Queenstown Primary School
Flourishing Individuals, Future-Ready Citizens

2025
Briefing for
P2 Parents

21 February 2025

Agenda

Principal's Sharing

Mrs Olivia Cheong, Principal

CCE Cyber Wellness

Mr Jevon See, Subject Head for Student Well-being

P2 CCA Fair

Mr Muhammad A'srie, HOD PE & CCA

Higher Mother Tongue Curriculum (P3 & P4)

Mr Yeo Chee Wee, HOD Mother Tongue Language

Class Allocation

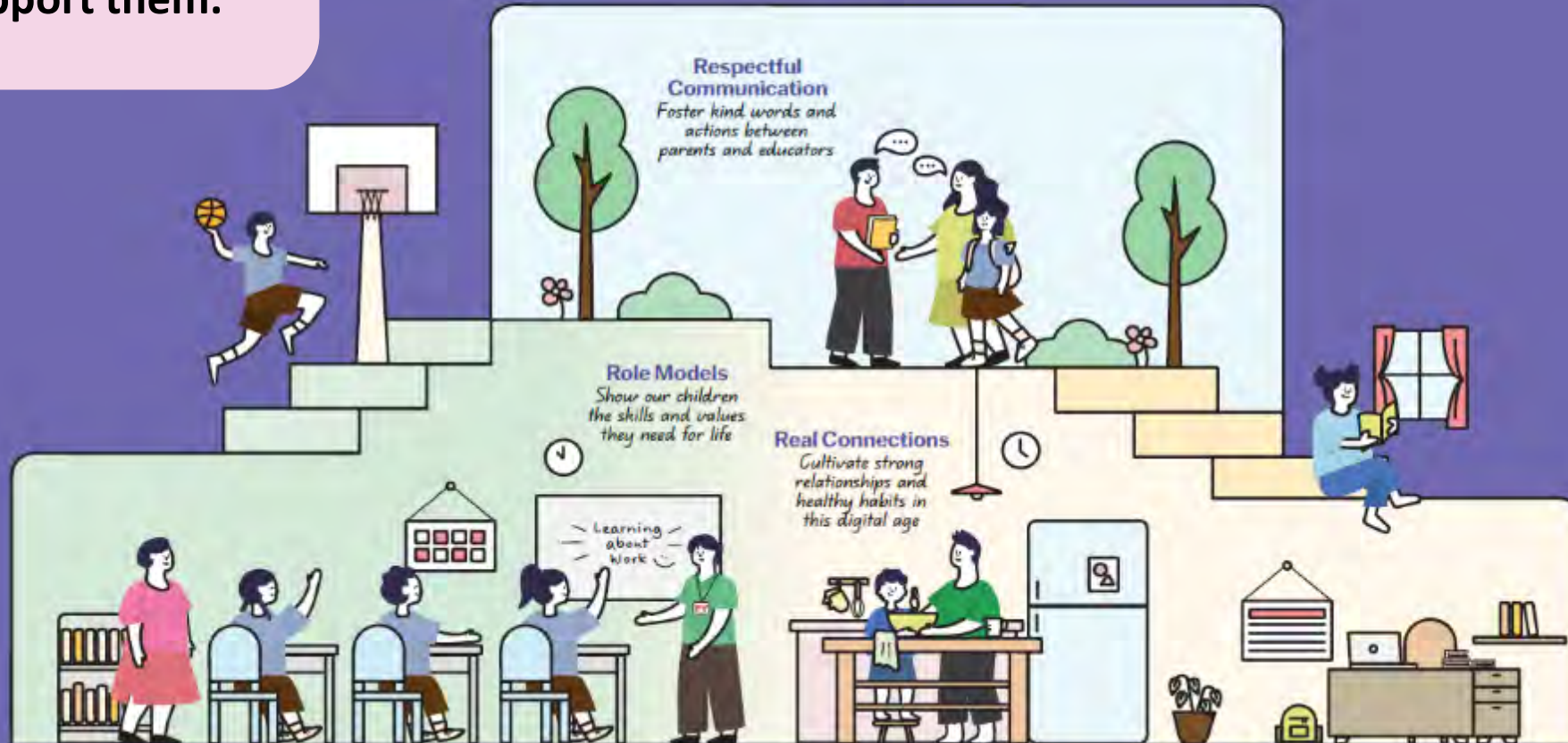*Ms Julie Hong, Assistant Year Head of Lower Primary (Covering)*

School–Home Partnership

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

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.

Ministry of Education Singapore

RESPECTING OUR STAFF

Our staff are committed to partner you with sincerity, integrity and professionalism.

By showing mutual courtesy and respect, **we set a positive example for our children.**

MOE values our staff and will take firm action to protect them against any unreasonable behaviour, harassment or abuse.

3 areas we can work together on to foster School-Home Partnership

2 **Role Models**

1 **Respectful Communication**

3 **Real Connections**

Respectful Communication

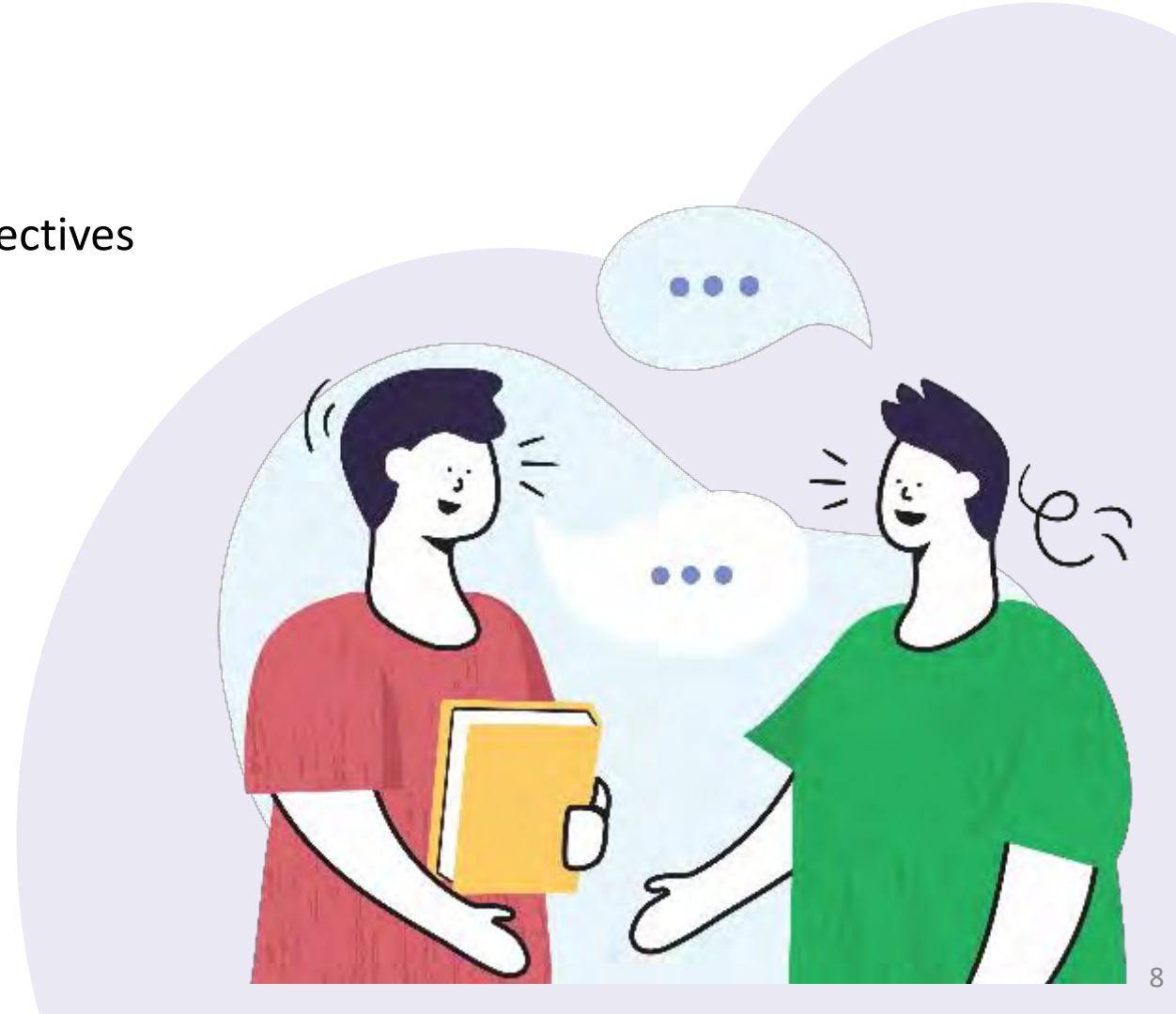**Foster kind words and actions between schools and educators**

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

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

Build strong bonds through shared experiences and meaningful conversations

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 Cyber Wellness

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 <u>Pri 2</u> students learn about Cyber Wellness during CCE (FTGP) lessons?

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

- **Cyber Contacts**
  - Understand that the profiles of strangers that we see online may not be their real identities
  - Recognise the dangers of chatting with strangers online

*Character and Citizenship Education(Form Teacher Guidance Period)

Assembly Sharing and Recess Activities

In-house Cyber Wellness Curriculum

P2

What is the Internet
Dangers of Internet

Managing
Technology Dangers
and Life

Expression on the
Internet (Netiquette)

What are the school rules on digital device use?

- Students who need to bring a mobile phone for the purpose of <u>keeping in touch with family members</u> can only use the mobile phone <u>after school hours and only at the school foyer</u>.

- 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.

*Students are highly encouraged not to bring such devices to school.

Engaging parents for a home-school collaboration

Family Activities!
Let's Challenge!
'One Week Unplug and Unwind'
As a family, spend 1 hour every other day doing an activity together that does not involve screen time.
Suggested activities:
• Going out for an evening stroll
• Playing board games
• Reading a story book together

We did it together!
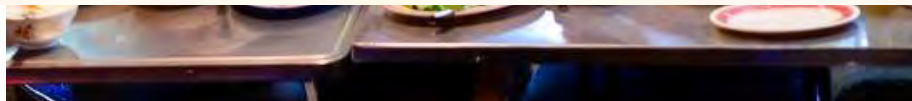
Parent's / Guardian's signature

HOME

ME

SCHOOL

Parents Gateway Announcement Termly Chat with your Child after our in-house curriculum lessons
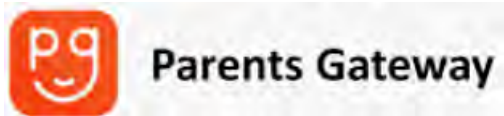
Chat with your P5 child: Cyber Wellness In-house Lesson - Term 2 Session 3

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

Our Hopes

Grow Well SG

Parents Gateway

MINISTRY OF EDUCATION
Posted on: 22 Jan 2025

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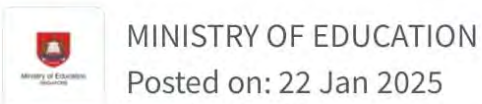
New Parenting Resources: Updated Guidance for Screen Use in Children(0-12yrs) and Parenting for W..

🗑 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.

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

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

Guidance on Screen Use - MOH

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.

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Youtube Shorts, Tik Tok, Facebook/Instagram Reels

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

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

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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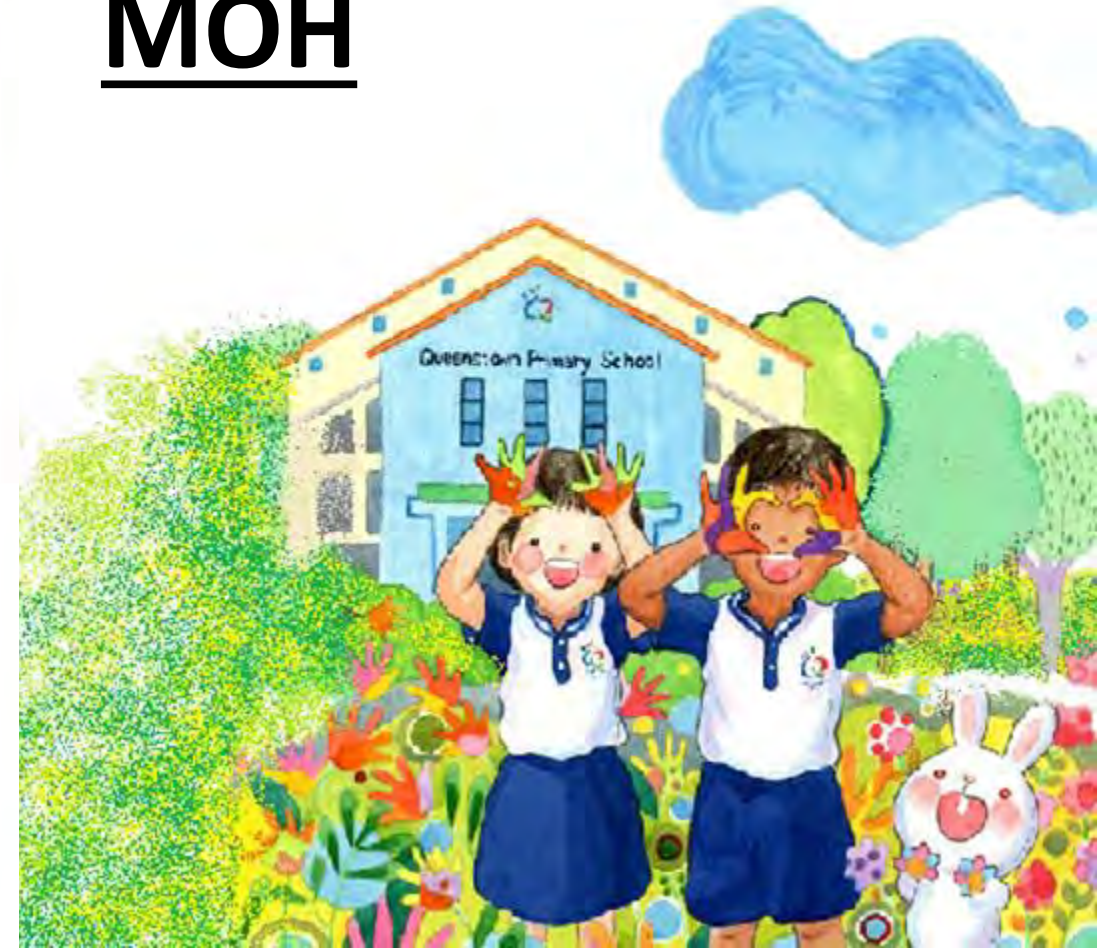
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Age Restriction

- 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
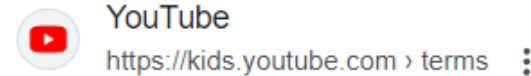
Terms of Service - YouTube

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.

Navigating the Digital Age

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?**

ALLOWED ACCESS:

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?

© 2024 Government of Republic of Singapore. Part of these resources were adapted from the Parenting Strategies Program (https://www.parentingstrategies.net) and the Partners in Parenting (PIP) Program in Australia, in consultation with the Program Lead, Professor Marie Yap, from Monash University. Use of the materials from the PIP Program is governed by the terms of the Creative Commons Attribution-Share Alike 4.0 International License, found at https://creativecommons.org/licenses/by-sa/4.0. Your attention is drawn to Section 5 of the terms of the said license.

you've got this!

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]
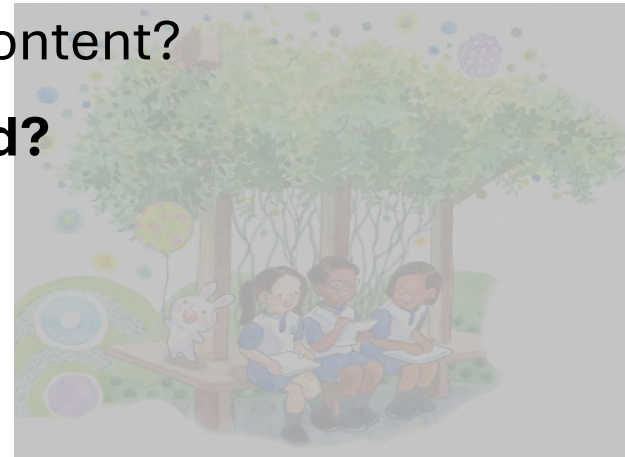
How do I prepare my child for their first smartphone?

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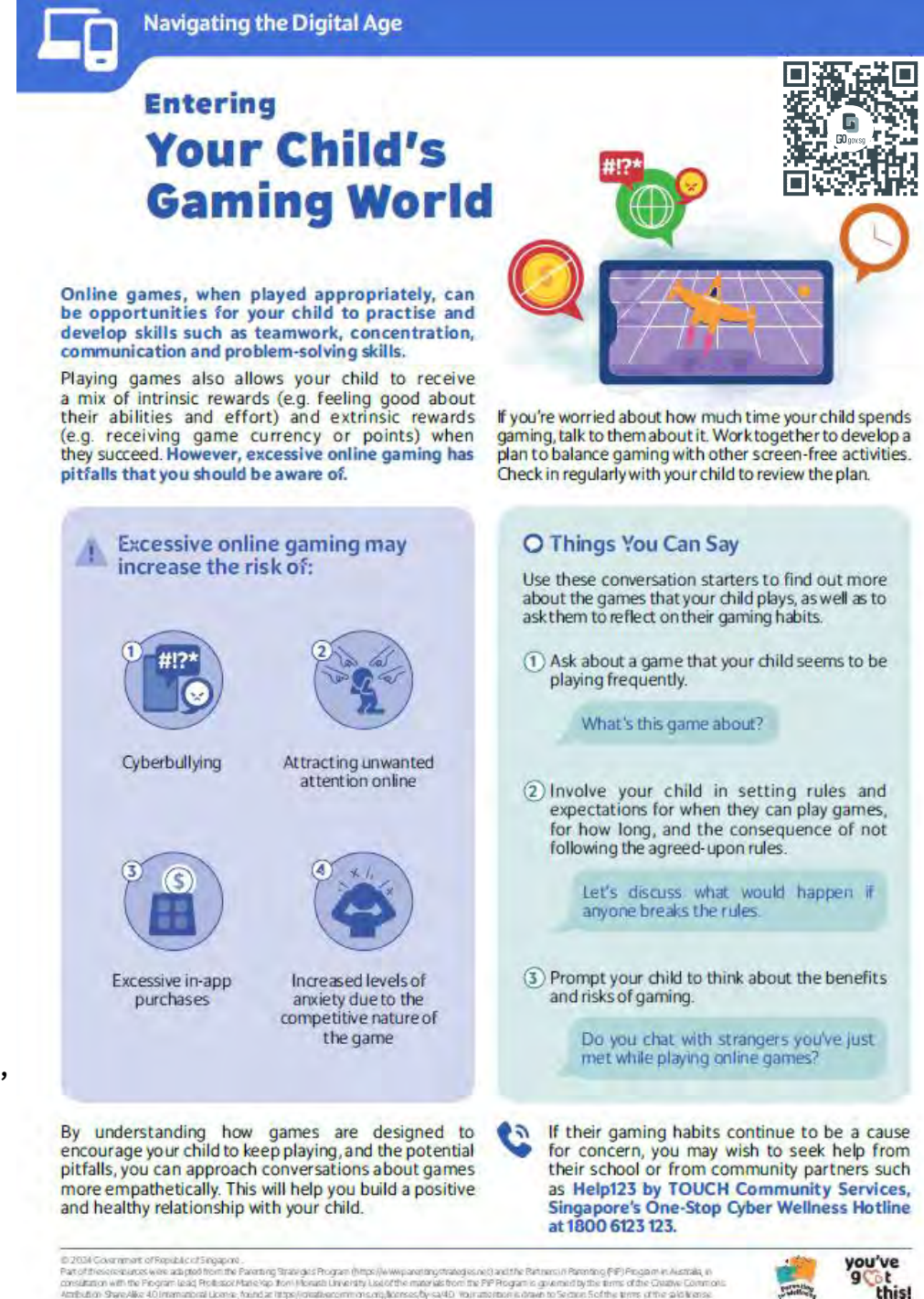
Tip	Conversation
Encourage your child to think about the **responsibility** of owning a smartphone.	*"Can you tell me what are the rules you have to keep when you own a smartphone?"* *"Can you share with me why it is important for you to be responsible for your smartphone?"*
Ask your child to think about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

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.

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

CNN
— Children with strong family connections are associated with a high likelihood of flourishing in life, a new study found.
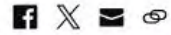
Kids flourish when they have strong family connections, which can be strengthened around the dinner table. The Good Brigade/Digital Vision/Getty Images

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

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.

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=y4AvlAUYWEM

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

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

Why should my child join a CCA?

How does the school support my child in selecting a CCA?

School of the 21ˢᵗ Century,
Committed to providing a *Holistic Education* to all students
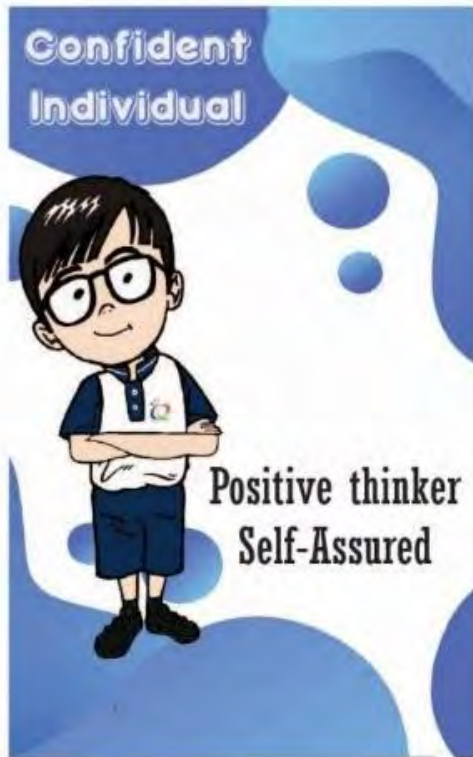
Goals of CCA

Character Development

Student Wellbeing

Student Achievement

Our students have different **interests**, **strengths** and **areas to develop**

Co-Curricular Activities (CCAs)

Uniformed Groups

Visual and Performing Arts

Physical Sports

Clubs and Societies

Sports

Badminton

Football

Basketball

Softball

Swimming

Performing Arts

Chinese Dance

Malay Dance

International Dance

Choir

Drama Club

Clubs & Uniformed Groups

InfoComm Club

International Chess Club

Environmental Club

Visual Art Club

Weiqi Club

Boys' Brigade

Girls' Brigade

CCA Selection Process (Semester 2)

01

Preference Survey

Select 3 CCAs from each category
1. Sports
2. Clubs
3. Performing Arts & Uniform Groups

02

P2 CCA Fair
(2 days)

Visit 8 CCA booths over 2 days

Get to know more about the CCAs that they are allocated to

03

CCA selection & Allocation
(Term 4)

Submit CCA Selection Form - Select 4 CCAs (from any category) that students are open to joining

How do I help my child?

Interests and goals

Being open minded

P2 CCA Fair
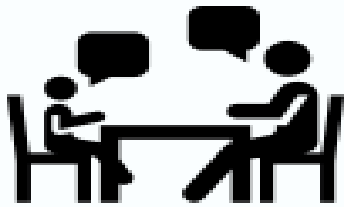
Motivation

Curiosity
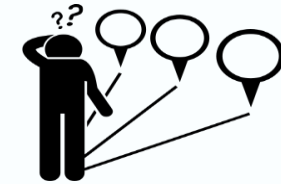
Decision Making

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

Joyce Teo

UPDATED JAN 22, 2025, 11:16 AM ~

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.

Focus on 4 Areas

1) Screen Time

2) Physical Activity

3) Nutrition

4) Sleep

P1-P3 Health Plan Journey (Parents' Perspective)
Leveraging existing touchpoints through the year to promote healthy habit formation

Timeline:

Start of Year — T-1 month — T = School Health Service Screening — T+1 week — < T+2 months — End of Year

Start of Year

PG Notification:
▸ **PARENTS** fill in consent
▸ **PARENTS fill in Lifestyle Questionnaire (LQ)**

T-1 month

PG Notification:
▸ Inform **PARENTS** on upcoming School Health Service (SHS) visit
▸ **PARENTS can update LQ (if any change since initial submission)**

T+1 week

PG Notification:
▸ **PARENTS** access Health Plan on Health Hub:
  1. Health screening results
  2. Vaccination performed (+/-)
  3. Referrals to SHC/RHS (+/-)
  4. **Lifestyle prescription (LP)** and Curated content/progs on H365

< T+2 months

High-risk follow-up:
▸ Overweight/Severely Overweight: Health Coaching (P1, P3)
▸ Complex health issue: Regional Health Service

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**

CONFIDENTIAL

SCHOOL HEALTH SERVICE
Youth Preventive Service Division

Sample

HEALTH PLAN

Name:
BC/NRIC/FIN:

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

Restricted (Non-Sensitive)

Resources for Parents: Curated Content and Programmes
Parents to access H365 after the School Health Screening

Curated Content

Healthy Meals for a Healthy Child

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

- 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.

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

Intent of HMTL:
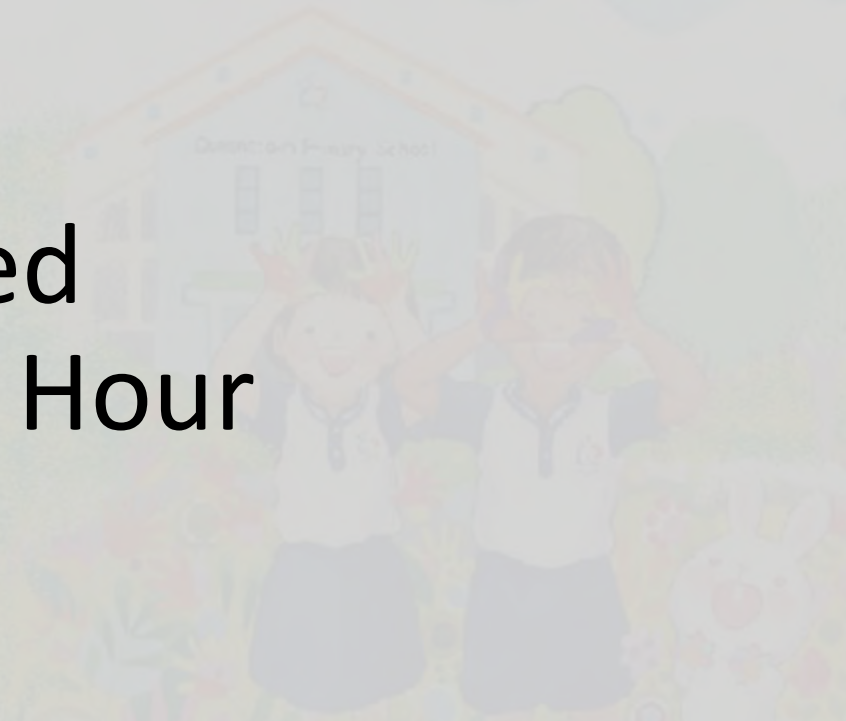## Differentiated needs of learners
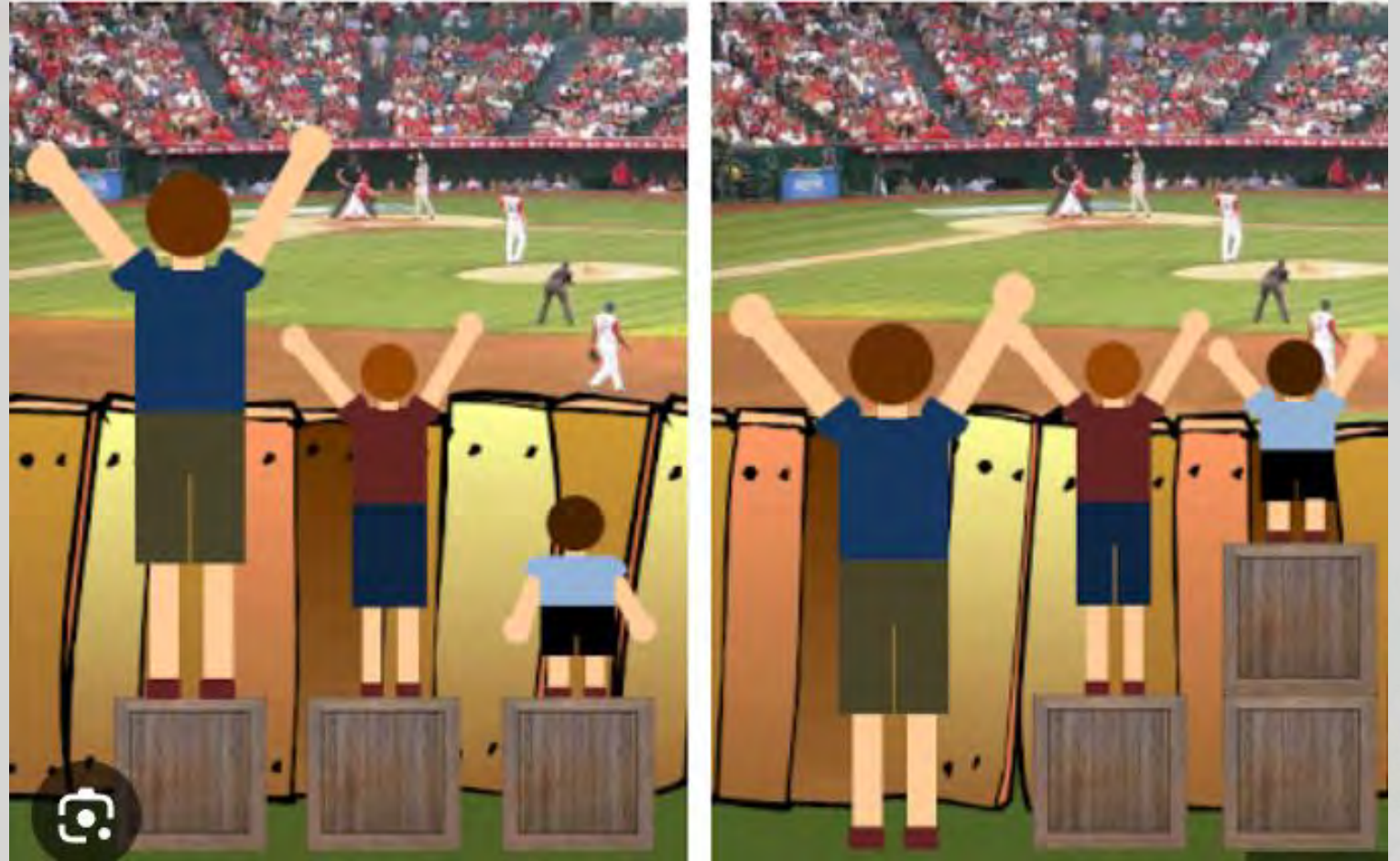
- Use of HMTL Textbooks

- Enhanced Cultural Content

- Focus of Teaching

- Extended Curriculum Hour

Extended Curriculum Hour

- EVERY WEDNESDAYS (2025)

- 1.45pm - 2.45pm

- As one additional hour of lessons will be inserted into the curriculum, students need to make alternative arrangements if the lessons clash with his/her afternoon activities.

Key Considerations

- **Strong in Language Foundation**
  - Not only Listening and Speaking but also Writing and Word Recognition (daily observations by teachers)

- **Learning Behaviour and Attitude**
  - Submitting homework on time
  - Participating actively in class activities
  - Handing in quality assignments
  - Showing interest in the subject

- **Ability to cope with higher demand**
  - New Subject – Science
  - CCA

Class Allocation

- Change of class in Primary 3 with new classmates

- More opportunities for social mixing

- Bigger class sizes of 40 in Primary 3

Queenstown Primary School
Flourishing Individuals, Future-Ready Citizens

Thank you
for attending
our briefing session