



2026 Engagement with Parents

30 January 2026



Presentation Outline

1. ADPS Focus for 2026

2. Developing our Admirals Holistically:

- Emerging 21st Century Competencies
- Healthy and meaningful use of EdTech

3. Forging Strong Home-School Partnership:

- Grow Well SG
- Growing Resilient Admirals
- Growing a We-First mentality and Community



ADPS Focus for 2026





Vision:

**Inspiring and empathetic leaders
with a strong global outlook**

Mission:

**Nurture Compassionate Citizens and
Life-long Learners**

School Theme for ADPS

Growing Together: Gratitude, Courage, Excellence



Gratitude

- An attitude of gratitude
- Gratitude as a foundation of building **empathy** and **compassion**



Courage

- It's not about being fearless; we all have our fears! It's how we **overcome** our fear(s)
- Having the courage to embark on a **lifelong** journey of **learning**



Excellence

- Excellence as a “habit” and journey, not a destination
- Dream big, start small

Our School Values:



Be Gracious and kind towards others

Be Responsible for my actions, work and belongings

Have Integrity and be honest – own up to my mistakes and grow from there!

Be a good Team player – teamwork makes the dream work!

GRIT – have grit and perseverance, for Excellence!

Vision for all our Admirals: Inspiring and Empathetic Leaders with a Strong Global Outlook

ADPS STRATEGIC PLAN 2025-2027

Strategic Thrust 1:

Developing Future Leaders with a Global Outlook

SO1.1: Enhance Students' Voice, Agency and Advocacy through Ownership, Empowerment and Collective Responsibility

SO1.2: Think Global, Act Local

SO1.3: Develop Critical Thinkers who are able to Solve Complex Problems

SO1.4: Cultivate Skilful and Confident Communicators

Strategic Thrust 2:

Developing Future-Ready Teachers

SO2.1: Anchoring our **curriculum and assessment mastery, and professional competencies** to nurture our Admirals.

SO2.2: Growing future-ready mindsets to **adapt to and embrace changes and challenges** in the future educational landscape.

Strategic Thrust 3:

Building a Sustainable Organisation

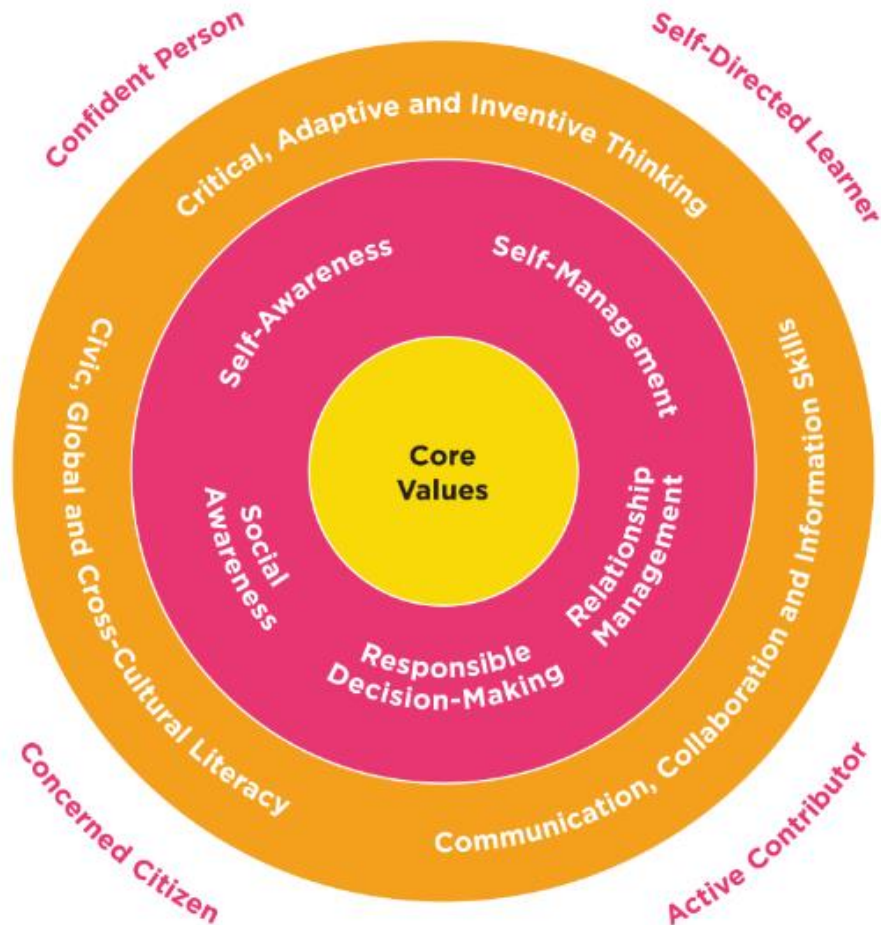
SO3.1: Cultivate a Forward-Looking Staff Culture

SO3.2: Build a Strategic Partnership with our Key Stakeholders, viz. parents, community, alumni, SAC

Developing our Admirals Holistically

Achieving Alongside our Admirals

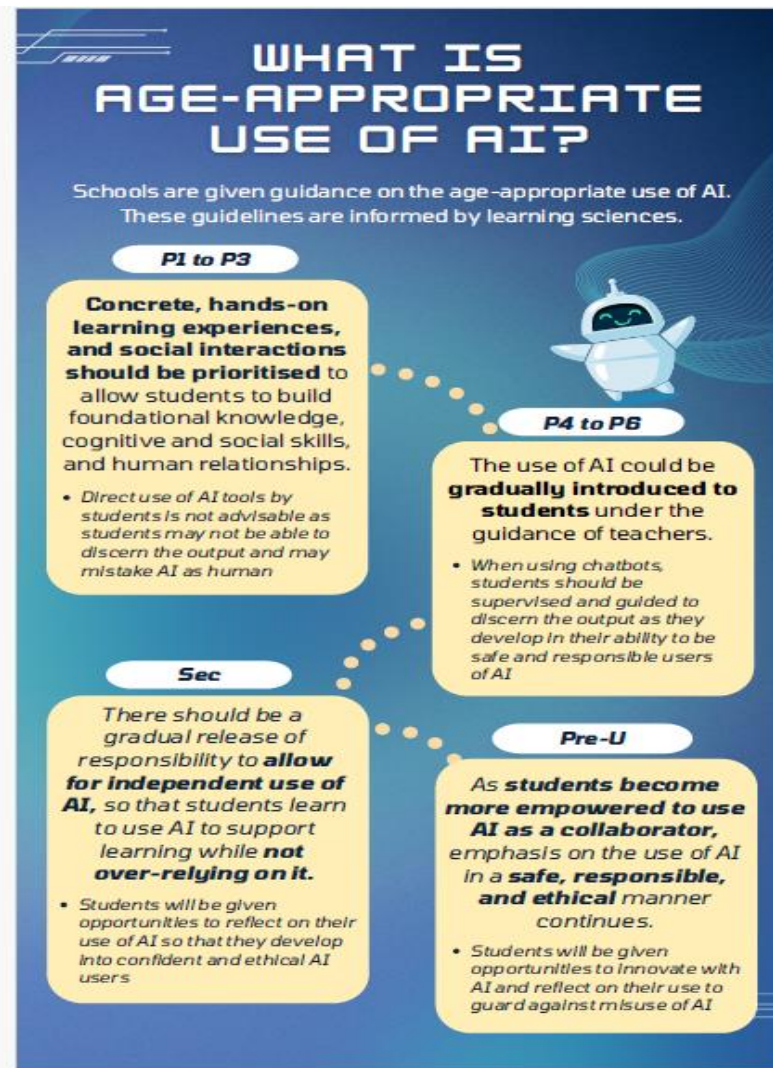
- Critical to inculcate 21 Century Competencies in our Admirals
- Ultimately, want each Admiral to be a:
 - Confident person
 - Self-directed learner
 - Concerned citizen
 - Active contributor



<https://www.moe.gov.sg/education-in-sg/21st-century-competencies>

Healthy and Meaningful Use of EdTech

- Never let our children become “slaves of tech” – always remain in control and use tech meaningfully and for learning
- Set boundaries and monitor closely
- Tech as a useful **enabler** for teaching and learning, but we cannot outsource THINKING to Tech!
- We should embrace the use of tech, but always be mindful of the dangers of overuse and the lack of monitoring



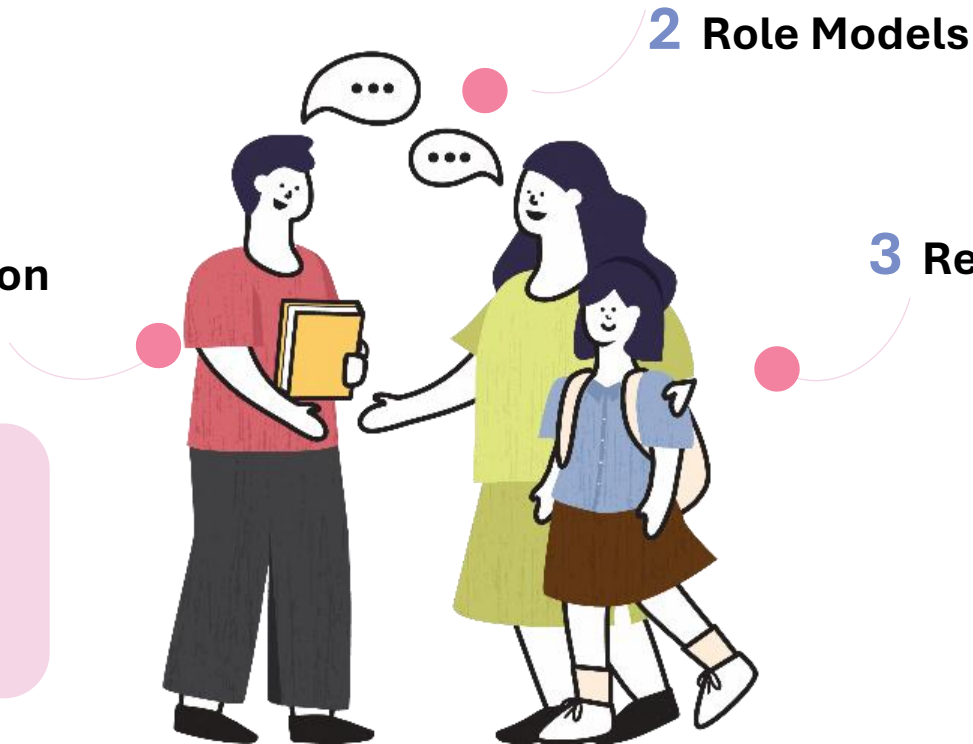
3 areas we can work together on to foster School-Home Partnership

1 Respectful Communication

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

2 Role Models

3 Real Connections



Respectful Communication

Listen, understand, and foster kind words and actions between you and your child



Have regular and genuine conversations with your child

- to better understand what they do online,
- how to stay safe,
- how to use technology in a responsible manner.

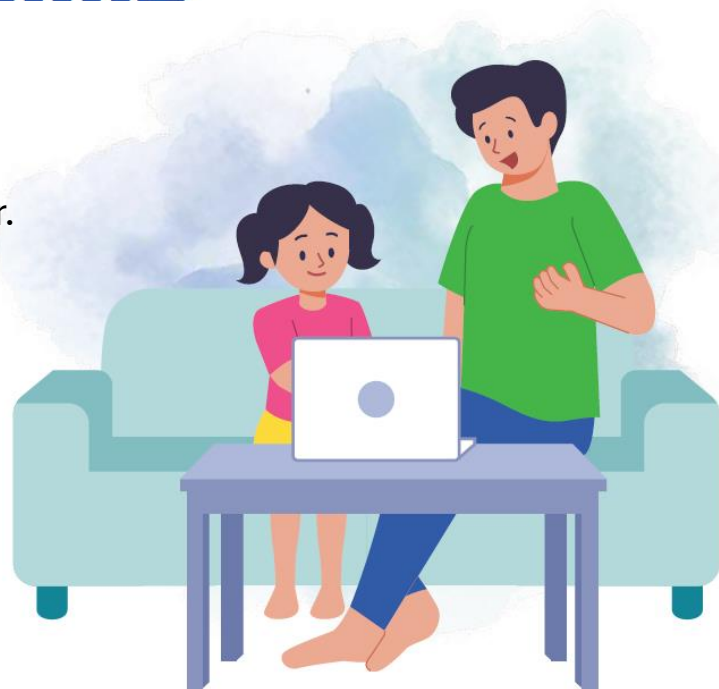


Communicate your actions and rationale.

- Let your child know **you care for them** and **want them to be safe online.**



Discuss with your child as you set parental controls to manage device use and stay safe online.



Role Models

As parents/guardians, you play a significant role in helping your child establish healthy digital habits, and learn to use technology in a positive and meaningful way.



Role model healthy use of devices and social media and good online behaviour for your child/ward

- E.g. parents/guardians not using devices during mealtimes, respectful online communication



Role modelling respectful conversations –

- Parents are in the best position to role model these skills through daily interactions with your child.
- **Listen to understand**, instead of listening to give advice and offer solutions.



Real Connections

Cultivate strong relationships and healthy habits in this digital age



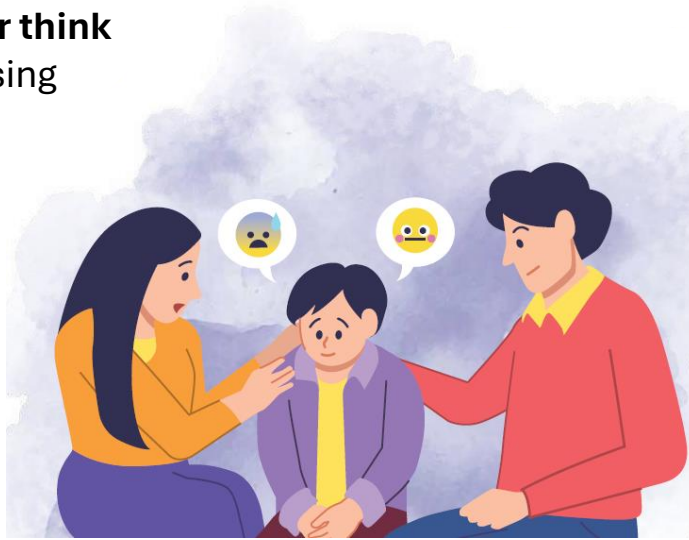
Provide a safe space for conversations

- Children may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.
- You can let your child know that it is **normal to feel or think the way they do**, and that **they can feel safe** expressing themselves with you.



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

- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- **Parental control settings** can be used to monitor and limit screen time as agreed with the child.



Forging Strong Home-School Partnership



Grow Well SG: A Key SG initiative Towards Growing Resilient and Healthy Children!

1



Eat Well

Fuel for growth and learning. Good nutrition can support growth and enhance overall health and development.

2



Sleep Well

Rest for success. Healthy sleeping routines can improve concentration, mood, and physical development.

3



Learn Well

Engage in diverse learning experiences for holistic development. Excessive screen use and unrestricted access to digital technology may hinder our children's learning and affect their mental well-being.

4



Exercise Well

Active bodies, active minds. Regular physical activity can strengthen bodies, sharpen minds and boost self-esteem.

Equally important is **Bond Well** as bonding well supports and reinforces healthy lifestyles in children.



Bond Well

Connect for better well-being. Strong relationships within the family and social connections with friends can strengthen emotional well-being, resilience, and overall development.

Growing Resilient Admirals

- This is crucial piece for all of us – parents and school
- A “must-do”, not a “good-to-do”!



<https://go.gov.sg/resilienceinyourchild>



Healthier SG

Health A-Z

Live Healthy

Mental Well-Being

Parent Hub

HOME > LIVE HEALTHY

Building Resilience In Your Child

You can't protect your children from all of life's stressful situations, but you can sure teach them to roll with the punches and emerge stronger than ever.



Growing a supportive community with, and for, our Admirals:

- Teachers and parents working closely to better understand our children's strengths, areas for growth, affirmations, concerns
- Mutual reinforcement of right habits and routines in school and home
- Starting each day right & with the right values – **punctuality**, reading widely and critically (Mon-Wed, EL book; Thurs-Fri; MTL book)
- Cultivating the habit of reading in school and at home e.g. “print-rich” environment, role-modelling reading behaviours
- **Reiterating and Reinforcing our school's values: G.R.I.T.**

A “We-First” Mentality: “It takes a village to raise a child”



- Our Admirals thrive and flourish when they learn alongside one another (not just by themselves!)
- Admirals to be kind in their words, actions and deeds while we constantly look out for others
- “Remember there’s no such thing as a small act of kindness. Every act creates a ripple effect with no logical end.”
- Let’s role model for our children!
- Grow our Admirals into empathetic and inspiring leaders who are not self-centred.



Admiralty Primary School
Nurture Compassionate Citizens & Life-long Learners

Thank you!