P1 Orientation

17 November 2023

Programme

Parents
Address by Principal
Brief by Assistant Year Head/P1
Sharing by Subject Head/ Special Educational Needs
Sharing by Senior School Counsellor
Sharing by Parent Support Group (PSG)

Students
Classroom Activities
School Tour

Our Vision
A DYNAMIC COMMUNITY OF COMPASSIONATE LEADERS AND CRITICAL THINKERS

P1 Orientation

Principal's Address
Mdm Cheryl Tan

ABOUT KCS

Total student population	1419
Total no. of classes	42
Total no. of P1 classes	8
Total no. of KCS staff	114
Total no. teaching staff	95
No. of CCAs	13

SCHOOL LEADERS

MR JACK PUN
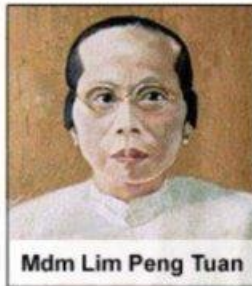VICE-PRINCIPAL (ADMIN)

MDM CHERYL TAN
PRINCIPAL

MR KHOO GHEE HAN
VICE-PRINCIPAL

ASSISTANT YEAR HEAD
(PRIMARY 1)

MR RAJA NAZRULDIN
BIN RAJA KAMARULZAMAN

HISTORY OF KCS

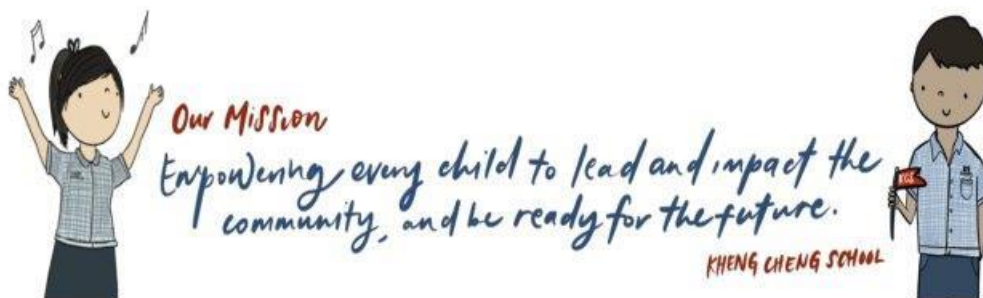Mdm Lim Peng Tuan

| 1927 - 1931 | 1933 - 1937 | 1937 - 1972 | 1974 - 2001 | 2002 - 2003 |

HISTORY OF KCS

Kheng Cheng School - Present

Our Vision
A DYNAMIC COMMUNITY OF COMPASSIONATE LEADERS AND CRITICAL THINKERS

Our Mission
Empowering every child to lead and impact the community, and be ready for the future.
KHENG CHENG SCHOOL

KCS STUDENT OUTCOMES

Compassionate Leader

Critical Thinker

SCHOOL VALUES

Kindness in Heart	Courage to Stand	Sincerity of Might	Diligence of Hand
仁	勇	诚	勤
We are gracious in our actions. We show care and concern for others. We love our community and environment.	We do the right thing. We dare to try. We finish the race strong.	We speak the truth. We show consideration to others. We learn from our mistakes.	We seek to learn. We plan and act on what we set out to do. We work hard and excel in what we do.

KCS LEARNING DISPOSITIONS

Reflectiveness	Resilience	Open-mindedness	Engagement
• Think and apply what have been learnt • Suggest alternative ideas or solutions	• Persevere and complete challenging tasks • Bounce back after setbacks and willing to work on improvement	• Willing to learn and adapt new ideas • Respect the opinions of others	• Stay on task during individual and/or group work • Respond quickly to learning activities

KEY PROGRAMME – LEARNING FOR LIFE PROGRAMME (LLP)

Student Voice & Advocacy

Student outcomes are progressive — Learning experiences are differentiated across levels — Student Voice is valued. — Issues pertaining to active citizenry are explored. — Teachers are facilitators in this learning process.

Primary 1.7 : Keeping Our School Clean

The students decided to do their part in helping to keep the school litter-free. They made posters and placed them at prominent places around the school.

The students produced 17 posters and these were laminated. The students also became "litter police" to help enforce the Keep KCS Free from Litter campaign.

This project was carried out for one semester till they felt satisfied that the school was clean enough.

Our Reflections

Primary 1.4 : Library Etiquette

Designing shelf markers so that library books could be placed back to its original position after browsing has taken place

Task 1
Collected 40 cardboards.

Task 2
Decorated the cardboards and wrote down our index numbers.

Task 4
Educate the school on how to use it during the exhibition.

Task 3
Placed the cardboard into transparent folders and sealed it.

Our Reflections
- Proud of our efforts
- Feel happy because we were able to come up with a solution to solve messy books problem in the library
- Satisfied

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KCS LLP: Student Voice & Advocacy

P2.3 **Love Our Food**

Bookmarks to help us rally our cause.

The students observed that many of their peers did not finish what was on their plates during recess and a lot of food got discarded. They spent their recesses encouraging schoolmates to finish what was on their plates. They also advocated for reducing food wastage by going into other classes to speak to students on how everyone could do their part.

KCS LLP: Student Voice & Advocacy

P2.6 **Happy Birthday**

1. The students wanted to thank the school staff for taking such good care of them. This was the children's way of showing they had been positively impacted by KCS staff's selflessness and they were grateful.

2. The students went around to find out the dates of birth of all the staff in school. This included the cleaning and office staff.

3. They made birthday cards for all the staff and these were presented to the staff on their birthdays.

KCS LLP: Student Voice & Advocacy

P1.2

A CLEAN CLASSROOM IS A HAPPY CLASSROOM.

We decided to role model keeping our classroom clean.

We also created posters to remind other P1 classes on the importance of having a clean classroom.

KCS LLP : Student Voice & Advocacy

Safe Distancing

Class 2.3

The students decided to take on the role of Safe Distancing Ambassadors when they noticed that many students needed reminders to maintain a safe distance from each other. Some even failed to wear their masks!
The class made posters and hung these along the corridors to remind all students to wear their masks as a safety measure during Covid-19.

KCS LLP : Student Voice & Advocacy

1.5

Happy Wishes for Children's Day

Students made Children's Day cards for the kids at the Pertapis Children's Home. They hoped to cheer the kids as they were not staying with their parents.

KCS LLP : Student Voice & Advocacy

3.2

Many Hands Make Light Work

The students helped the school attendants to collect and fill up the spray bottles in class with soap solution for their daily wipe-down in class.

KEY PROGRAMME –
APPLIED LEARNING PROGRAMME (ALP)

Eco-lution 2.0

Science, Technology, Engineering and Math (STEM)

STEM Applied Learning is about…

Learning about the real world and the role of STEM in it.

Learning by doing and applying where students develop skills and dispositions to imagine possibilities, take risks and be resilient.

KEY PROGRAMME –
APPLIED LEARNING PROGRAMME (ALP)

Theme: Sustainability

Align our goals to Singapore Green Plan 2030
(MOE's Eco-Stewardship Programme)

PE Attire with Plain Black School Shoes

School Attire

Why no uniform?
- **P1 & 2 Programme for Active Learning (2 days a week)**
- **PE Lessons (2 to 3 days a week)**

For compliance
- **Name tags to be sewn above school crest**
- **Plain black school shoes**
- **White school socks**

HOME-SCHOOL PARTNERSHIP

1. Communication Channels
- **Parents Gateway**
- **Email** (within 3 working days)
- **General Office** (7.30 a.m. to 5 p.m. on a school day)

2. Other Platforms of Communication
- **Annual Parent Engagement (Term 1)**
- **Parent-Teacher Conference (Term 2)**
- **Parent-Teacher Conference (Term 4 – For selected students)**
- **Communication with Form Teachers / Subject Teachers**

HOME-SCHOOL PARTNERSHIP

3. Be contactable

4. Be mindful of teachers' well-being

5. Support school's decision on student management matters

CLASS ALLOCATION

Will be confirmed at the end of Week 1

SUPPORT YOUR CHILD IN PRIMARY SCHOOL

Please do not:
- Over teach
- Over provide
- Overreact

A GREAT START TO PRIMARY SCHOOL

Briefing by Assistant Year Head/Primary 1
Mr Raja Nazrul

Our Vision
A DYNAMIC COMMUNITY OF COMPASSIONATE LEADERS AND CRITICAL THINKERS

OVERVIEW

1 **What Is It Like in Primary School?**

2 **Transition to Primary 1**

3 **School-Home Partnership**

What is It Like in Primary School?	Transition to Primary 1	School-Home Partnership

- Laying a strong foundation

- Nurturing well-rounded individuals and passionate lifelong learners

- Providing learning opportunities that recognise their strengths and develop their full potential

- Preparing our children for the future

What is It Like in Primary School?	Transition to Primary 1	School-Home Partnership

SUBJECTS

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

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 Primary 1 and Primary 2 to ease your child into formal schooling

- Use of appropriate assessment modes to provide useful information to support students' learning and holistic development

ESSENTIAL INFORMATION

SCHOOL HOURS

Monday – Thursday : 7.30 a.m. – 1.30 p.m.
Friday : 7.30 a.m. – 12.30 p.m.

ESSENTIAL INFORMATION

RECESS

Monday – Friday : 9.30 a.m. – 10.00 a.m.

ESSENTIAL INFORMATION

SNACK BREAK

Monday – Thursday : 11.50 a.m.

ESSENTIAL INFORMATION

ATTIRE

- **PE attire with name tag sewn**
- **Plain black school shoes**
- **White socks**

ESSENTIAL INFORMATION

DAY 1 (2 Jan, Tue)

* 2 parents/guardians will be allowed to accompany the child/ward into school.

ESSENTIAL INFORMATION

DAY 1 (2 Jan, Tue)

Students : 7.30 a.m. – 12.00 noon

Parents/Guardians : 7.30 a.m. – 10.00 a.m.

ESSENTIAL INFORMATION

DAY 1 (2 Jan, Tue)

- **Recess**

To bring sufficient pocket money (about $2 - $2.50) to learn how to purchase food from the canteen stalls.

ESSENTIAL INFORMATION

DAY 2 to DAY 4 (3 to 5 Jan, Wed to Fri)

SCHOOL HOURS

3 & 4 Jan (Wed & Thu) : 7.30 a.m. – 1.15 p.m.
5 Jan (Fri) : 7.30 a.m. – 12.15 p.m.

ESSENTIAL INFORMATION

DAY 2 to DAY 4 (3 to 5 Jan, Wed to Fri)

RECESS

3 to 4 Jan (Wed to Fri) : 9.15 a.m. – 10.00 a.m.

ESSENTIAL INFORMATION

DAY 2 to DAY 4 (3 to 5 Jan, Wed to Fri)

☐ **Recess Buddy Programme**

Helping P1 Students for Recess

Transitioning to Primary School

Hello K2 students,

We are a group of Primary 5 students from Kheng Cheng School, class 5.3. We would like to share with you our Values-In-Action (VIA) project.

https://go.gov.sg/p1recesstips

VIA Project by P5.3 2022

ESSENTIAL INFORMATION
FIRST WEEK (2 to 5 Jan)

KHENG CHENG SCHOOL
警青学校

PRIMARY 1
INFORMATION BOOKLET

FOR COHORT 2024

What are the things to bring?

Please refer to the P1 Information Booklet.

ESSENTIAL INFORMATION

ARRIVAL PROCEDURE

Gate J (Next to Jackson Sq)

Gate T (Next to Trevista)

Back Gate

ARRIVAL PROCEDURE

DISMISSAL PROCEDURE

- **Front Gate T or J**
- **Back Gate**
- **Foyer Outside General Office**
  (Taking the school bus)
- **School-based Student Care Centre**
  (Attending school-based SCC (Big Heart))
- **Indoor Basketball Court**
  (Attending External SCCs)

Please complete this questionnaire.

https://go.gov.sg/2024p1dismissal

KCS P1 CLASSES

P1.1	P1.2	P1.3	P1.4
P1.5	P1.6	P1.7	P1.8

Week 1: Students are in groups

- **Kindness**
- **Courage**
- **Sincerity**
- **Diligence**

- **Respect**
- **Resilience**
- **Integrity**
- **Care**

Your child's class allocation will only be confirmed **at the end of the first week of school**.

TRANSITION TO PRIMARY 1
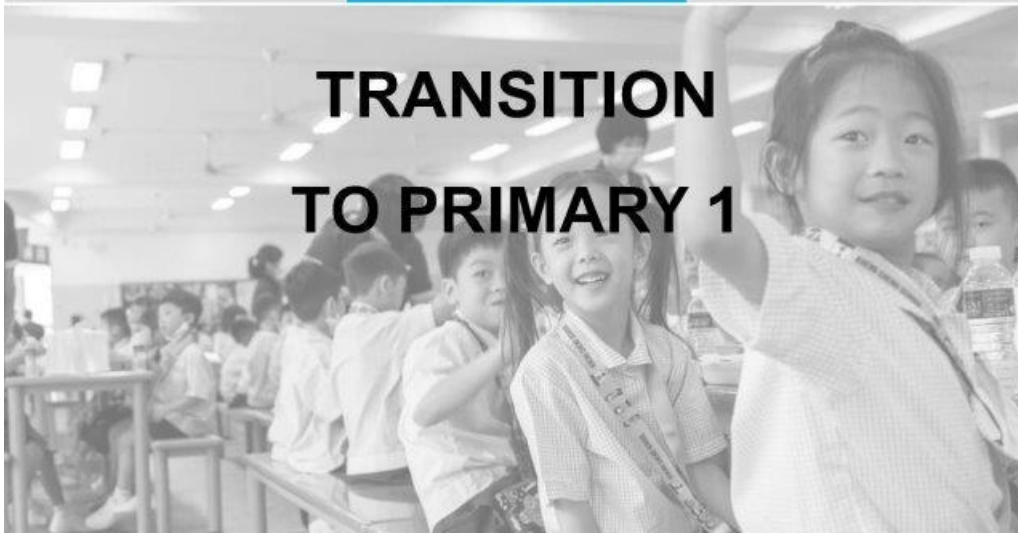
When your child enters primary school, they will experience:

New friends and teachers

New routines

New learning environment

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

- **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**

Helping Your Child Cope with Primary One

Sharing by Subject Head/ Special Educational Needs

Mdm Neo Beng Hoon

Skills Required in Primary School

1. Reading, Writing & Numeracy Skills
2. Follow directions and instructions
3. Organisation skills and ownership of belongings
4. Social skills to communicate and make friends
5. Coping or problem-solving skills

How does stress look like in young children?

Physical
- Upset stomach
- Nausea
- Headaches
- Unexplained body aches
- Loss of appetite or feels very hungry all the time.
- Tiredness

Behavioural
- Hurt others or self
- Easily provoked
- Cry easily and frequently over small issues
- Sleep issues (too much or too little)
- Withdrawal by spending a lot of time on devices

Emotional
- Easily angered/ tantrums
- Easily irritated
- Moodiness

Tips to Support a Smooth Transition for Your Child

1. Develop good habits
2. Guide your child to be independent
3. Practise making friends
4. Set up your home environment to encourage learning
5. Have regular conversation with your child

Tip #1: Develop good habits

- Have sufficient sleep and a good bedtime routine

- Pack his/her own schoolbag

- Start the day with a good breakfast

Tip #2: Guide your child to be independent

- Get dressed for school and PE lessons

- Pack and organise his/her school bag

- Go to the toilet

- Practise good hygiene (e.g. washing their hands, brushing their teeth)

- Order food at the canteen and manage their own money

- Ask for help. This could be from teachers, friends, school staff or any adult in the school environment.

- Opportunities to practise independent skills
- Acknowledge and praise them for their effort

Tip #3: Practise making friends!

Help your child practise making friends by:

- Role-modeling the use of friendly and polite phrases

- Providing opportunities for them to share and take turns during playtime with other children

Tip #4: Set up your home environment to encourage learning

- Dedicated area for learning
- Time for reading, school work, rest and play in daily schedule

Tip #5: Have regular conversations with your child

- How primary school life will be like
- What they need to do
- Their experiences in school
- Encourage them to share their thoughts and feelings
- Role model by sharing your thoughts and feelings

Support for Students with
Special Educational Needs
@KCS

Special educational needs which are commonly seen in mainstream schools

1. Dyslexia
2. Autism
3. Attention Hyperactivity Disorder (ADHD/ADD)
4. Other learning and behavioural diagnosis

Special Educational Needs Officers (Learning and Behavioural Support)
Support for students with special educational needs

KCS Special Educational Needs Team

What to do if your child has been diagnosed with special needs?

If your child has been diagnosed with special needs,

please provide us with **the medical/ psycho-educational report(s) from the attending doctor(s)/ psychologist(s)/ therapist(s)**

so that appropriate intervention can be provided.

Students with Suspected Difficulties

- Speak to the form teachers

- Form teachers could refer the student to YH/ AYH and the SEN Team

- Parental consent will be sought before any external referrals

CYBER WELLNESS

Our Vision
A DYNAMIC COMMUNITY OF COMPASSIONATE LEADERS AND CRITICAL THINKERS

Helping Our Children Develop Good Digital Habits

By Senior School Counsellor, Ms Anna Wong

Did you know?

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

DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Age when they started using social media

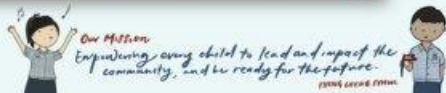| Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

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Did you know?   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

Our Mission
Empowering every child to lead and impact the community, and be ready for the future.

What we observed in school

- Use of expletives online and offline
- Emotional regulation issues which lead to conflicts.
- Forward inappropriate photos
- Access to inappropriate content (violence & sexual)
- Cyber-Mobbing on Tik Tok, IG, Discord or Whatsapp

Cyber–mobbing is defined as a group of people spreading **rumors**, **isolating** or **intimidating** a classmate or schoolmate.

Good digital habits start from the _home_. Supporting our children early in this process will help them greatly as they grow older.

Parenting Tips for Gadget Use

P rovide opportunities for a variety of offline activities

A ctivate parental controls in all computing devices

R ole-model good digital habits

E stablish the ground rules for internet use

N avigate the internet with your child to understand his/her use

**T** alk with your child about his/her internet use

Source: MOE

Provide Opportunities for a Variety of Offline Activities

- Understand the needs of your child when using the internet and try to fulfil this need offline.
- What off-line activities does your child like?

Activate parental controls in all computing devices

- Based on MOH's Guidance on Screen Use for 7-12 year olds, parents are encouraged to use parental control settings to monitor and ensure children access to age-appropriate content.
- There are also parental control apps which can do website filtering & blocking or profanity blocking.
- Parents can limit access to wifi by turning off the router at designated times.
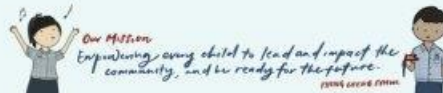
Role-model good digital habits

Imagine who you want your kids to become. Be that.
~ Unknown

Parenting Instagram post on supporting our children to be responsible users of the cyber space.

Source: Shutterstock

Source: www.boredpanda.com/cartoon-smartphone-cellphone-addiction

Establish the ground rules for internet use

A. Develop Plans

- Set clear boundaries for internet use as soon as possible and be consistent.
- Make sure there is no ambiguity.
- Talk to your child and ask them and get their buy-in.
- Print out your plan, display it somewhere where everyone can see it.
- Review the agreement regularly and make changes as needed.

Source: Dcr Claire Edwards | Social Media & Mental Health | Chapter 6 "Managing Social Media Use and Building a Plan" | 2018
Source: Media Literacy Council | Focus on the Family Singapore

Establish the ground rules for internet use

B. Set Screen-free Zone & Time

E.g. There should be absolutely no screens:

- During all mealtimes
- When visitors are in the house
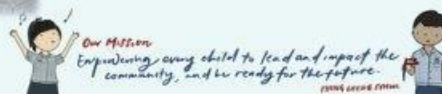- One hour before bedtime
- In the bedroom

Navigate the internet with your child to understand his/her use

Co-viewing with our children is important. Knowing what our children are viewing will create more opportunities for conversations.

Source: freepik

Talk with your child about his/her internet use

Open communication is critical in building a positive parent-child relationship. We want to reinforce family values and attitudes towards sex, violence, cyber bullying and so on.

But how?

Our Vision
A DYNAMIC COMMUNITY OF COMPASSIONATE LEADERS AND CRITICAL THINKERS

How to have open communication with our children?

- Create a safe environment for our children to express their thoughts and feelings.
  - Find a place where your child is more comfortable to talk
  - Teach your child to use words to describe different emotions, e.g. "I see you're frowning, are you feeling sad?"
- Let them know that you are there for them when they need support, care or help.
  - Regularly show interest in their thoughts and feelings.
  - Listen to understand, make eye contact, nod to show you have heard them.

Parenting Instagram live on The HeART of Conversation
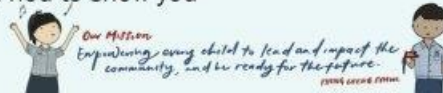
For more information, you can also scan here for MOH's Guidance on Screen Use for 7-12 year olds.

Signs that a child needs help:

- Increasing screen time or use of devices to the extent that normal activities like school and home responsibilities are neglected;
- Unwillingness to share the device, or to return it to parents when asked;
- Telling lies about what he or she has been doing on the device, or telling lies to get more screen time;
- Having poor sleep quality and quantity;
- Displaying anti-social responses or behaviours to get more screen time;
- Having poor emotional regulation such as anger and depressive symptoms.
- Throwing extreme tantrums when the device is taken away (i.e. displaying abnormal levels of irritability and restlessness when not on the device).

Source: Guidance on Screen Use in Children Ministry of Health March 2023

Additional resources for parents

The Interagency Taskforce on Mental Health and Well-being (co-led by MOH and MSF and comprises of public sector agencies like MOE), curated a set of resources to support parents.

Keep a lookout for the Parents' Toolbox which will be rolled out in phases from Q1 2024!

DIGITAL VEGETABLES VS DIGITAL CANDIES?

The ultimate goal is not to reject the cyber space but to help our children navigate it with control and discernment.

Our Vision
A DYNAMIC COMMUNITY OF COMPASSIONATE LEADERS AND CRITICAL THINKERS

Would you like some tips on connecting with your child as they grow up in this digital era?

Researchers have suggested that different styles of parenting may result in different outcomes for your children.

Do you know the style of your parenting?
Is it authoritarian, permissive, uninvolved or authoritative?

Our Mission
Empowering every child to lead and impact the community, and be ready for the future.
KHENG CHENG SCHOOL

Join us on Day One!

Topic: Connecting with Your Child in the Digital Age
Date: 2 January 2024
Time: 10.15 a.m. to 10.45 a.m.

Please sign up here!

https://go.gov.sg/2024p1scsharing

What will our Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)* lessons, students will be taught:
- **Basic online safety rules**
  - Talking to only people you know
- **Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being**
- **Protecting Personal Information**
  - Understand the risks of disclosing personal information

My Online Safety Code

E.g. Lower Primary Lesson on Staying Safe in the Cyberworld

*Character and Citizenship Education(Form Teacher Guidance Period)

What will our Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

- **Cyber Contacts**
  - Understand that the profiles of strangers that we see online may not be their real identities
  - Recognise the dangers of chatting with strangers online
- Parents are encouraged to try the "Family Time" activities in the CCE (FTGP) Journal with your children to emphasise the different cyber wellness messages at home

Family Chat Time!
Share 'My Online Safety Code' with your parents/guardians, siblings and other family members.

I can...
- **share** with my family members how I can be safe in the cyberworld.
- **remind** my family members to follow the safety rules together.

We did this together!

Parent's/Guardian's signature

E.g. Family Time in the lesson on Staying Safe in the Cyberworld

What other Cyber Wellness programmes do we have for our students?

- **Cyber Wellness Week**
- **Cyber Wellness Ambassadors**
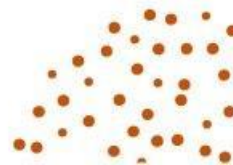
PARENT-CHILD ACTIVITY BOOK

PARENT-CHILD ACTIVITY BOOK (DIGITAL)

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

Parent kit

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

Making Friends Is Fun!

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

COMMUNICATION PLATFORMS

- Monthly Memo from Principal
- Student Handbook
- Email Correspondence
- Tele-conversations

KHENG CHENG

School Website
https://khengcheng.moe.edu.sg

pg **Parents Gateway**

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PARENTS GATEWAY RESOURCES

SCHOOLBAG
THE EDUCATION NEWS SITE

HOME | EDUCATION | FEATURES | TEACHERS' DIGEST | MULTIMEDIA | FAQ

Every Parent's Buddy: The Parents Gateway app

Schools may access the video via:
https://youtu.be/PCM5o8jAncc

Getting Started with
Parents Gateway
Onboarding Guide for Parents

Schools may access the video via:
https://youtu.be/tW9jwyuovOo

Let's get started

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

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.

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**

Sharing by
Parent Support Group

Mdm Sharon Yuen

Parent Support Group (2023)

We want you to be a KCS PSG member!

https://go.gov.sg/kcspsg

We would love to hear from you!

https://go.gov.sg/kcsp1orientation2023