

*Every White Sandian, a success story*

**A warm welcome to  
Parents/Guardians of Primary 5A**

**School-Parents  
Engagement &  
Communication  
Session  
(SPECS)**

**9 February 2023**





# **Our teachers & Communication Platforms**



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# Our Year Head and Asst Year Head



**Mr Wong Yexiang**



**Mdm Nur Diana**

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# C4RE Teachers of 5 Attentive



**Ms Kathryn**



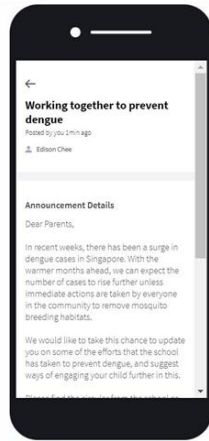
**Ms Khadijah**

**Names of your child's subject teachers have been indicated in the **Introductory Letter** sent to parents in the first week of Term 1.**

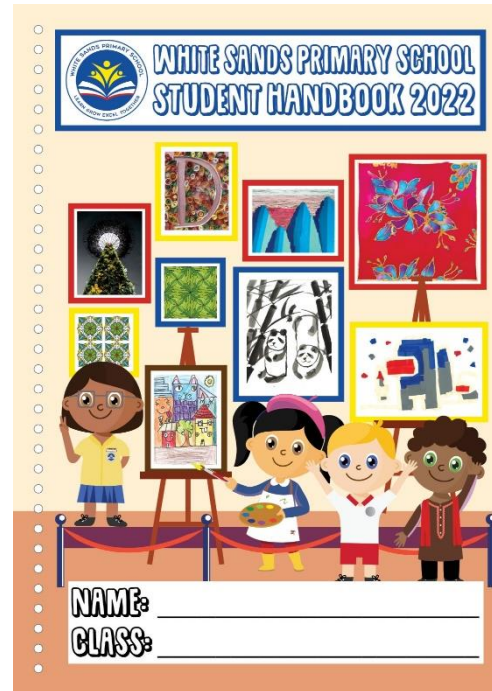
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# Communication platforms



**Parent  
Gateway**



**Student  
Handbook**



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# Communication platforms

## Email of C4RE Teachers

- kathryn\_kan\_sok\_mun@moe.edu.sg@moe.edu.sg
- khadijah\_aron@moe.edu.sg

## Other modes of communication

- ClassDojo / WhatsApp

## School Contact Details

- General Office : 6922 9100
- Staffroom 1 : 6922 9124
- Staffroom 2 : 6922 9125

Do take note that you may not receive a reply immediately.

**For urgent matters, please call General Office directly.**

# Upper Primary Level Outcome

## **A Resilient Achiever**

**Concerned citizens who demonstrate resilience in achieving their best and contribute actively to the community and nation.**

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# A learner-oriented classroom environment


**What you can do for yourself**

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**Believe in yourself**  
Having **faith** in your own capabilities.


It means **believing** that you CAN do something — that it is within your ability.

**You have not achieve it YET!**  
When you **believe in yourself**, you can overcome self-doubt and have the confidence to take action and get things done.



WS C4RE SQUAD

<b>Builds Confidence</b> 	<b>The Power of Positive Self-Talk</b> <small>www.thepathway2success.com</small>	
<b>Improves Attitude</b> 	<b>Promotes Self-Love</b> 	<b>Helps Cope with Stress</b> 
<b>Allows for Taking Risks</b> 	<b>Encourages Motivation</b> 	<b>Helps Work Through Challenges</b> 



## Developing a **Growth Mindset** using “Power of Yet” & positive self-talk

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# A learner-oriented classroom environment



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# A learner-oriented classroom environment



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# 3 'P's – Being a resilient achiever

## 1. Prompt & prepared

- Report to school on time
  - In line with the school value of responsibility, we seek parents' support in ensuring that your child be punctual.



- Submit homework on time.
  - Bring all necessary materials (books / stationery) to school

Get your child to check the time table every school night and pack their school bag accordingly to ensure that the weight of the school bag does not hamper his/her movement in school.



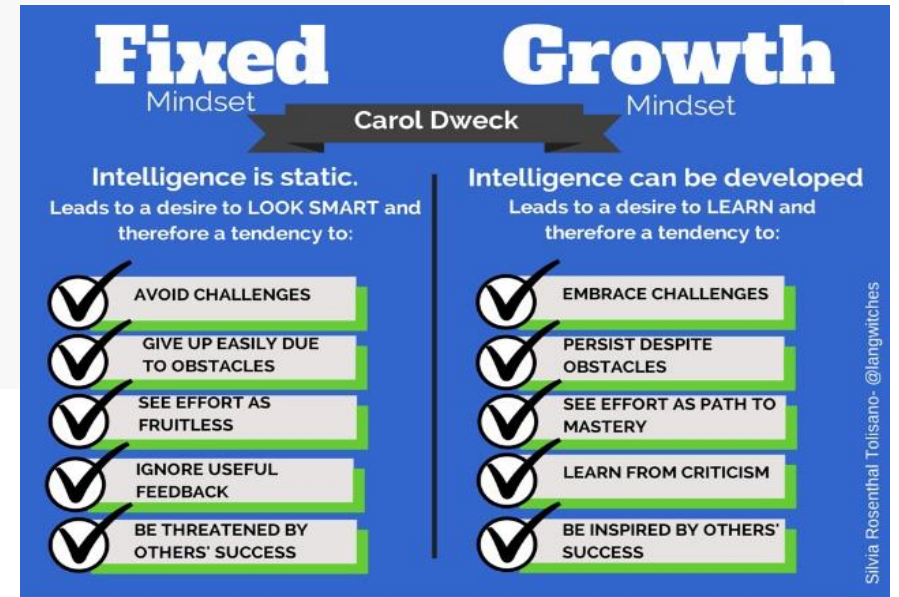
# 3 'P's – Being a resilient achiever

## 2. Productive

- Maximize learning time by
  - Staying on task, following instructions carefully while minimizing distractions.

## 3. Perseverance

Practise the Growth Mindset and strive for excellence!



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# Supporting your child

## 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.

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# Common sources of stress at Upper Primary and what you can do to support your child

## Academic pressure

- **Focus on affirming** their efforts, not just results.
- **Celebrate small successes**, let them know you care.
- **Encourage a growth mindset.**  
(e.g. say "What is one thing you have learnt from this mistake" instead of "This is wrong. Do it this way.")
- **Guide your child** to set consistent and realistic expectations.

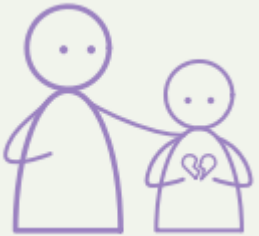


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# Common sources of stress at Upper Primary and what you can do to support your child

## Feelings of loss and grief

- Let your child know that **it is okay to grieve** over a loss.
- **Explore healthy ways** in which they can express grief. (e.g. *by journaling, painting, writing a song etc.*)
- Parents can also **reach out to the school** to work together in supporting the child. (e.g. *Form Teacher, School Counsellor*)





# 4 tips to check in with your child about school

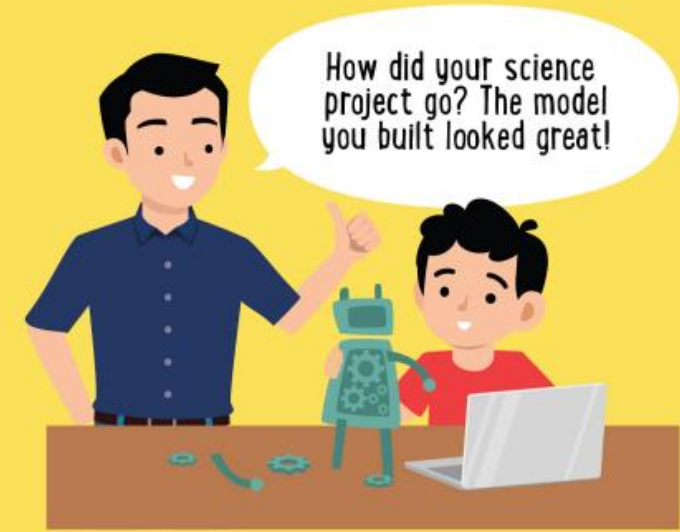
## Tip 1: Ask open-ended questions

Compared to 'Yes or no' questions, these can encourage your child to share more. If they are quiet, offer options.



## Tip 2: Follow your child's interest

Talk to them about things that get them excited or chat about a school activity they mentioned. This shows you are interested in what they care about.



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# 4 tips to check in with your child about school

## Tip 3: Problem-solve together

It's tempting to offer solutions right away when your child shares his problems. Instead, listen and ask them to think about how they will address the situation and guide them towards their own solutions.



## Tip 4: Be a role model

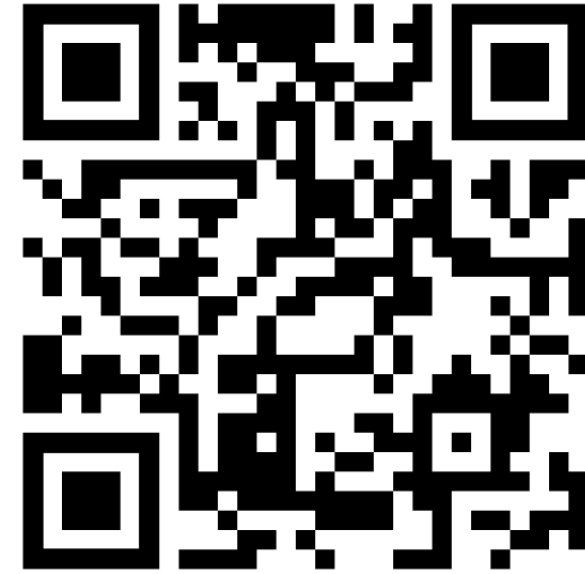
Share your own thoughts to show it's ok to talk about one's emotions and worries. Explain how you deal with your problems, and encourage your child to find ways that work for them.



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# Thank you!

- Do share your suggestions and feedback on the engagement session with us!



Please scan the QR code to  
access the Feedback Form!

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**Thank  
you!**

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