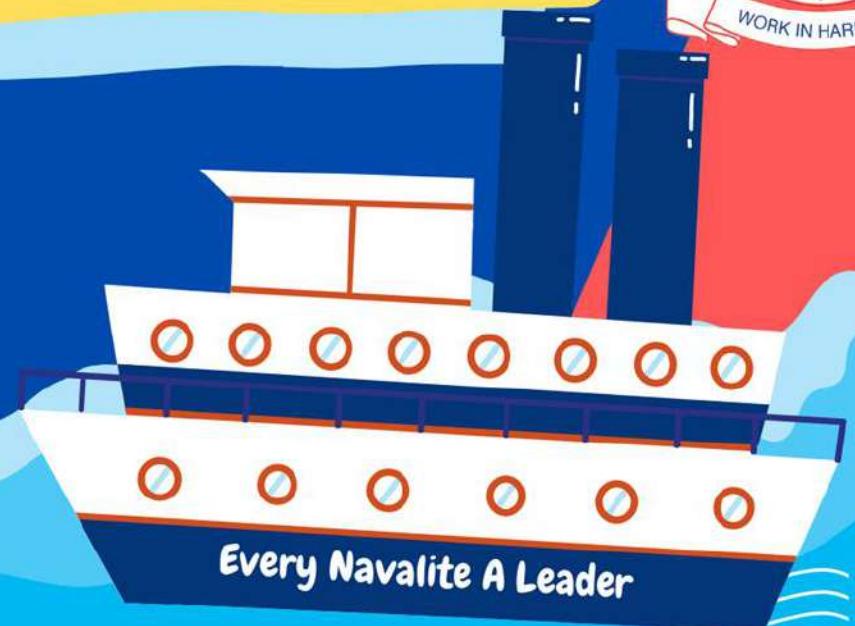




# P1 Orientation

## 15 November 2024





# Programme for the Day

- Opening Address by Vice- Principal
- Student Management Matters by HOD CCE
- Transition to Primary 1 by YH P1/P2
- Sharing by Parent Support Group
- Sharing by Self Help Groups (SHG)
  - CDAC
  - Mendaki



# Welcome to Naval Base Primary School!





# Today's Overview

- 1. NBPS Vision, Mission and School Values**
  
- 2. Aims of Primary Education**
  
- 3. Key milestones in primary school**





## Vision & Mission

Vision

**Every Navalite a Leader**

Mission

**Nurturing Navalites to be  
Future-Ready Leaders**





# SCHOOL VALUES

**SELF-DISCIPLINE**  
*Our Culture*



**INTEGRITY**  
*Our Foundation*



**RESPECT**  
*Our Attitude*



**COMPASSION**  
*Our Spirit*



**LEARNING**  
*Our Passion*





# My first week in Primary 1



<https://youtu.be/9paLbNR2zWg>

# What is Primary School about?



1

Laying a strong foundation

2

Nurturing well-rounded individuals & passionate lifelong learners

3

Providing learning opportunities, recognising our children's strengths & developing their potential

4

Preparing our children for the future

5

Providing a safe learning environment to support their well-being





# Your Child's Primary School Milestones

**Pri 1 - 2**  
**Learning**  
**through play**



**Pri 3 - 4**  
**Developing skills**  
**through CCAs**



**Pri 5 - 6**  
**Subject-based**  
**Banding**



# Pri 1 & 2 – Learning through Play

- Focuses on building your child's confidence and love for learning
- Teachers review their daily classwork, homework and non-weighted assessments to gauge their learning:
  - Show-and-Tell
  - Journal Writing
  - Performance Tasks





# Pri 1 & 2 – Learning through Play

Teachers use **qualitative descriptors** in the holistic development profile, and the Parent-Teacher Meeting to report mastery of learning

<b>P</b>	<b>Proficient</b> – Able to complete task independently.	 You mastered the topic!
<b>S</b>	<b>Satisfactory</b> – Able to complete task with minimal help.	 You understood the concept but needs more practice.
<b>E</b>	<b>Emerging</b> – Able to complete task only with teacher's guidance.	 You need more revision!



# Pri 3 & 4 – Developing skills through CCA



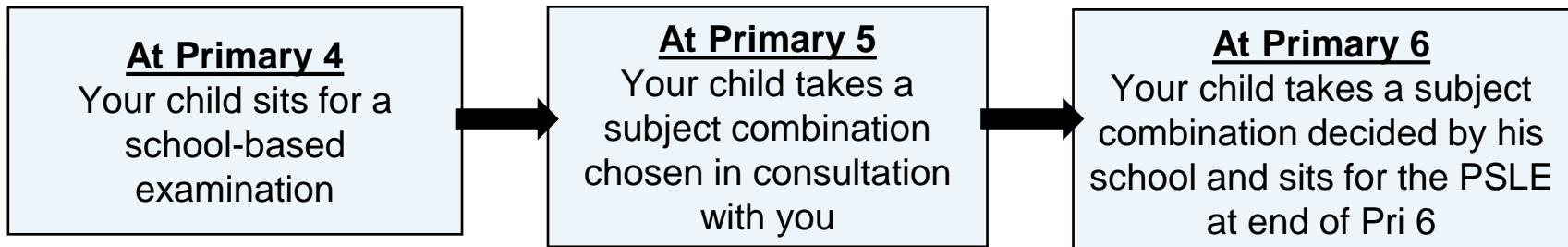
- All P3 students are encouraged to take up a **CCA**
- Helps students to discover their **interests** and **talents** while developing values and competencies
- CCA ranges from physical sports, uniformed groups, visual and performing arts to interest groups and clubs





# Pri 5 & 6 – Subject-Based Banding

- Provides greater **flexibility** for the child with the option of a combination of **standard** and **foundation** subjects
- Allows the child to focus on his **strengths** and build up **fundamentals** for weaker subjects





# Let's work together!





# Student Management Matters



Will I like  
my  
teacher?

Will I be  
able to  
make new  
friends?

Whom do I  
approach when I  
need help?

Will I miss my  
parents?



Will my child be able to take care of himself/herself?

Will my child be able to perform well in his/her studies?

Will my child be able to buy food on his/her own?



# Content

- Attire and Appearance
- Reporting Time
- Dismissal Procedure
- Communication (The Navalite Compass)
- Tips for Parents

# The School Uniform



Name Tag



NBPS socks

Shirt Tucked In





# The School Uniform



The student's name tag must be **sewn on securely on the pocket above the school crest** on both the **school uniform** and **PE T-Shirt**.



# The PE Attire



**Name Tag**





## Footwear

- Only pure white canvas shoes are to be worn.
- Only socks with NBPS logo are to be worn.





# Hairstyles





# Hairstyles

## Boys' Hairstyles/Facial Hair

- Hair must not be tinted or dyed.
- No form of hair styling products is allowed.
- Fringe must be short and not touch the eyebrows.
- Hair must not touch the ears.
- Hair must not touch the collar and must have a **sloped or tapered cut**.
- Hair must **not have any patterns/designs**.
- **Sideburns, moustaches and beards are not allowed.**

# Hairstyles



# Hairstyles





# Hairstyles

Not Acceptable



Credit: Internet



# Hairstyles

## Girls' Hairstyles

- Girls with long hair are expected to tie them up neatly to prevent loose hair from hanging down the side of the face.
- The fringe must not touch the eyebrows and should be **clipped/pinned up** neatly.
- If hair grows beyond the 2<sup>nd</sup> collar line, it has to be neatly tied, pinned or clipped.
- All hair accessories like hairpin or hair clip are to be in **black/dark blue colour**.
- Streaking, tinting or colouring of hair is not acceptable.

# Hairstyles



# Hairstyles





# Reporting Time

Students to be seated for silent reading in the hall or classroom before 7.35 a.m.

- Odd Weeks – English Storybooks
- Even Weeks – Mother Tongue Storybooks





# P1 Recess

	Monday – Friday
Recess	9.30am
Snack Break	10 minutes break between 12.00 pm and 12.30 pm

## Snack Break

**Bring healthy snacks such as fruits, sandwiches and biscuits**



# Healthy Snack Options



Biscuits



Banana



Apple



Sandwiches



Milk



Milo



Bun



Nutritious Bar



# Unhealthy Snack Options



Potato Chips



Chocolates



Sweet Drink/Soft Drink



Sweets

# SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

## WHOLEMEAL SANDWICHES

- \*Peanut Butter & Jam
  - Cucumber and Tomato
  - \*Grilled Cheese
- (wrapped in aluminium foil to retain freshness)



## PIZZA

- Wholemeal bread pizza with vegetable toppings
- (wrapped in aluminium foil to retain freshness)



## VEGETABLES

- Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers



## FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts



## WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips" (store in air-tight bag/container to maintain crisp)



## WHOLEMEAL PANCAKES, MUFFIN & CAKES

- Banana Pancakes
- Homemade with reduced sugar



## POPCORN/CRACKERS

- Homemade without additional toppings like salt, butter
- Wholegrain or HCS variety





## Dismissal

Monday to Friday @ 1.30pm

All parents/guardians must wait at the respective gates:  
Main gate, Back gate (facing blk 854) or side gate(facing  
Blk 864) for their children/wards after dismissal.

During inclement weather, wait at the school premise  
near to your respective gates



## Dismissal

It is important that parents/guardians inform their children/wards where to meet after school.

Parents/guardians are reminded to inform the form teacher if there are any changes.



## Arrival

Parents/guardians need to alight their children/wards at the side gate(in front of Blk 864) or the back gate(in front of Blk 854).

Parents/guardians are not allowed to drive in unless during inclement weather.



<b>Days</b>	<b>Gate (A) (Main school gate)</b>	<b>Gate (D) (Side gate in front of Blk 864)</b>	<b>Gate (H) (Back gate in front of Blk 854)</b>
Monday, Tuesday & Thursday	6.30 am to 6.00 pm	7.00 am to 7.35 am 1.30 pm to 2.00 pm 4.00 pm to 4.20 pm	
Wednesday & Friday		7.00 am to 7.35 am 1.30 pm to 2.00 pm	

# Gate A





# Dismissal & Wet weather(Bus-stop Gate)





# Gate D

(Side Gate in front of  
block 864)

---



# Gate H (Back Gate in front of Block 854)





## Gate A (Main Gate)

**Do not alight your child along the road at the Gate 1(Main Gate)**





# Morning Programmes

Monday : Assembly

National Anthem, Pledge & School Song

Tuesday to Friday :

Form Teacher Time & Interaction Time(iTIME)



# School Bags

- Suitable bags are those made of lightweight material with few compartments and straps that are adjustable and cushioned.
- Water bottles can be refilled in school.



X



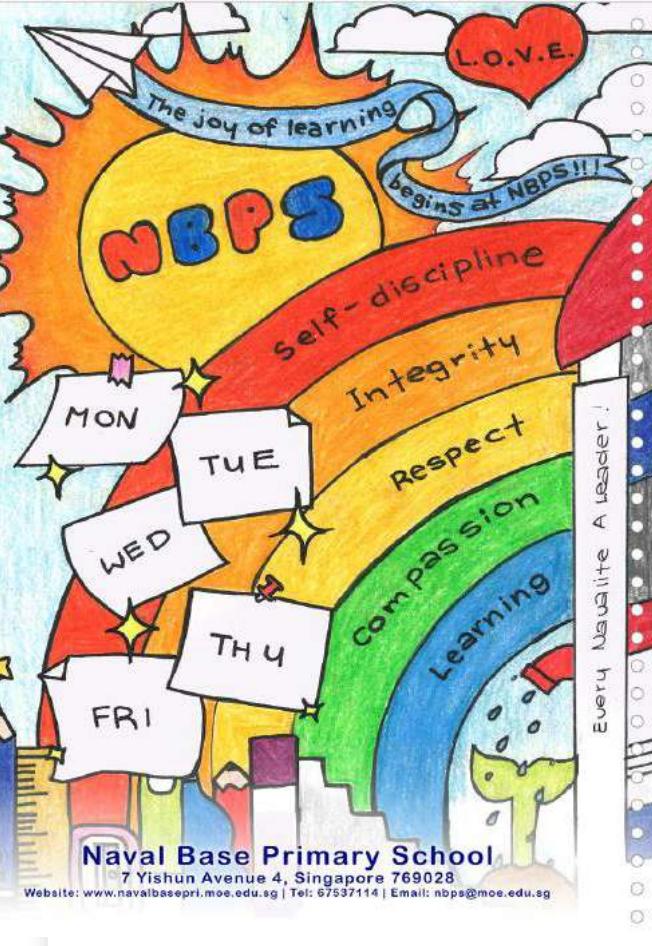
X



# School Bags

**For the first two days:**

- Small bag
- Story book
- Water bottle & Snack
- Pencil box
- A 12 pack colour pencils



# Communication

## The Navalite Compass

# Communication

## The Navalite Compass

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DESIRED BEHAVIOURAL OUTCOMES		
Value Statements	Level	Desired Outcomes
<b>S</b> elf-Discipline <b>O</b> ur Culture	P1	I practise the class and school rules.
	P2	I do my best at all times to improve.
	P3	I think before I act. (Mindfulness)
	P4	I am able to distinguish right from wrong.
	P5	I am resilient to overcome challenges.
	P6	I prioritise my task.
<b>I</b> ntegrity <b>O</b> ur Foundation	P1	I complete my work on my own.
	P2	I am truthful in speech and action.
	P3	I own up when I have done something wrong.
	P4	I correct my friends when they are wrong.
	P5	I encourage others to be honest.
	P6	I am committed to do the right thing in any circumstances.
<b>R</b> espect <b>O</b> ur Attitude	P1	I am polite in my words and actions.
	P2	I am considerate of others' belongings.
	P3	I look after school and public property.
	P4	I respect other races and cultures.
	P5	I value contributions of others.
	P6	I accept differences in ideas and views.
<b>C</b> ompassion <b>O</b> ur Spirit	P1	I help friends in need.
	P2	I care for the environment.
	P3	I seek to understand and forgive.
	P4	I contribute meaningfully to the community.
	P5	I am sensitive to the thoughts and feelings of others.
	P6	I think about others and act responsibly.
<b>L</b> earning <b>O</b> ur Passion	P1	I pay attention and follow instructions in class.
	P2	I provide useful ideas during classroom discussion.
	P3	I am motivated to learn independently.
	P4	I participate actively in all school programmes and activities.
	P5	I am creative and innovative in the way I think and do things.
	P6	I am responsible for my own holistic development (CAMPSEL).

### JANUARY 2025

Term 1 • Week 1

06 Monday

HOMEWORK SET

DUE DATE

[   °C ] P

07 Tuesday

[   °C ] P

08 Wednesday

[   °C ] P

09 Thursday

[   °C ] P

10 Friday

[   °C ] P

11 Saturday

[   °C ] P

12 Sunday

[   °C ] P





# Feeling Unwell

- The best remedy is for the child to stay at home and rest.
- If student is unwell in school, parents will be informed.
- Parents are advised to obtain a medical certificate and submit to his/her child's form teacher via the child when he/she returns to school.



# Transition to Primary 1



# TRANSITION TO PRIMARY 1

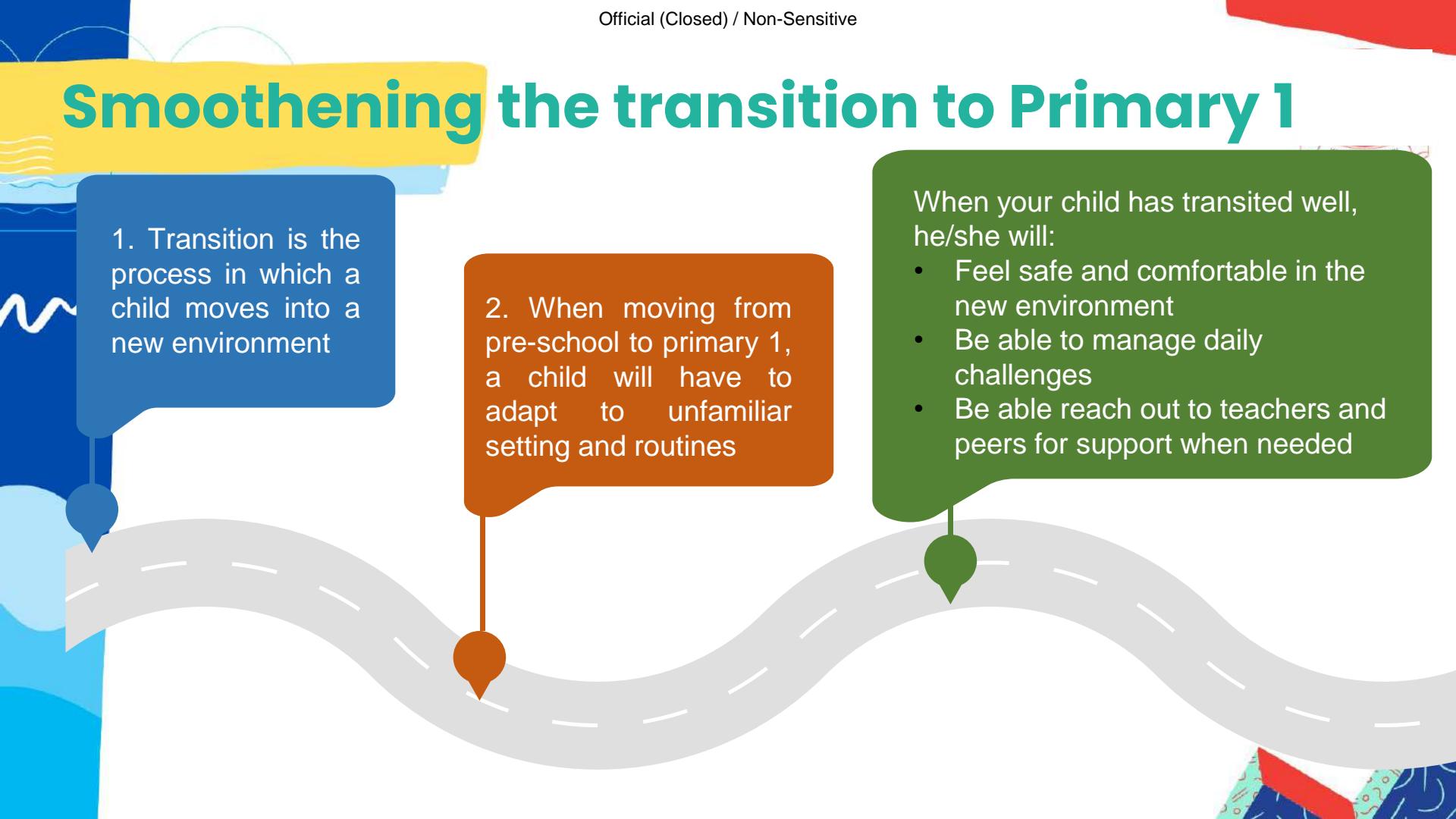
When your child enters primary school, they will experience:

New friends and  
teachers



New learning environment

# Smoothening the transition to Primary 1



1. Transition is the process in which a child moves into a new environment

2. When moving from pre-school to primary 1, a child will have to adapt to unfamiliar setting and routines

When your child has transited well, he/she will:

- Feel safe and comfortable in the new environment
- Be able to manage daily challenges
- Be able reach out to teachers and peers for support when needed

# How can you prepare your child for Primary 1?

You can start talking to your child about the following:



Adjusting to a larger learning environment



Interacting with more peers and teachers



Adapting to longer school hours and new routines



Taking the initiative to ask for help



Becoming more independent and responsible



Schools may access the video via:

<https://go.gov.sg/transition-to-primary1>

# HOW CAN I SUPPORT MY CHILD THROUGH THE TRANSITION?



- **Support** your child and encourage them to overcome challenges with you
- **Affirm** your child by recognizing small successes and praising their efforts
- **Familiarize** your child by easing them into new routines and sharing with them your experiences in primary school
- **Empathise** and acknowledge your child's feelings

**Supporting your child's transition through Primary 1**

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

**SUPPORT**

- Create some time every weekend to play games and have fun together.
- Visit places or take part in events the both of you enjoy.
- Encourage your child to make new friends.
- Try out PTPGP - Family Time activities.

**AFFIRM**

- Encourage your child when he makes observations. E.g. Say "That's an interesting thing" and ask why before asking him/her to do something else.
- Recognise small achievements. E.g. "You've made another task faster in time - well done!"

**FAMILIARISE**

- Find out about primary schools near your home. Share this information with your child.
- The practical steps in CIRCUS your child can take to prepare for Primary 1. E.g. Plan what you need to buy for your child's first day of school including uniform, shoes, stationery etc.

**EMPATHISE**

- Teach your child words that describe feelings.
- Acknowledge your child's feelings. E.g. "It's okay to feel anxious about starting school."
- Understand your child's needs. E.g. "First nights are very tiring. Children need a lot of sleep."

**SPEND TIME CHATTING. USE T.A.D.**

**Talk**

Talk about your own experiences of going to primary school. E.g. What did it Primary 1 feel like? What was the best part? What was the worst part?

**Ask**

Ask about his/her thoughts and feelings about the school. E.g. PTPGP - public speaking makes him/her feel nervous.

**Discuss**

Discuss together what he/she has done at school. E.g. "Are there more people than in Primary 1?"

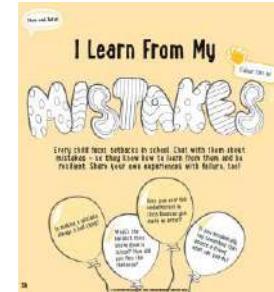
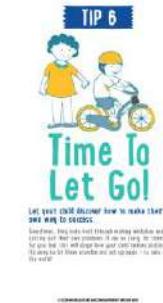
**QUICK TIPS**

- Listen without interrupting.
- nod your head and ask questions to show interest and affirmation.

This guide is just one of many others available. It is not intended to replace other guides, books, and resources. Using these tips will not guarantee success. However, it will help you to have a better understanding of your child's needs and how to support them effectively.

# WHAT DOES MY CHILD NEED AT PRIMARY 1?

- Learning at Primary 1 should be exciting and fun for your child.
- Some skills that parents can support children in developing are:
  - Relating to others
  - Developing good habits
  - Nurturing positive learning attitudes
  - Encouraging children to learn from their mistakes

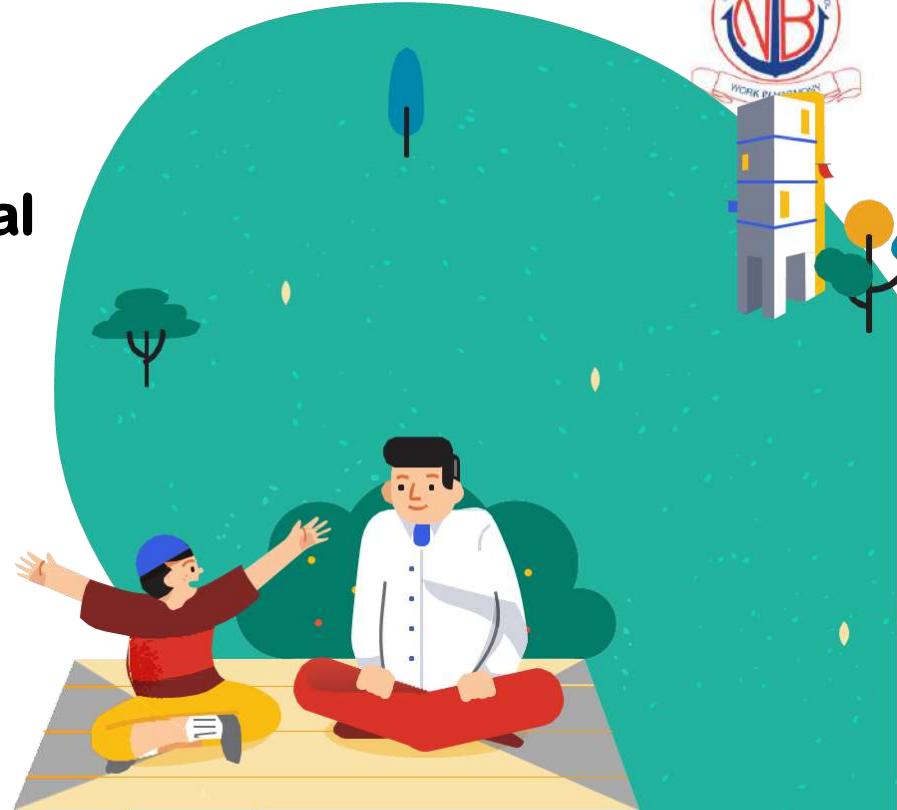


Refer to Tip 6 of Parent-Child Activity Book for an activity to encourage children to learn from their mistakes.

# 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



# DEVELOPING GOOD HABITS

**Routines help your child build confidence and learn to manage themselves.**

**Guide your child to do the following independently:**

- Practise pre-bedtime routines to have at least 9 hours of sleep
- Dress themselves
- Buy food at the canteen
- Make healthy food choices
- Pack their bag
- Wash their hands
- Take their temperature using a thermometer





# Developing Good Habits

**Building these good habits will enable them to get used to the school environment and routines.**

- Establishing a routine to get ready for school
- Having a dedicated space for learning
- Sleeping early and at regular times





# Developing Good Habits

You can establish a routine for getting ready for school. Be consistent so that your child can get used to the routine.

Preparing their uniform for school



Packing their school bag



Waking up with enough time  
to get ready for school





# Developing Good Habits

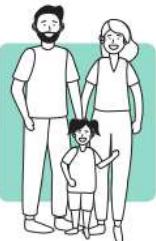
## Packing the school bag

Help your child develop the habit of packing their school bag to prepare for activities the next day.



You may start by asking them to practise packing for family outings.

- Ask them if they have everything they need for their activities the next day.
- Walk them through the process the first few times to show them how it is done.



- Once you feel they are ready to try it themselves, let them try.
- Check in with them every day, then gradually let them pack on their own.



# Developing Good Habits

## Packing the school bag



**Guide your child with simple questions when packing their bag.**

"What are some items you will need?"

"What lessons do you have tomorrow? What books do you need for these lessons?"

I will need my pencil case, school diary, hand sanitiser, water bottle...



Tomorrow I have English lessons, I should bring my exercise book...





# Developing Good Habits

**Children need sufficient sleep (~ 9 hours of sleep for primary school children) to be able to learn well.**



Agree on a bedtime with your child and let them practise going to bed by that time for a week.



# Developing Good Habits

**Having a dedicated area for schoolwork and reading can put your child in the right frame of mind to learn.**

- Find the spot with the least number of distractions e.g. away from the TV or bed.



- Keep the space tidy.

- If you have more than one child, allocate areas for each child to learn independently or together.

- Establish guidelines for how the space is to be shared in consultation with them.



# Developing Good Habits

## Encourage positive learning behaviours.

- Have your child design a daily timetable and put it up somewhere prominent e.g. on the wall near the study area.
- Allocate some time each day for the family to read or share something interesting.



- Have a no-TV or no-digital device time zone.
- Encourage your child's learning by displaying their work in the house.



# Developing Good Habits



**Most importantly, establish a daily routine with your child, with time set aside for reading, schoolwork, rest, family time and play.**



For more resources, access them via **Parenting Resources** under the Services tab in Parents Gateway.

**Services**

- [Parenting Resources](#)
- [School Guide](#)
- [Educator Meeting Planner](#)

**Education Stage**

The actual [Parents Gateway](#) | [Save Print](#)

17 resources available

Nov 2 December 2020 P1 checklist sheet: How to pick and pack your schoolbag  
Learn how to pack your Primary 1 child's bag and pack your schoolbag

**PARENT KIT**  
Starting Your Primary 1 Journey

How to help your child settle into primary 1  
Primary 1 Journey

Nov 20 December 2020 [Parent Kit - PDF] Starting Your Primary 1 Journey

# NURTURING POSITIVE LEARNING ATTITUDES

**Developing the right learning attitude will help your child learn better.**

**You can encourage your child to:**

- Ask questions about their experiences and the world around them
- Express their thoughts and feelings and discuss what can be done if they have worries
- Practise life skills independently like buying food and drinks on their own and asking for permission



# Knowledge, Skills & Dispositions for the start of Primary 1



**Values, Social-Emotional Competencies, Citizenship Dispositions**

**Art**

**English Language**

**Mathematics**

**Mother Tongue Languages**

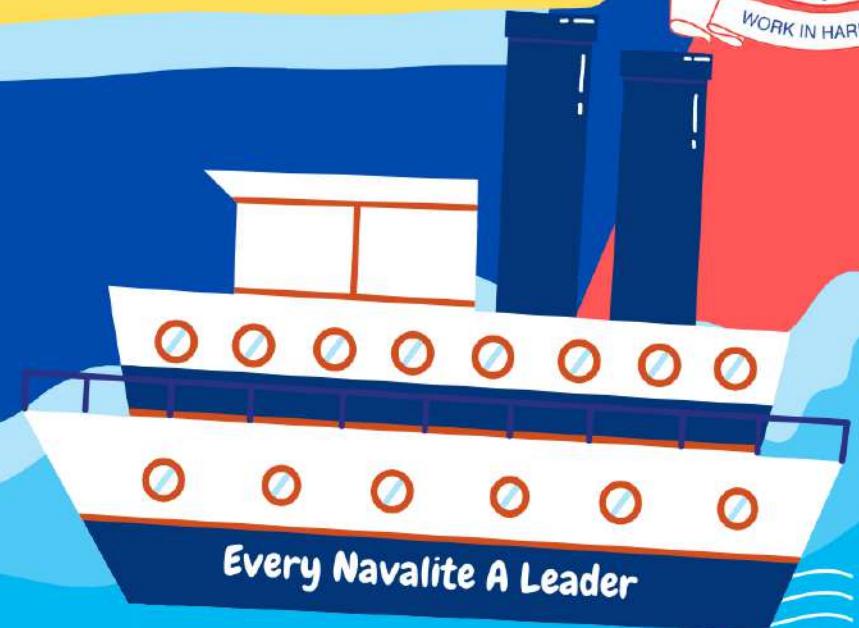
**Music**

**Physical Education**

<ul style="list-style-type: none"> <li>Understand and Care for Oneself</li> <li>Show Care and Respect for Others</li> <li>Make Responsible Decisions and Act on Them</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy Participating in Art</li> <li>Express Ideas and Feelings through Art</li> <li>Demonstrate Awareness of Art from Different Cultural Groups</li> </ul>	<ul style="list-style-type: none"> <li>Listen and Speak for Enjoyment and Information</li> <li>Read with Enjoyment and Understanding</li> <li>Communicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes</li> </ul>	<ul style="list-style-type: none"> <li>Basic Understanding of Numbers Up To 10</li> <li>Recognise Simple Patterns</li> <li>Compare Quantities Between Two Groups of Objects</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy and Show an Interest in Learning Mother Tongue Language.</li> <li>Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.</li> <li>Demonstrate Awareness of Local Ethnic Culture</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy Participating in Music and Movement Activities</li> <li>Express Ideas and Feelings through Music and Movement Activities</li> <li>Demonstrate Awareness of Music and Movement from Different Cultural Groups</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy Physical Activities</li> <li>Display Coordination in Motor Tasks</li> <li>Demonstrate Awareness of Healthy Habits and Safety</li> </ul>
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# Supportive Environment

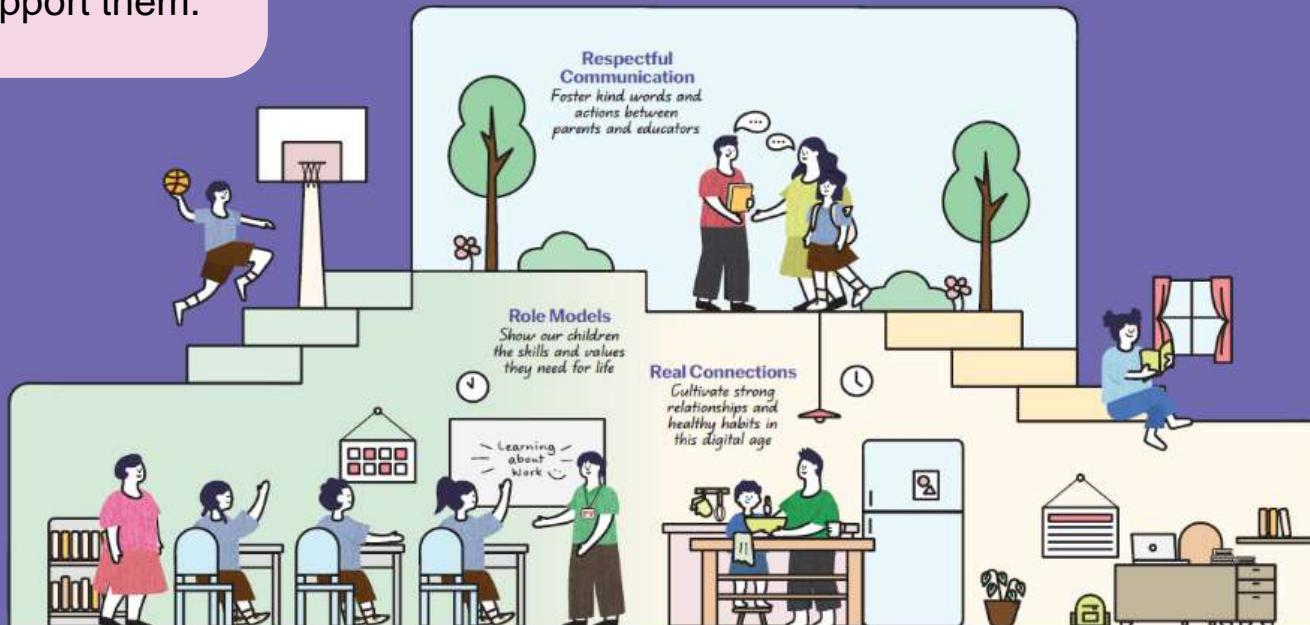


# School- Home Partnership

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

Guidelines for School-Home Partnership

## Raising a Happy, Confident, and Kind Generation Together



# 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



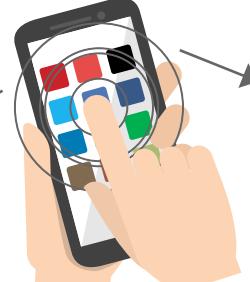
*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*

# 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

Build strong bonds through shared experiences and meaningful conversations



Provide a balanced mix of engaging online and offline activities, at school and at home





# PARENT SUPPORT GROUP

## Join the Parent Support Group (PSG)!



The 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

# BUILDING PARTNERSHIP WITH THE SCHOOL

**Maintain regular communication through official school channels.**

- Have regular conversations with teachers in both academic and non-academic areas - this will help you better guide your child's development
- Ask the teachers for the best way and time to contact them



# We get you ready for your primary school journey

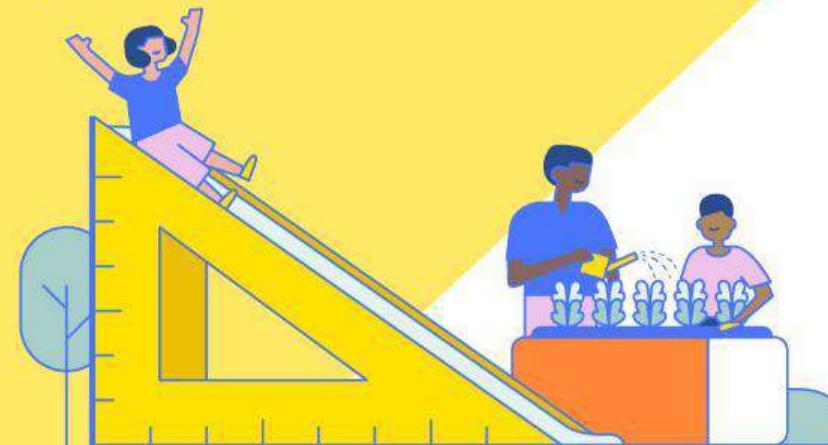
SCHOOLBAG  
PARTNERING YOU ON YOUR EDUCATION JOURNEY

Hear from fellow parents, MOE educators and more on how  
your child can get more out of their primary school experiences.  
Subscribe to [Schoolbag.edu.sg](https://www.schoolbag.edu.sg) today!

SCAN TO SUBSCRIBE

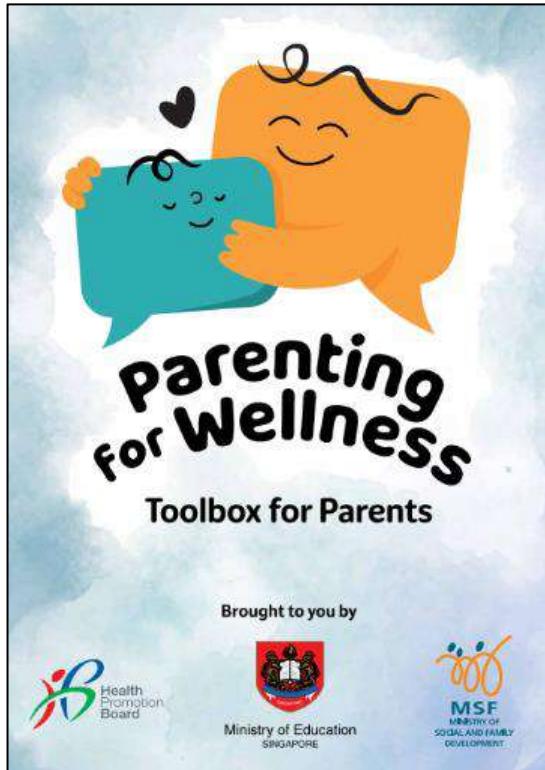


[go.gov.sg/schoolbag-newsletter](https://go.gov.sg/schoolbag-newsletter)



Brought to you by  
MOE Communications  
and Engagement Group

# Latest Resource: Parenting for Wellness Toolbox



The screenshots illustrate the 'bite-sized practical tips and strategies for parents' mentioned in the text. Each section includes a QR code and a page number (e.g., Page 20, Page 5, Page 8).

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.



# Check out Parenting Resources on Parents Gateway (PG)

## Repository of parenting resources

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.

The screenshot shows the 'Parenting' section of the Parents Gateway website. At the top, there are two tabs: 'FOR YOU' (which is highlighted) and 'EXPLORE'. Below this is a 'Highlights' box containing a news item from 'Thu, 10 Oct 2024' titled 'Refreshed Guidelines for School-Home Partnership'. The box describes the guidelines as providing guidance on how parents and schools can work together positively and respectfully. Below the highlights is a section titled 'Based on your preferences' with three categories: 'Cyber wellness' (highlighted), 'Interpersonal skills', and 'Managing'. A large image of a person interacting with a laptop is displayed below these sections. At the bottom, there are five navigation icons: HOME, CONTACTS, SERVICES, PARENTING (circled in blue), and PROFILE.

The screenshot shows the 'Education Stages' section of the Parents Gateway website. The 'Pre-school' tab is selected. Below it, the 'Preparing for Primary 1' tab is highlighted. Other tabs include 'Lower Prima'. The page displays 13 resources available for 'Preparing for Primary 1'. One resource is shown in detail: a guide titled 'P1 cheat sheet: How to pick and pack your schoolbag' dated 'Thu, 2 December 2021'. It includes a thumbnail image of a schoolbag and text explaining how to guide a Primary 1 child to pack their schoolbag. Another resource shown is a 'PARENT KIT' titled 'Starting Your Primary 1 Journey' from the Ministry of Education Singapore, featuring illustrations of children.



Find out more about Parents Gateway here.

# Resources in PG for every educational stage

## 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.

**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.



Wed, 15 December 2021

### [NLB] LearnX Reading - Primary

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

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

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

# Check out more resources from MOE

## 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.

## MOE Social Media Platforms



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



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



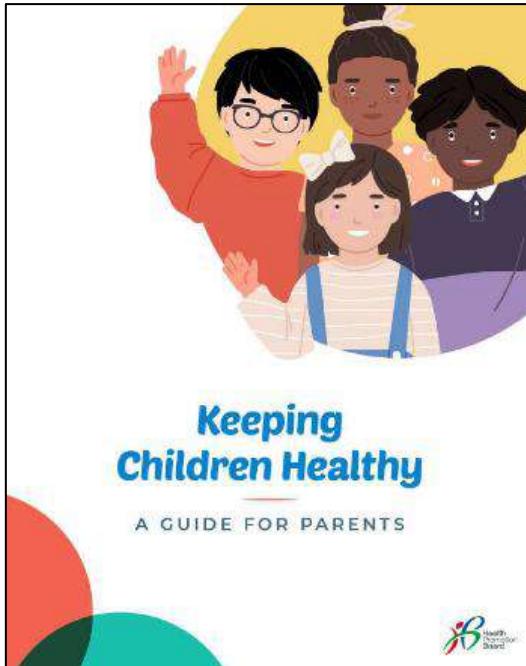
[www.facebook.com/moesingapore](http://www.facebook.com/moesingapore)



[www.youtube.co  
m/moespore](http://www.youtube.com/moespore)



# 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**

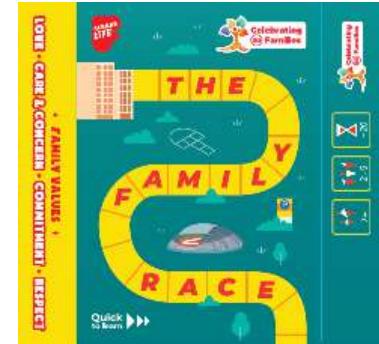


**Edition 3**

# Family Values Card Game

*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**



# Parent- Child Activity Book is readily available online:

**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



## Parent kit

The Parent-Child Activity Book (PCAB) is specially designed to help your child transit from preschool to P1. The PCAB includes 10 tips, and is filled with fun and meaningful parent-child activities for you to try with your child.

### A Great Start To Primary School

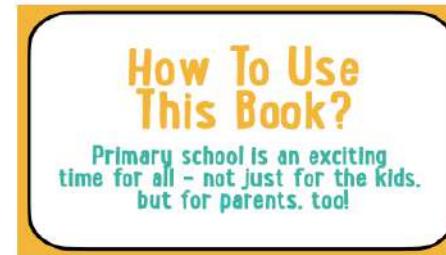


Talk about your child's likes in this 'About Me' activity and commemorate the first day of school with your child.

Last updated: 31 Oct 2022

### Parent-Child Activity Book

### How To Use This Book



This marks the start of your child's very own adventure! Read this mini guide to find out how you can use the activities to help your child transit to P1.

Last updated: 31 Oct 2022

<https://www.moe.gov.sg/parentkit?pt=Parent-Child%20Relationship>

# Parent- Child Activity Book is meant for both parent and child's use:

## How To Use This Book?

Primary school is an exciting time for all – not just for the kids, but for parents, too!

In this book, you'll find 10 tips for parents – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!

 This 'hand' tells your child what to do

 Use an application and allow your child to doodle on it!

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## Activities Inside Include:

→ Pledge →  
Make promises and keep them

Boost  
Every child needs encouragement

\*Thank\*  
Show gratitude. It's a great habit

Create  
Make something awesome together

(Practise)  
Get familiar with new routines

Show-and-Tell \*  
Keep that conversation flowing

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page.

↗

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# Parent- Child Activity Book contains practical tips, tap on it!

## Great Ideas For A Great Adventure

Post 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 - 10 Dec-before school starts)
- Tip 2: Practise Routines (pg 17 - 28 Dec-before school starts!)
- Tip 3: New Places, New Faces (pg 29 - 36 Jan-first week of school)
- Tip 4: We Can Go There (pg 39 - 48 Feb-when holidays were serious)
- Tip 5: Show Interest In Your Child (pg 49 - 56 Mar-holidays!)
- Tip 6: Every Child Is Unique (pg 79 - 86 May-before and after the Parent-Teacher Meeting)
- Tip 7: Team Up With Teachers (pg 77 - 78 Mar-before and after the Parent-Teacher Meeting)
- Tip 8: Time To Let Go! (pg 57 - 68 Apr-start of Term 3)
- Tip 9: Be A Great Role Model (pg 87 - 96 Jun-holidays!)
- Tip 10: Lets Help Out At Home (pg 97 - 104 Jun-holidays!)

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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!

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# Parent-Child Activity Book

## TIP 1



# Get Ready For School!

Preparing well at home makes for a smooth start to the day and a great time at school!



# Naval Base Primary School Website

[www.navalbasepri.moe.edu.sg](http://www.navalbasepri.moe.edu.sg)



WELCOME TO

## Naval Base Primary School

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ANNOUNCEMENTS

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[navalbasepri.moe.edu.sg/](http://navalbasepri.moe.edu.sg/)

navalbasepri



## NBPS Facebook

<https://www.facebook.com/NBPS1730>



# Give Online Consent for Immunisation and Dental Services

To support your child's wellbeing, the Health Promotion Board provides free health services, such as screening, immunisation and dental checks in schools



**Parents must give their consent before their children receive the services**

*Every year to date, 99% of parents have done so*



# For Singapore Citizens

## a) eGIRO

- Setting up of eGiro is strongly recommended.
- eGIRO account is needed in financial assistance schemes, e.g. Straits Times School Pocket Money Funds, Seatrium etc.
- Please do by today , Friday 14 Nov 2024.
- You can sign up for both the Edusave and GIRO standing orders via the Services tab in the Parents Gateway (PG)app

# For Singapore Citizens

## Accessing the e-GIRO Application Form

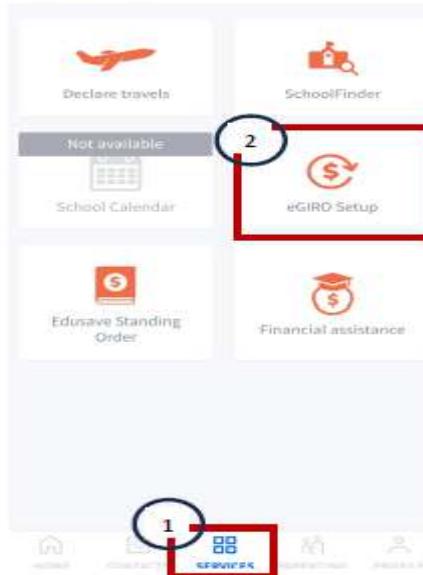
There are two methods to access the form.

- Mobile Devices: Parents Gateway App
- Desktop/Laptop: MOE eGIRO portal

### Parents Gateway App

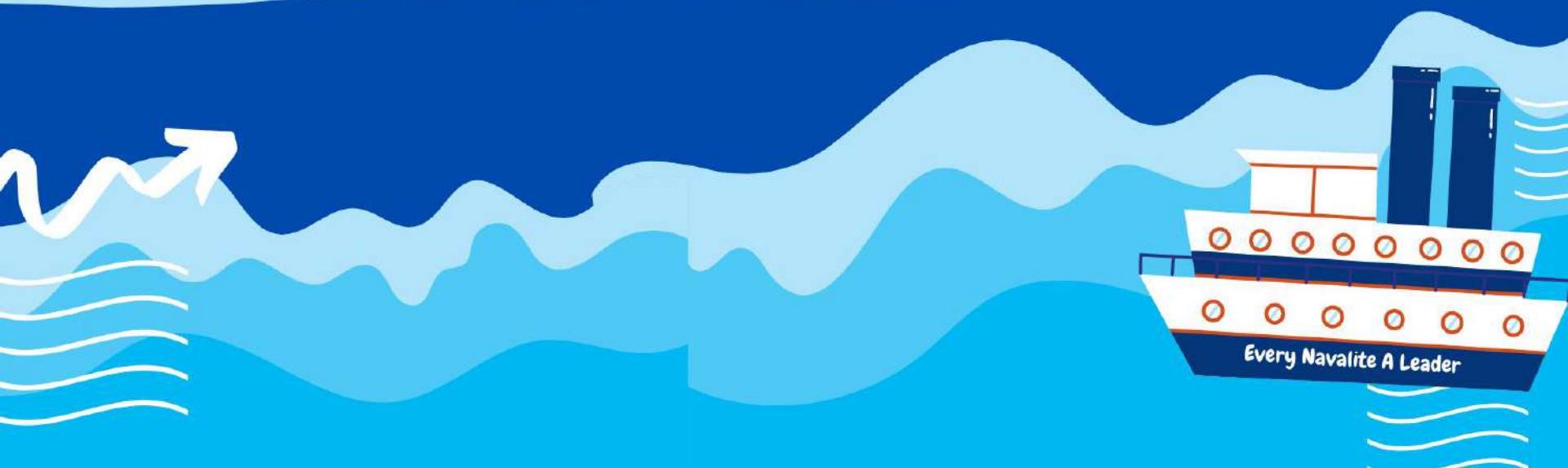
1. Upon successful login, click on Services (bottom menu)
2. Click on eGIRO Setup

### Services



# After-School Care

## Student Care Centre within the school



Every Navalite A Leader



# After-School Care

## Student Care Centre within the school



- Student Care Centre within the school
- Until 6.30pm (school days)
- 7.30am – 6.30pm (school holidays)
- Breakfast (for school holidays), Lunch and Tea provided



# FAQs



# SOME QUESTIONS YOU MAY HAVE...

## What time do students have to report to school?

- Students are to reach school before 7.35 a.m. to prepare themselves for lessons before the start of the day.



## SOME QUESTIONS YOU MAY HAVE...

**Are we allowed to come into the school to accompany our children on the first day of school?**

- We are inviting up to 2 parents to come to the school on the first day of school, Thursday , 2 January 2025.
- There will be sharing a session for parents on that day. More information will be given via Parent Gateway at a later date.



# First Day of school

- Small bag
- Story book
- Water bottle & Snack
  
- Pencil box
- A 12 pack colour pencils

## Orientation

- Class interaction time with Form Teachers
- Class activities
- Tour of the school



# P1 Recess (2<sup>nd</sup> Jan 2025)

Class	Recess	10-minute snack time on 2 Jan
1 Stalwart (SW)		
1 Endeavour (EN)	9.00 a.m. to 9.40 a.m.	11.30 a.m. to 12 p.m.
1 Excellence (EX)		
1 Independence (IN)		
1 Perseverance (PE)	9.45 a.m. to 10.25 a.m.	12 p.m. to 12.30 p.m.
1 Resilience (RE)		
1 Steadfast (SF)		
1 Courageous (CO)	10.30 a.m. to 11.10 a.m.	8.30 a.m. to 9 a.m.



# P1 Recess

	Monday – Friday
Recess	9.30am
Snack Break	10 minutes break between 12.00 pm and 12.30 pm

## Snack Break

**Bring healthy snacks such as fruits, sandwiches and biscuits**



## SOME QUESTIONS YOU MAY HAVE...

**Will there be a buddy system for my child to show him/her around the school?**

- Your child's form teacher will conduct a school tour to show your child the facilities in the school. On 2<sup>nd</sup> day and 3<sup>rd</sup> day, there will be a buddy assigned to your child during recess.

# SOME QUESTIONS YOU MAY HAVE...



**Can we change the dismissal arrangement in future?  
Where are the location of the school gates?**

- Yes, you may do so but please **inform your child's form teacher of the changes**. Avoid changing the arrangement so as to not confuse your child. Refer to the slides for location of the school gates. Teachers and parent volunteers will lead your child to these gates during dismissal during the 1<sup>st</sup> and 2<sup>nd</sup> week in Term 1.



# SOME QUESTIONS YOU MAY HAVE...

## DISMISSAL

Please ensure that your child puts on the lanyard given by the school for at least first 2 weeks of school.

Naval Base Primary School

**Zayn Bin Muhd Adam**

**P1 - Courageous**



Dismissal:  
NBPS School Bus

Naval Base Primary School

**Lim Zheng De**

**P1 - Steadfast**



Dismissal:  
Side Gate

Naval Base Primary School

**Pranav s/o Siva**

**P1 - Excellence**



Dismissal:  
Student care in  
NRPS

Naval Base Primary School

**Amelia Wee**

**P1 – Endeavour**



Dismissal:  
Main Gate



# SOME QUESTIONS YOU MAY HAVE...

## How do I check my child's progress and performance?

- You can check your child's daily written work. The teachers will update you on your child's progress and performance on different platforms such as during the Parent-Teacher-Student Conference(PTSC) or they will contact you to update on your child's progress.



# SOME QUESTIONS YOU MAY HAVE...

**My child can't read yet.  
Will he be able to cope?**



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Reading is a habit that we can build.

## Interest your child in reading

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work

**You can encourage your child for any effort in learning to read. Most importantly, reading should be a fun learning process.**



# SOME QUESTIONS YOU MAY HAVE...

**My child takes so long to complete her work. Will she fall behind?**



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Children pick up time management at a different pace and can improve with help.

## Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them
- If you notice any learning issues, do reach out to the school early

**Be specific about how much time they should spend on the work, and what time they should complete the work.**



# SOME QUESTIONS YOU MAY HAVE...

**Help, my child doesn't know how to ask for help!**



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Asking for help may not seem obvious to a child.

## Teach your child how to ask for help

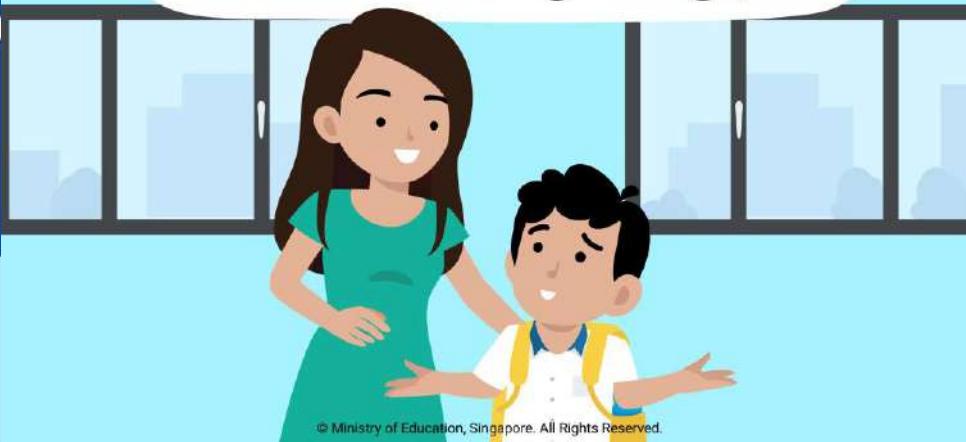
- Here are some steps you may teach your child:
  - **Step 1:** Look for someone who can help
  - **Step 2:** Check if that person has the time to help; if not, look for another suitable person
  - **Step 3:** Share what the problem is and how they feel
  - **Step 4:** Listen carefully to the advice given
  - **Step 5:** Thank the person for the help

**Practise with your child how to ask for help. Remember to affirm them for their efforts.**



# SOME QUESTIONS YOU MAY HAVE...

I'm worried my child won't eat at recess. He'll go hungry!



Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

## Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat
- If you worry that your child is not eating at all, discuss with your child's teacher

Remind your child that eating during recess is important as it helps them with the physical energy to continue focusing and learning in class.



## SOME QUESTIONS YOU MAY HAVE...

### What are the available support programmes to help my child in school?

- There are support programmes for literacy and numeracy such as Learning Support program (LSP) and Learning Support for Mathematics (LSM)
- TRANSition Support for InTegration (TRANSIT)

TRANSIT will focus on strengthening self-management skills, with students learning more about good classroom work habits, managing their emotions well, and developing their social and communication skills.



# SOME QUESTIONS YOU MAY HAVE...

## How do I contact my child's form teacher?

- You can contact her through his/her email address. You could also call the General Office to leave a message or a request to return the call.



# SOME QUESTIONS YOU MAY HAVE...

**How much money does my child needs to bring to school?**

- \$2 to \$3 is sufficient for recess. You can use this opportunity to teach your child on financial literacy .



## SOME QUESTIONS YOU MAY HAVE...

**Will my child be enrolled in a CCA for Primary 1?**

- CCA for students will only start in Primary 3. Students will select their CCA at the end of Primary 2, in Semester 2.

joy Of  
Learning begins at Naval Base Primary School!

# Thank You! See you in 2025!

