

**Si Ling Pri Sch**

# **P6 PARENT BRIEFING**

**By FTs**

**7 February 2025**

# P6 Programmes

## Well-Being Support

- Transition Programme
- Monthly Birthday Celebrations
- P6 Chillax
- FTs Termly Check-Ins
- Snack with FTs
- Year Head Talks
- Breakfast with P

## Academic Support

- Supplementary Lessons
  - Includes June & Sep Hols
- Additional Support  
(selected students)

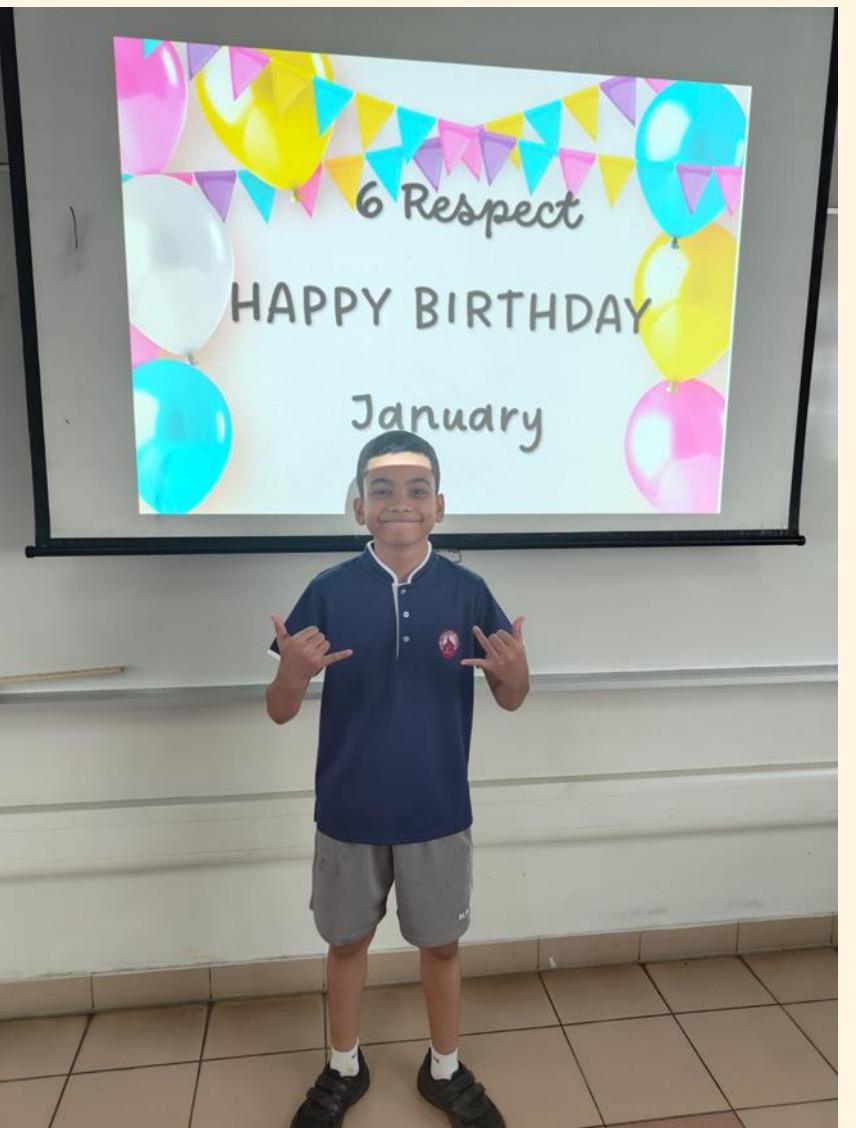
## Holistic Experience

- Growing Years Series
- Museum-Based Learning
- SwimSafer
- NAPFA Run @ Woodlands Waterfront
- I am a Young Entrepreneur (ECG/VIA)
- Post PSLE Activities

# TRANSITION PROGRAMME

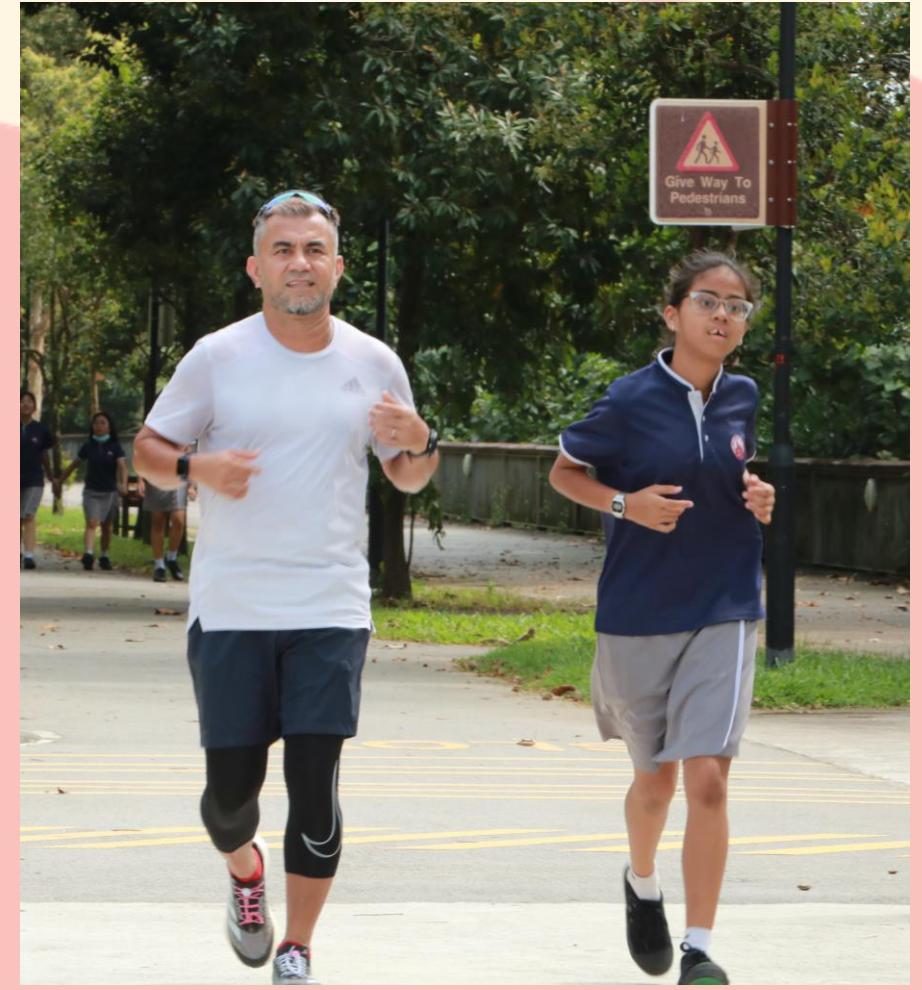


# JANUARY BABIES



# P6 CHILLAX





# NAPFA RUN @ WOODLANDS WATERFRONT

# BREAKFAST WITH P





**We are encouraging  
Parents/Guardians  
to pen a short note  
to your child/ward:**

- Affirm and assure your child/ward that you will walk this journey with him/her till the end of PSLE and beyond
- Your child/ward will be assured and comforted that he/she has your support and care
- Strengthen your bond with your child/ward



## TIMELINE

On 17 Feb 2025 - Letters will be issued out to parents/guardians to write

By 28 Mar 2025 - Parents/Guardians to return letters to school through child/ward

On 27 Jun 2025 - Your letter will be presented to your child/ward during P6 Chillax

# Supporting your child's transition through Primary 5/6

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

## SUPPORT

- **Encourage** your child to **talk to a trusted adult** for guidance.  
E.g. Family members, school counsellors and teachers.
- **Help** your child **understand decisions made and actions taken**. **Share** the **reasons** for them.
- **Keep rules short and realistic.**  
E.g. No handphones allowed during meal times.

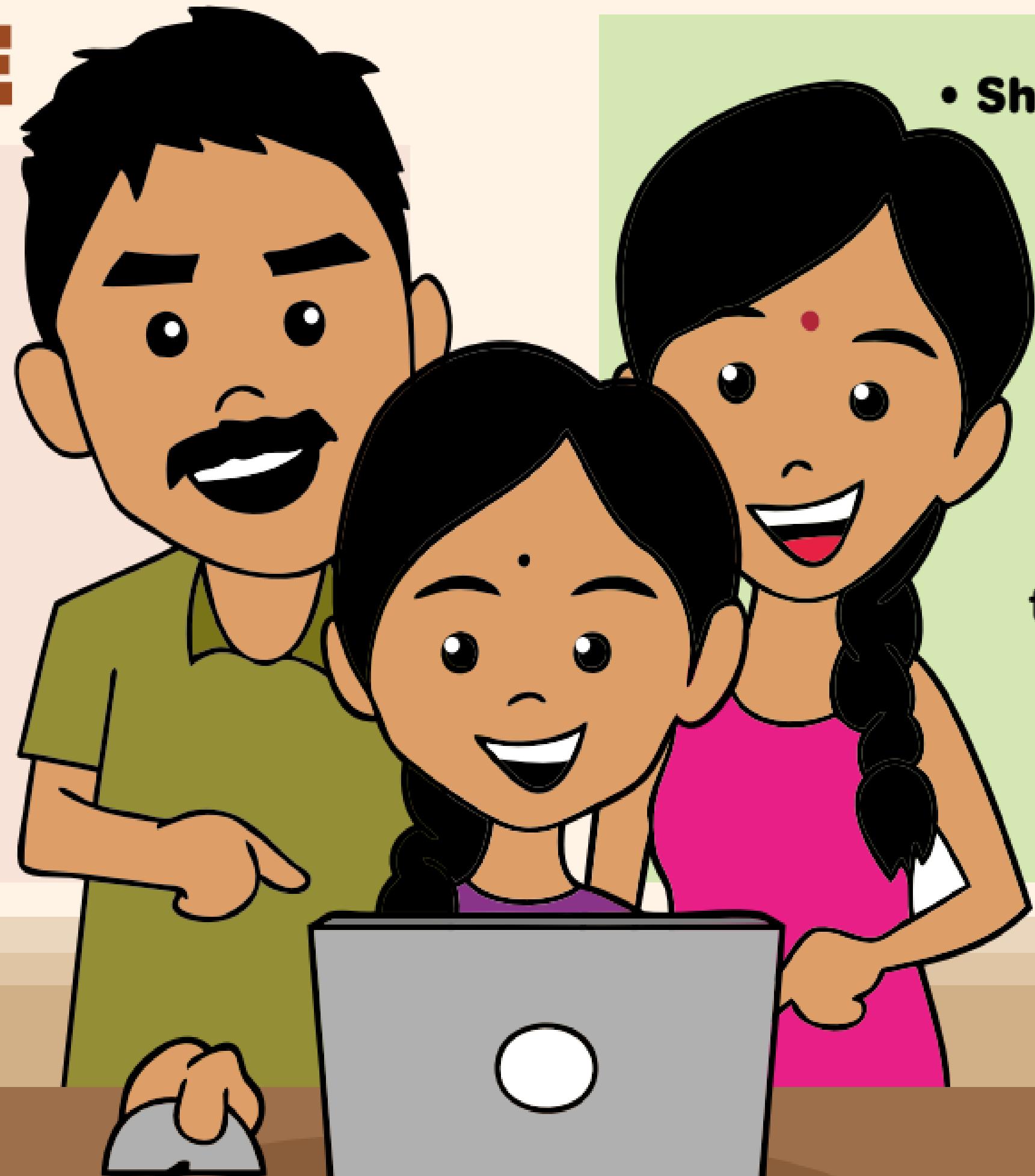
## AFFIRM

- **Recognise** his/her demonstration of **good values or social skills**.  
E.g. Respect or good time-management.
- **Praise** your child's **efforts regularly**.  
Only scolding him/her without providing any justified praise at other times can be demoralizing.

# EMPATHISE

## FAMILIARISE

- **Find out** what Primary 5 and 6 is like for students these days. **Moderate your expectations** according to your **child's** own **strengths** and **development**.
- **Share information** on physical changes during **puberty**; include the range of emotions that may accompany it.



- **Show that you understand** your child's **concerns**. Be flexible in guiding your child when necessary. E.g. Vary your voice tone when you talk to him/her at different times and circumstances.
- **Teach with less talk and more role-modelling.** Children learn a lot by simply watching.

# Spend Time Chatting. Use T.A.D.

## Talk

**Talk about things that friends might pressure him/her to do, which can be harmful.**

E.g. risky dares; deciding to meet an ‘online friend’ in person; making online purchases

## Ask

**Ask your child about interests he/she would like to explore, and what he/she needs to do to develop them.**

E.g. make time for practice, sign up for courses/lessons

## Discuss

**Discuss a variety of occupations that your child may be interested to explore.**

E.g. chef, interior designer, housing agent.

## QUICK TIPS

- **Listen without being distracted. Put aside whatever you had been doing.**
- **Be prepared to accept your child’s views even though you may not fully agree with them.**



*These tips may be used with children of other ages too; it depends on each child’s needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.*

Ministry of Education  
SINGAPORE

# Cheering On Our Children: Simple Ways to Show Love

The 5 Love Languages are a great tool for us to express our love to our children.  
Here are some simple ideas to connect with them.

## Acts of Service

Shower our children with love and care through various actions.

- Complete daily tasks together like packing for school.
- Create a [sleep-friendly environment](#) for our children to [sleep well](#) (approx. 8-10 hours a night).
- Send them off to school.
- Cook/buy their favourite meal or snack.



## Gifts

Gift our children something meaningful. It's the thought that counts!

- Create a handmade card for them.
- Give them something special from your childhood.
- Surprise them with a healthy snack or inexpensive gift.



## Quality Time

Spend time with our children doing simple activities together.

- Share about your days together before bedtime or at mealtimes.
- Recharge as a family. Check out [NEAR by NParks](#), [Movies by the Beach](#) or [Outdoor Family Yoga](#).
- Put our screens away and give them our undivided attention.



## Physical Touch

Reassure and encourage our children through little ways of affection.

- Call for a 'group hug' or 'group photo' at your next family gathering.
- Give them a high-five, a hug, or a pat on the back to affirm them.
- Make up a special handshake with them.



# Words of Affirmation

Affirm our children with positive and loving guidance.

- Praise our children's efforts.

"You've practised hard for \_\_\_\_\_. I'm so proud of you!"



- Check in with our children by asking,

"What made you smile today?" or "What is one cool thing you did today?"

- Leave them encouraging notes at home or put them in their bag.

- Teach them self-motivating words they can repeat to themselves.

"I'm going to have a good day!" or "I can do it!"

THANK YOU