

# Lower Primary Parents' Briefing

Key Personnel's Address

28 February 2025



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# Agenda

- Home-School Partnership
- Educational Landscape
- Assessment Matters
  - Debunking myths
  - Reporting Lower Primary Students' Learning Progress
  - Learning Dispositions
- School Programmes: Teaching and Learning
- Higher Mother Tongue Languages: Information Session for Parents

# Partnering Parents





# Home-School Partnership

- Attendance is critical. Do ensure that your child attends school daily except when he/she is unwell. Doctor's MC must be provided where possible;
- Teachers will communicate and coordinate on the amount of homework to be given per day / school holidays;
- Ensure that your child has a proper breakfast at home before coming to school. A snack break will be given in class before/after recess.



# Home-School Partnership

## Compliance with MOE attendance guidelines

- For absences that are festival or religion-related, they will be classified as “Absent without Valid Reason”. However, an exception is made for absences associated with funeral rites, which may be considered as valid on compassionate grounds.
- For absences due to valid reasons and covered by a parent’s letter or email, schools will mark these as “Absent with Valid Reason (Private)”. Please note that the school will accept no more than 10 parents’ letters or emails per year for such cases.





# Home-School Partnership

## Punctuality for School

- Inculcating the value of responsibility by being punctual – report to school by **7.30 a.m.**
- Understanding consequences
  - ➔ Late coming: arriving after **7.30 a.m.**
  - ➔ After the 3<sup>rd</sup> instance of late coming, parents will be contacted
  - ➔ After the 6<sup>th</sup> instance of late coming, School-Parent conferencing will be arranged
  - ➔ After the 10<sup>th</sup> instance of late coming, a warning letter will be issued. For persistent late coming, conduct grade will be affected.



# Home-School Partnership

## School Discipline and Tone

- The school should be a safe environment for all students to learn in;
- In order for the students to feel safe (physically and psychologically), consequences will be meted out for misbehaviour, including bullying, use of physical force and use of hurtful words/vulgarity;
- We would like to work together in strong partnership with all parents in order to ensure that the school remains a safe place for students to learn and grow in.



# Home-School Partnership

- Monitor usage of screen time by children;
- Celebrate your child's successes, both big and small;
- Provide your child with support and encouragement;
- Make time to find out about your child's day;
- Praise your child as a kind word goes a long way!



# Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.



# Home-School Partnership

## Monitor usage of screen time by children

Tips on healthy  
screen use for  
your family!



### Manage Your Child's Screen Use

- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your child where necessary.
- Have a plan that balances screen use with other activities.



#### < 18 months

- No screen use unless it is used for interactive video chatting.

#### DO NOT...

- ✗ Turn on the TV in the background.

### Model Healthy Media Habits

- Review your own media habits.
- Encourage daily 'screen-free' times, especially during family meals or when interacting with one another.



#### 1.5 to 6 years

- Less than 1 hour of screen use a day outside school.
- Choose educational and age-appropriate content.
- Watch content together and discuss the content with your child.

#### DO NOT...

- ✗ Use screens during meals and one hour before bedtime.
- ✗ Use screens just to occupy or distract your child.
- ✗ Turn on the TV in the background.

### Encourage Meaningful Screen Use

- Make sure your child is watching content appropriate for their age.
- Discuss with your child about what they are viewing.



#### 7 to 12 years

- Less than 2 hours of screen use a day, unless related to school work.
- Agree on a screen use plan or timetable.
- Use parental control settings and check content ratings to ensure content is age-appropriate.
- Talk to your child often on what they are viewing online. Offer advice regularly.

#### DO NOT...

- ✗ Use screens during meals and one hour before bedtime.
- ✗ Allow access to social media services.
- ✗ Give your child mobile devices with unrestricted access to the internet and applications.



# Assessment Matters

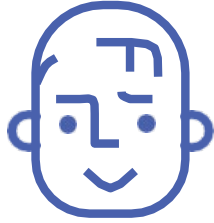
## Assessment Overview (Semester 1)

- sent out on 4 Feb via Parents Gateway



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# MYTH



**Without exams, I do not know how to support my child in his learning.**



## FACT:

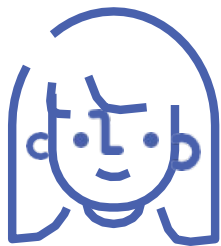
**Instead of periods of last-minute cramming for exams, assessments conducted at regular checkpoints can provide our children with ongoing opportunities to check on and consolidate their learning as they go.**

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**Help your child stay on top of revision by:**

- Talking to your child to find out about his/her “day-to-day” learning experience in school. This will help your child reflect on his/her learning, and help him/her remember the lesson better.

# QUESTION



How can I be kept updated of my child's learning progress in school?

Instead of relying on just marks from a few assessment points, you can draw different sources of information on your child's learning progress via:

- Teachers' written feedback provided through classroom assessment practices such as in-class work, homework, projects and class tests;
- Teachers' meetings with parents;
- Holistic Development Profile also known as the 'report book'.



# Reporting P1 and P2 Students' Learning Progress in the Holistic Development Profile

- Since 2019, primary schools have been reporting students' learning progress based on a list of learning outcomes (LOs), using a common set of qualitative descriptors (QDs) for all subjects.
- Learning Outcomes are subject-specific and aligned to the subject syllabus.
- This helps parents focus on their child's learning progress in each subject in relation to the intended LOs.
- 4-level QDs: Beginning; Developing; Competent; Accomplished.

# Learning Outcomes – Mathematics

## Primary 1

1. Understand numbers up to hundred.
2. Understand addition and subtraction.
3. Add and subtract numbers.
4. Understand multiplication and division.
5. Identify, name, describe and sort shapes.
6. Tell time to 5 minutes.
7. Measure and compare lengths of objects.
8. Read and interpret picture graphs.

## Primary 2

1. Understand numbers up to thousand.
2. Solve mathematical problems involving addition and subtraction.
3. Multiply and divide numbers within multiplication tables.
4. Identify, name, describe and sort shapes and objects.
5. Tell time to the minute.
6. Compare and order objects by length, mass, or volume.
7. Read and interpret picture graphs with scales.
8. Understand fractions.

# School's Planning of the Learning Outcomes (LOs) by semester – Primary 1 Mathematics

Semester	Learning Outcomes	Checkpoints
1	<ul style="list-style-type: none"><li>▪ Understand numbers up to a hundred.</li><li>▪ Understand addition and subtraction.</li><li>▪ Identify, name, describe and sort shapes.</li></ul>	<ul style="list-style-type: none"><li>▪ Topical Reviews</li><li>▪ Combined Review</li><li>▪ Use of manipulatives</li><li>▪ Performance Tasks</li><li>▪ Daily work and daily observation</li></ul>
2	<ul style="list-style-type: none"><li>▪ Read and interpret picture graphs.</li><li>▪ Add and subtract numbers</li><li>▪ Understand multiplication and division.</li><li>▪ Tell time to 5 minutes.</li><li>▪ Measure and compare lengths of objects.</li></ul>	

# School's Planning of the Learning Outcomes (LOs) by semester – Primary 2 Mathematics

Semester	Learning Outcomes	Checkpoints
1	<ul style="list-style-type: none"><li>▪ Understand numbers up to thousand.</li><li>▪ Multiply and divide numbers within multiplication tables.</li><li>▪ Tell time to the minute.</li></ul>	<ul style="list-style-type: none"><li>▪ Topical Reviews</li><li>▪ Combined Review</li><li>▪ Use of manipulatives</li><li>▪ Performance Tasks</li><li>▪ Daily work and daily observation</li></ul>
2	<ul style="list-style-type: none"><li>▪ Solve mathematical problems involving addition and subtraction.</li><li>▪ Understand fractions.</li><li>▪ Identify, name, describe and sort shapes and objects.</li><li>▪ Compare and order objects by length, mass, or volume.</li><li>▪ Read and interpret picture graphs with scales.</li></ul>	

# Reporting of P1 & P2 Students' Learning Progress in the Holistic Development Profile

## Reflection of Learning Outcomes & Qualitative Descriptors

For illustrative purposes only.		Holistic Development Profile	
		<b>Date :</b>	6 Nov 2022
<b>Name</b>	: Jane Ong	<b>Identification No :</b>	XXXX231A
<b>Age on 1<sup>st</sup> Jan</b>	: 6	<b>S/N :</b>	5
		<b>Course :</b>	Primary One
<b>Class</b>	: P1 Aristotle		
<b>Form Teacher</b>	: Miss Tan		
<b>Form Teacher</b>	: Mr Low		
<b>MATHEMATICS</b>			
• Understands number notations, representations and place values up to tens.			Accomplished
• Understands the concepts of addition and subtraction, including the relationship between adding and subtracting.			Competent
• Matches, sorts, compares and orders quantities/objects (e.g., by colour, shape, size or orientation.)			Competent
• Adds and subtracts reliably and fluently using number facts.			Developing <sup>18</sup>



# An Example

## Mathematics (Primary 2) LO8: Understand fractions

Beginning	Developing	Competent	Accomplished
Able to name fractional part with a lot of guidance.	Able to name fractional part with some guidance.	Able to name fractional part with little guidance.	Able to name fractional part independently.
Able to write fraction shown on a pictorial representation with a lot of guidance.	Able to write fraction shown on a pictorial representation with some guidance.	Able to write fraction shown on a pictorial representation with little guidance.	Able to write fraction shown on a pictorial representation independently.
Able to identify the greater or the smaller fraction correctly.	Able to compare and order fractions correctly some of the time.	Able to compare and order fractions correctly most of the time.	Able to compare and order fractions correctly almost all the time.
Able to write the part that makes a whole with a lot of guidance.	Able to write the part that makes a whole with some guidance.	Able to write the part that makes a whole with little guidance.	Able to write the part that makes a whole independently.

# Learning Dispositions (Primary 1 & 2)

- Learning Dispositions (LDs) are positive behaviours and attitudes towards learning.

## Background

- The removal of all weighted assessments will affect the selection of Edusave Academic Awards for lower primary students
- Important to retain such awards, as they celebrate a child's success and learning milestones
- P1, P2 EMB and P2, P3 GPA will instead be awarded based on qualitative judgement of a student's learning dispositions
  - Signals the importance of cultivating the right learning dispositions and values from young



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# Learning Dispositions @ Palm View

Based on our school vision and school values

Learning Disposition	Actions
	Lower Primary (P1 & P2)
<b>Curious Minds</b>	<ul style="list-style-type: none"><li>▪ Asks questions to develop deeper understanding.</li><li>▪ Shows interest in learning new things.</li></ul>
<b>Enthusiasm</b>	<ul style="list-style-type: none"><li>▪ Regular attendance and punctual for school/class</li><li>▪ Participates actively in lessons across subjects.</li></ul>
<b>Caring Hearts</b>	<ul style="list-style-type: none"><li>▪ Takes care of learning resources and class/school environment.</li><li>▪ Cooperates well with others' and encourages peers with kind words and actions.</li></ul>

# Learning Dispositions @ Palm View

Based on our school vision and school values

Learning Disposition	Actions
	Lower Primary (P1 & P2)
<b>Creative Spirit</b>	<ul style="list-style-type: none"><li>▪ Tries out new ideas or solutions; consider other viewpoints.</li><li>▪ Generates possibilities to problems/challenges.</li></ul>
<b>Ownership in Learning</b>	<ul style="list-style-type: none"><li>▪ Works towards goals in a determined / disciplined manner.</li><li>▪ Completes and submits school/homework done independently and with pride.</li></ul>
<b>Resilience &amp; Grit</b>	<ul style="list-style-type: none"><li>▪ Does not give up easily when faced with problems/ difficulties and knows who to approach for help.</li><li>▪ Acts on feedback and uses it to improve performance.</li></ul>



# Lower Primary Curriculum Matters & Teaching and Learning



# English Language





# Key English Language Department Approaches

- Focus on the development, reinforcement and extension of language skills in the primary years
- Through an enjoyment of the language and the promotion of extensive reading
- Leveraging on oracy, reading and writing skills to develop knowledge and independent use of the language

# Department Programmes & Activities

English and Math Carnival

Oracy Programme

Shared Book Approach (SBA)  
Extensive Reading (ER)

Teaching of Grammar, Vocabulary, Comprehension and  
Oracy skills

Modified Language Experience Approach (MLEA) Writing





# Mathematics



# Math Department Approaches, Programmes & Activities

## Concrete-Pictorial-Abstract Approach (CPA): Use of Manipulative

**English and Math Carnival**

**Learning Journeys**

P1 – River Wonders

P2 – Changi Airport

**Varied Learning Experiences**

Hands-on, Exploration, Investigation,  
Discovery, Problem-Solving, SLS, Games

**Experiential Learning**

Learn through Experience, Play,  
Exploration, Reflection

**Authentic Learning**  
Mathematics Around Us

**Thinking Aloud**

Reasoning & Communication,  
Justify thinking, Journal, Discussion



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# Mother Tongue Languages





# Key MTL Department Approaches

- Emphasis on listening and speaking skills
- Arouse interest in the learning of Mother Tongue Languages through games, stories and SLS platform
- Cultivate habits for reading

# Department Programmes & Activities

Term 1	Term 2	Term 3	Term 4
Lunar New Year Celebration	Hari Raya Celebration	Mother Tongue Fortnight Programme	Deepavali Celebration
Reading Programme			
Cultural Appreciation Programme			
Participation in various competitions			





# 2025

# Primary Mother Tongue Languages (MTL) Curriculum

Information Session for Lower Primary Parents



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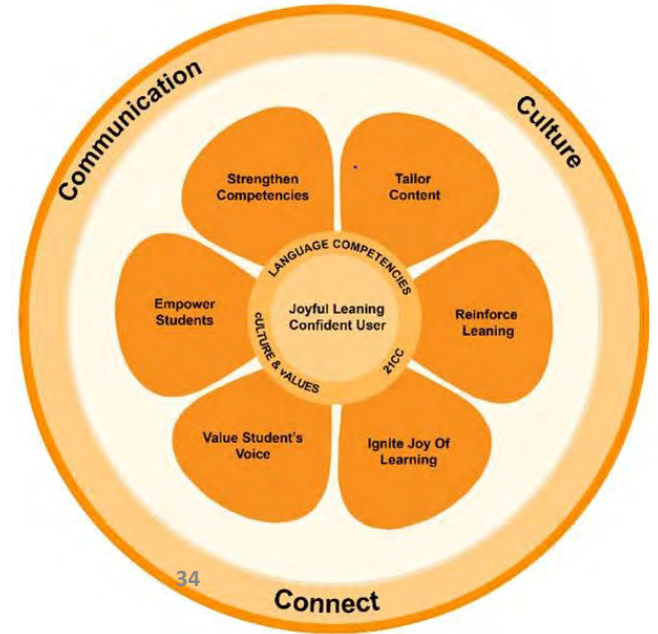
# Overview:

1. **2025 New Primary 2 Mother Tongue Languages Curriculum**
2. **Key Features of the New Primary MTL Curriculum**
3. **Supporting Your Child in MTL Learning**

# 2024 Primary MTL Curriculum Framework

1. The New Primary MTL Curriculum which was implemented in 2024 starting with Primary 1, **builds on the strengths of the 2015 curriculum.**
2. The new curriculum will place greater focus on helping students to **experience the joy of learning MTL**, so as to motivate them to like and learn MTL for life.

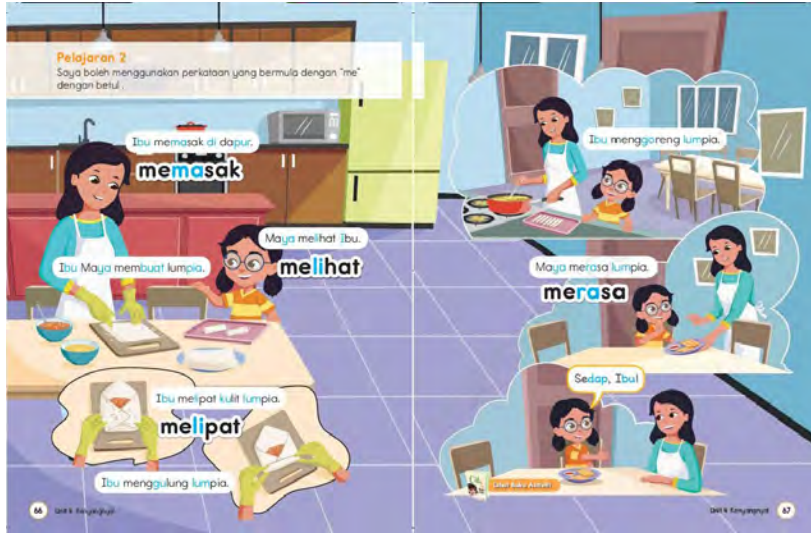
**Joyful Learning, Confident User**



*2024 New Primary MTL Curriculum Framework*

# Key Feature #1

## Greater emphasis on 21st century competencies



### Textbook

### Cross-Cultural Literacy

- Learning about the making of lumpia (Philippines' version of popiah)



### Civic and Cross-Cultural Literacy

- Comparing spinning tops in Singapore and other countries (Malaysia, China and India)

## Key Feature #2

Support students through visual, auditory and kinesthetic learning methods



### TL Digital Resource: Reading Pen

- Reinforce learning of TL letters
- Learn correct pronunciation of letters
- Promote self-directed learning
- Create more joyful learning experiences



### Printed Resource: Spot the Difference Game

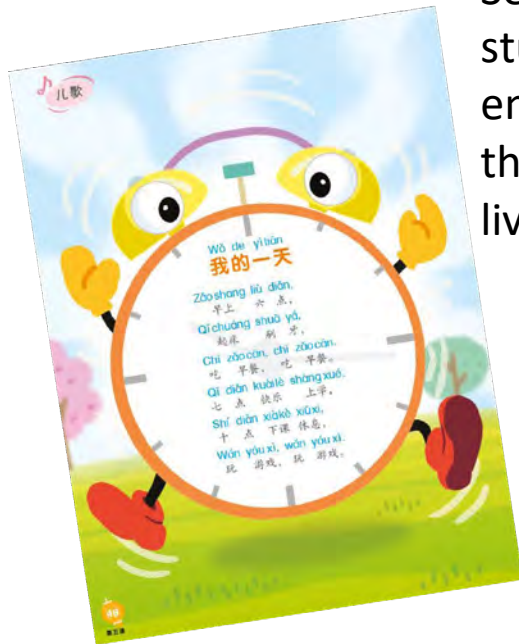
- To learn by playing
- To improve word recognition by associating with pictures/visuals<sup>5</sup>



# Key Feature #3

## Authentic contexts and materials

- Settings and contexts that students can relate to and to encourage them to use what they have learnt in their daily lives.



**Textbook**



- Students to describe and share their daily routines and good habits with their friends.

- Students to learn about canteen food and vocabulary they can use in conversations.

## Key Feature #4

Support students through visual, auditory and kinesthetic learning methods

Available in SLS



Digital Resource: e-Big Books with interactive features to develop Oracy Skills, and to promote reading at home

# Key Feature #5

## Use of technology to sustain interest and encourage self-directed learning



CL Digital Resource: Hanyu Pinyin Animation



CL Digital Resource: Hanyu Pinyin Games



TL Digital Resource: Tongue Placement Videos



TL Digital Resource: AR Experience

ML Digital Resource: Bridging Videos





# Resources for Primary One



## Printed Resources

**Textbooks,  
Activity Books,  
Writing  
Exercise Books,  
Big Books,  
Small Readers**



## ICT Resources

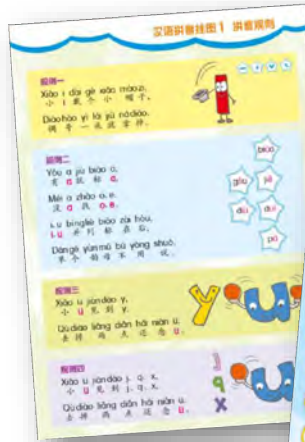
**Animations, Videos,  
Audios, Songs and  
Rhymes,  
Animated Reading  
Texts, Interactive  
Games, etc**



## Toolkit

**Picture cards, Board  
Games, Letter/Word  
Cards, Character  
Cards, Grammar Cards,  
Letter Manipulatives,  
Reading Pen, etc**

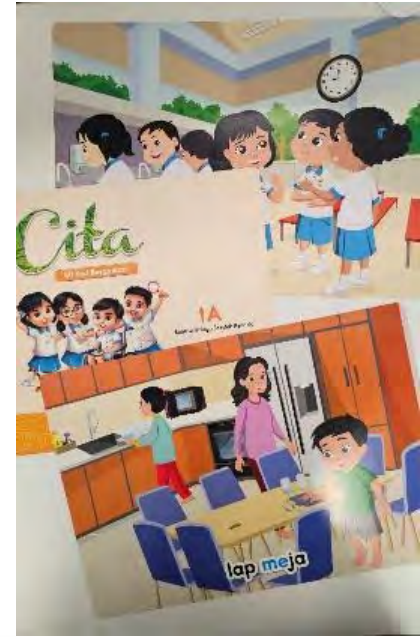
# Examples of Learning Resources (Chinese)



# Examples of Learning Resources (Malay)



arnab  
zip jeli  
pensel





# Examples of Learning Resources (Tamil)



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# Supporting your child in MTL Learning

- Tips for Parents (*video launching in Jan 2024*)



- Parents will receive more information on the new curriculum via MOE website and other platforms (e.g. schoolbag, Parent Gateway, schools' parent engagement sessions)

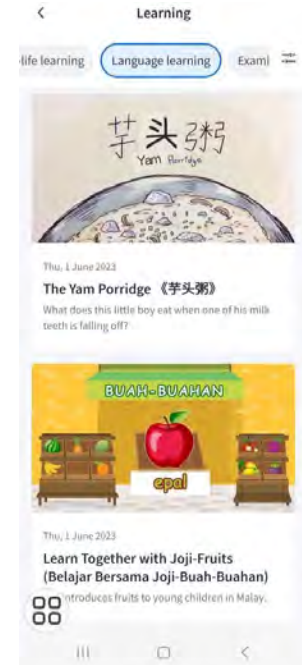
**SCHOOLBAG**  
THE EDUCATION NEWS SITE

Supporting Your Child Through the Primary 1 Journey



  
Parenting  
Resources

**pg**  
Parents  
Gateway



# Supporting your child in MTL Learning



**Cultivate the love of reading MTL books, e.g. visit the library or borrow e-books**



**Encourage them to take small steps in learning MTL, e.g. read signs, listen to music**



**Do fun activities in MTL together, e.g. watch a film or performance**



**Provide a conducive environment for learning MTL, e.g. access to MTL music and books**

# P3 & P4

# Higher Mother Tongue Languages

Information Session for Lower Primary Parents



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# Overview:

- Learning a Mother Tongue Language in primary school
- Purpose of Offering Higher Mother Tongue Language (HMTL)
- Selection guidelines
- Key features of P3 & P4 HMTL curriculum
- HMTL Lessons
- Assessment
- Benefits of taking HMTL from P3 and other related issues

# Learning a Mother Tongue Language in primary school

Mother Tongue Language (MTL) is offered in Singapore schools as a second language.

The Mother Tongue Language curriculum focuses on listening, speaking, reading, writing and interaction skills. It is tailored to your child's abilities and offered in the following modules:

**Core module: for all primary school students.**

**Bridging/reinforcement module: if your child needs more help in the language.**

**Enrichment module: if your child has a higher aptitude for learning the language.**





# What is the purpose of offering HMTL?

Higher Mother Tongue Language (HMTL) has been officially offered at P5 and P6 since 1992 for students who showed strong proficiency and interest in Mother Tongue Language (MTL).

To further strengthen the learning of MTL from an early age, primary schools can offer HMTL across the 3 official MTLs from P3 starting in 2022.





## What is the purpose of offering P3 and P4 HMTLs?

It is designed to enthuse P3 and P4 students who demonstrate the ability and interest to develop higher levels of MTL language proficiency and cultural knowledge.



# Criteria 1

## For P3 entry:

The school will use a set of qualitative descriptors (QDs) based on the P2 Mother Tongue Languages Learning Outcomes to determine students' MTL proficiency. Students offering HMTL at P3 and P4 should **be proficient across all the outcomes.**

# Criteria 2

## Evidence of **students' performance** throughout the year

Gathered information about students' learning through checkpoints such as on-going assessments or alternative assessments to further provide information on students' learning progress and inclination.

# Criteria 3

## Teachers' feedback and observations

To cover a whole range of performance, additional information about student's learning can be gathered from class discussions, class work and homework.

# Key Features of P3 & P4 HMTL Curriculum

Built on existing MTL curriculum:

Sustain students' interest and deepen their knowledge in their MTL

Enhance Reading and Writing skills

Expose students to age-appropriate literary texts

**Literary-based text.** Incorporation of age-appropriate literary-based text to provide an enjoyable early experience to ethnic literature.

**Exposure to higher-order thinking exercises** e.g. Enhance reasoning skills by eliciting students' response during classroom activities and discussions; Construction of new knowledge by making meaningful connections between texts and students' lives.

**Creative and fun-filled activities and games to teach language and cultural knowledge.** To sustain interest and extend knowledge.



# How are lessons carried out for HMTL at P3 and P4 level?

As the curriculum includes literary-based text, **two additional periods per week in the afternoon** would be required to provide an enjoyable early experience to ethnic literature and cultural knowledge.

# How would assessment look like for HMTL at P3 and P4 level for my child?

HMTL at P3 and P4 will be reflected as a non-weighted assessment. Non-weighted assessment refers to assessments where the scores will not form part of the computation of a student's overall results in a subject for the year. There will be no changes in the major exams.

The schools would also indicate your child's progress in HMTL in the Holistic Development Profile.





## How will my child benefit from the offering of HMTL?

Offering of HMTL will encourage your child with strong interest and aptitude in Mother Tongue Languages **to start early** and **learn MTL to as high a level as he/she can.**



## Can my child still offer HMTL at upper primary levels even if he/she did not offer it at P3 and P4 level?

Your child could still offer HMTL at P5 and P6 level when he/she builds stronger proficiency and interest. You are strongly encouraged to discuss with the school which course best suits the need of your child.



If my child decides to discontinue with HMTL during P3 or P4, will he/she be allowed to drop out?

To truly benefit from the HMTL curriculum at P3, he/she should offer HMTL for at least two years to ascertain his/her ability to cope with it.

# Art and Music







# Holistic Assessment

- Portfolio Assessment
- Rubrics-based





# Art Pedagogical Approach



## Inquiry-Based Learning

P1 & P2	Art Curriculum Learning Outcomes			
<b>Semester 1</b>	Draw to express curiosity, ideas and things that relate to personal interests and experiences	Explore and use visual qualities, materials and artistic processes to share personal interests, imagination and curiosity in their art making	Show and talk about their artworks using appropriate art vocabulary	
<b>Semester 2</b>	Identify simple visual qualities in what they see around them	Play with a variety of materials and tools to create different effects in their art	Collect artefacts/learning evidence for portfolio based on given criteria	Discuss and relate artworks created by others to their own artworks and experiences

# Music Education Syllabus

There are three Learning Outcomes (LOs) across the four key stages which are anchored on the Musical Processes of Listening, Creating and Performing described in the Music Curriculum Concept:

- LO1: Listen and Respond to Music
- LO2: Create Music in both vocal and instrumental settings, individually and collaboratively
- LO3: Perform Music in both vocal and instrumental settings, individually and collaboratively where students respectively:
  - A. Sing
  - B. Play Instruments

# Music Curriculum Overview

Level	Term 1	Term 2	Term 3	Term 4
<b>P1</b>	Singing with body percussion	Singing with percussion instruments	Singing and Creating	Soundscapes
<b>P2</b>	Singing with Tuned percussion instruments	Ensemble work with Tuned percussion instruments	Singing and Improvisation with instruments	Soundscapes



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# Physical Education





# Physical Education Syllabus

P1 & P2

- Sports & Games (Fundamental Movement Skills)
- Gymnastics
- Dance
- Outdoor Education
- Physical Health and Safety

# Example for Primary 1

<b><u>PHYSICAL EDUCATION</u></b>	<b>Beginning</b>	<b>Developing</b>	<b>Competent</b>	<b>Accomplished</b>
<b>Games and Sports</b> Your child is able to:				
Demonstrate a range of motor skills in rolling, catching, and throwing a variety of objects				





## Parent's Involvement

- Schedule time for outdoor play
- Spend time with them exercising, playing games and enjoying the outdoors
- Healthy snacks, for example wholemeal bread



# Character and Citizenship Education



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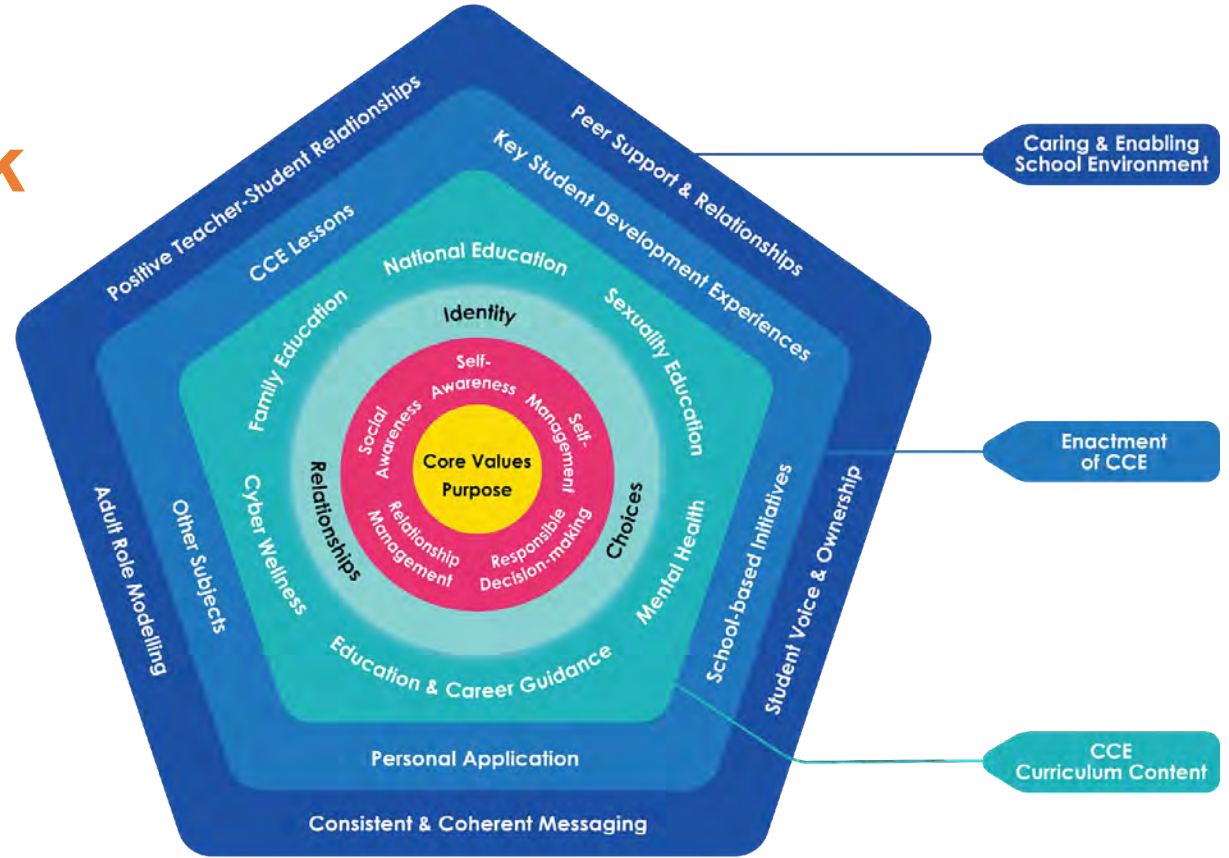


# Goals of CCE 2021



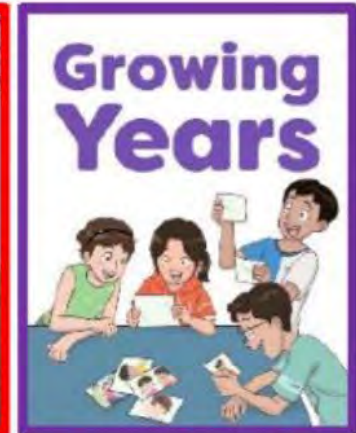
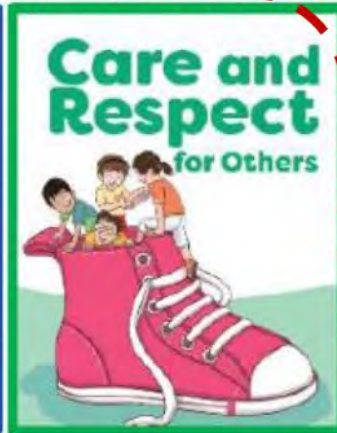
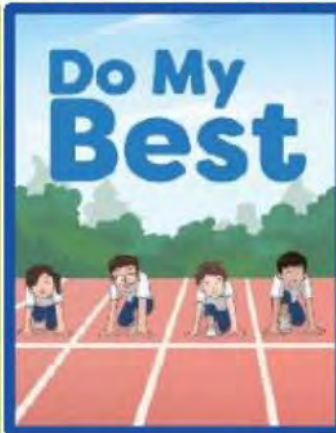
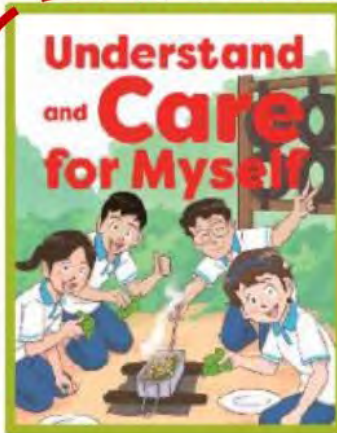


# CCE 2021 Framework



# Coherence between CCE (FTGP) and CCE (MTL) Lessons

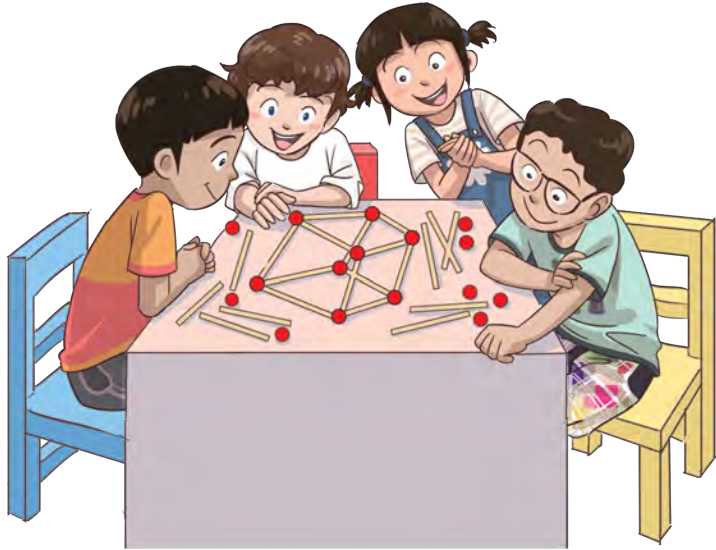
## Common Themes



CCE (FTGP) and CCE (MTL)

only CCE (FTGP)

# Coherence between CCE (FTGP) and CCE (MTL)



## CCE (FTGP) lessons:

- Explicit teaching and learning of **fundamental social-emotional skills, values** and citizenship dispositions

## CCE (MTL) lessons:

- Deepens the learning of **values** through cultural stories, songs, proverbs, practices unique to each MTL
- Reinforces the teaching and learning of **fundamental social-emotional skills**



# Family Chat Time!

## In My New School 3



### Family Chat Time!

I can...

- Ask my family members/guardians:
  - » What was your primary school like?
  - » What did you enjoy about primary school?
- Share with my parents/guardians:
  - » How I feel about my new school.
  - » What I have learnt in school.

We enjoyed Family Time!

Parent's / Guardian's signature

## A Note to Parents/Guardians:

The following resources and activities offer tips on how you can help your child/ward cope with his/her transition to Primary 1.

- **Supporting Transition**  
(<https://go.gov.sg/plf1gp-transitionsupport>)



- **Social Skills**  
(<https://go.gov.sg/plf1gp-socialskills>)



Understand and Care for Myself

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## Understanding My Feelings 4



### Family Chat Time!

Share what you have learnt in this lesson on 'Understanding My Feelings' with your parents/guardians. Show them the tips below.

My child did a good job!

Parent's / Guardian's signature

## A Note to Parents/Guardians:

### Tips for Building Your Child's/Ward's EMOTIONAL STRENGTHS

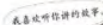
- 1 Take time to actively notice and name your child's/ward's emotions together.
- 2 Connect with your child/ward on an emotional level.  
*Eg. Make talking about their feelings a natural part of conversations.*
- 3 Embrace all of your child's/ward's emotions (avoid being dismissive or disapproving).
- 4 Discuss how your child/ward can manage his/her negative emotions.  
*Eg. Practise the breathing or squeezing exercise.*
- 5 Role model how you manage your emotions appropriately.  
*Eg. Calmly admit that you are upset and take a 10-minute time-out.*
- 6 Encourage your child/ward to persevere through challenges even though there may be uncomfortable feelings.
- 7 Guide your child/ward to accept situations that he/she cannot change.
- 8 Have your child/ward share three things that he/she feels thankful about each day.



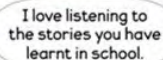
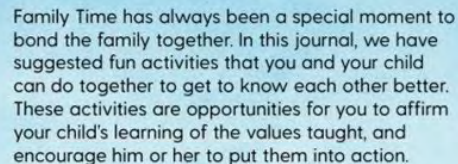
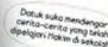
12

Understand and Care for Myself

活动本里的“家庭时间”是凝聚家人情感、创造特别时刻。“家庭时间”里有趣的活动能让你和孩子更了解彼此，并提供机会让你鼓励和肯定孩子实践所学到的价值观。

[illegible]

Kepada Ibu bapa dan waris,  
Waktu Bersama Keluarga ialah masa istimewa  
untuk mengerasakan hubungan kekeluargaan.  
Di dalam jurnal ini, kami telah menyediakan  
aktiviti-aktiviti sarapan yang menarik untuk  
anda dan anak anda lakukan bersama-sama.  
Aktiviti-aktiviti ini merupakan peluang untuk anda  
memberikan pengosohan dan menggalakkan  
anda anda untuk mengamalkan nilai-nilai  
yang dipelajari.



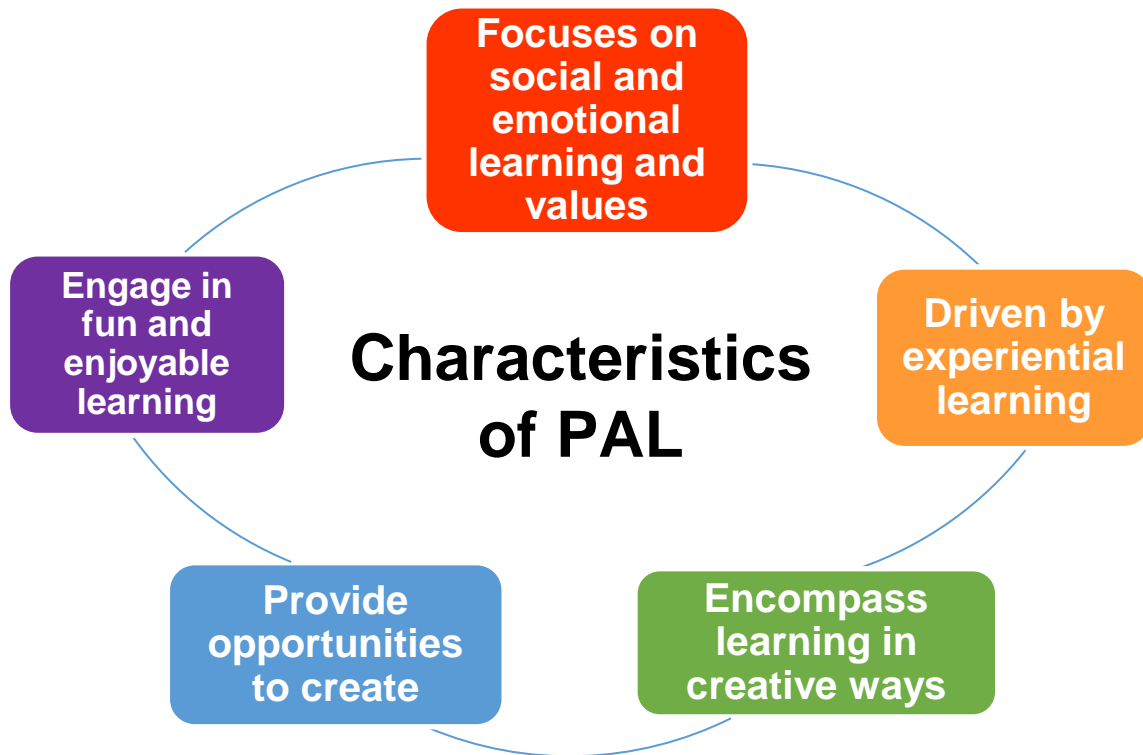




# PAL is ...

- an **integral part** of the curriculum for all **Primary 1 and 2** students







# PAL provides opportunities for students to ...

- discover new interests
- develop character
- learn social effectiveness skills
- develop social-emotional competencies







1

Demonstrate a lively curiosity and find joy in the people and things around us

2

Work in a respectful manner with others



P1

Drama

Visual Arts

Outdoor  
Education

P2

Drama

Sports  
and  
Games

Outdoor  
Education





**P1**

Enrichment  
Programmes

- Hip Hop
- Clay Modelling

**P2**

Enrichment  
Programmes

- Coding
- Choral Singing



# Safety Matters

# School Safety Motto: *Safety Begins With Me*



## Entrance to School

- Watch out for traffic entering and exiting the school



# School Safety Motto: *Safety Begins With Me*



## Entrance to School

- Refrain from cutting across lanes or stopping at unauthorised areas to allow child to alight from vehicle



#CuriousMinds

#CaringHearts

#CreativeSpirits

# School Safety Motto: *Safety Begins With Me*



**Walking to the mall**

- **Watch out for traffic entering and exiting the loading and unloading carpark of the mall next to school**



**#CuriousMinds**

**#CaringHearts**

**#CreativeSpirits**



# School Safety Motto: *Safety Begins With Me*



**Walking to the mall**

- **Watch out for traffic entering and exiting the carpark of the condominium next to school**