

Student Achievement

Authentic Platforms



National Schools Games



Singapore Youth Festival



School Concerts



P2 CCA
Fair



"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged" "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

How can you support your child?

- . **Talk** to your child about their CCA experience
- . **Time Management**: Support your child in managing the longer school days
- . **Commitment**: Encourage your child to attend CCA sessions regularly
- . **Responsibility**: Inform the CCA teacher in advance if your child is unable to attend CCA sessions



Tuition

Enrichment
Lessons

External
Activities

Queenstown Primary School

Flourishing Individuals, Future-Ready Citizens

SwimSafer





About SwimSafer

It is a National Water Safety Programme in Singapore designed to teach participants how to stay safe around aquatic environments.

The programme aims to teach swimming proficiency and water survival skills in a fun manner.



There are 6 progressive levels

**Level
1**

Introduction to
Water Skills

**Level
2**

Fundamental
Water Skills

**Level
3**

Personal &
Stroke
Development
Skills

**Level
4**

Bronze
Personal Survival
& Stroke
Improvement Skills

**Level
5**

Silver
Intermediate
Personal Survival
& Stroke
Refinement Skills

**Level
6**

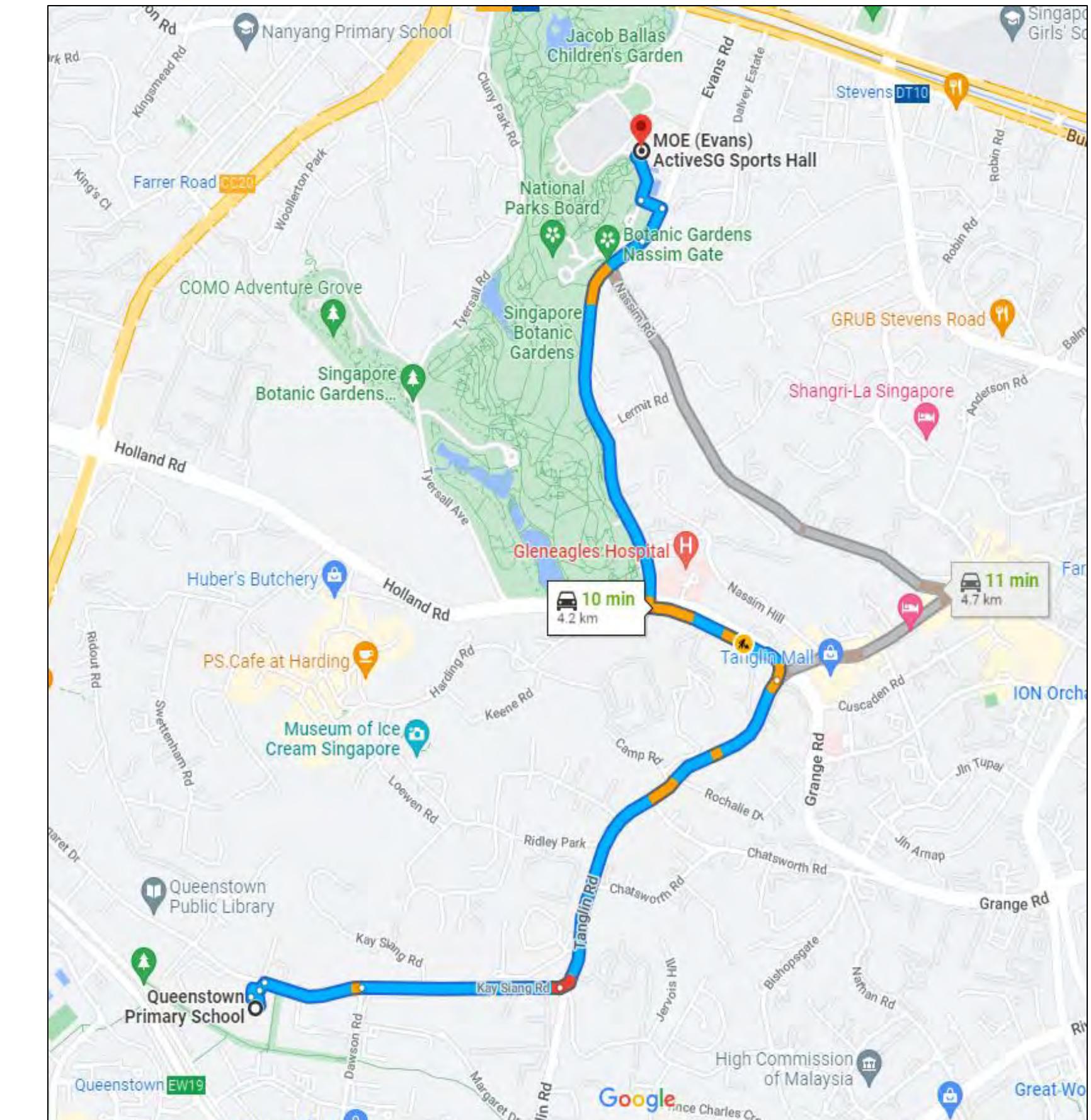
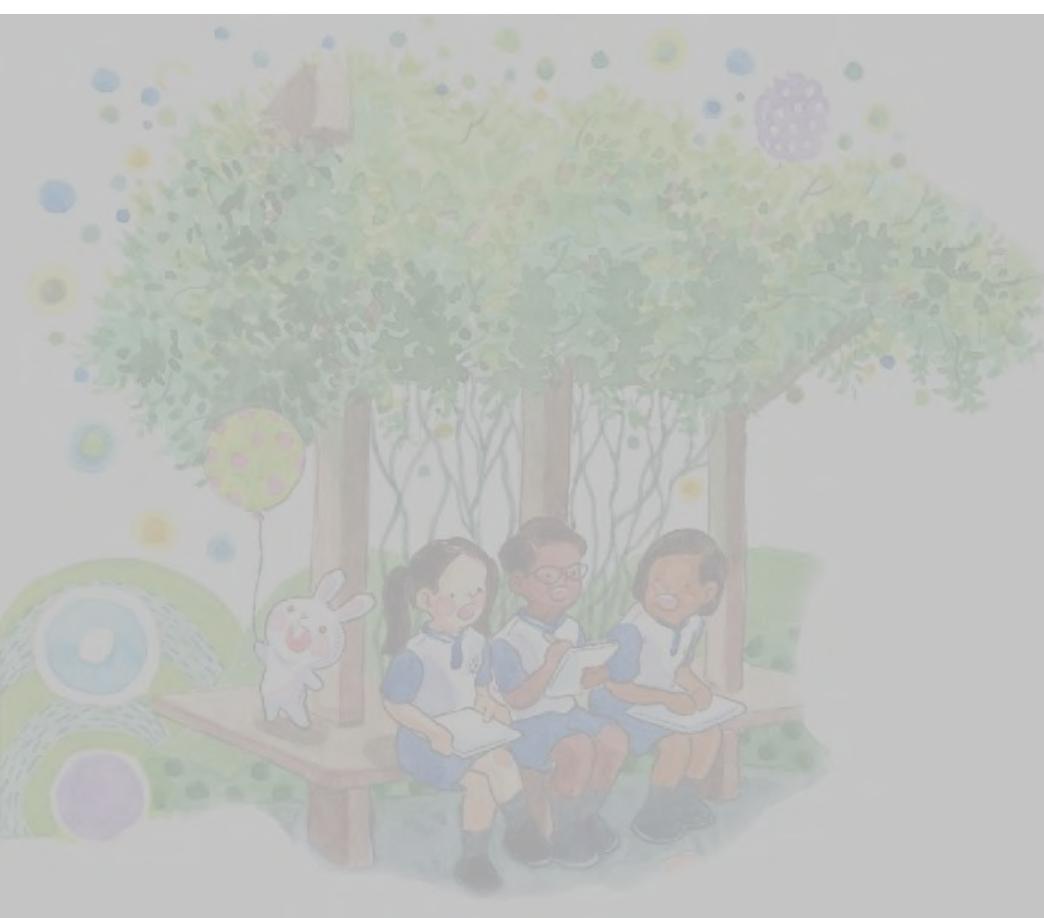
Gold
Advance Personal
Survival &
Swimming Skill
Proficiency



Parents will need to inform the school of their child's current swimming certification.

The SwimSafer Programme will take place in Term 3 at MOE (Evans Rd) Swimming Pool

Each class will go either on Tue, Thur or Friday, from 10.30 am to 1.00 pm.



We are looking for Parent Volunteers!

- Meet in sch → Bus to pool → swimming lesson → Bus to sch
- Assist PE teachers in ensuring students' safety and wellbeing
- Sign up through the Parents Gateway Message in Term 2
- Briefing for Parent Volunteers before the start of programme



National scheme launched to get kids to adopt healthy habits, kick digital and junk food dependence



While most children in Singapore are in good health, many have already picked up poor habits. ST PHOTO: LIM YAOHUI

Focus on 4 Areas

- 1) Screen Time
- 2) Physical Activity
- 3) Nutrition
- 4) Sleep



Joyce Teo

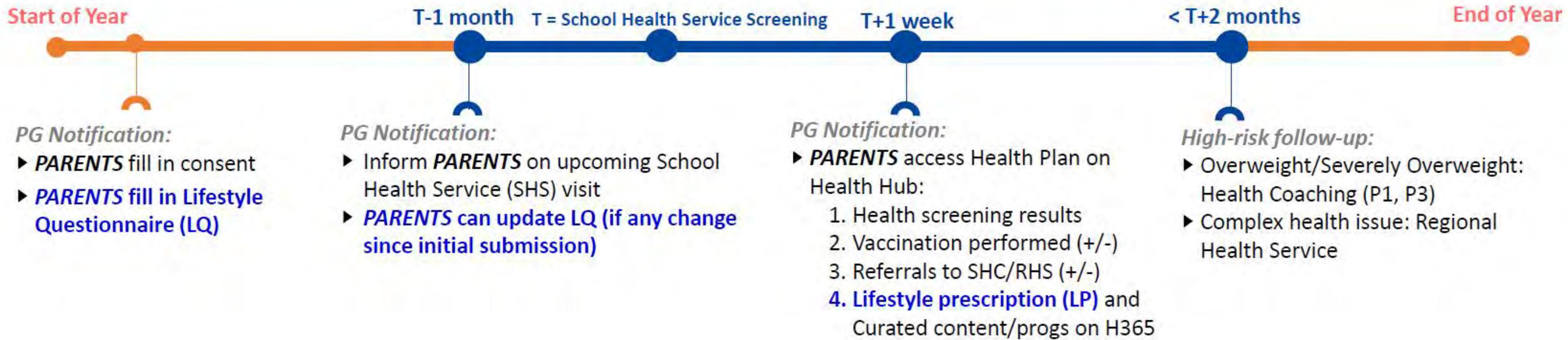
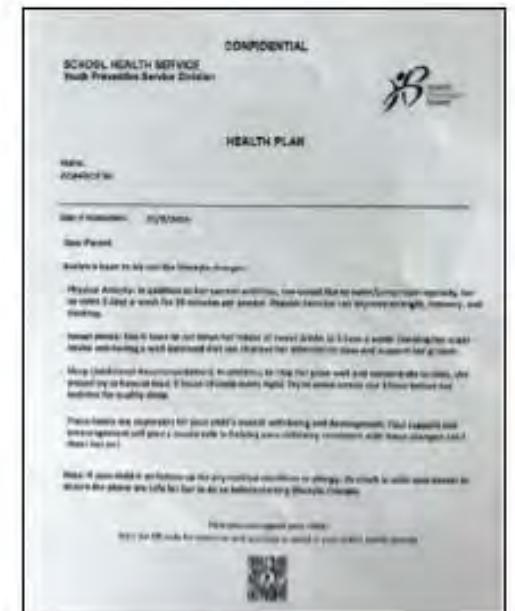
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SINGAPORE – All children from Primary 1 to 3 will get a personalised health plan from 2025, as part of a new strategy to help them make healthy choices a way of life, and stave off illnesses as they get older.

P1-P3 Health Plan Journey (Parents' Perspective)

Leveraging existing touchpoints through the year to promote healthy habit formation



Resources for Parents: Access to Information Given after the School Health Screening

Parents can access HPB's HealthHub to retrieve information on

- Health screening results such as myopia and hearing tests,
- Vaccination performed,
- Referrals to specialists in the Student Health Centre or Regional Healthcare System, if any, and
- **Lifestyle prescription**



Restricted (Non-Sensitive)

CONFIDENTIAL

SCHOOL HEALTH SERVICE
Youth Preventive Service Division

**Sample
HEALTH PLAN**

Name: [REDACTED]
BC/NRIC/FIN: [REDACTED]

Date of Assessment: 23/08/2024

Lifestyle Prescription:

Dear Parent,

Aiden has agreed to the following lifestyle changes during screening:

- In addition to his current activities, he wants to ride scooter and cycle regularly, for an extra 2 days a week for 30 minutes per session. Regular exercise can improve strength, memory and thinking! He should try to do more activities outdoors! Outdoor play protects eyesight and can keep myopia away!

- He also wants to cut down his intake of sweet drinks to 2 days a week! Limiting his sugar intake and having a well-balanced diet can improve his attention in class and support his growth! Remember to keep mealtimes screen-free to help him be more mindful of his choices!

- To help him grow well and concentrate in class, he should aim for about 9 hours of sleep every night. Try to limit screen use 1 hour before bedtime for quality sleep!

These habits are important for your child's overall well-being and development. Your support and encouragement will play a crucial role in helping him stay consistent with these changes. Let's cheer him on!

Note: If your child is on follow-up for any medical condition or allergy, do check in with your doctor to ensure these are safe for him to do before starting lifestyle changes.

How you can support your child:
Scan the QR code for resources and activities to assist in your child's health journey



Resources for Parents: Curated Content and Programmes

Parents to access H365 after the School Health Screening

Curated Content

Good sleep habits at a young age are linked to:

- Optimal brain function, especially in memory
- Better mood and self-regulating of behaviours
- Better metabolic health and growth

Not enough sleep, or poor quality sleep are associated with:

- Difficulty with attention

Healthy Sleep Habits in Children and Adolescents
Why do they matter and what can we do?

[Learn More](#)

How healthy is outside food for your child (and you)? Here are some tips on opting for healthier out-of-home meals to cultivate your child's healthy eating habits from young.



Healthy and Delicious Meals in School Canteens

Schools now serve healthier canteen food to help students kick start a healthy eating lifestyle.

Programmes

DECEMBER 2024
MOVE IT WITH ACTIVE FAMILY

All parents and children are expected to participate in the registered exercises. Registration starts 30 mins before session start time.

Please note that parents and children will need to be in appropriate sports attire & correct sports shoes (no slippers, sandals or crocs) to participate in the programme.

WHERE

Blk 261 Yishun St 72 (Basketball Court)
HomeTeamNS Khalsa (Level 4 Roof Garden)
Northland Primary School (ISH)
Bukit Canberra (Bawen)
Canberra Plaza
Northshore Plaza (Community Plaza)
Pasir Ris Town Square (Side of Pasir Ris MRT West Exit)
One Punggol (LG Mexico Lift Lobby A)
M4A Ring Road Avenue 4 Court/Court
Bishan Junction 8 (Level 3, Garden Area)
Blk 810 Bishan St 11 Amphitheatre
Singapore Sports Hub (Gate 1A, Running Track)
Velocity @ Novena Square (Level 1, Outdoor Court)
112 Bishan St 12 Chelwood Basketball Court
Sonic Bowl @ Tampines Hub, K01-58
Tampines Mall (Level 4, Open Plaza)
Tampines Central Park, Tampines Street 82 (Amphitheatre)
Ang Mo Kio Primary School (ISH)
HomeTeamNS Bedok (Promenade Level 1)
Rampang Chai Chee (Bedok East Block, Function Room, Level 3)
Gemilang Sport Centre
Blk 216 Boon Lay Ave 10CP MPH
IHM (Level 3 Garden Plaza)
Westwood Bowl @ CSC (Blk 810 Bedok)
Lakeside Primary School (ISH)

ACTIVITY DETAILS

Every Thursday, 9.30am to 10.30am
Kite-Sell
Every Friday, 9am to 7pm
Archery Battleground
Saturday, 7 Dec, 14 Dec & 28 Dec, 9am to 10am
Badminton
Every Saturday, 9.30am to 10.30am
Archery Battleground Jr
Sunday, 8 Dec, 15 Dec, 22 Dec & 29 Dec, 10am to 11am
NRF Fun Shoot

Every Friday, 7pm to 8pm
Skateboarding

Every Sunday, 9am to 10am
Kite-Sell

Every Sunday, 9pm to 10pm
Archery Battleground Jr

Every Saturday, 9.30am to 10.30am
Archery Battleground

Every Saturday, 10am to 11am
Inline Skating

Every Saturday, 9pm to 10pm
Inline Skating

Every Sunday, 9am to 10pm
Inline Skating

Every Sunday, 9.30am to 10.30am
Skateboarding

Every Saturday, 9pm to 10pm
Family Obstacle Challenge

Every Saturday, 9pm to 10pm
Tennis

Every Sunday, 9am to 10am
Badminton

Every Sunday, 9pm to 10pm
Archery Battleground

Sunday, 1 Dec, 8 Dec, 22 Dec & 29 Dec, 9pm to 10pm
Archery Fun Shoot

Every Saturday, 9.30am to 10.30am
Pool Walkway, 7 Dec
Ortope Sport Hill, 14 Dec, 21 Dec & 28 Dec
Archery Mission

Every Saturday, 9pm to 10pm
Skateboarding

Every Sunday, 9am to 10am
Archery Mission, Skateboarding

Every Sunday, 9pm to 10pm
Skateboarding

Every Sunday, 9pm to 10pm
Archery Mission, Skateboarding

Every Sunday, 9pm to 10pm
Badminton

Register via [healthy365app.sg](#)

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Last Modified: 03-Nov-2024 10:45 AM
For programme details, visit [https://www.hib.gov.sg](#)

- Parents sign up for community programme with their child.
- To get to the site, search “active family” on H365



Resources for Parents: Parenting for Wellness Website

Empower and equip parents in building strong parent-child relationships

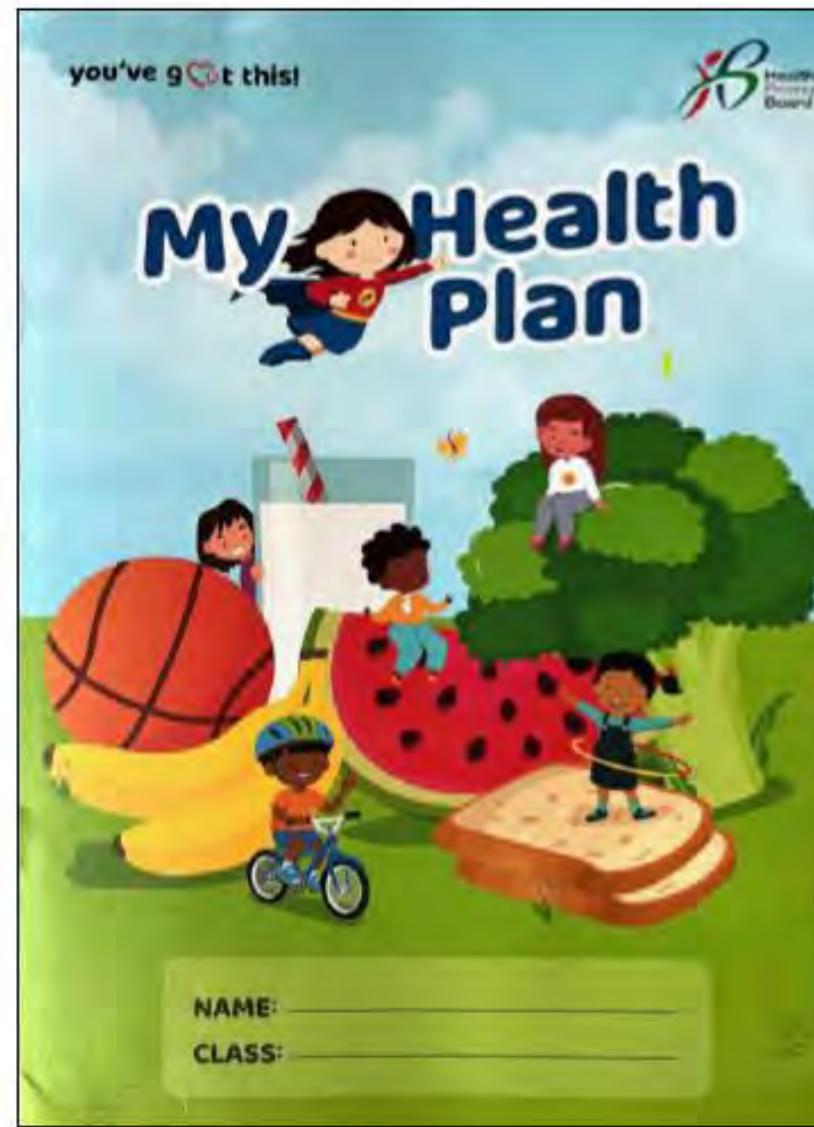
- A strong parent-child relationship forms the foundation for parents to build and sustain healthy habits in their children.
- **Parenting for Wellness** is an initiative jointly developed by MOE, MSF and HPB
- Seeks to empower and equip parents in
 - Building strong relationships with their children
 - Strengthening their children's mental well-being and emotional resilience
 - Parenting effectively in the digital age.

The screenshot shows the homepage of the Parenting for Wellness website. At the top, there is a purple header bar with the text "you've got this" and "parenting". To the right are links for "About Us", "Helpline", "Login for Personalised Experience", and a search icon. Below the header, the main title "WELCOME TO PARENTING FOR WELLNESS" is displayed in large, colorful letters. A sub-headline reads "A resource library for parents with children age 7-19 years old, filled with tips and strategies to enhance your child's mental well-being and navigate the digital world." There is a call-to-action button "Sign up now". A sidebar on the left says "Empower your parenting journey and monitor your growth" and "Access personalized learning tailored to your needs and track your learning through a personalized dashboard". It also includes a link for "Already a user? Please access using your Personalised Link: Retrieve Login Link". On the right, there is a section titled "Dive Into Our Modules" with four modules: "MODULE 1 Understanding Yourself as a Parent" (illustration of two people on a couch), "MODULE 2 Developing and Strengthening Your Parent-Child Relationship" (illustration of a couple on a couch), "MODULE 3 Guiding Your Child's Behaviour" (illustration of a family), and "MODULE 4 Helping Your Child Develop Independence and Social Skills" (illustration of a family). Below this, a module titled "MODULE 10 Empowering Your Child to Manage Their Use of Digital Technology" is shown with an illustration of two people on a couch. The module description states: "As technology becomes more prevalent in our world today, the time spent on digital devices has significantly increased. In this module, you will learn how to help your child achieve a good balance between their online and screen-free activities as well as use technology and social media positively." Topics include "10A Supporting your child in managing their screen use" and "10B Guiding your child in creating a positive presence online". At the bottom, there are sections for "Supporting your child in managing their screen use" and "Understanding balanced and excessive use".

Resources for Students: Health Plan Booklet Given after the School Health Screening

Health Plan Booklet

Contains comic strips with health messages, the Health Goals page which is filled in by the Healthcare Professional during the consultation, and Home Challenges which include “jumping activities” and “toss-catch the ball activities” to encourage students to be physically active.



Health Goals



Home Challenges

Summary of resources for Parents & Child

Resources	Timeframe	Remarks
Lifestyle questionnaire and consent form	At the beginning of the year	Sent through schools via Parents Gateway
1. Health Plan Booklet 2. Starter's Kit	At the end of the school's health screening exercise	Disseminated through the Form Teacher
The Health Plan for their child on HealthHub: 1. Health screening results 2. Vaccination performed (+/-) 3. Referrals to SHC/RHS (+/-) 4. Lifestyle Prescription	Available 2 weeks after school's health screening exercise	Available on HealthHub 
Curated content and programmes by HPB which includes those of sleep habits, healthy eating, etc.	Available anytime	Available on Parenting for Wellness website and Parent Hub 



Science

&

School-based Assessment

Mrs Chia Su Sze [HOD/ Science]



Learning of Science



Vision

A Community of Learners,
sharing the Joy of Inquiry Science



Vision

A Community of Learners, Sharing the Joy of Inquiry Science.

Students collaborate and build knowledge together by engaging in productive discussion

Students enjoy learning

Be fascinated about things happen around them and ask questions

**Critical
Thinker**



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**Problem Solver
Reflective**

Teaching & Learning Through Inquiry

- Investigation
- Demonstration
- Field trip
- Questioning
- Projects
- Co-operative learning
- SLS(Student learning Space)



Skills

- Observing
- Comparing
- Classifying
- Using apparatus and equipment
- Communicating
- Inferring
- Formulating hypothesis
- Predicting
- Analysing
- Generating possibilities
- Evaluating

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Processes

- Creative problem solving
- Decision-making
- Investigation

Values, Ethics and Attitudes in Science



Curiosity

Desiring to explore the environment and question what is found.



Creativity

Seeking innovative and relevant ways to solve problems.



Integrity

Handling and communicating data and information with honesty.



Objectivity

Seeking data and information to validate observations and explanations without bias.



Open-mindedness

Accepting all knowledge as tentative and suspending judgment. Tolerance for ambiguity. Willingness to change views if the evidence is convincing.



Resilience

Not giving up on the pursuit for answers / solutions. Willingness to take risks and embrace failure as part of the learning process.



Responsibility

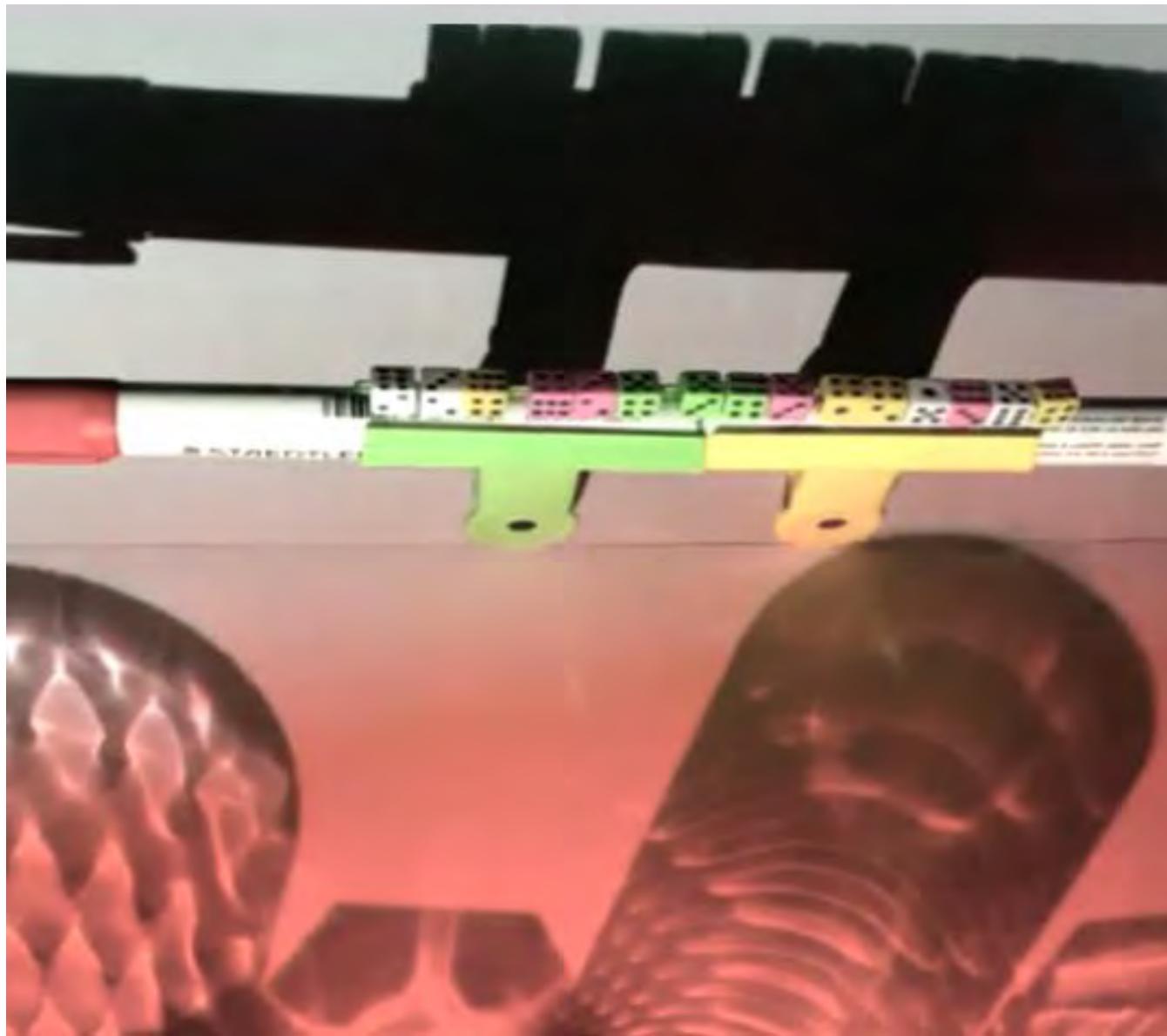
Showing care and concern for living things and awareness of our responsibility for the quality of the environment.



Healthy Scepticism

Questioning the observations, methods, processes and data, as well as trying to review one's own ideas.

Shadow Art



The Crystal City



The Hungry Crocodile

Themes	Topics	Level
Diversity	<ul style="list-style-type: none"> • Diversity of living and non-living things • Diversity of materials 	P3
Interactions	<ul style="list-style-type: none"> • Interaction of Forces 	P3
Cycle	<ul style="list-style-type: none"> • Cycles in Plants & Animals • Cycles in Matter & Water 	<ul style="list-style-type: none"> • P3 • P4
Energy	<ul style="list-style-type: none"> • Energy Forms & Uses 	P4
System	<ul style="list-style-type: none"> • Human System • Plant System 	P4

Helpful
Tips

to raise a Science lover

- See science everywhere
- Lead family discussions on science-related topics
- Do science together

Ask questions

Observing: Invite young eyes and fingers to notice small details.

- What shapes do you see in that spider web?

Classifying: Put things in groups based on their characteristics.

- Let's sort the socks by colour.
- Can you think of a way to group ⁷⁰ your toys according to a property/ characteristics?"

Comparing: Look for similarities & differences

- How are the balls similar/ different?

School-Based Assessment



Learn for Life

A value, an attitude and a skill

Inculcating a greater joy of learning

Reducing the over-emphasis of ⁷² academic results

Nurturing lifelong learners with stronger intrinsic motivation to learn

How are P3 assessments different from P1 & P2?

- Formative assessments such as classwork, homework, discussion
- Weighted assessments

P3 Assessment Weighting

Term 1 No weighted Assessment	Term 2 Weighted Assessment	Term 3 Weighted Assessment	End-of-Year Examination
-	15%	15%	70%

Gifted Education Programme Briefing

Ms Lee Yee Hueh

[Assistant Year Head - Mid Pri]



Gifted Education Programme

- Programme seeks to develop the intellectually gifted to their full potential in an intellectually-stimulating environment.
- GEP pupils sit the Primary School Leaving Examination [PSLE] together with pupils in the mainstream.
- 2 Stages of identification in Primary 3
Screening Stage – English Language and Mathematics
Selection Stage – English Language, Mathematics and General Ability

• **No preparation is needed**

• More information can be found at

<https://www.moe.gov.sg/education-in-sg/our-programmes/gifted-education>



Gifted Education Programme

Stage	Date	Participants	Papers
GEP Screening Exercise [July Notification]	21 August 2025	Primary 3 students enrolled in government and government-aided schools	<ul style="list-style-type: none">• English Language• Mathematics
GEP Selection Exercise	14 and 15 October 2025	Only shortlisted students will be invited to the Selection stage	<ul style="list-style-type: none">• English Language• Mathematics• General Ability



Thank You

