



克明小学  
**KEMING**  
PRIMARY SCHOOL  
GROW & GLOW

# P1 Orientation

Monday, 21 November 2022



**KEMING**  
PRIMARY SCHOOL  
GROW & GLOW

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# Welcome to the Keming Family!



KEMING  
PRIMARY SCHOOL  
GROW & GLOW



88 Years - Educating the Young



KEMING  
PRIMARY SCHOOL  
GROW & GLOW

Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens

# Welcome Address by Our Principal

Mrs Yap Dai Jee



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# Our Primary 1

## 7 Classes

Amethyst, Diamond,  
Emerald, Jade, Onyx, Opal,  
Pearl

***30-32 students in each class***





# Introducing our Key Personnel



**KEMING**  
PRIMARY SCHOOL  
GROW & GLOW

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# Our Vision

---



***Enlightened Students, Enriched Citizens***

# What it means to us

## *Enlightened Students*

Students develop their MA PIES domains to become

- Morally upright (moral)
- Aesthetically aware (aesthetic)
- Physically robust (physical)
- Intellectually nimble (intellectual)
- Emotionally adept (emotional)
- Socially responsible (social)



# What it means to us

---

## *Enriched Citizens*

Our students learn to strive to '**Do the Right Thing**' (moral character) and '**Give of their Best**' (performance character).

They glow as **Enriched Citizens** who are

- good and useful citizens
- rooted to Singapore
- striving to foster national and social cohesion
- making positive contributions to the community and country.



# Our Core Values (R<sup>3</sup>ICH)

---

Respect & Responsibility



Resilience & Integrity



Care & Harmony



# Aims of Primary Education

---

- Lay a strong foundation
- Nurture well-rounded individuals and passionate lifelong learners
- Moving away from over-emphasis on grades
- Prepare the child for the future



# Holistic Curriculum for the Whole Child

***Enlightened Students, Enriched Citizens***

Confident - Self-directed learners - Active contributors - Concerned citizens

**Programme for Active Learning (PAL)**  
*Values-driven activities building on soft skills*

**Learning for Life Programme**  
*Develop resilience and attitude to excel through Sports*

**Character Education**  
*Every teacher a CCE teacher.  
Every lesson a CCE lesson.*



***Connecting Hearts, Engaging Minds***

**Our Core Values (R<sup>3</sup>ICH)**



KEMING  
PRIMARY SCHOOL  
GROW & GLOW

Respect & Responsibility

Resilience & Integrity

Care & Harmony



RESPECT



RESPONSIBILITY



**ENGLISH  
MOTHER TONGUE LANGUAGES  
MATHEMATICS  
SCIENCE**

**PE, ART, MUSIC  
SOCIAL STUDIES**

**Applied Learning Programme  
I.N.S.P.I.R.E. the Scientist in Me**

# Character Development

*Every lesson a CCE lesson.*

*Every Teacher a CCE teacher.*

- Character and Citizenship (CCE) Lessons in their Mother Tongue Languages
- Form Teacher Guidance Period (FTGP)

The children will get to

- ✓ Bond with teachers & peers
- ✓ Learn life skills
- ✓ Strengthen social skills



# Programme for Active Learning (PAL)

- Part of holistic education
- Balancing knowledge with soft skills, values & socio-emotional competencies
- Providing broad-based exposure for
  - ✓ Sports and Games
  - ✓ Outdoor Education
  - ✓ Performing Arts
  - ✓ Visual Arts



**PAL in Keming Primary focuses on**

- ❖ 3Cs  
Confidence, Curiosity, Co-operation
- ❖ R<sup>3</sup>ICH Values

# Applied Learning Programme (ALP)

## I.N.S.P.I.R.E. The Scientist in Me

(INquiry Science Projects Involving Research and Experiments)

The children go through inquiry activities:

- ✓ Share their thoughts and ideas (Confidence)
- ✓ Hands-on (Curiosity)
- ✓ Explore how Science has impacted daily life (Curiosity)
- ✓ Work in groups (Cooperation)



# Learning for Life Programme (LLP)

## Character Development through Sports

The children go through Sports activities to

- ✓ Learn to be resilient, be honest and work in teams
- ✓ Develop the drive to excel
- ✓ Learn to include others as they interact with one another

*SportsforAll@Keming  
WUSHU*





# Assessment to support learning



# Assessment at P1 and P2

---

- Our Key focus is on building students' confidence & desire to learn.
- Use of assessment to support and improve learning
- No examinations and weighted assessments at P1 & P2
- Bite-sized assessments including
  - ✓ oral, written and activity based (Performance tasks)
  - ✓ Show-and-tell
  - ✓ Reading Assignments
  - ✓ Topical tests

# Feedback on my child's progress

---

- Unit worksheets and learning materials used in class
- Termly reports on your child's development and behaviour in class e.g. rubrics to indicate key learning outcomes
- Overall qualitative comments on your child's learning
- All Primary 1 and 2 students will progress to the next level.

# How will the assessment benefit my child?

- More confident
- Motivated to learn
- Enjoy learning



# Sharing by Year Head

---



KEMING  
PRIMARY SCHOOL  
GROW & GLOW

Ms Ng Bih Huey  
(Year Head Primary 1, 2)



KEMING  
PRIMARY SCHOOL  
GROW & GLOW

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*



# Learning@Keming

# Subjects taken at P1 and P2

All students are offered:

1. English Language
2. Mother Tongue Language
3. Mathematics
4. Social Studies
5. Art
6. Music
7. Physical Education
8. Health Education



# Joy of Learning@Keming



*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens.*



# English Language

Children learn to read and enjoy stories, respond to them and study the characters

- ✓ Reading and writing using rich and interesting books/ shared experiences, with discussions led by the teachers
- ✓ Oral and listening activities
- ✓ Learning Journeys
- ✓ Use of technology such as Moo-O Plus to encourage reading





我的冲凉房

# Mother Tongue Languages

Appreciate the language through activities rich in culture that are applicable to real-life

- Develop as self-directed learners equipped with SE competencies and ICT skills
- Emphasis on proficiency in daily spoken and written interaction skills through authentic activities
- Exposure to cultural learning (Cross-cultural awareness)



# Mathematics

Learn to solve problems and find different ways to apply skills they learn.

- ✓ Build a strong foundation in numeracy skills eg. concepts of numbers, money, time, length, picture graphs
- ✓ Develop skills in problem solving, model drawing
  - ✓ Performance tasks, authentic learning
  - ✓ Mathematics Trails



# PE & Health Education, Art, Music, Social Studies

- Develop fundamental motor skills
- Become visually literate (*observe, understand and make meaning of what they see*)
- Communicate their ideas using visuals
- Listen and respond to music, create and perform music
- Understand the roles they play and learn about the community



# Supporting Learning



"I work with the younger students to help them build basic numeracy skills so that they can continue to learn with confidence."

*Learning Support Coordinator(Mathematics), Mdm Tang Wan Ying*



"I work with the children to build language skills through phonic strategies and spelling and word recognition skills."

*Learning Support Coordinator(English), Ms Serena Lim*

# Supporting Learning

## Allied Educators (Learning & Behavioural) & School Counsellor

Learning Support in Learning, Behavioural, Special Needs



**Senior AED LBS, Ms Anita Ong**



**Senior AED LBS, Ms Cheryl Lim**



"I work closely with the teachers to support the students with different socio-emotional needs in the school."

**School Counsellor, Mrs Kumar**

"We provide support to students with special educational needs to help them better cope with the learning in class."

**AEDs LBS, Ms Anita Ong & Ms Cheryl Lim**



**KEMING  
PRIMARY SCHOOL  
GROW & GLOW**

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# Supporting Learning

## TRANSIT PROGRAMME starting in 2023

Structured Intervention Programme anchored on Holistic Support for Student with Needs

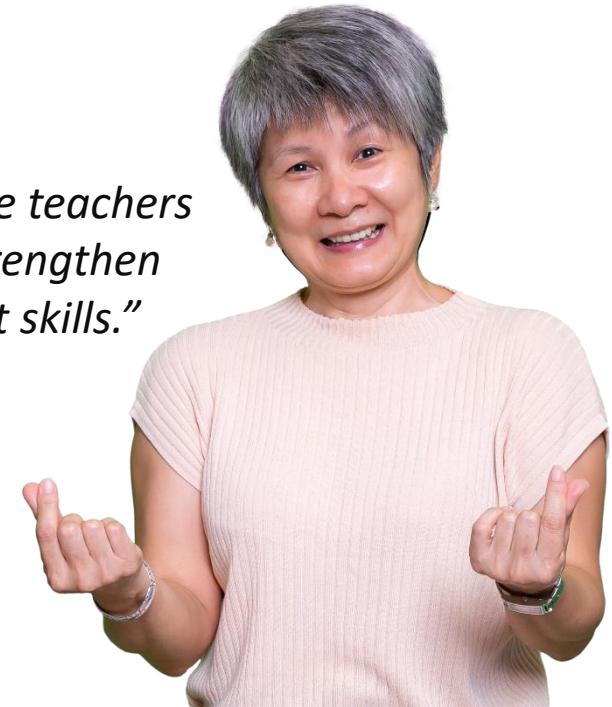


“My goal is to facilitate successful transition  
of students with social and behavioural  
needs back to their form class.”

***TRANSIT Teacher, Mdm Sabrena Esman***

*“I work closely with the teachers  
to help the children strengthen  
their self-management skills.”*

***AED LBS, Mdm Ming***



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*



# Preparing Your Child for School

# A New Place to learn

---

## Transiting from Pre-school to Primary School

- Larger learning environment
- Longer school hours
- More friends and teachers mean more diverse interactions with students and teachers
- Being more independent and responsible



# Help your child in these skills

---

- Relating to others
  - build social skills and interact with people around him/her [e.g. ask for permission, say hello and smile, control their emotions and not throw a tantrum]
- Developing good habits
- Nurturing positive learning attitudes
- Creating a conducive learning environment at home



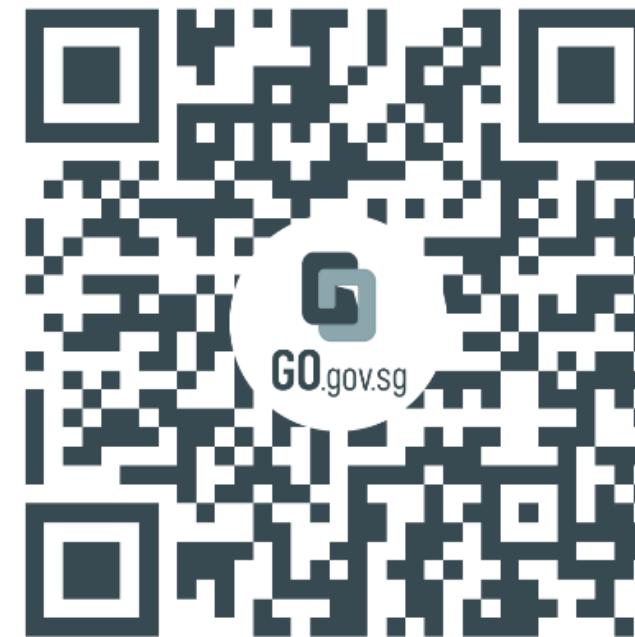
NEW

# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## PARENT-CHILD ACTIVITY BOOK (DIGITAL)

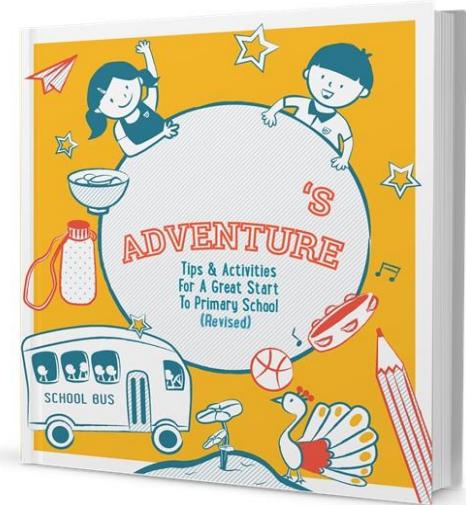
**10 TIPS FOR  
PARENTS** to help you  
navigate your child's first year  
in primary school.

- Chat with your child
- Boost their confidence
- Practise various scenarios
- Create something interesting
- Thank others for their help
- Pledge to do things together



FOR YOU & YOUR CHILD  
**PARENT-CHILD  
ACTIVITY BOOK**

Tips & Activities for a Great Start to Primary School



# 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.
- Teaching them coping mechanisms (e.g. deep breaths, quiet corner, stop-think-do) to enable them to manage their emotions.



# DEVELOPING GOOD HABITS

**Routines help children learn to manage themselves.**

Guide your child to do the following independently:

- Keep to a regular bedtime
- Make healthy food choices
- Pack their bag
- Dress themselves
- Buying food at the canteen



# NURTURING POSITIVE LEARNING ATTITUDES

**Developing the right learning attitude in your child will help them to transit smoothly into the learning routines in primary school.**

You can encourage your child to:

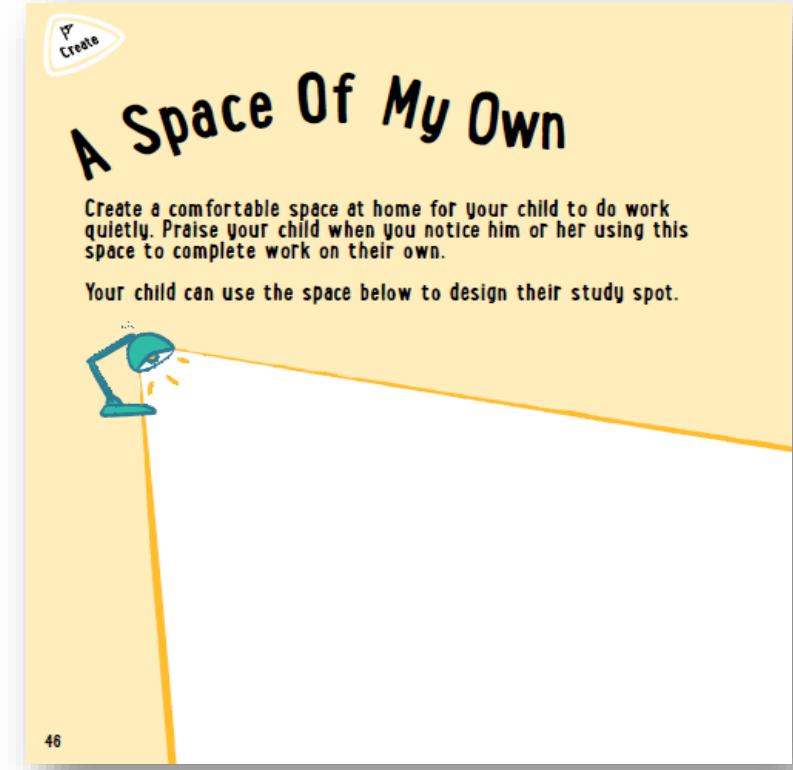
- Ask questions about their experiences and the world around them.
- Express their thoughts and feelings about and discuss what can be done if they have worries.
- Practice life skills independently (e.g. buy food and drink on their own, ask for permission etc).



# 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:**

- Encourage your child to learn English and their Mother Tongue, through picture books, language games or songs.
- Set aside space in your home where your child can read and finish their homework.



# 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: Let's Help Out At Home**  
pg 97 – 104  
Jun – holidays!

© COMMUNICATIONS AND ENGAGEMENT GROUP MOE

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!

© COMMUNICATIONS AND ENGAGEMENT GROUP MOE

17

# Support a healthy lifestyle

Ensure your child has

- Sufficient sleep (10h)
- A balanced diet
- Unstructured play
- Outdoor activities (reduce myopia)



# Spend time to talk to them



- Empathise with your child's emotions and understand his/her needs
- Share fond memories of your own primary school days ☺
- Ask about your child's thoughts and feelings
- Include questions about other things besides the academic learning e.g. Have you helped anyone today?
- Discuss challenges and worries together



# Affirm your child

- Recognise small successes
- Focus on the efforts, not the results



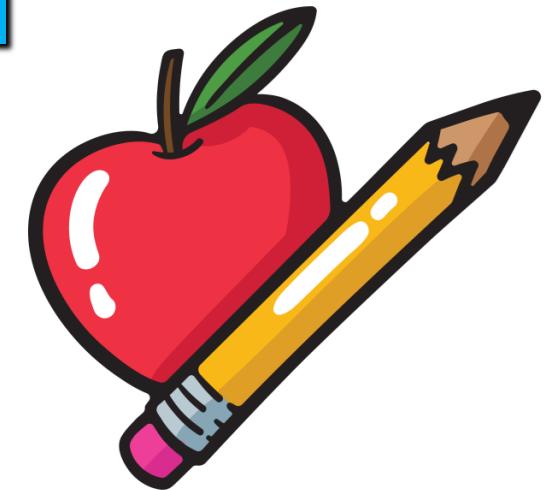


# General Admin Matters

An Information Booklet for Parents and Slides will be put up on the website for your reference.

# First Day of School

Tuesday , 3 January 2023



- All students will report to the school by 7.30 a.m. daily.

# First Day of School – 3 January

😊 Accompany your child to the classroom

😊 Leave and return during recess

We will update parents on the arrangement for First Day of school in December via PG.



# Value of Punctuality

- Arrival

- Send your child to school on time

- Dismissal

- Pick up your child on time daily from the same pick-up point to give him/her a sense of security



# School Attire

## Nametag (P1 ID Tags)

- Your child needs to wear the ID tag to school for identification.
- Ensure that your child's particulars and details are indicated clearly on the back of the nametag.

## School Uniform

- Students should come in their school uniform on the first day of school.
- Students are allowed to wear their P.E. attire on days when they have PE or PAL.
- 2023: In view of the safe management measures where they may still wish to wear their face mask, students are also allowed to come in their P.E. attire on other days.

# Absence from School

- To be supported with a **Medical Certificate** (when your child is ill) or with a letter of explanation for other valid reasons.
- Please do not apply for leave during term time (e.g. for holidays).
- The school will not be able to re-schedule programmes or lessons.
- Your child may get the wrong message that school is not important.

# **If your child is unwell before coming to school**

**If your child is unwell, please call the General Office or message/email the Form Teacher.**

**Share** your child's condition and duration of his/her medical leave.

Upon return, he/she is required to submit either a medical certificate or a letter of excuse.

# If your child is unwell while in school

- The school will contact parents.
- Your child will be brought to the General Office to wait for parents.
- Parents are to sign child out from school.

*Note: For safety reasons, the school will not administer any oral medication.*

# Visiting the School

- All visitors must go to the Guard Post to sign in for a Visitor Pass before proceeding directly to the General Office.



# Key School Communication

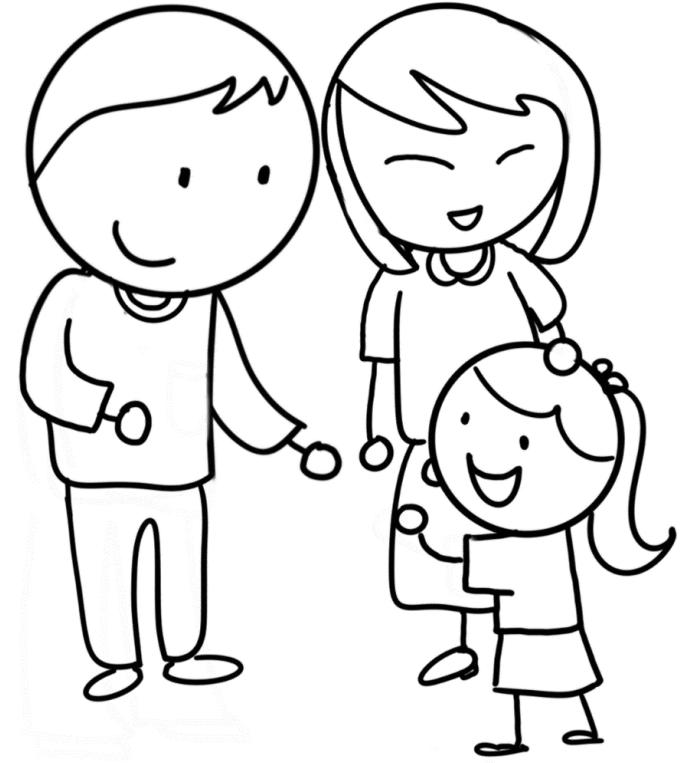
- Parents' Gateway (Letters & Notifications)
- Student Handbook
- Telephone: 68962054 (School Office)
- Email: [kmps@moe.edu.sg](mailto:kmps@moe.edu.sg)
- School Website  
<https://kemingpri.moe.edu.sg/>

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



# Parent-Teacher Communication

- Having regular conversations with teachers in both academic and non-academic areas will help you better guide your child's development.
- The email addresses of the form teachers can be found on the school website later in December.



*If you are contacting teachers, please do so during office hours (8 a.m. to 5 p.m.)*



# Arrival, Recess, Dismissal



# School Hours

## P1 Reporting and Dismissal Time

Monday – Friday	
Reporting Time	7.30 a.m.
Recess	9.30 a.m. – 10 a.m.
Dismissal Time	1.30 p.m.



# Arrival and Dismissal

Days of the Week	Reporting Time	Flag Raising	School Starts	Recess	*Snack Break	Dismissal Time
Monday to Friday	7.30 a.m.	7.30 a.m. to 7.40 a.m.	7.45 a.m.	9.30 a.m. to 10.00 a.m.	11.30 a.m. To 12.30 p.m (10 min)	1.30 p.m.

- For snack break, please pack a small portion of biscuits, bread or fruits for your child. We would like to **encourage healthy eating habits** in the children, please pack healthy snacks such as small fruits for snack breaks.
- Please avoid giving your child drinks such as yoghurt and fresh milk which may spoil easily.



# Recess@Keming – 9.30 a.m. for P1



How much pocket money to bring?  
• Set meals: \$1.80 to \$2.50

We encourage students to learn to apply skills that help them buy food with their money. E.g. counting money/change, asking for the right item politely, responsibility in returning cutlery to the right receptacles



# Recess@Keming – The Stalls

## 8 Food Stalls

- 2 buns/snack stalls
- 6 food stalls

Form teachers will be going through the different stalls and food being sold on the first 3 days of school.



# **Dismissal – 1.30 p.m.**

**ALL** students will be dismissed at the various exit points.



## **Students using Gate C / Gate G / Gate E / Car Porch**

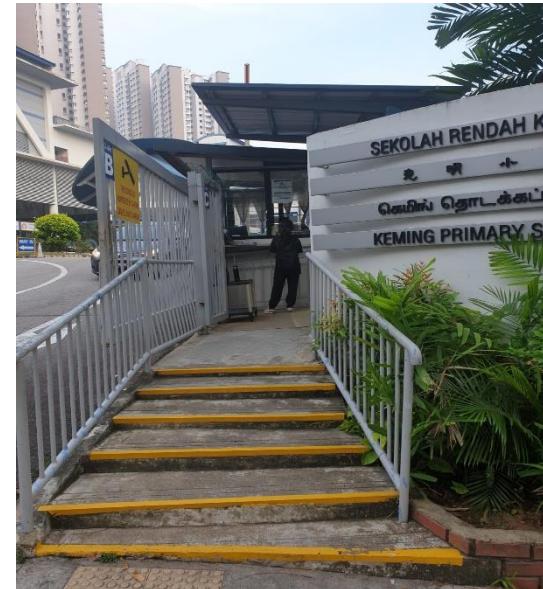
For dismissal, the class will be grouped accordingly and they will be led by the teachers to the various exit points.

## **Students Taking the School Bus**

For dismissal, your child will be led by the teachers to the basketball court to assemble according to their assigned school bus.

# Dismissal

Location of front gate (Gate C)



Front gate  
(Gate C)

# Dismissal

Location of car porch area



Car porch area

# Dismissal

## Location of Basketball Court

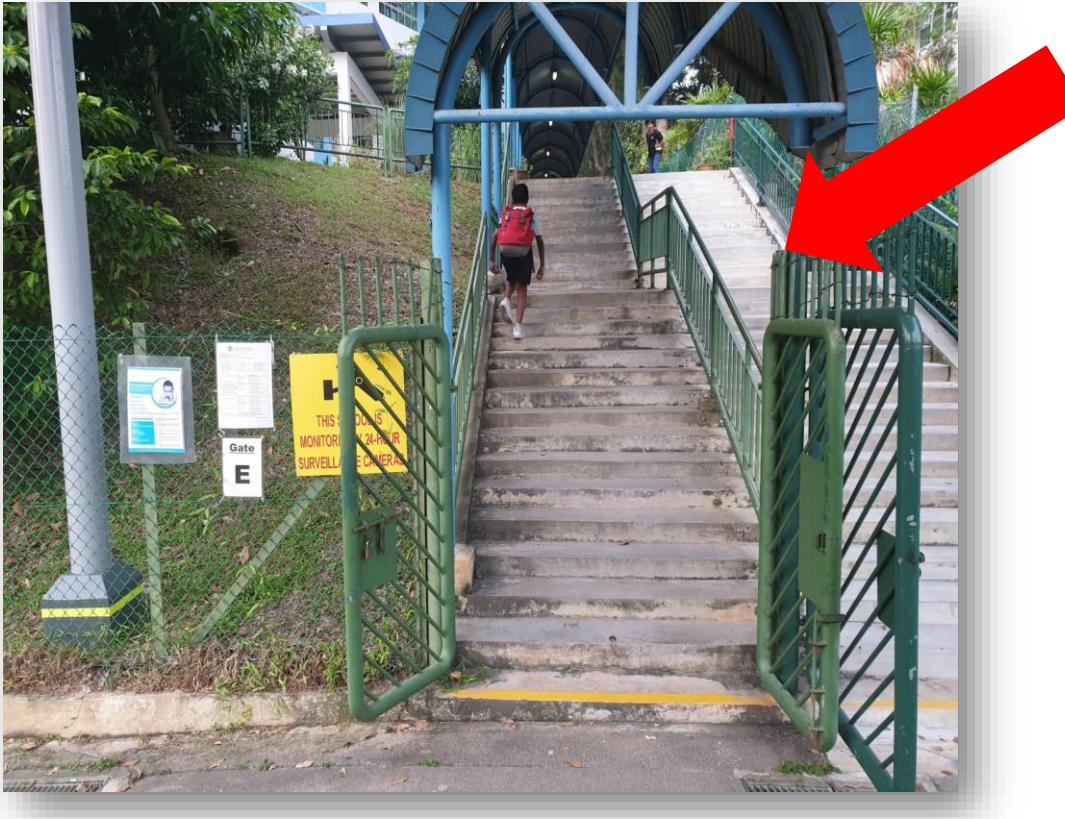
External SCC  
and students  
taking school bus



School SCC  
(Knowledge  
Park)

# Dismissal

Location of back gate (Gate E)



Back gate (Gate E)  
- Near overhead bridge



# Dismissal

Location of gate next to Sky Peak (Gate G)



# Safety and Identification



**KEMING**  
PRIMARY SCHOOL  
GROW & GLOW

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# Child's ID Tag

- Your child will receive his/her ID tag from you later.
- Please indicate the required details clearly.
- For the first **2 weeks of school**, all P1 students are required to wear their ID tag daily for easy identification.



# Child's ID Tag

Example : Hanna is not taking school bus.  
She is going home using Gate C.

Back: Fill in all the details

Front

 KEMING PRIMARY SCHOOL

Name: Hanna Tan

Class: P1 1 Jade

I have an elder brother or sister.\*

His/Her name is \_\_\_\_\_ (Class: )

My parents' contact number is: \_\_\_\_\_

I am taking school bus number \_\_\_\_\_.  
\*Students taking the school bus will assemble at the basketball court after school dismissal.

I am going to \_\_\_\_\_ Student Care Centre.  
\*Students will assemble at the basketball court after school dismissal.

Tick one\* of the following options if arrangement has been made to pick me up from:

Car Porch (For parents driving in)  
 Covered walkway near front gate (Gate C)  
 Side gate near Skypeak (Gate G)  
 Back gate (Gate E)



# **First weeks of School - Orientation**

## ***Getting to know the School***

- Assembly – National Anthem, Our Pledge, School Song
- A School Tour
- Recess & Canteen Familiarisation
- Seating in class and queuing up (temporary)
- Timetable and packing my bag
  - Good habits@Keming
  - Greeting one another
- Dismissal Routines



# What to bring on the first few days



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# What to bring on the first 3 days

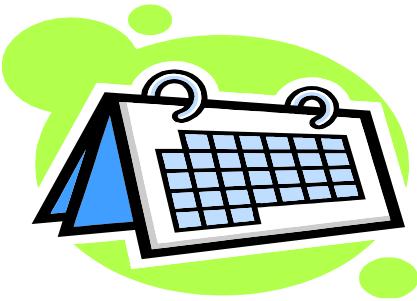
## First day of school

What to pack	What to wear
1. Pencil case 2. Colour pencils 3. Student handbook 4. Water bottle 5. Pocket money 6. A story book 7. A healthy snack 8. Subject Materials listed in Info Booklet*	1. School uniform 2. White school shoes 3. ID tag
<b>What to bring for SMM</b>	
1. Thermometer (ODT) 2. Hand sanitiser/Disinfecting wipes	

An Info Booklet will be shared with parents in early December.



# What to bring on the first 3 days



## First 3 days

1. Please bring the books according to the list given in the information booklet. (*Will put on website in December*)
2. Your child will receive his/her confirmed timetable by **3<sup>rd</sup> day** of school.

## 4<sup>th</sup> day onwards

1. Students to pack their bag every day according to the timetable from the **4<sup>th</sup> day, 6 January** onwards.
2. To write **your child's name and class** on all his/her books, files and other belongings (e.g. wallet/purse, water bottle, lunch box, coloured pencils, shoes, bag etc.)

# Useful Activities@Home

*Activities you can do at home to help your child prepare for school to transit to P1*



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# Useful Activities with your child ☺

- Practise **waking up earlier** one week before school so your child can get used to the time to arrive in school.
- **Choosing healthier food** during mealtimes to encourage your child to eat healthily.
- **Discuss healthy snacks** that they may wish to bring to school.
- Explore how to count money to buy food at the canteen.
- **Take a walk with your child to the school gate.** While they cannot enter the school yet, it is good to show them where it is and have a sense of how long it takes to reach the school.
- Practise how to **use a Oral Digital Thermometer.**

# Some gentle reminders

*Resources*



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

# SCHOOL-HOME PARTNERSHIP



## Join the Parent Support Group (PSG)!

- Keming PSG consists of a group of dedicated parents who partner the school to support fellow parents in nurturing their children.
- It is a platform for parents to network, share, learn and support each other in this parenting journey.
- Our PSG partners the school in many events and also organises activities such as Parenting Workshops and talks for parents.
- You can sign up at the booth! Our PVs will be there to help you.

# 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.



**Education Stages**

Pre-school    Preparing for Primary 1    Lower Prima

13 resources available

**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?

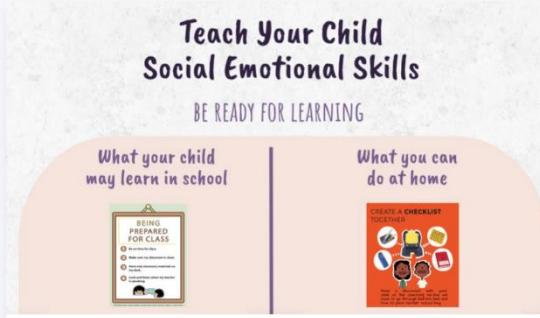


Fri, 23 September 2022

[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.**



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.



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!



## 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.



**KEMING**  
PRIMARY SCHOOL  
GROW & GLOW

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*



**SCHOOLBAG**  
THE EDUCATION NEWS SITE

### Schoolbag.edu.sg

[www.schoolbag.edu.sg](http://www.schoolbag.edu.sg)

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.

# WE ARE HERE TO SUPPORT YOU!



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



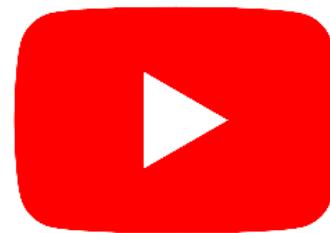
[www.facebook.com/moesingapore](https://www.facebook.com/moesingapore)



*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*



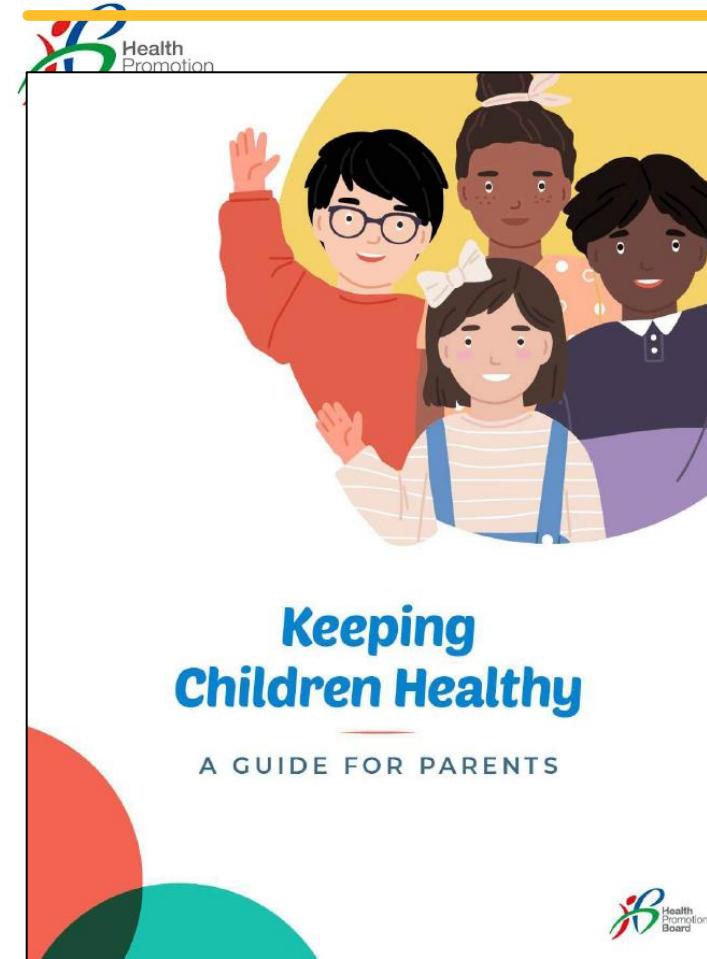
[www.instagram.com/parentingwith.moesg](https://www.instagram.com/parentingwith.moesg)



[www.youtube.com/moespore](https://www.youtube.com/moespore) 79

# 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:



**Edition 1**



**Edition 2**



**Edition 3**



**Affirm your children on managing  
themselves well in school today!**



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*

**THANK YOU  
FOR BEING HERE WITH US!**



# Feedback and Questions



**KEMING**  
PRIMARY SCHOOL  
*GROW & GLOW*

*Connecting Hearts. Engaging Minds. Enlightened Students. Enriched Citizens*