



Queenstown Primary School

Primary 3

Briefing for Parents 2025



AGENDA



- 01 PRINCIPAL'S SHARING**
- 02 CYBERWELLNESS**
- 03 CO-CURRICULAR ACTIVITY & SWIMSAFER**
- 04 SCIENCE & SCHOOL-BASED ASSESSMENTS**
- 05 GIFTED EDUCATION PROGRAMME**
- 06 FORM TEACHERS' TIME**

Principal's Sharing

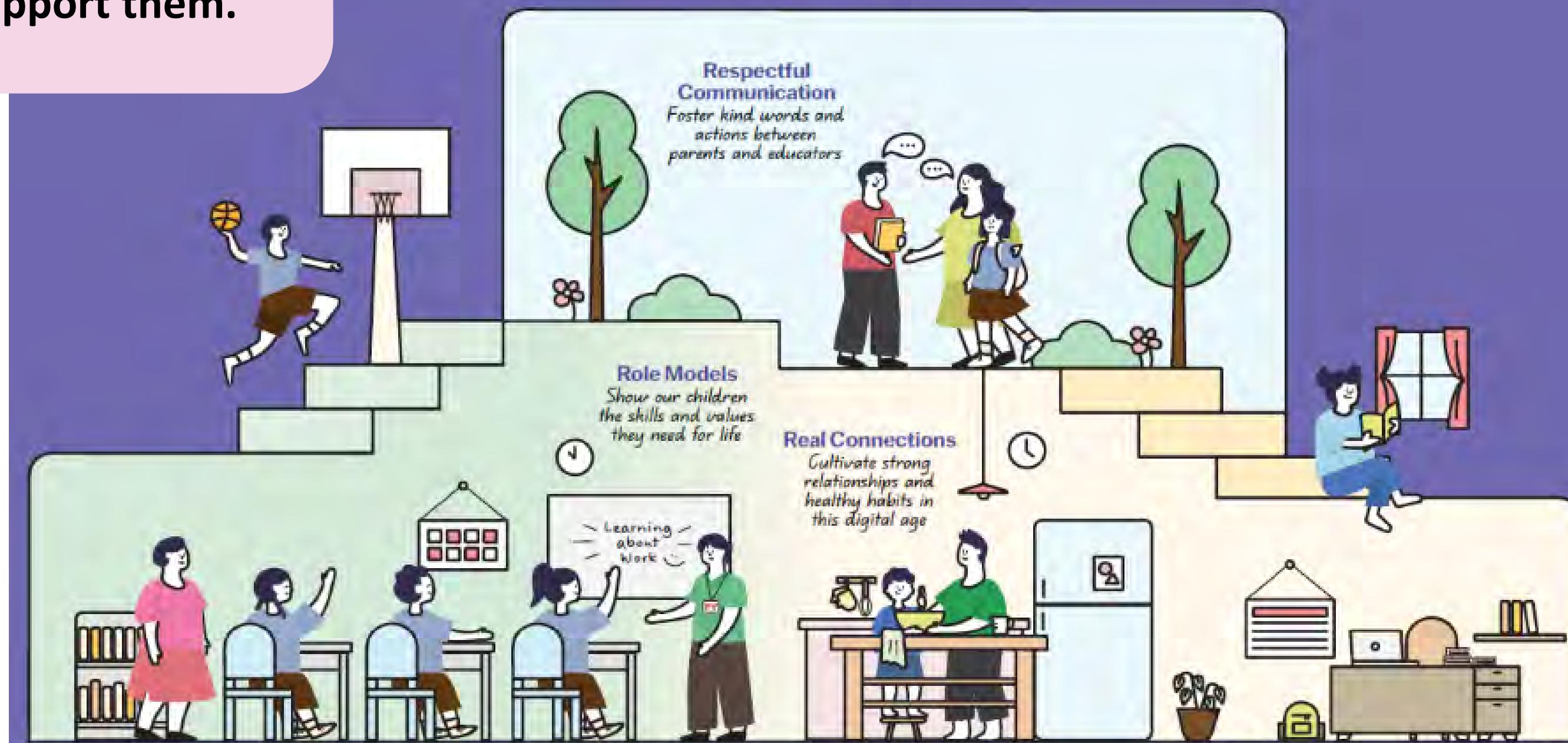
Mrs Olivia Cheong



**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



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.



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**



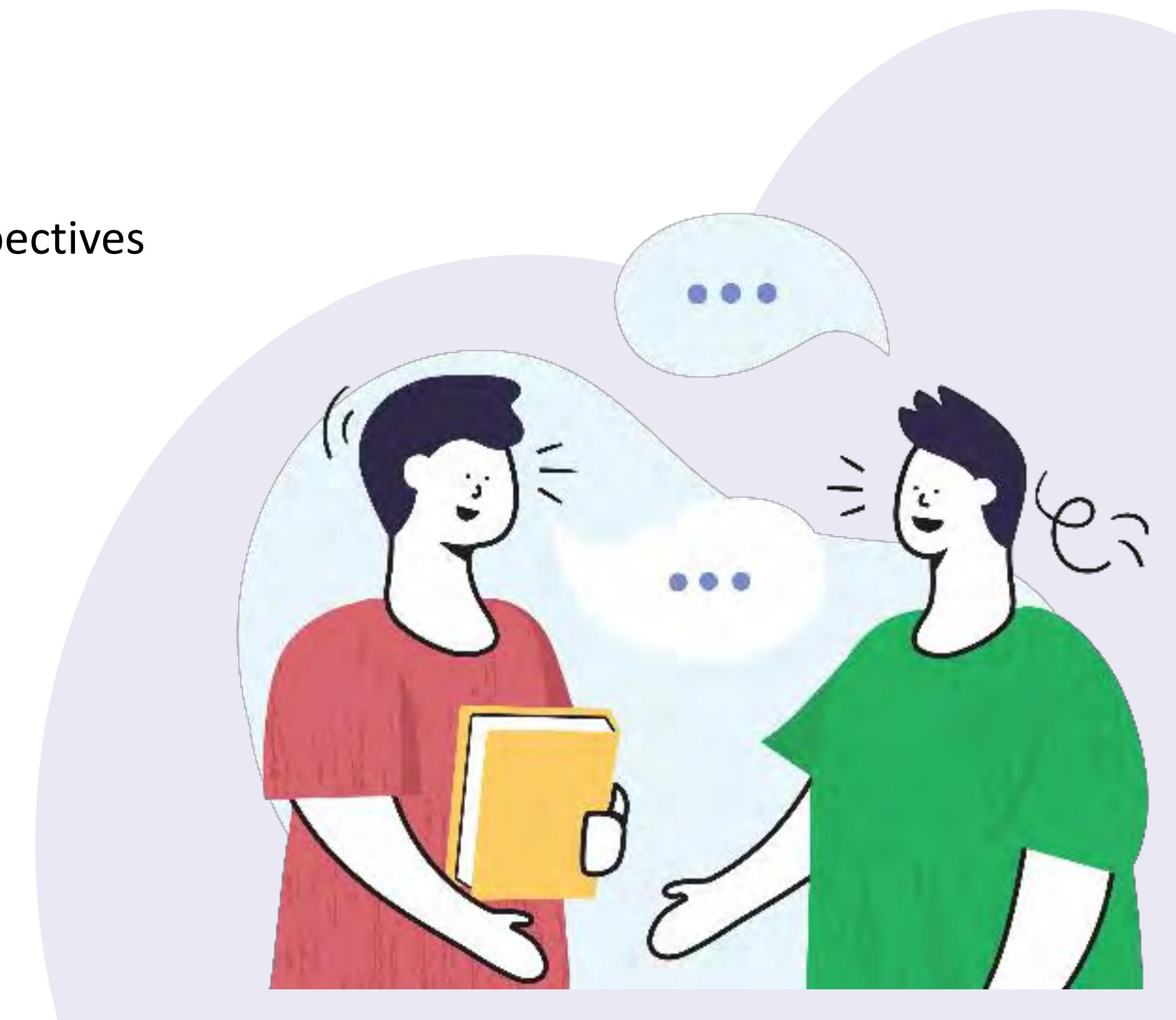
Listen to and understand each other's perspectives and concerns regarding each child



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

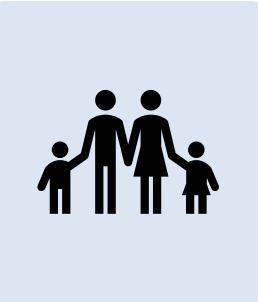
Show our children the skills and values they need for life



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

Building Relationships
Helping Your Child Build Healthy Relationships
Page 20

Healthy relationships and supportive networks contribute to your child's overall well-being, and allow them to experience a sense of community and belonging.

Things You Can Do

- Expose your child to a range of social situations.
 - For younger children, create opportunities for them to interact with other children of similar ages (e.g. attend school camps).
 - For older children, encourage them to make friends with peers who have similar interests.
- Encourage your child to strengthen existing relationships.
 - Foster healthy relationships with supportive extended family members.
 - Encourage your child to stay in touch with their friends and trusted adults (e.g. meet up with former classmates, visit former teachers on Teachers' Day).

Things You Can Say

- Talk to your child about the qualities that make a good friend (e.g. empathy, being respectful), and how to exhibit these qualities.

When you see your friend struggling, put yourself in their shoes. How would you want a friend support you?
- Older children are often figuring out the balance between being themselves and fitting in with others. Stay connected with your child and let them know that they can talk to you if they feel pressured to act in ways that they are uncomfortable with.

If you ever feel pressured to do something or be someone you are not in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.
- Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.

How has this affected you or your friend?
What are your expectations of a good friend?
How can you make things better?

Navigating the Digital Age
Helping Your Child Thrive in the Online Space
Page 54

It is important to help your child understand that not everyone holds the same point of view as them. To help them navigate these differing viewpoints, you can guide them to express their opinions confidently online while respecting others' opinions. This will help them contribute to a healthy online community.

Things You Can Do

- Encourage your child to keep an open mind and provide opportunities for them to access information that would enable them to consider issues from multiple perspectives.

When your child is responding to another person online, encourage them to exercise empathy and respect. If you notice your child is engaging in negative behaviors (e.g. sending unkind messages), correct them and help them to understand why their actions are wrong.
- Posts with negative comments may upset your child, even if they are not directed towards them. Encourage your child to share their thoughts and feelings about these comments with you or a trusted adult.

Is your message respectful and empathetic?
How do these comments make you feel?
Consider the issue from another perspective by practising T.H.I.N.K. (Truthful; Helpful, Inspiring, Necessary, and Kind).
It's okay to feel upset. It's also okay not to respond to these comments. Shall we turn off the comments and notifications and do something else for now?



Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.

Citizenship & Character Education (CCE)

Cyber Wellness

Mr Jevon See

[Subject Head / Student Well-Being]

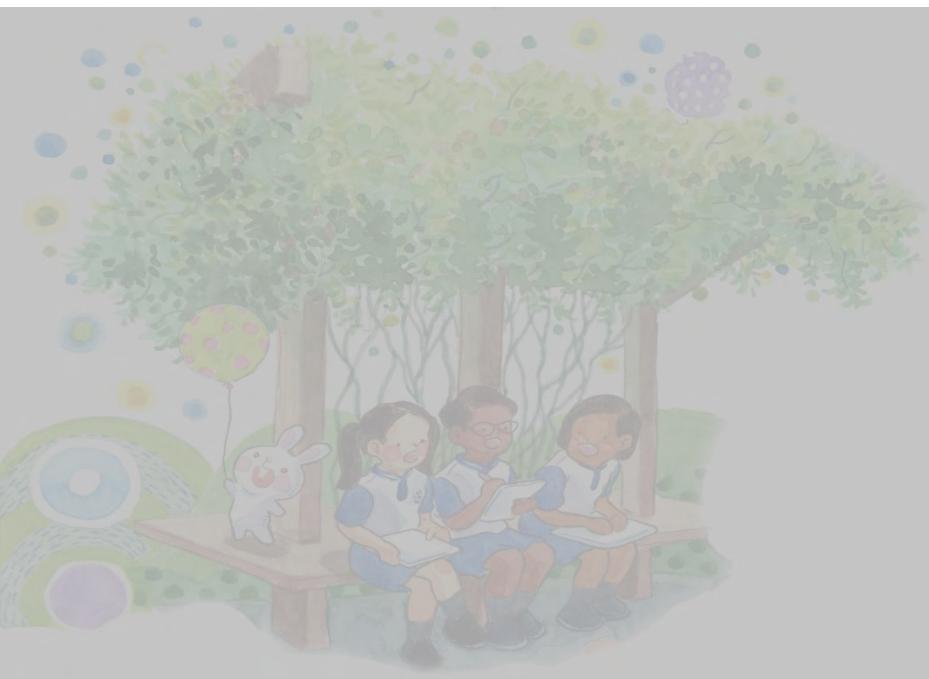


WHAT IS CYBERWELLNESS?

Source: Ministry of Education (MOE)

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

- Cyber Wellness in Character and Citizenship Education (CCE) focuses on nurturing responsible digital learners and ensuring students' well-being as they navigate cyberspace.
- Equip students with the knowledge and skills to harness the power of ICT for positive purposes, maintain a positive presence in cyberspace and be safe and responsible users of ICT.



What will Pri 3 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)* lessons, students will be taught:

- **Balanced use of digital devices**
 - Time management and spending time on screen-free activities
- **Netiquette**
 - Show respect to others online
 - Be considerate when posting opinions online
 - Reflect on how our interactions can affect others online

*Character and Citizenship Education(Form Teacher Guidance Period)



Assembly Sharing and Recess Activities



In-house Cyber Wellness Curriculum

P3

What is the Internet
Digital Communication

Protecting Personal
Information and
Passwords

Netiquette

What are the school rules on digital device use?

- Students who need to bring a mobile phone for the purpose of keeping in touch with family members can only use the mobile phone after school hours and only at the school foyer.
- No usage of mobile phones or smart devices (other than the POSB Smart Buddy Watch) during school hours (including recess, CCA and after-school programmes).
- Placed in their school bags before the start of the school day.



Engaging parents for a home-school collaboration



Parents Gateway
Announcement
Termly Chat with
your Child after our
in-house curriculum
lessons

**Chat with your P5 child:
Cyber Wellness In-house
Lesson - Term 2 Session 3**

25 MAY 2022, 6:05PM • SEE CHONG YUAN
JEVON

Our Hopes





Parents Gateway



MINISTRY OF EDUCATION

Posted on: 22 Jan 2025

Grow Well SG

SJ

New Parenting Resources: Updated Guidance for Screen Use in Children(0-12yrs) and Parenting for W..

Delete

Unsave

An updated Guidance on Screen Use in Children aged 0-12 years old

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.



Please scan the QR code to access the **Parenting for Wellness** Toolbox for Parents.



A new website, hosting the whole suite of Parenting for Wellness (PfW) resources has been launched.



7 to 12 years old:

- ✓ Less than 2 hours of screen use a day, unless related to schoolwork.
 - ✓ Agree on a screen use plan or timetable.
 - ! Do not use screens during meals and one hour before bedtime.
- ✓ When using screens:
 - ✓ 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.
 - ! You should not give your child access to social media services.
 - ! Do not give your child mobile devices with unrestricted access to internet and applications.
- ✓ If you have concerns that your child has problems with screen use
 - ✓ Speak to your child, develop and agree on a realistic screen use timetable to balance their screen use with other activities.
 - ✓ Seek help from the school, community partners or professionals, if the problem persists.

Guidance on Screen Use - MOH



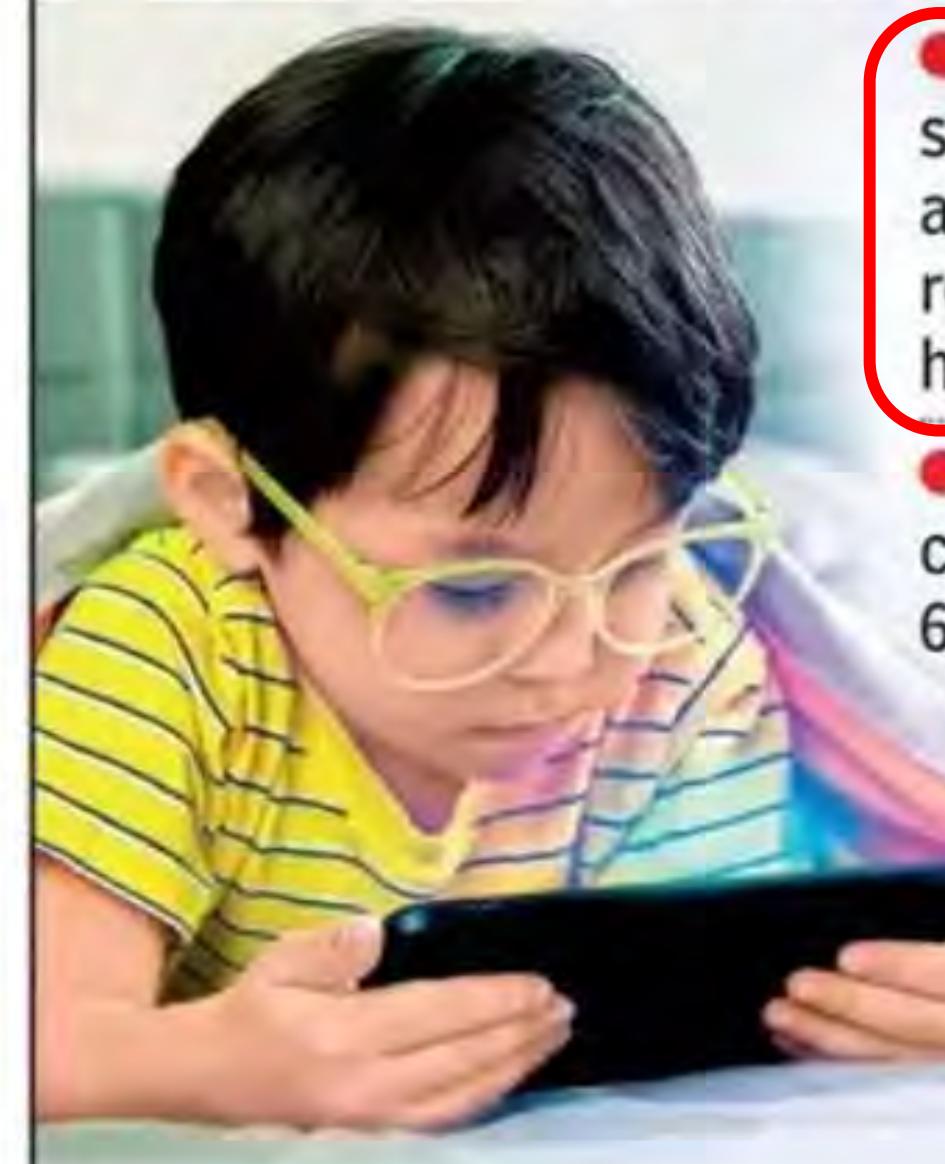
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Youtube Shorts, Tik Tok, Facebook/Instagram Reels

REEL DANGERS

Representative pic



- On average, students watch around 360-480 reels in 1.5-2 hours daily
- Short videos consume 40-60% of students' daily screen time
- Lack of concentration, poor sleep & memory affecting academics
- 65% of students suffer from guilt, sadness
- Majority cannot recall what they saw last
- 75% of students spend less time with friends, family
- 65% have given up physical activity

Source: Times of India
<https://timesofindia.indiatimes.com/city/vadodara/gen-z-watches-450-reels-in-three-hrs-daily/articleshow/100459311.cms?from=mdr>

The study revealed this generation spends nearly three hours every day just watching short videos on social media platforms including free video-sharing apps.

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Age Restriction

- Almost all social media apps -> at least 13 years old
- Including Youtube and Whatsapp



You must be at least 13 years old to use the Service; however, children of all ages may use the Service and YouTube Kids (where available) if enabled by a parent or legal guardian. If you are under 18, you represent that you have your parent or guardian's permission to use the Service.

 YouTube
<https://kids.youtube.com> › terms ::

[Terms of Service - YouTube](#)

About minimum age to use WhatsApp

 Copy link

If you live in a country in the European Economic Area (which includes the European Union), and any other included country or territory (collectively referred to as the [European Region](#)), you must be at least 16 years old (or such greater age required in your country) to register for and use WhatsApp.

If you live in any other country except those in the [European Region](#), you must be at least 13 years old (or such greater age required in your country) to register for and use WhatsApp.

Please refer to our [Terms of Service](#) for more information.

Note:

- Creating an account with false information is a violation of our Terms.
- Registering an account on behalf of someone who is underage is also a violation of our Terms.



Social Media: Is Your Child Ready for It?

While social media platforms allow people to connect with others, constant exposure to social media content can make us feel anxious or overwhelmed. It is important for social media users to be mature enough to navigate such feelings when using these platforms. Most social media platforms require users to be aged 13 years and above. However, is age the only consideration in determining if your child is ready?



The **maturity** of your child is also an important consideration to determine their readiness for social media.

Maturity can be assessed by observing the following:

- Their ability to make responsible decisions to keep themselves safe online.
- Their ability to manage the pressures and feelings that come with social media use.
- Their ability to control impulses.

Although your child may pick up skills to use social media quickly, they may not fully understand how to use complicated online safety tools and settings. They may also not understand how the platforms' safety features work.



Things You Can Do

Before allowing your child access to social media, have open conversations with them on the risks of social media and establish clear ground rules on how to keep themselves safe when using it. Here are some suggested topics:

What are some potential dangers of oversharing personal information?

What does healthy social media use look like?

How do we keep ourselves safe on social media?

What are some ground rules we can establish as a family?

Queenstown Primary School

Flourishing Individuals, Future-Ready Citizens

- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the **Parenting for Wellness Toolbox for Parents**.
- <https://parentingforwellness.hpb.gov.sg/Resources>



At what age should I give my child their first smartphone?

- Consider these questions:
 - Does your child need a smartphone?
 - Does your child need a smartphone to remain contactable?
 - Is your child ready for a smartphone?
 - Does your child frequently misplace their belongings?
 - Does your child obey certain rules set in place?
 - Will your child talk to you about issues which they might encounter while using a smartphone such as unpleasant messages or inappropriate content?
 - Am I/Can I be a good role model for smartphone use to my child?

[Credit: Adapted from IMDA's Digital Parenting Resource]



How do I prepare my child for their first smartphone?

- If you think your child is ready for their first smartphone, talk to them about **boundaries** and **responsibility** before providing them with one.

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.

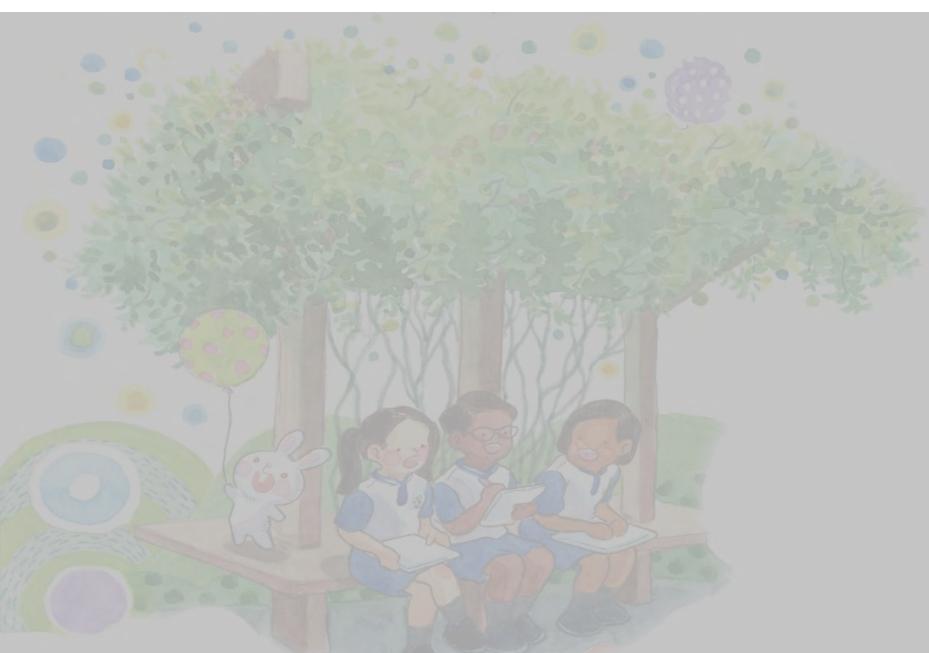


Tip	Conversation
Encourage your child to think about the responsibility of owning a smartphone.	<p><i>“Can you tell me what are the rules you have to keep when you own a smartphone?”</i></p> <p><i>“Can you share with me why it is important for you to be responsible for your smartphone?”</i></p>
Ask your child to think about safe and responsible usage of the smartphone.	<p><i>“How do you show me that you will use your smartphone responsibly, respectfully, and safely?”</i></p>
Invite your child to articulate a set of rules and expectations for the family in writing.	<p><i>“What are some suggestions on when and where devices should not be used?”</i></p> <p><i>“What should we do if we break our agreement?”</i></p>



What do I need to know about online games?

- Online games are everywhere, and complex games can be played on the go via smartphones.
- While gaming is fun and can bring about positive impact on children, it can create some negative impacts as well.



For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the Parenting for Wellness Toolbox for Parents.

Entering Your Child's Gaming World

Online games, when played appropriately, can be opportunities for your child to practise and develop skills such as teamwork, concentration, communication and problem-solving skills.

Playing games also allows your child to receive a mix of intrinsic rewards (e.g. feeling good about their abilities and effort) and extrinsic rewards (e.g. receiving game currency or points) when they succeed. However, excessive online gaming has pitfalls that you should be aware of.

Excessive online gaming may increase the risk of:



Cyberbullying



Attracting unwanted attention online



Excessive in-app purchases



Increased levels of anxiety due to the competitive nature of the game

If you're worried about how much time your child spends gaming, talk to them about it. Work together to develop a plan to balance gaming with other screen-free activities. Check in regularly with your child to review the plan.

Things You Can Say

Use these conversation starters to find out more about the games that your child plays, as well as to ask them to reflect on their gaming habits.

① Ask about a game that your child seems to be playing frequently.

What's this game about?

② Involve your child in setting rules and expectations for when they can play games, for how long, and the consequence of not following the agreed-upon rules.

Let's discuss what would happen if anyone breaks the rules.

③ Prompt your child to think about the benefits and risks of gaming.

Do you chat with strangers you've just met while playing online games?

By understanding how games are designed to encourage your child to keep playing, and the potential pitfalls, you can approach conversations about games more empathetically. This will help you build a positive and healthy relationship with your child.

If their gaming habits continue to be a cause for concern, you may wish to seek help from their school or from community partners such as Help123 by TOUCH Community Services, Singapore's One-Stop Cyber Wellness Hotline at 1800 6123 123.



Other Suggestions

- Role-model positive behaviour and habits



- Engage your children (**spend quality time**) and **cultivate** other hobbies such as reading, hands-on activities e.g. PE (exercising), Art, Music



Children are more likely to succeed if they live in this type of environment

By Megan Marples, CNN

4 minute read · Published 7:50 AM EDT, Fri May 20, 2022

f X e



Kids flourish when they have strong family connections, which can be strengthened around the dinner table. The Good Brigade/Digital Vision/Getty Images

(CNN) — Children with strong family connections are associated with a high likelihood of flourishing in life, a new study found.

CNN

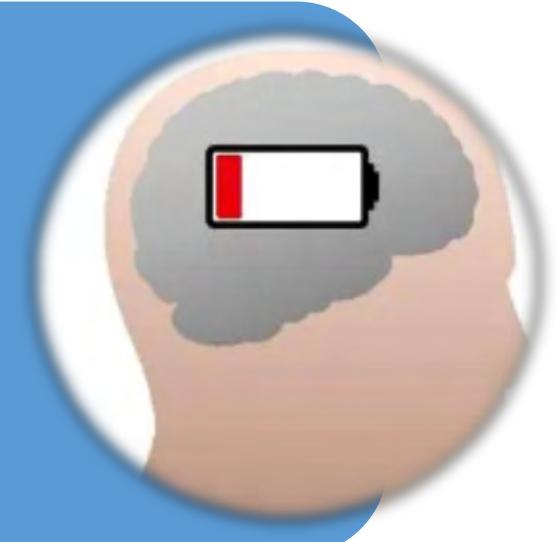
— Children with strong family connections are associated with a high likelihood of flourishing in life, a new study found.

Source: CNN <https://edition.cnn.com/2022/05/20/health/family-connections-flourish-parenting-study-wellness/index.html>



Studies in Singapore have shown that excessive screen time is linked to

reduced attention span



cognitive delays



health issues like obesity and myopia.



Source: The Straits Times

<https://www.straitstimes.com/singapore/screen-time-linked-to-impaired-brain-function-may-affect-learning-beyond-childhood-study>

Improved cognitive performance and more after a 10-day smartphone detox



Hooked On Screens: Can Five Teens Survive 10 Days Without Smartphones? | No Screen, No Life - Part 1:

<https://www.youtube.com/watch?v=pE8rQ5-2LEw>

Testing Five Teens After 10-Day Digital Detox: How Will They Perform? | No Screen, No Life - Part 2

<https://www.youtube.com/watch?v=y4AvIAUYWEM>

Let us work together to inculcate good Cyber Wellness habits in our students!

If you have any suggestions or feedback, please let us know. ☺



Co-curricular Activity (CCA)

SwimSafer

Grow Well SG

Mr A'srie [HOD/ PE & CCA]





Agenda

1. What are the goals?
2. How can you support your child?

Goals of CCA

Character
Development

Student
Wellbeing

Student
Achievement



Character Development



Respect & Sportsmanship

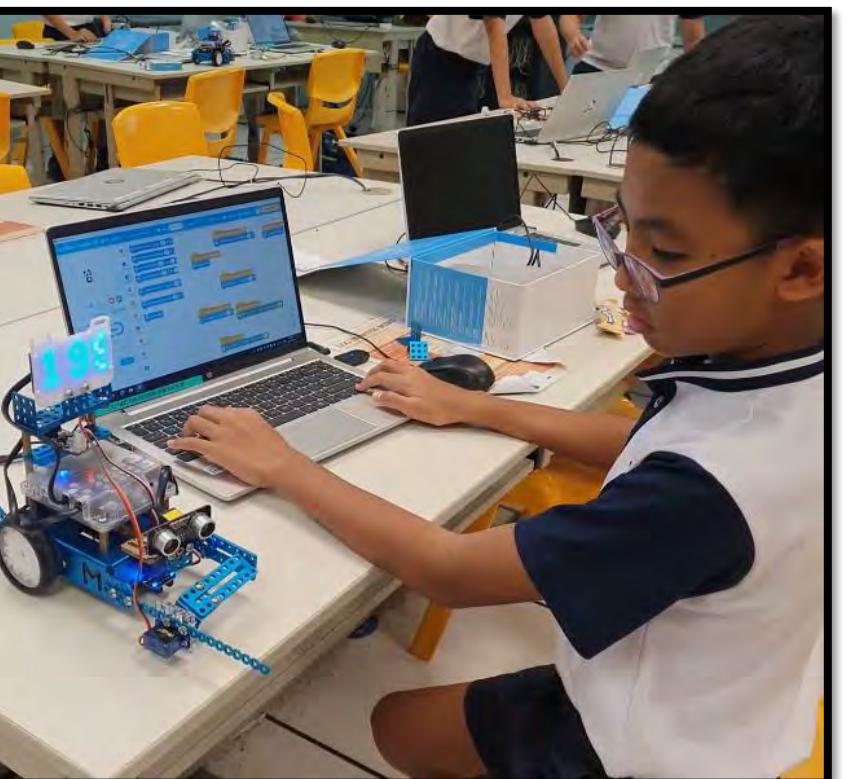
Inculcating Values and Competencies



Serving the Community



Resilience



Critical Thinking



Character Development



Reflecting on CCA Experiences



Empathy



Communication

Emotion regulation

Teamwork

Student Wellbeing

Engaging in Activities of Interest



Student Wellbeing

Social Mixing & Peer Support

Empathy, Understanding, Meaningful Friendships



CCA Leaders and Seniors support the younger members.