gov.sg/parentkit](http://www.moe.gov.sg/parentkit)

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

# 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.



The Parents Gateway app interface is shown on a smartphone screen. The main menu has a 'Services' section with four items: 'Declare travels', 'Parenting Resources' (which is circled in blue), 'SchoolFinder', and 'Edusave Standing Order'. At the bottom of the screen is a navigation bar with tabs: 'HOME', 'TO-DO', 'CONTACTS', 'SERVICES' (which is highlighted in red), and 'PROFILE'. To the right of the phone, there is a screenshot of a web page titled 'Education Stages' under 'Preparing for Primary 1'. The page shows '13 resources available' and features a card for a 'P1 cheat sheet: How to pick and pack your schoolbag' dated 'Thu, 2 December 2021'. Below it is a 'PARENT KIT' card for 'Starting Your Primary 1 Journey' from the Ministry of Education Singapore, featuring two children.



Find out more about Parents Gateway here.

# WHAT'S AVAILABLE ON THE REPOSITORY?



**Supporting your child through the Primary 1 journey**

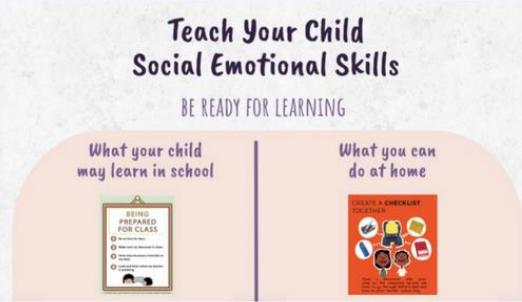


Fri, 23 September 2022

[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.

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



Mon, 23 August 2021

**Are you over-preparing your child for P1?**

Learn how overpreparing your child may hinder learning.

**Are you over-preparing your child for primary school?**



Wed, 15 December 2021

[NLB] LearnX Reading - Primary

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

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

# WE ARE HERE TO SUPPORT YOU!



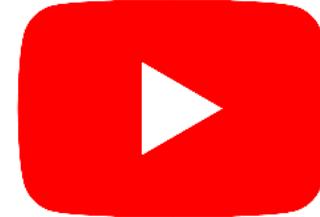
[www.instagram.com/moesingapore](https://www.instagram.com/moesingapore)



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



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



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

# WE ARE HERE TO SUPPORT YOU!



## KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



### 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:

- a) 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.



Edition 1



Edition 2



Edition 3



A list of common FAQs will be uploaded in our school website and the link will be sent to you through Parents' Gateway.

## Dental services

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Health Promotion Board administrative matters – Health and dental  
More details will be shared with you through Parents' Gateway by end  
of December.

# Providing support for students in education

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- **CDAC:** Chinese Development Assistance Council (CDAC)  
Website: <https://www.cdac.org.sg/>
- **Mendaki:** Yayasan MENDAKI (Council for the Development of Singapore Malay/Muslim Community)  
Website: <https://www.mendaki.org.sg/>
- **Sinda:** The Singapore Indian Development Association (SINDA)  
Website: <https://www.sinda.org.sg/>

These three organisations are self-help groups aimed to support students and their families in education and other areas. Do check out their website for further details.

# **Update on School Matters**

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Dear parents, we will provide you with further updates on school matters in late December 2025 in view of any updates from MOE.

Do look out for our updates in Parents' Gateway and email!

# More questions?

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For any queries, do contact

HGS office at 6344 0293 or [haiggirlssch@moe.edu.sg](mailto:haiggirlssch@moe.edu.sg)



# Join Us! **Parent Support Group (PSG)**

A team of dedicated parents supporting each other in nurturing their children. Network, share and learn with fellow parents by involving yourself in our school programmes and events.



# Be part of our PSG Family



# Agenda for today



Welcome by  
Principal



Sharing by  
Year Head  
(Lower  
Primary)



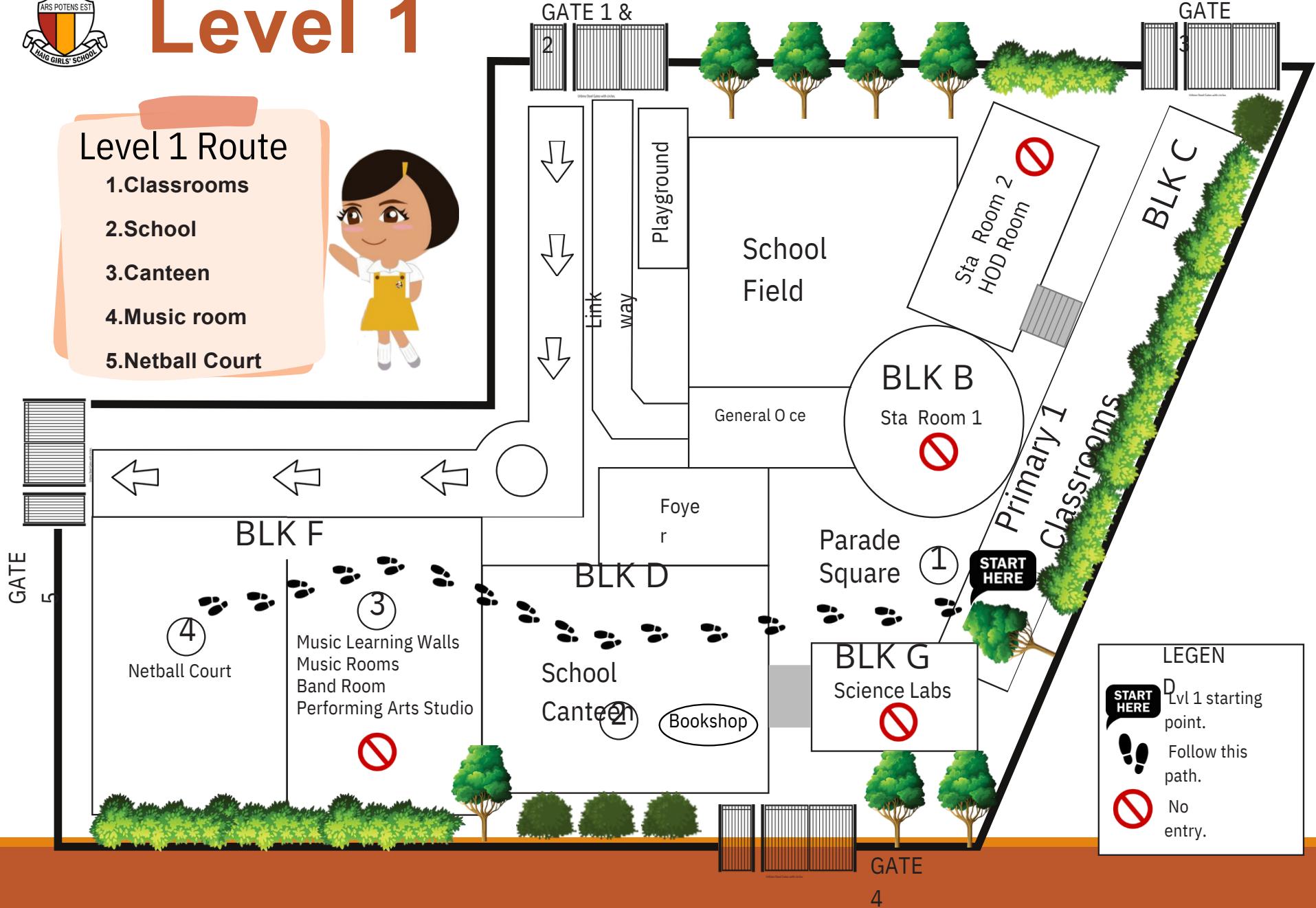
School Tour

# School Tour



## Level 1

- Level 1 Route**
1. Classrooms
  2. School
  3. Canteen
  4. Music room
  5. Netball Court



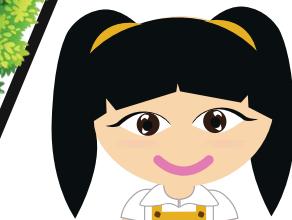
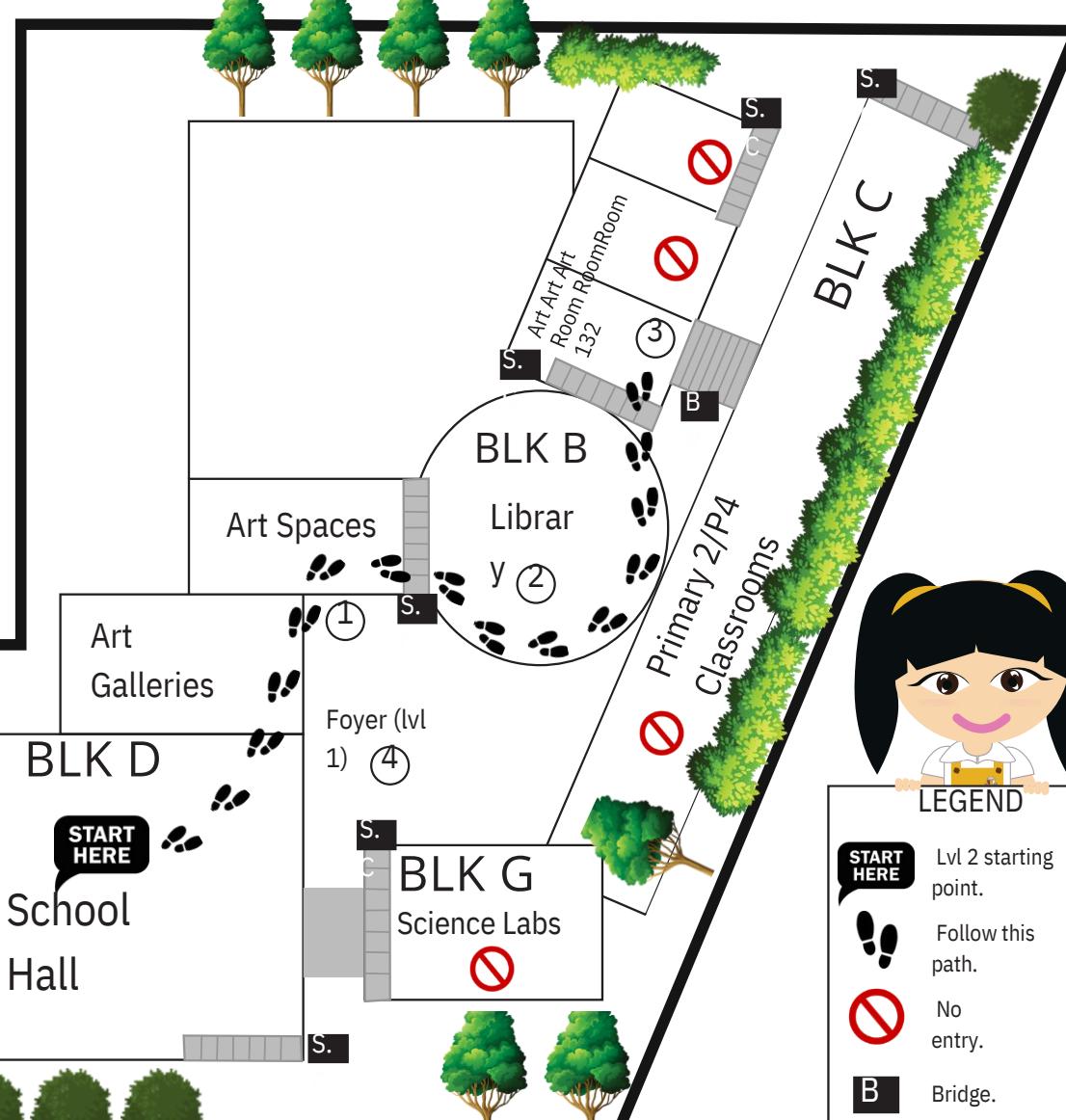
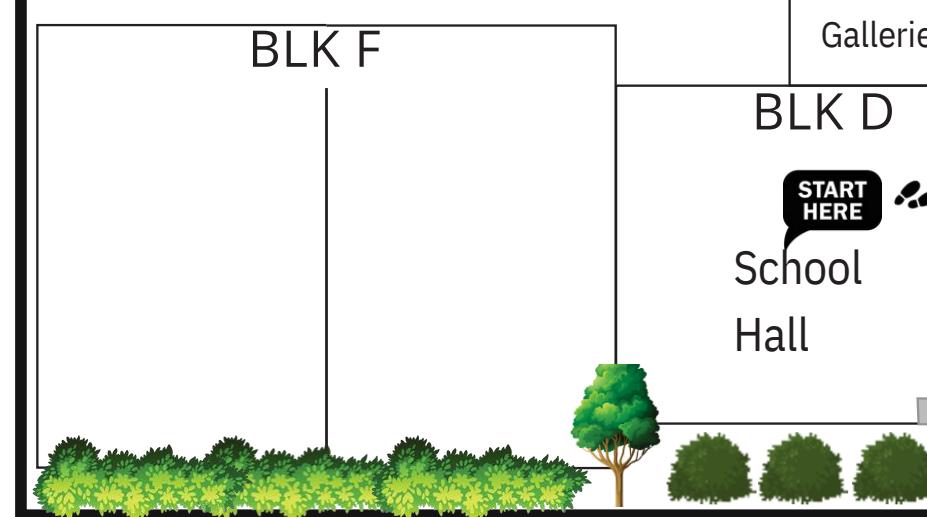


# Level



## Level 2 Route

1. Art Spaces Library
2. Art Rooms Foyer (lvl 1)



## LEGEND

- START HERE Lvl 2 starting point.
- Follow this path.
- No entry.
- Bridge.
- Staircase

# School Tour

## Instructions

Parents of Group 1, Group 2 and Group 3 to move to the classrooms progressively.

Parents will pick your child up and start the tour from level 1 and you can make your way to level 2 after you have tour level 1.

Please line up patiently outside the classroom while our teachers pair you with your child.

This is to ensure the safety of our students.

Group 1

Group 2

Group 3

# School Tour

## Instructions

Parents of Group 4, Group 5 and Group 6 will remain in the hall.

We will bring your child to the hall progressively, according to their groups.  
Likewise, please be patient and wait for our teachers to pair you with your child.

Parents will pick your child up and start the tour from level 2 and you can make your way to level 1 after touring level 2

Group 4

Group 5

Group 6

# **Sale of Uniform, Sale of Books, SCC Booth, Bus Booth, Support Booth**

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Tour will end at 4.00 p.m.

An announcement will be made through our school PA system. You may continue to purchase uniform.

If you have any queries regarding curriculum and student matters, you may approach our staff at the Support Booth situated at the foyer.

For admin matters, please approach our office staff at the foyer or the General Office.



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**Let's get ready for life in HGS!**

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# Feedback and further queries



<https://go.gov.sg/b8q1ul>

Thank  
you!

Together  
MAY WE GIVE  
our children  
the roots to  
grow  
AND THE  
wings to fly

