



More Resources



Begin your parenting journey with us

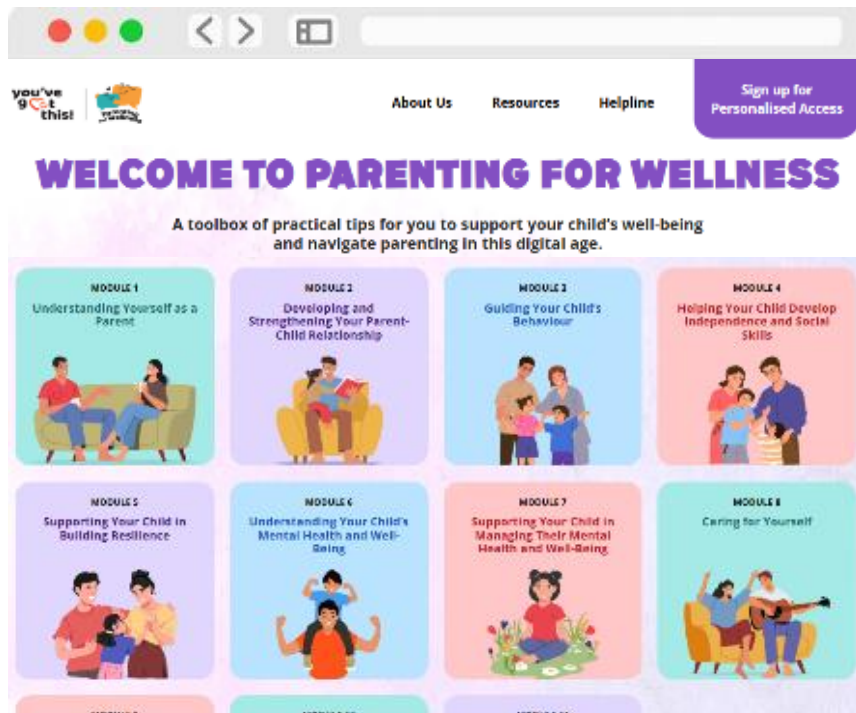
@parentingwith.moesg

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



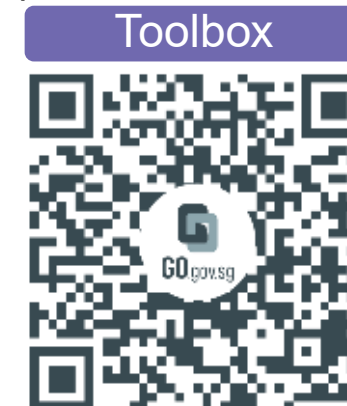
Parenting for Wellness

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 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.



SCHOOLBAG

CHECK US OUT!

PARTNERING YOU ON YOUR EDUCATION JOURNEY

New look, new features,
same good content

[Schoolbag.edu.sg](https://schoolbag.edu.sg)

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

go.gov.sg/schoolbag-subscribe



Keeping Children Healthy



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:



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

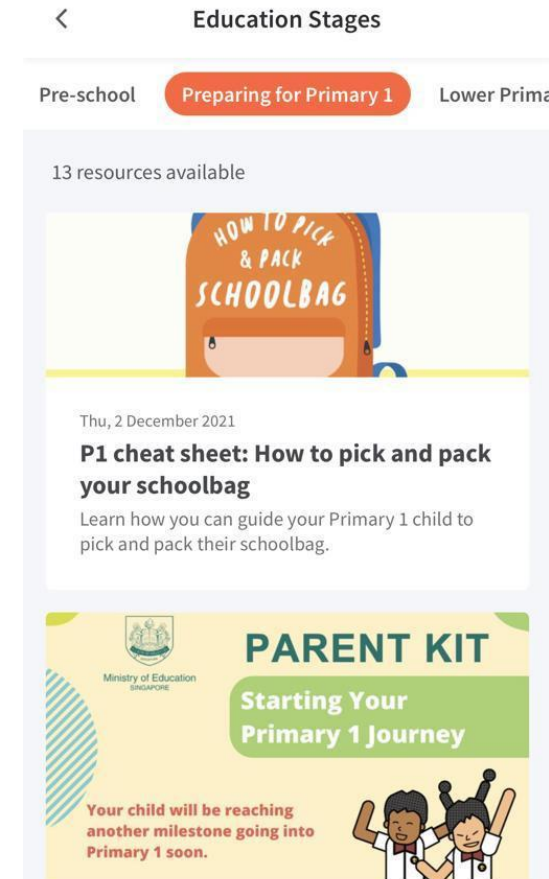
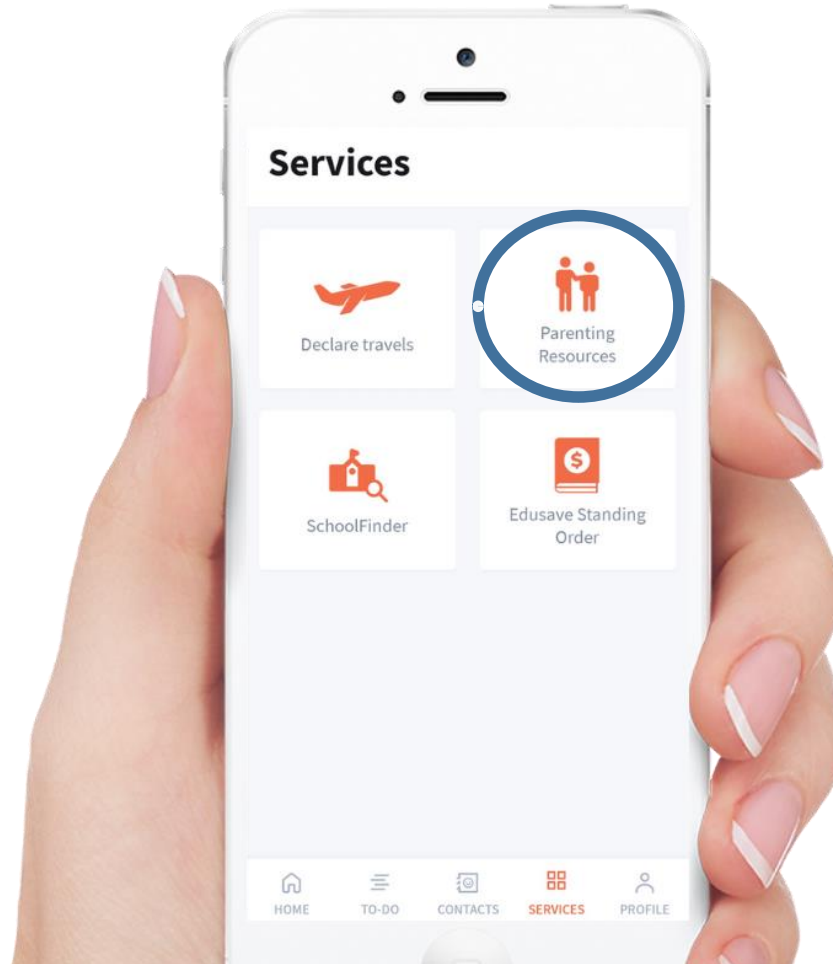
www.moe.gov.sg/parentkit

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.



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.



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.

Find out what your child really needs for Primary 1.

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!



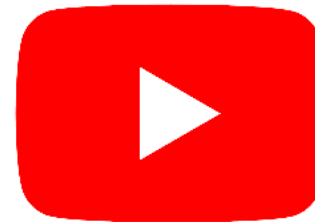
www.instagram.com/moesingapore



www.instagram.com/parentingwith.moesg



www.facebook.com/moesingapore



www.youtube.com/moespore

WE ARE HERE TO SUPPORT YOU!



KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



Keeping Children Healthy

A GUIDE FOR PARENTS



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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

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

- **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

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?

For any queries, do contact

HGS office at 6344 0293 or 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



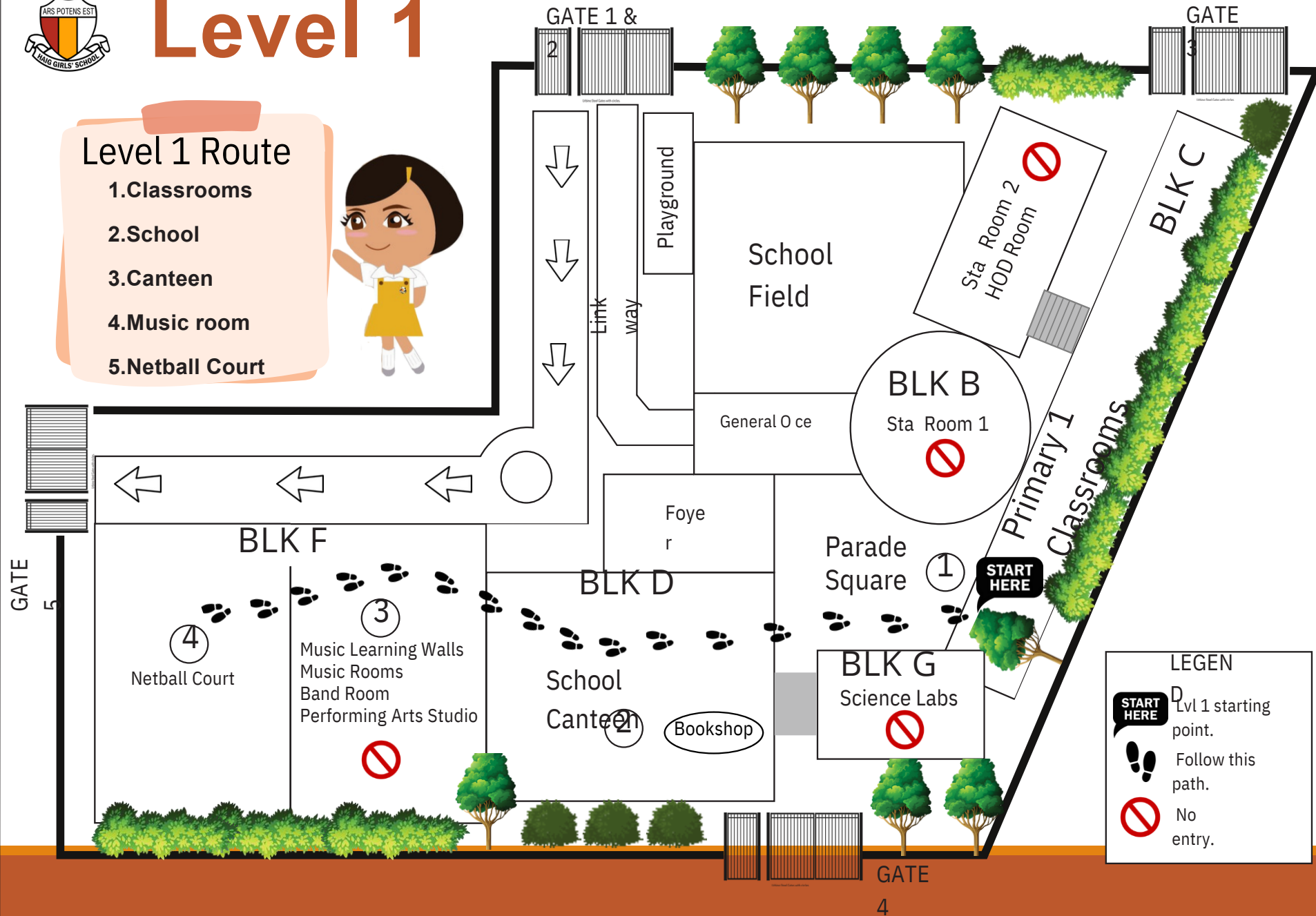
School Tour



Level 1

Level 1 Route

1. Classrooms
2. School
3. Canteen
4. Music room
5. Netball Court



LEGEN

- START HERE
- Follow this path.
- No entry.

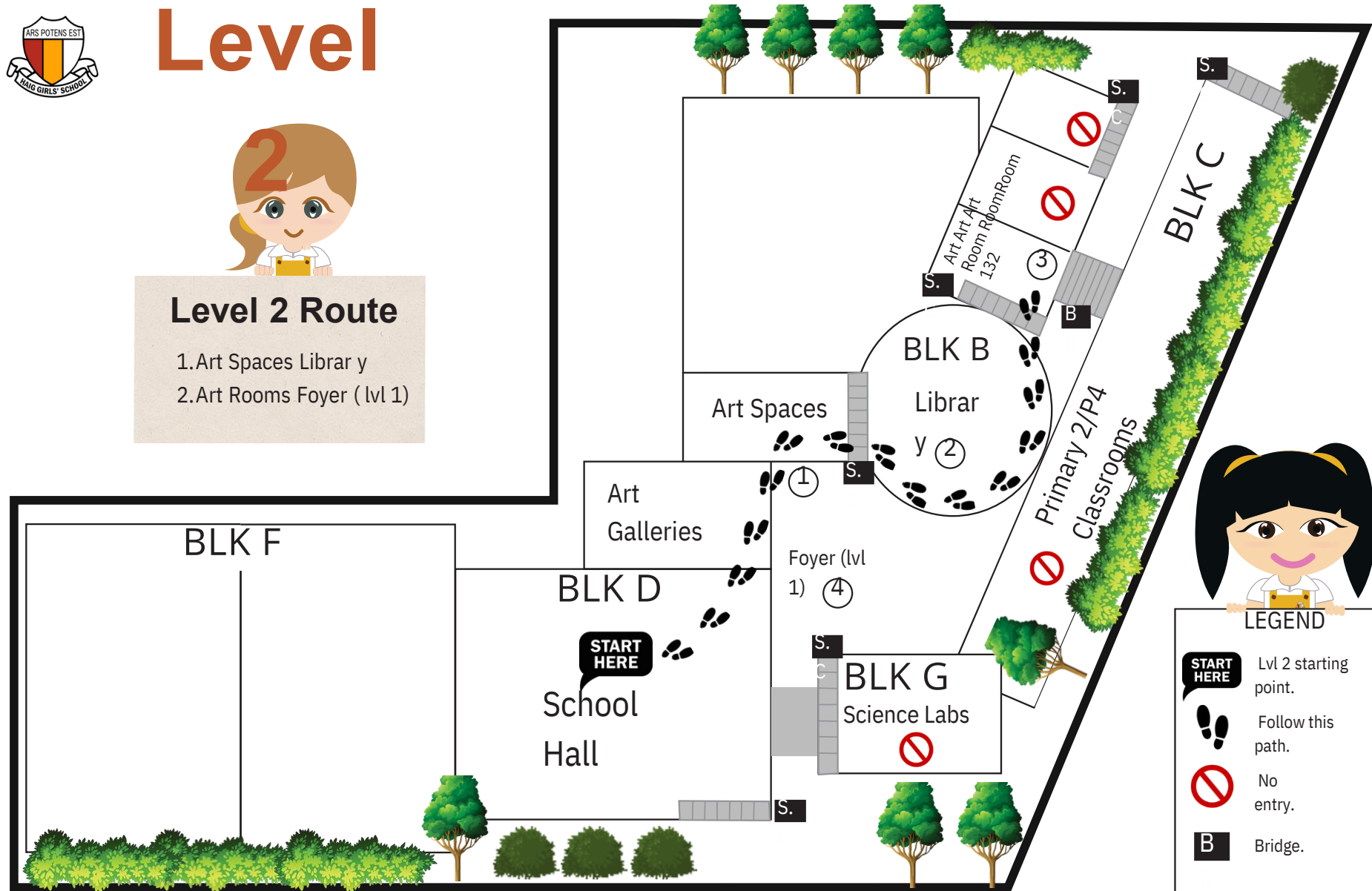


Level



Level 2 Route

1. Art Spaces Librar y
2. Art Rooms Foyer (lvl 1)



LEGEND

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

School Tour

Group 1

Group 2

Group 3

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.

School Tour

Group 4

Group 5

Group 6

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

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

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.



Let's get ready for life in HGS!





Feedback and further queries



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

Thank
you!

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

