

Breakfast Session with Parents of Sec 3 Students

3 Feb 2023



Today's Menu

- Welcome by ST/CCE, Mdm Mariam
- Transition Support for students by Year Head , Mr Ashiq
- OBS & CCA Matters by HOD/PE&CCA, Mr Amir
- Q & A chaired by P





PARENT SUPPORT GROUP

<https://forms.gle/9pvfe3SYNuJ6Bfus9>



Student Well-being and Transition Support for Sec 3 Students

~ Year Head, Mr Mohamed Ashiq

Student Well-being Check-in Survey

Administered to help HTs:

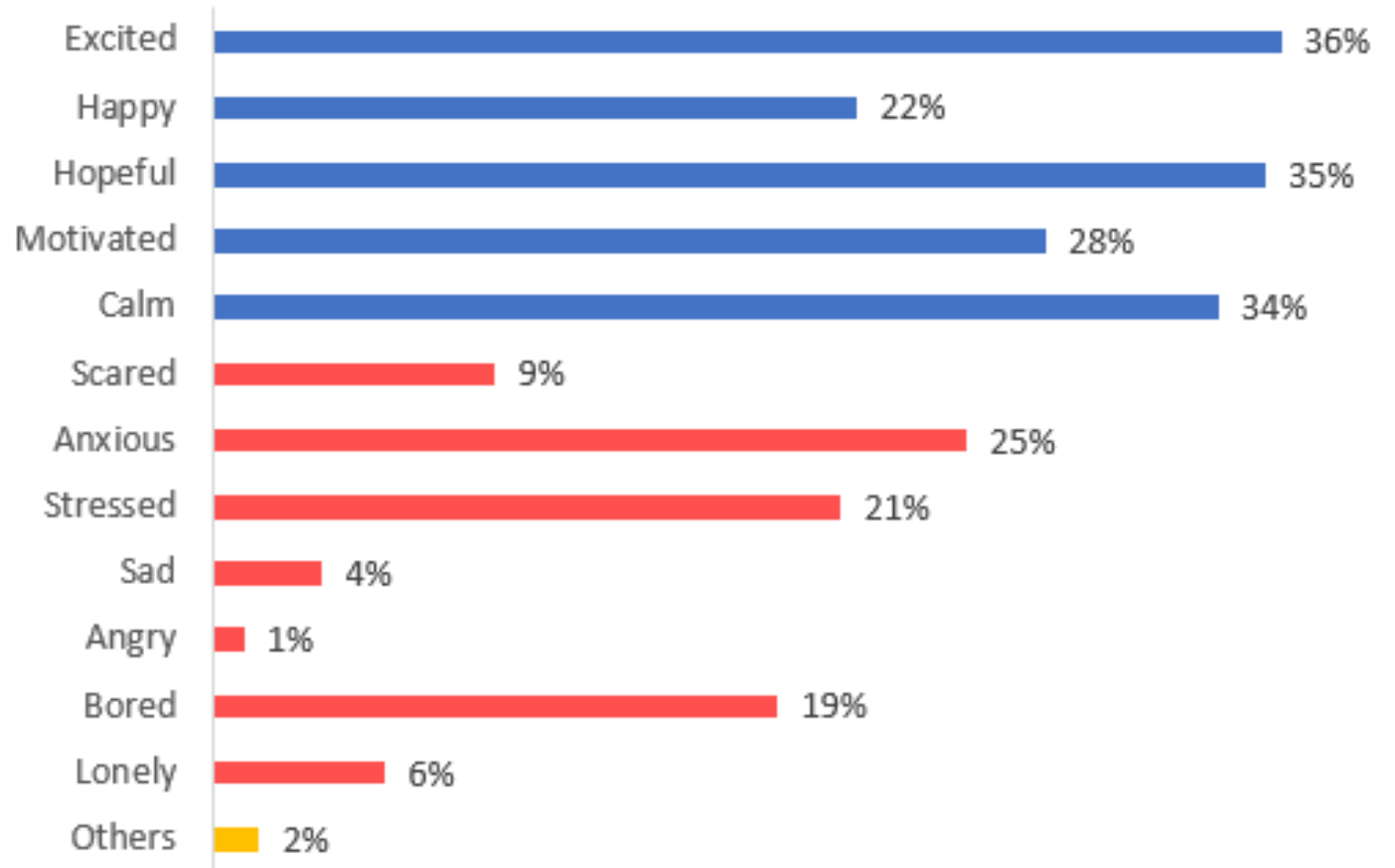
- Understand students' social-emotional needs, social support network and well-being as they enter the new school year
- Identify students for closer monitoring and support, including those who are having difficulties coping emotionally, facing family-related challenges, or struggling quietly and not reaching out for help.

Students' Feeling about 2023

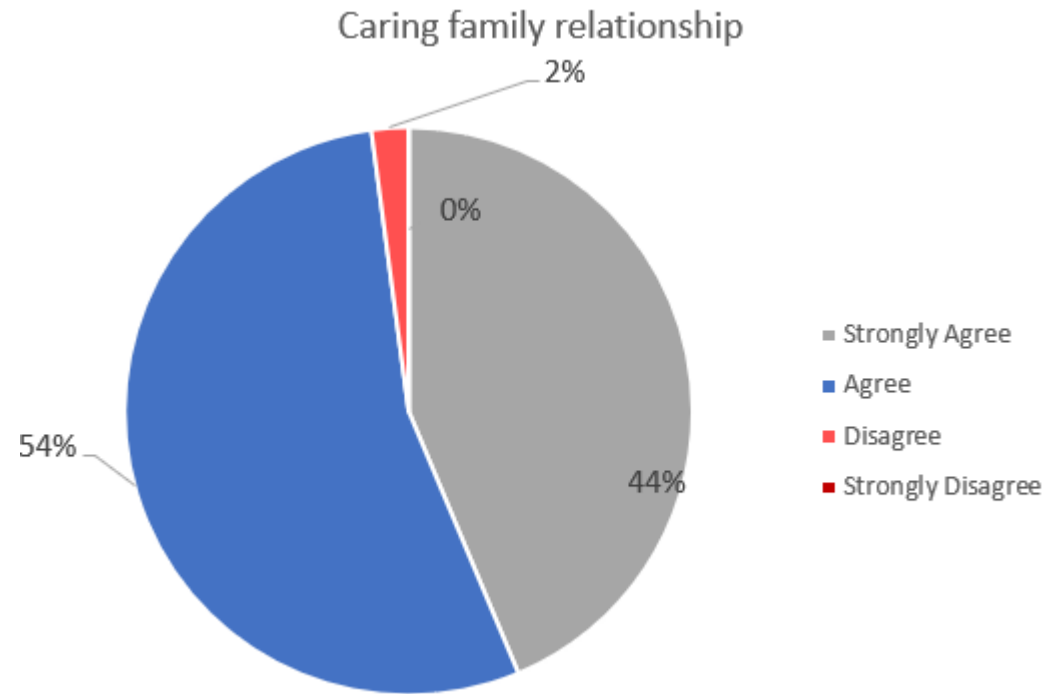
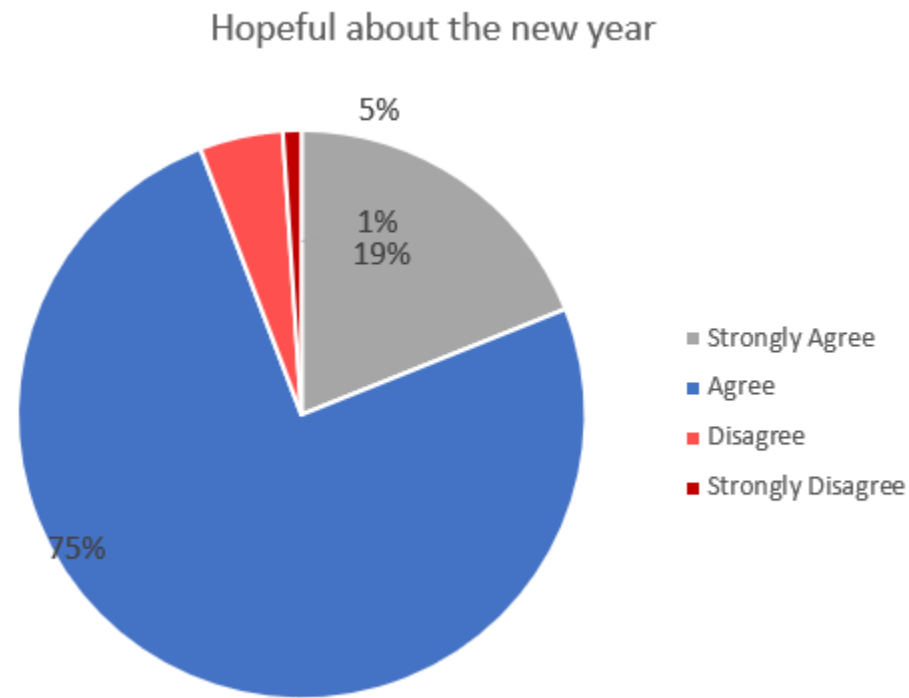
- Sec 3 students are generally more excited and less stressed
- Students are calm
- Few are sad/angry
- Some are bored/lonely

Students' feelings about starting a new school year

[students can choose more than 1 option]



Other Data for Sec 3 Cohort



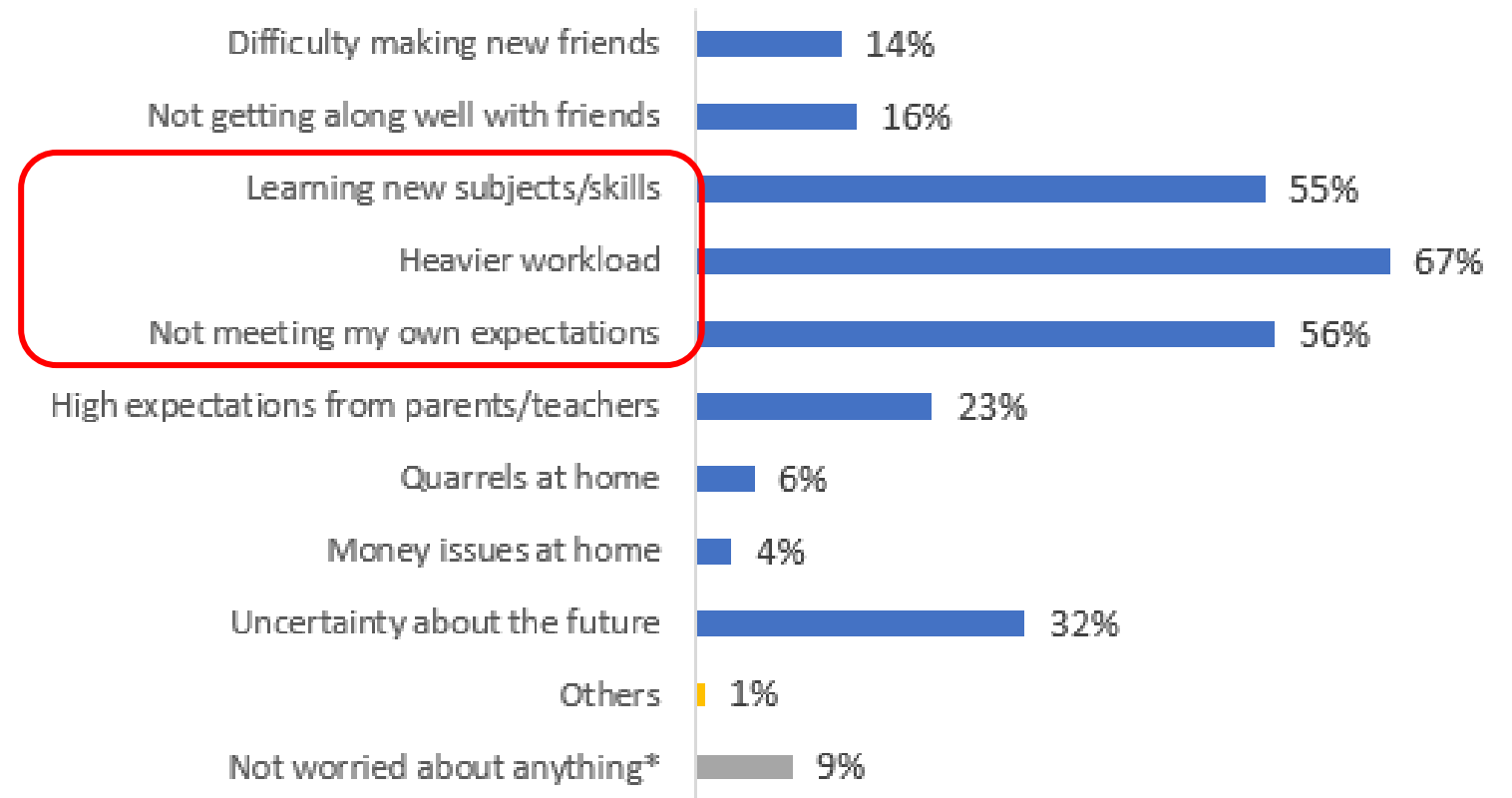
94% of students are hopeful about 2023

98% acknowledged having a caring family relationship

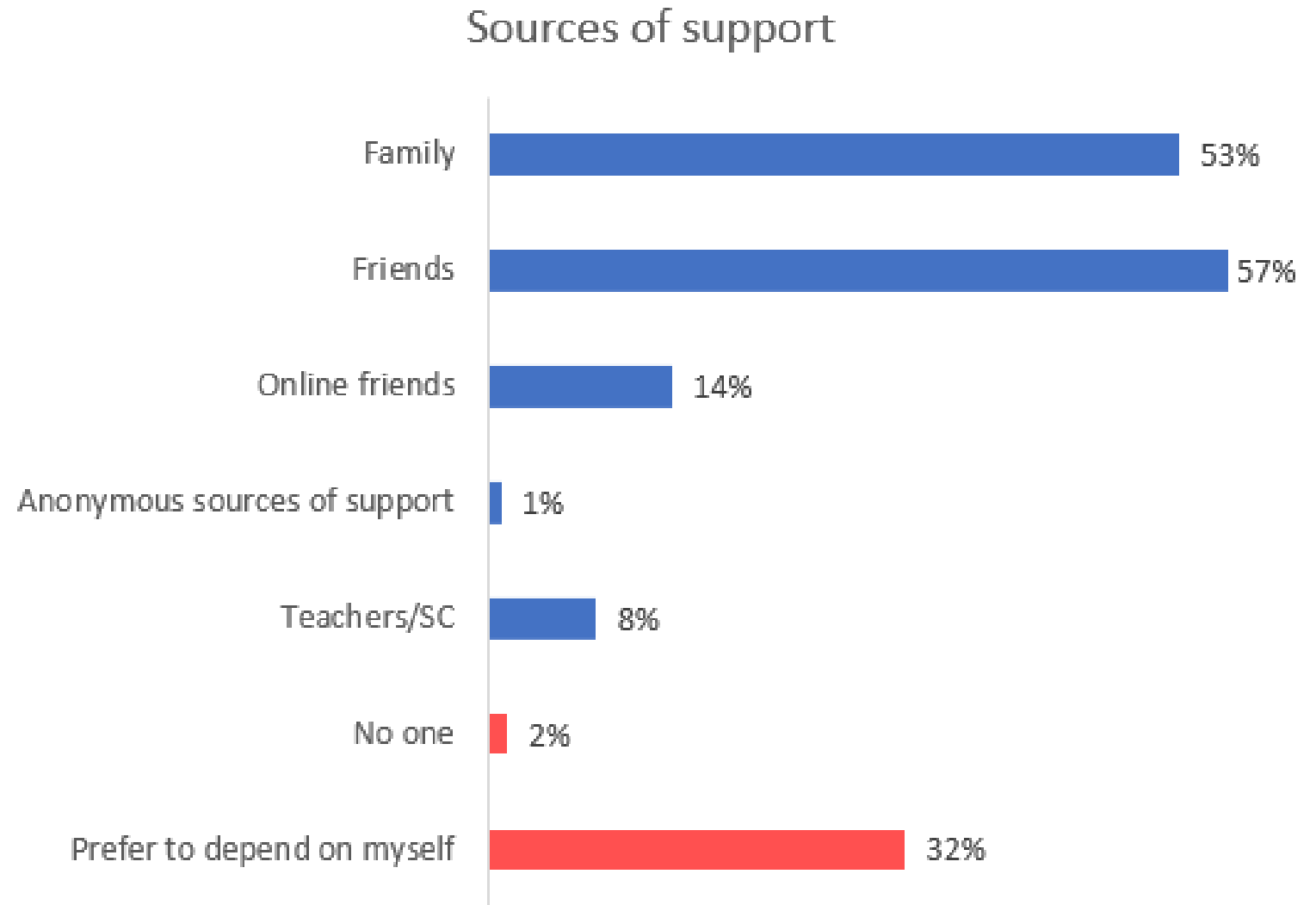
What worries your children?

Worries about the new year

[students can choose more than 1 option]



Who Do they Turn to for Support?



Follow Up from the Data Collected

Cohort level program to address issues pertaining to student's concern e.g. assembly program and CCE lessons

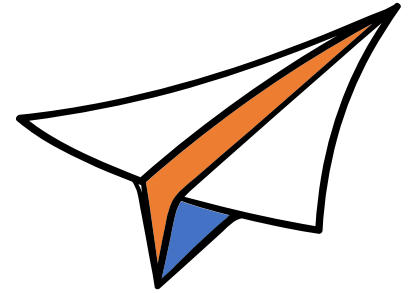
1-to-1 Student Teacher Conference with your Child

Connecting child with buddy/peer support leader

Referral for students needing more support to school counsellor, SEN officer, Year Heads or even family service centres

Academic Matters - Important Dates

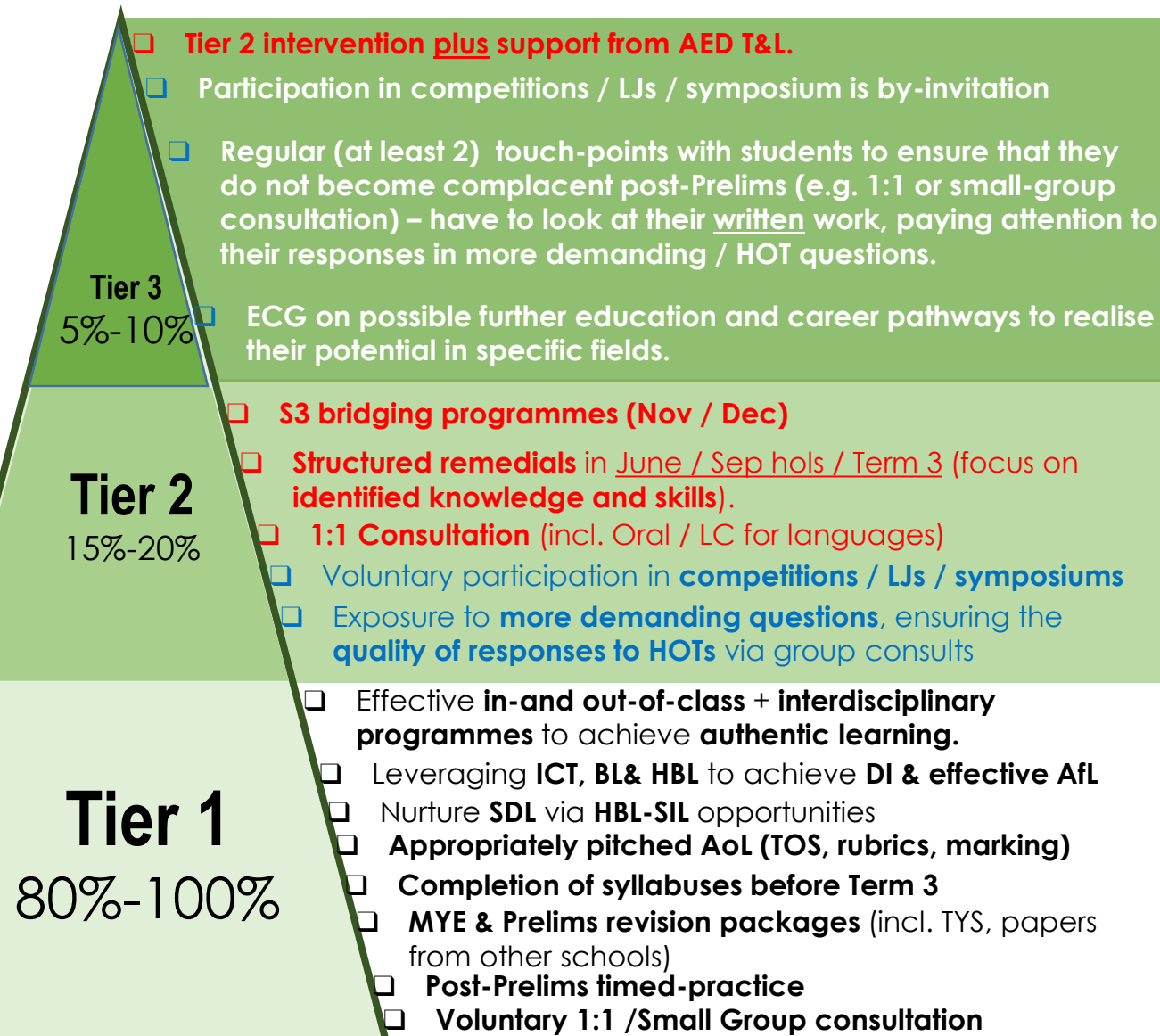
- Term 1 Weighted Assessment (WA1)
 - 13 February – 24 Feb 2023
 - conducted during class time
 - Max 2 subjects per day
 - Test dates will be sent via PG by 3 Feb 2023
- Term 2 Weighted Assessment (WA2)
 - 17 April – 5 May 2023



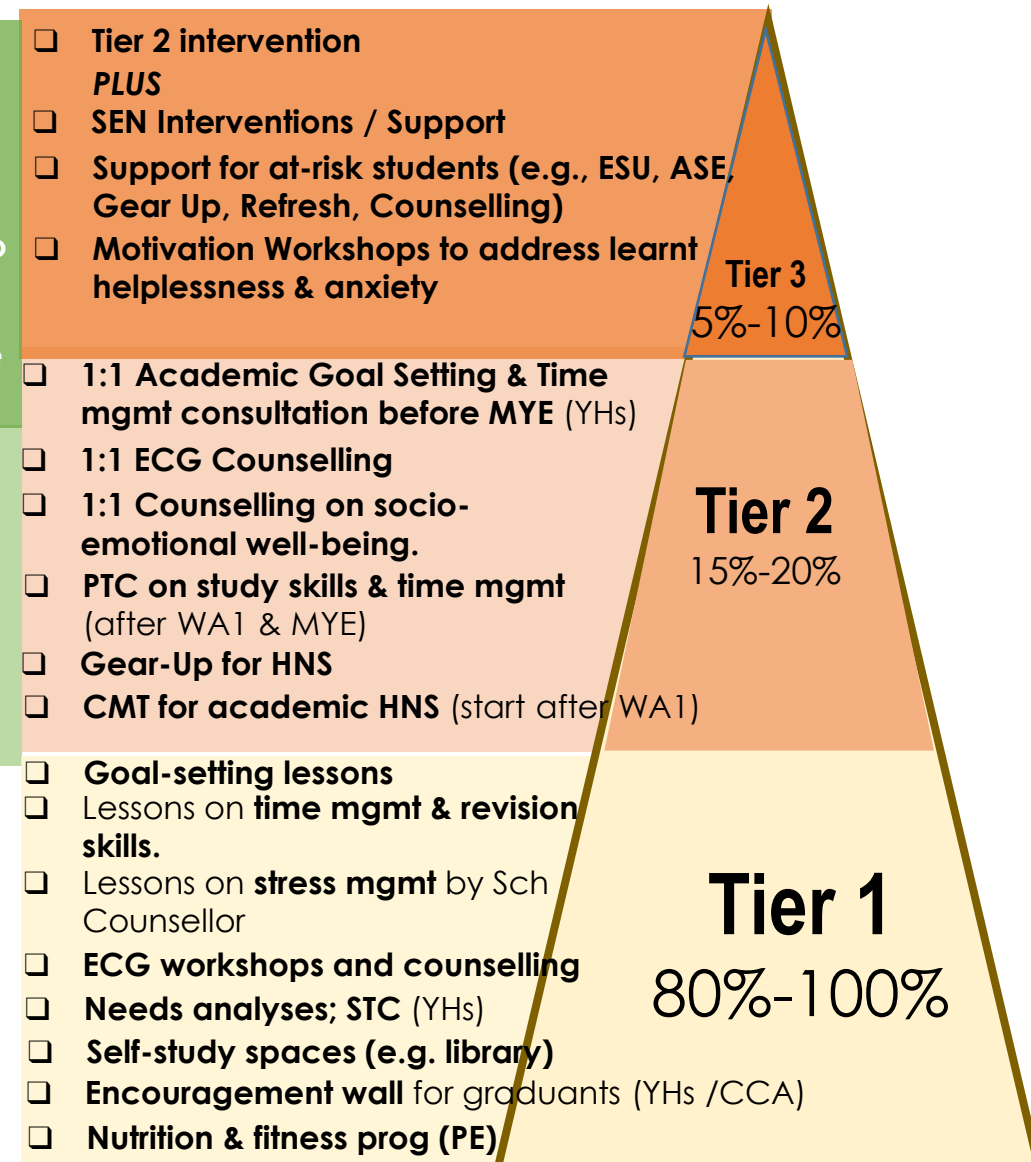
Important Dates

Dates	Event
3 March	NRIC Registration
20-24 March	OBS (3 E Students)
27-31 March	OBS (3 NA/NT Students)
Ongoing- End April	National Schools Games
28 March – End April	Singapore Youth Festival

Tiered-System of Support Spans Across both Academic as well as Behavioural / Social-Emotional Support Areas



Academic Support



Behavioural / Social Emotional Support

OBS and CCA Matters

~ HOD/PECCA, Mr Amir

MOE-OBS Challenge Programme (5D/4N)

Date

Class

20 – 24 March

S3E3, S3E4, S3E5, S3E6

27 – 31 March

S3A1, S3A2, S3T7

(With students from three other schools).



The MOE-OBS Challenge (MOC) programme offers a unique opportunity for the Secondary Three Students.

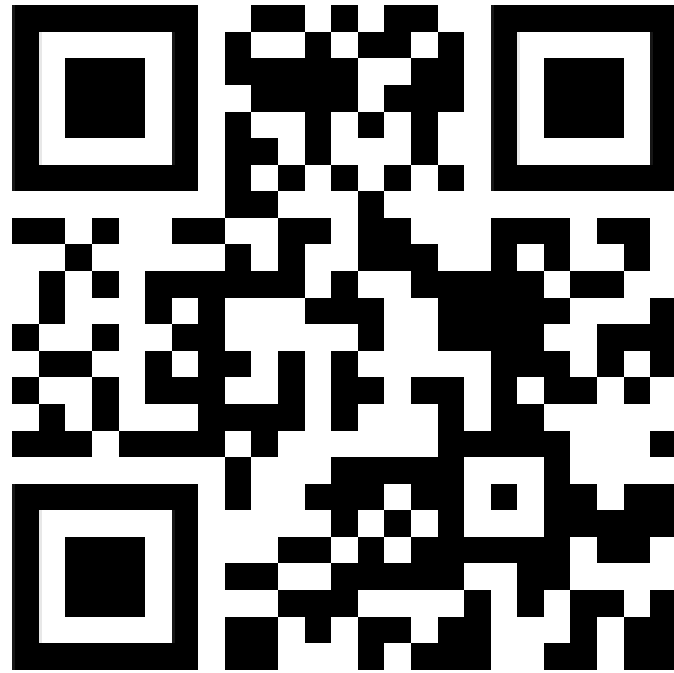
As part of the National Outdoor Adventure Education Masterplan, the MOC programme seeks to develop ruggedness, resilience and build cohesion amongst youths.

During the OBS course, students undergo a shared Outdoor Adventure Learning (OAL) experience and are provided opportunities to learn to work together in new, challenging, and authentic situations with their peers to overcome various challenges.

Outdoor Adventure Learning Experiences for all

Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Curriculum			
Active and healthy lifestyle Social and emotional competencies			
Programme for Active Learning (Outdoor Education)	1 Outdoor Adventure Learning (OAL) camp	1 Outdoor Adventure Learning (OAL) camp	MOE-OBS Challenge Programme
Social and emotional competencies Resilience, ruggedness and social cohesion			




**Kindly Scan this QR code for details on the
MOE-OBS Challenge Programme.
(<https://www.nyc.gov.sg/moc/Programme>)**



**Pre-course
preparation**

Sample 5-day course

**Post-course
follow-up**

Day 1	Day 2	Day 3	Day 4	Day 5
Team/ Problem solving activities, expedition preparation	Adventure activities, single/multi-mode land/ water-based expeditions			Peer affirmation, commitment activity
	 			
Debriefing / Journaling / Sharing of reflection				
Getting to know you, team socialisation	Building competence & confidence, surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE			Sharing of feedback, transfer of learning

COURSE ACTIVITIES



Will activities be carried out as per normal and does my child need to participate in all?

- Yes. Activities will be carried out as per normal, and your child is highly encouraged to take part in all activities.
- Your child can alert the instructors if they have any concerns in taking part in any of the activities.
- Instructors will closely monitor students who are fasting, and regular checks will be conducted on them.



Can my child break his/her fast during an activity?

- Yes. Food and water will be easily accessible, and your child can break their fast at any time.



MOE-OBS CHALLENGE PROGRAMME ARRANGEMENTS FOR STUDENTS FASTING DURING RAMADAN



MEAL ARRANGEMENTS



Will my child be able to consume his/her pre-dawn meal on time?

- Yes. Your child will consume their pre-dawn meals on time.



Type of food given to my child during pre-dawn and break-fast meals?

- A selection of ready-to-eat meals, ketupat rice, canned food and instant noodles will be made available for pre-dawn meals.
- Hot meals will be provided for break-fast.
- Dates and other food e.g., buns and biscuits will be available to supplement their meals.



Is there a need to prepare for OBS in terms of physical fitness?

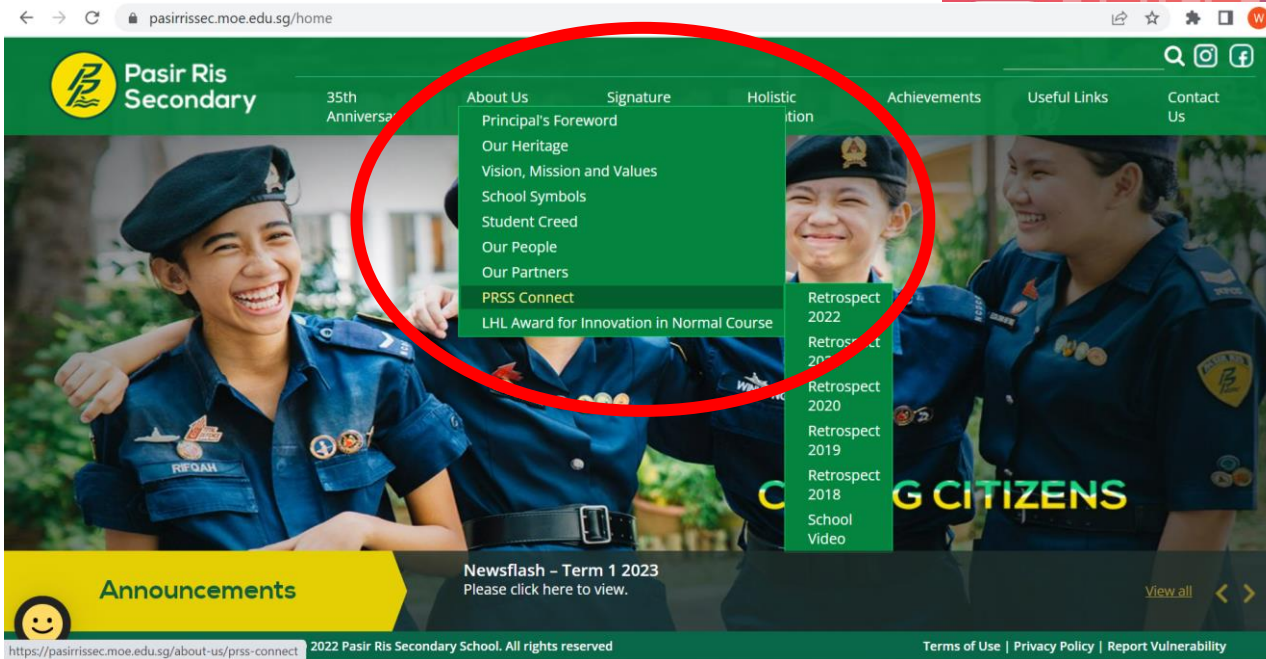
1. Active participation during weekly PE & CCA sessions.
2. Do regular strength & conditioning and aerobic-based exercises on their own (2 to 3 sessions per week) .
3. Practice good eating habits and have nutritious meals daily.
4. Regular sleep every night (7 – 9 hours).

Thank you

Teacher Coordinator:
Mr Mohammed Riffaii Maidin

Email of Teacher Co-ordinator:
mohammed_riffaii_maidin@schools.gov.sg

School Magazine – Retrospect – via School website >> About Us



Principal's
Foreword

Trailblazers

RADIANCE
Retrospect 2022

As *Pasirians*, our students have displayed a positive spirit and done well to shine and lead in their own ways in both academic and co-curricular areas. Just as the lava lamp which has the ability to add sparkle and radiate warmth, we will continue to be the beacon of light to help our students to be confident learners who will embrace new opportunities and continue to be a positive influence in the lives of others.

Pasir Ris Secondary School



URL - <https://pasirrissec.moe.edu.sg/about-us/prss-connect/retrospect-2022>

PRSS Social Media

Homepage | Home | Pasir Ris Secondary (@pasir_ris_s) | Pasir Ris Secondary School | Sing

pasirrissec.moe.edu.sg/home

Pasir Ris Secondary 35th Anniversary About Us Signature Programmes Holistic Education Achievements Useful Links Contact Us

CONFIDENT LEADERS

Announcements 2023 Term 1 Timetable wef 30 Jan Please click here for the 2023 Term 1 timetable. View all

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Pasir Ris Secondary School 2.7K followers • 3 following

instagram.com/pasir_ris_secondary/

Instagram Search

pasir_ris_secondary Follow Message

916 posts 2,185 followers 21 following

Pasir Ris Secondary School
https://tinyurl.com/PRSSDAY2020

Celebrations! Graduation 2... SYF 2019 Band

Newsflash – Termly updates

The image shows a screenshot of the Pasir Ris Secondary School website. The browser's address bar displays the URL `pasirrisec.moe.edu.sg/home`. The website's header is green and features the school's logo on the left and navigation links in the center: "35th Anniversary", "About Us", "Signature Programmes", "Holistic Education", "Achievements", "Useful Links", and "Contact". The "Useful Links" dropdown menu is open, showing a list of links: "PRSS Newsflash", "Parents Gateway", "Information for Parents", "Ecogarden Virtual Tour", and "Direct School Admission (DSA)". The main content area has a large banner image of students. Below the banner, there is a yellow "Announcements" section with a smiley face icon and a link to "Newsflash – Term 1 2023". The footer contains the copyright notice: "Copyright © 2022 Pasir Ris Secondary School. All rights reserved." Two red circles are drawn on the image: one around the "Announcements" section and another around the "Useful Links" dropdown menu.

Homepage x Home x Pasir Ris Secondary (@pasir_ris_s... x Pasir Ris Secondary School | Sing... x +

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Pasir Ris Secondary

35th Anniversary About Us Signature Programmes Holistic Education Achievements

Useful Links Contact

- PRSS Newsflash
- Parents Gateway
- Information for Parents
- Ecogarden Virtual Tour
- Direct School Admission (DSA)

Announcements

Newsflash – Term 1 2023
Please click here to view.

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CARING CITIZENS

Questions and
Answers

Chit chat and
Network

