

# Talk on Pupil Matters



# Welcome to the RGPS Family!

On the first few days of school, we will have orientation programme for pupils to be familiar with arrival, recess, and dismissal routines. We will also provide time and support to help them ease the transition.



# Welcome to the RGPS Family!

The school believes in the importance of maintaining a close partnership with parents/guardian for the growth of our pupils and has established different channels to communicate with you throughout the year.

1. Parent-Teacher Meeting (PTM)
2. Parent-Teacher Conference(PTC)
3. Parents Gateway(PG)/Email/Phone Call/Face to face



# School Hours

Time	Mondays, Wednesdays, Fridays	Tuesdays, Thursdays
<b>Arrival Time (latest by 7.25am)</b>	<b>Assemble in the school hall for Silent Reading.</b>	<b>Assemble in the school hall till <u>0710</u>. FT will lead pupils to the classroom.</b>
<b>7.30am</b>	<b>Sing National Anthem &amp; Pledge-Taking</b>	
<b>9.00 – 9.30am</b>	<b>Recess (P1A – P1D)</b>	
<b>9.30 – 10.00am</b>	<b>Recess (P1E – P1I)</b>	
<b>11.30 – 11.40am</b>	<b>Snack Time</b>	
<b>1.20pm</b>	<b>School Dismissal</b>	



# **Silent Reading (0700 - 0725)**

- Mon, Wed and Fri : Bring an English storybook
- Tue and Thurs: Bring a Mother Tongue storybook

## **Recess and Extended Recess (will be stated on the timetable)**

- Recess : 30min
- Extended recess : 30min + 30min = One hour  
(once a week only)

*\*\*\$3 per day*



# Recess (Buddy System)

First Day-P6 Prefects and Teachers

First 2 Weeks-P4 Buddy



# Extended Recess



Library



Tinkering Courtyard



Makers Corner



Playground



# Snack Time (1130 - 1140)

- Do pack healthy snacks like sandwiches, fruit, biscuits, packet Milo or milk



# **Dismissal Time**

- 1.20pm
- Please indicate your child's pick-up arrangement on her name tag.

**Bus No** If your child is taking school bus

**CP** If you are driving in to pick up your child at canteen pick-up point

**CWA** If you are picking your child at the Canteen Waiting Area

**Student Care** If your child is going to Student Care in RGPS

*\*Inform the form teachers in advance if there are any changes to the dismissal arrangement.*



# Canteen Pick-Up Point



If you are driving in to pick up your child



# Canteen Waiting Area



Gate 1

If you are picking  
your child from  
gate 1



# Dismissal Time

SAMPLE



RAFFLES GIRLS' PRIMARY SCHOOL

Class: 1A

Dismissal:

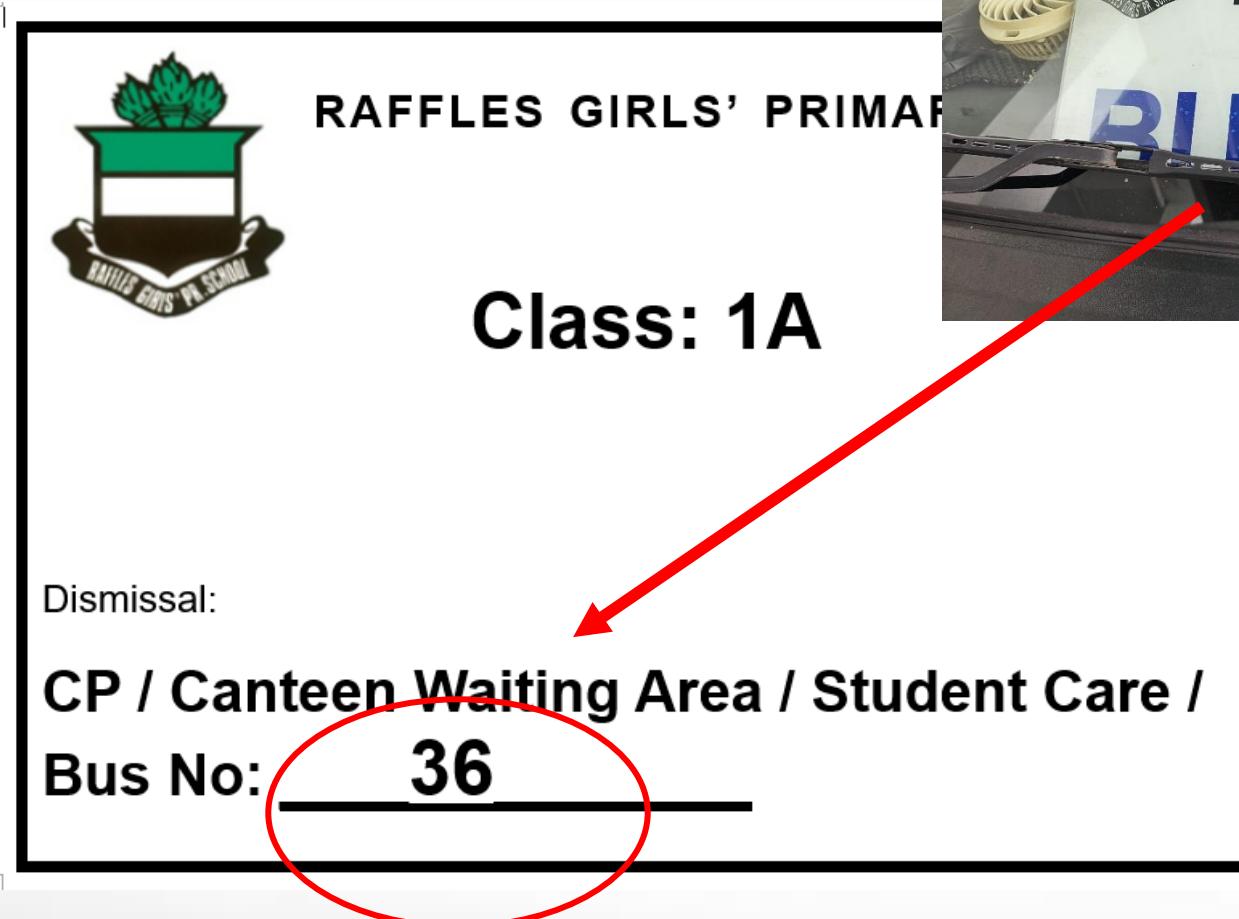
CP / Canteen Waiting Area / Student Care /

Bus No:

33A



# Dismissal Time



# Reminders

- Preferably no trolley bags. Use bags made of lightweight materials.



# Reminders

- Pencil case with necessary stationery items
- Colour pencils (12 colours)
- Tray and S Hook (optional) to organise the things



# Reminders

- Water bottle with a sling
- Lunch box/ bag
- Wet wipes, tissues
- Label personal items



# Preparing for first day of school 2 Jan 2026

- Bring a storybook, pencil case, colour pencils, water bottle, recess money/ food and additional snack for snack time.
- 1 parent can accompany the child into the school compound in the morning. The teachers will then take over and guide her to the hall.
- More information will be provided through Parents Gateway before school reopens.

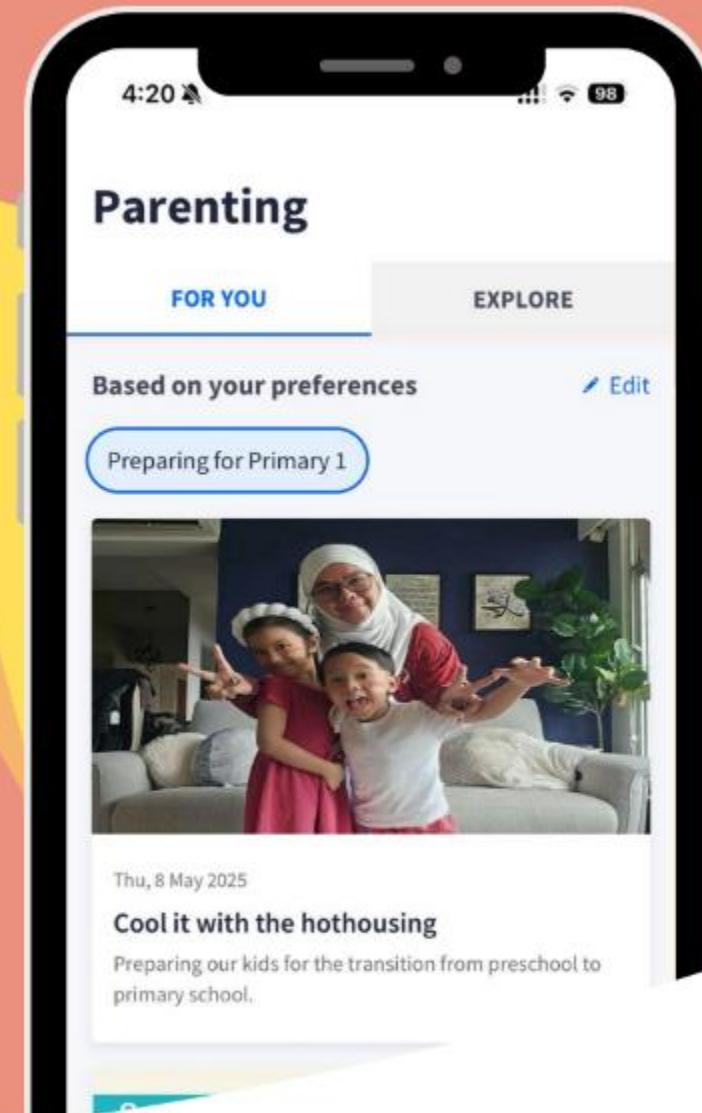




# Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.





# Begin your parenting journey with us

**@parentingwith.moesg**

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



# Parenting for Wellness

An initiative to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience, and parent effectively in the digital age.

The screenshot shows the homepage of the Parenting for Wellness website. At the top, there are navigation links for 'About Us', 'Resources', and 'Helpline', along with a purple button for 'Sign up for Personalised Access'. Below this is a large purple banner with the text 'WELCOME TO PARENTING FOR WELLNESS' and a subtext: 'A toolbox of practical tips for you to support your child's well-being and navigate parenting in this digital age.' The main content area displays a grid of 12 modules, each with a title and a small illustration:

- MODULE 1: Understanding Yourself as a Parent
- MODULE 2: Developing and Strengthening Your Parent-Child Relationship
- MODULE 3: Guiding Your Child's Behaviour
- MODULE 4: Helping Your Child Develop Independence and Social Skills
- MODULE 5: Supporting Your Child in Building Resilience
- MODULE 6: Understanding Your Child's Mental Health and Well-Being
- MODULE 7: Supporting Your Child in Managing Their Mental Health and Well-Being
- MODULE 8: Caring for Yourself
- MODULE 9
- MODULE 10
- MODULE 11
- MODULE 12

The screenshot shows a detailed view of a module page from the Parenting for Wellness website. The page has a purple header with the title 'Helping Your Child Build Healthy Relationships' and a QR code. Below the header, there are several sections of text and illustrations:

- Things You Can Do:** Includes tips like 'Establish routines and rituals', 'Set aside time for play', and 'Encourage your child to express their feelings'.
- Things You Can Buy:** Includes tips like 'Buy your child a quiet space to play', 'Buy your child a quiet space to play', and 'Buy your child a quiet space to play'.
- Things You Can Eat:** Includes tips like 'Encourage your child to eat healthy foods', 'Encourage your child to eat healthy foods', and 'Encourage your child to eat healthy foods'.
- Things You Can See:** Includes tips like 'Encourage your child to see healthy foods', 'Encourage your child to see healthy foods', and 'Encourage your child to see healthy foods'.

The Toolbox for Parents **comprises bite-sized practical tips and strategies for parents**, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.

The Website offers **customised tips and resources tailored for individual parent**, including curated module recommendations, and allows you to easily track your parenting journey through a personalised dashboard.

Toolbox



Website



CHECK US OUT!

# SCHOOLBAG

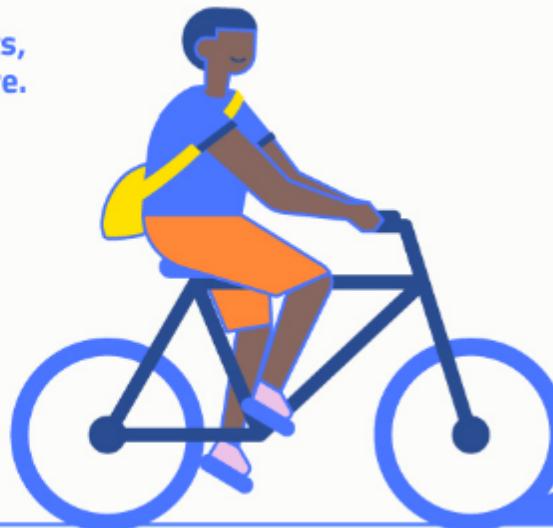
PARTNERING YOU ON YOUR EDUCATION JOURNEY

New look, new features,  
same good content

**Schoolbag.edu.sg**

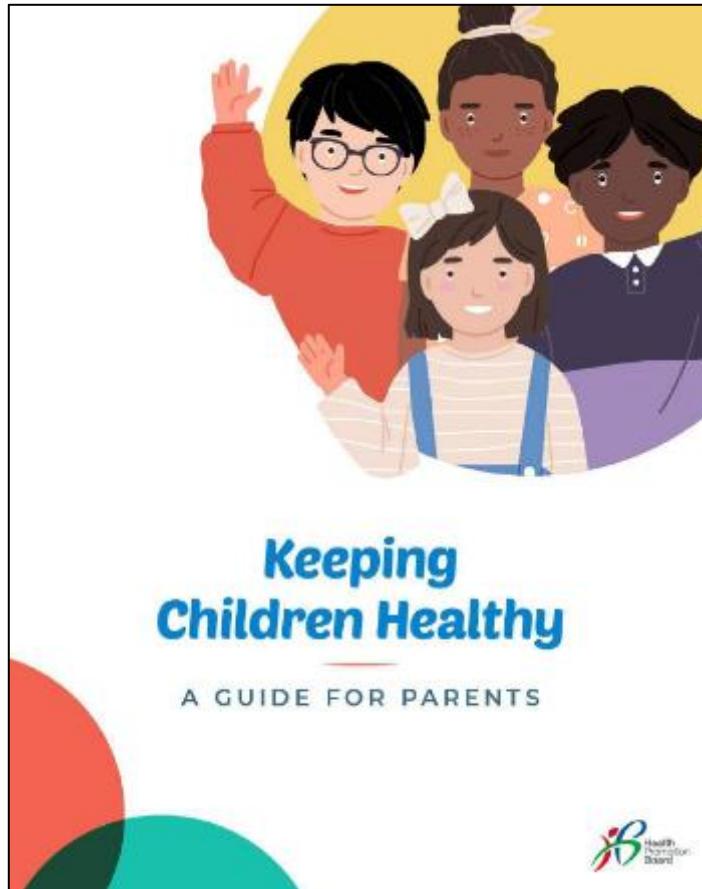
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MOE educators and more.  
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# Keeping Children Healthy



**Is your child transitioning to P1?**

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:



**Edition 1**



**Edition 2**



**Edition 3**

**Available online!**

# ***Parent-Child Activity Book***



## **10 TIPS FOR PARENTS**

to help you navigate your child's first year in primary school.



**Chat** with your child

**Boost** their confidence

**Practise** various scenarios

**Create** something interesting

**Thank** others for their help

**Pledge** to do things together

# Communication

P1/2 Year Head's email address :

[yue\\_siew\\_poh@schools.gov.sg](mailto:yue_siew_poh@schools.gov.sg)

P1/2 Assistant Year Head's email address :

[lim\\_pheh\\_fuen@schools.gov.sg](mailto:lim_pheh_fuen@schools.gov.sg)



# Contact Us

Should you have any queries, you may:

Call the General Office at 6468 4377

8am to 5pm, Monday to Friday

*OR*

Write to us at [rgps@moe.edu.sg](mailto:rgps@moe.edu.sg)



# Reminder:

The Form Teachers have given your child the following items in class:

1. Orientation Envelope
2. Name Tag with lanyard (to wear on first 2 weeks of school)



# Reminder:

3. Friendship bracelet and card (done by P6 2025 students)



When you pick your child from class later, please check that she has the items.



# Thank You

