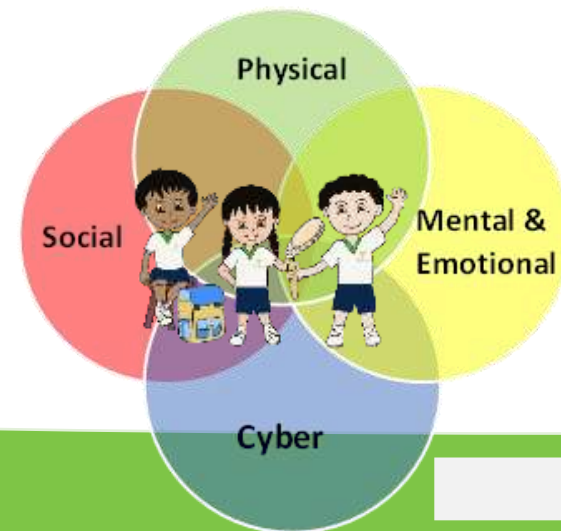


# Becoming a Future-Ready Learner – Promoting Holistic Health

Sengkang Green  
Primary School

**Primary 2**  
**Parent Engagement Session 2024**  
19 February 2024

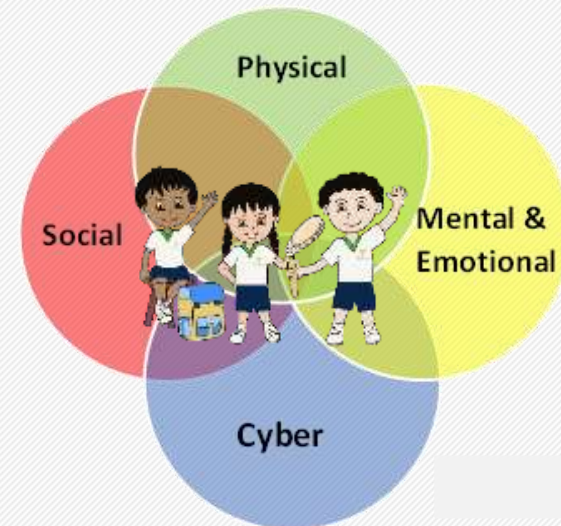


# Scope of Sharing

- School Leader's Address
- Key programmes at P2
- CCA Selection
- Class Allocation
- Criteria for Edusave Awards

# Becoming a Future-Ready Learner – Promoting Holistic Health

## School Leader's Time





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# Welcome



A vibrant school with a culture of care and the spirit of excellence



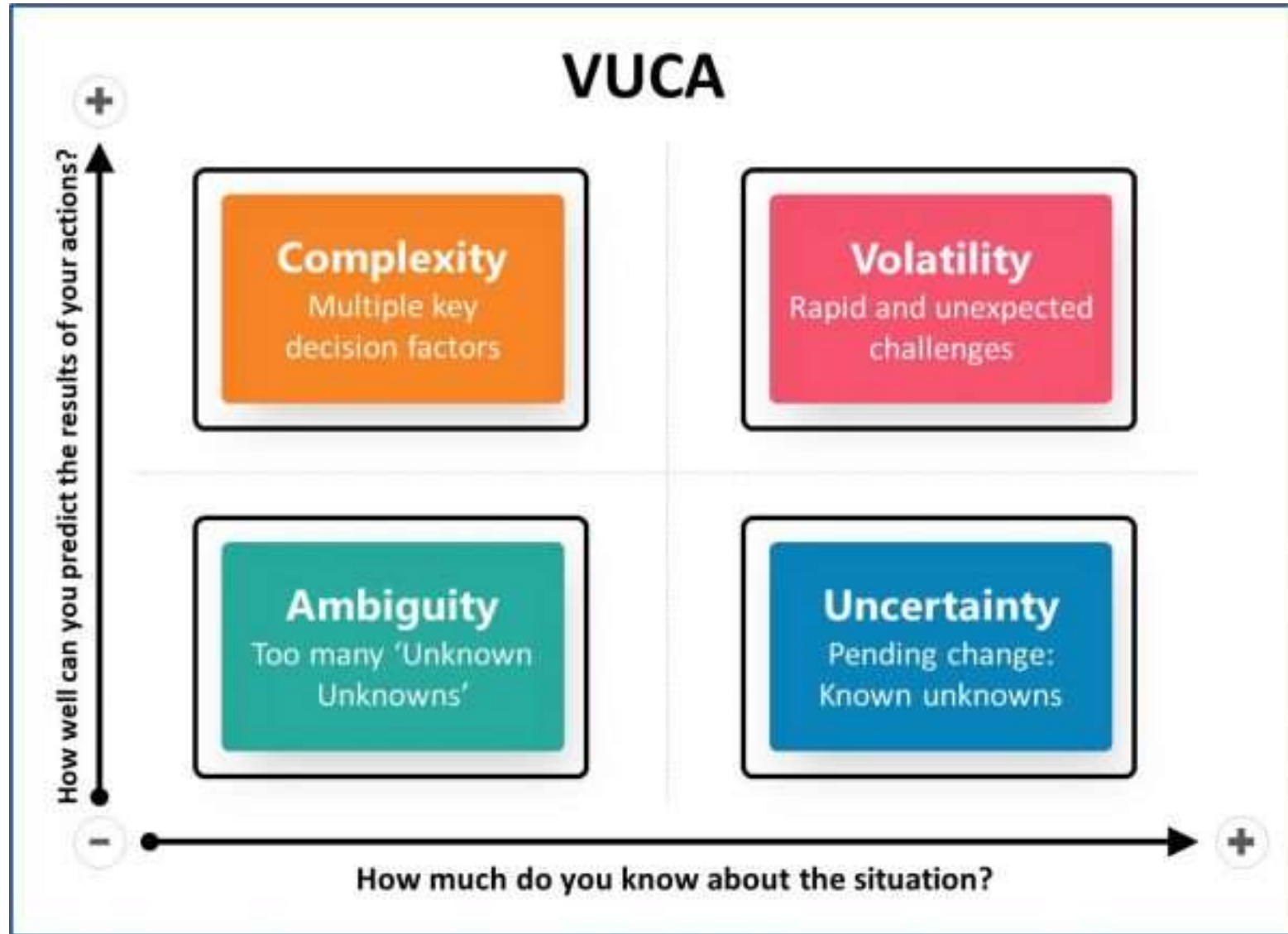
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Primary School

# Desired Outcomes of Education

Students who are

- Confident
- Self-directed
- Active contributors
- Concerned citizens

- 
- A good sense of self-awareness.
  - A sound moral compass.
  - Necessary skills and knowledge to take on challenges of the future.



# 21 Century Competencies

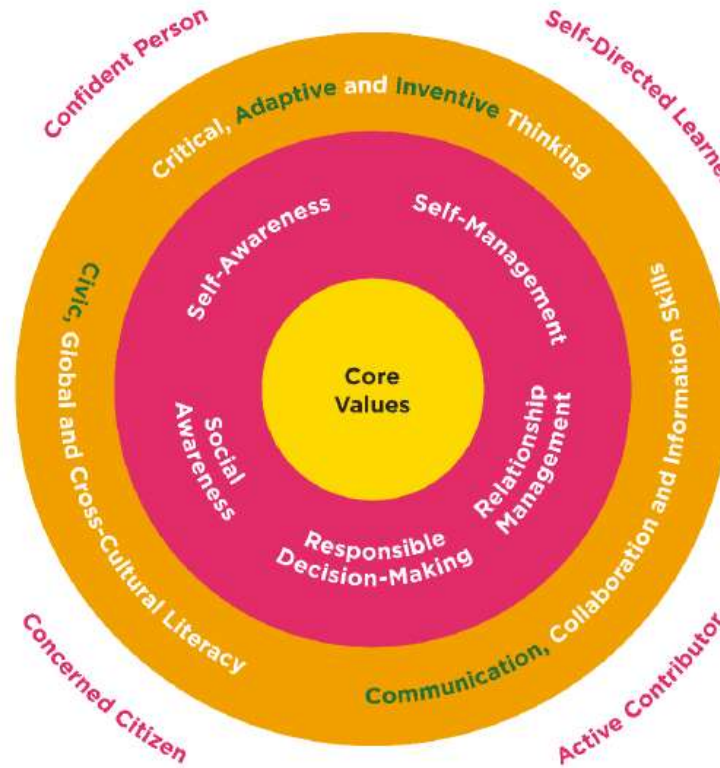
## Laying the strong foundations for our young to thrive and achieve success in a VUCA world

### Adaptive Thinking

- i. Assesses different contexts and situations in order to make connections and draw new insights
- ii. Manages complexities and ambiguities by adjusting one's perspective and strategies

### Civic Literacy

- i. Demonstrates understanding of values, ideals and issues of personal, community and national significance
- ii. Plays active and constructive roles to improve the school, community and nation



### Inventive Thinking

- i. Explores possibilities and generates novel and useful ideas
- ii. Evaluates and refines ideas to formulate novel and useful solutions

### Communication

- i. Effectively communicates information and co-constructs meaning
- ii. Engages empathetically with diverse perspectives

# Our school themes have been carefully selected to develop the character of each SKGian, guided by the school's vision, mission and values

Harmonising  
Towards  
Excellence

2018

Develop  
Yourselves  
Holistically

Learning –  
A Lifelong  
Passion

2019

Develop Mindsets  
and Attitudes,  
Learn Habits and  
Skills that help you  
to learn for life

Be The  
Best  
that I  
Can Be

2020

Know yourself,  
Manage yourself,  
Exercise Personal  
Leadership,  
Develop Self  
Agency

Be The  
Best  
that We  
Can Be

2021

Learn how to  
make friends,  
accept that others  
can be different  
from us, learn with  
others

We Are  
Ready to  
Serve

2022

Learn and practise  
empathy, be kind  
and encouraging in  
thoughts, words and  
acts, help others in  
need, and put  
others before

Becoming  
a Future-  
Ready  
learner

2023 and  
beyond





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Primary School

# School Theme 2024

## Becoming a Future-Ready Learner - Promoting Holistic Health



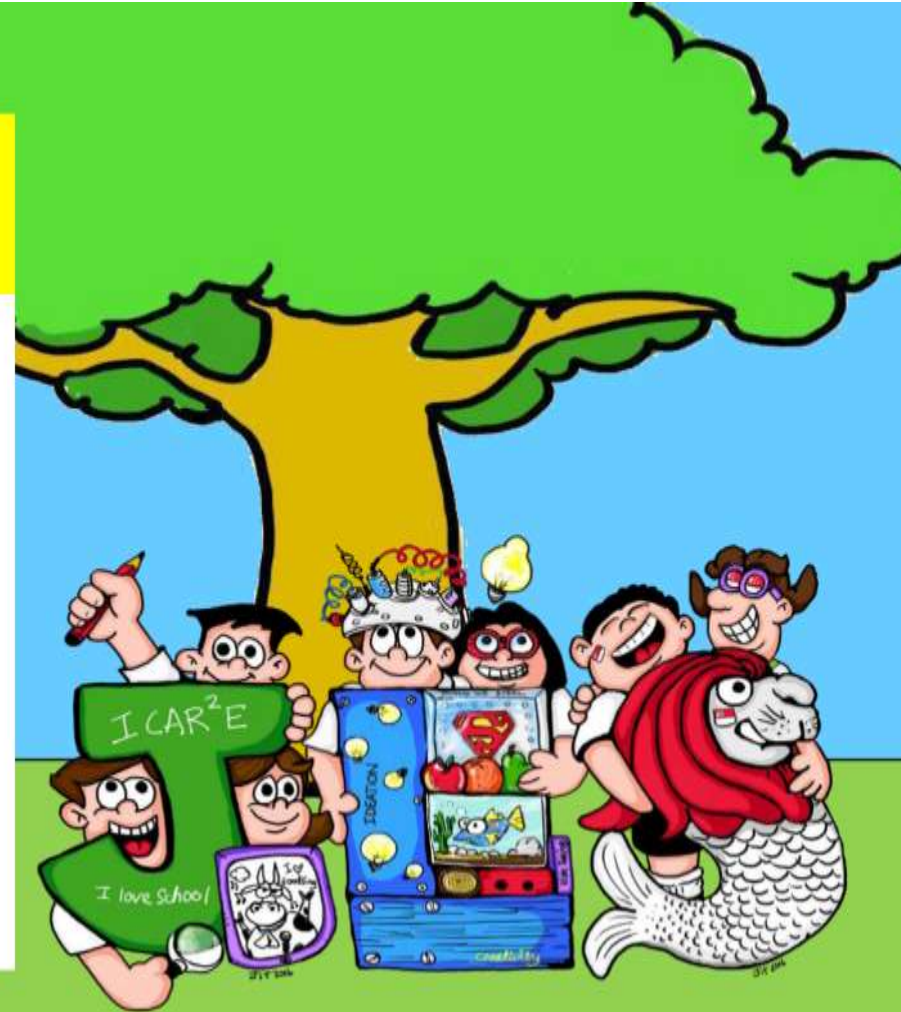
A vibrant school with a culture of care and the spirit of excellence



SENGKANG GREEN  
Primary School

## School Mission

To nurture  
healthy and happy  
individuals with  
strength of **character**,  
ready to **serve**,  
ready for the future

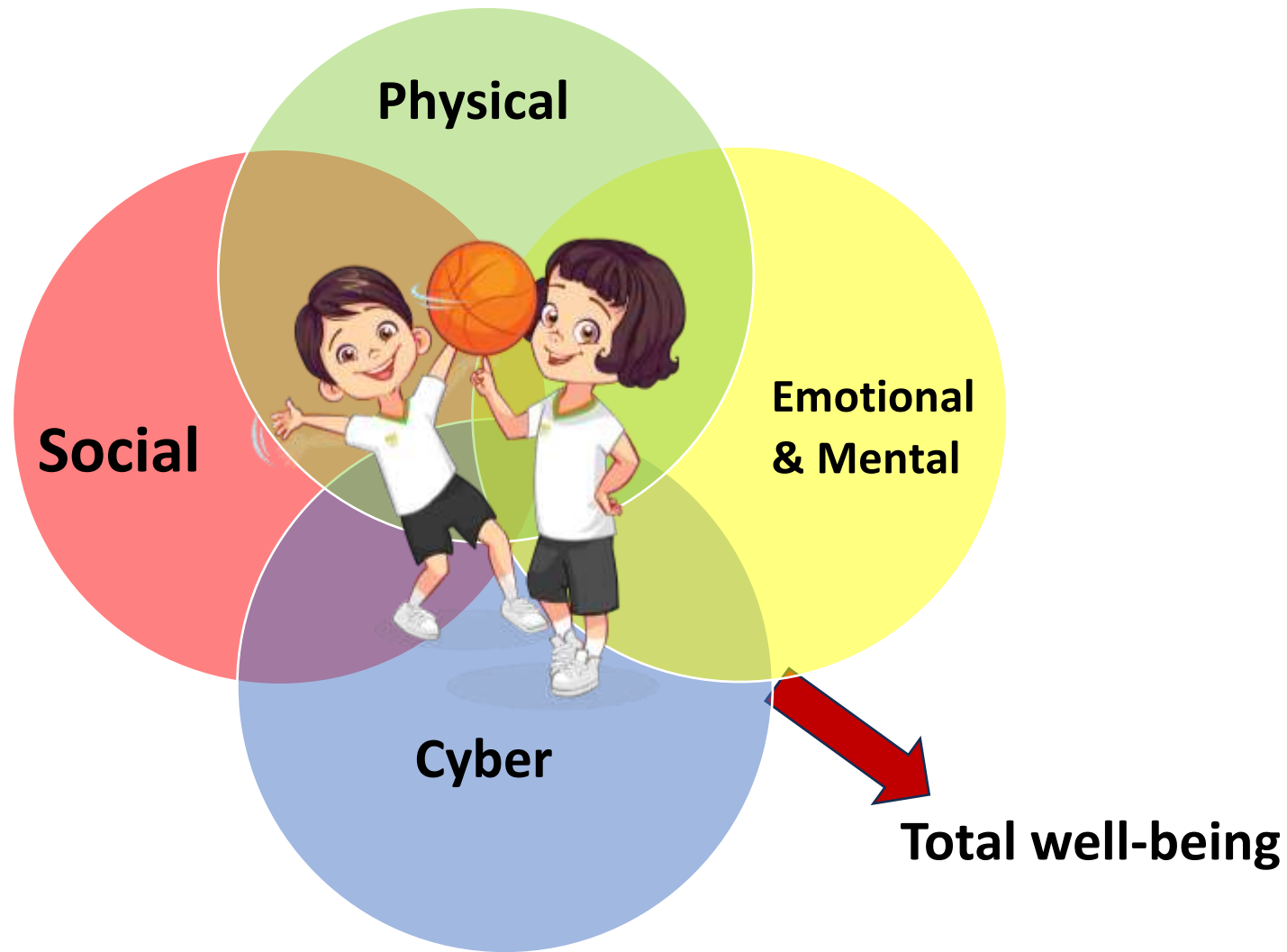


A vibrant school with a culture of care and the spirit of excellence



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# What is holistic health?



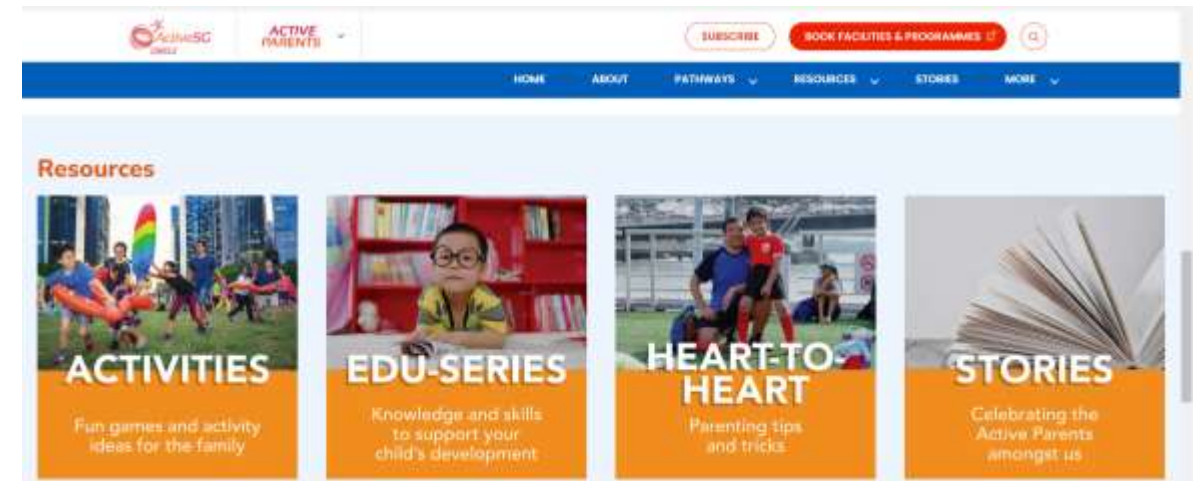
A vibrant school with a culture of care and the spirit of excellence

# Physical Health

This includes

- food and nutrition
- physical exercise
- rest
- good hygiene practices

<https://www.activesgcircle.gov.sg/activeparents>





# A balanced diet



- Manage a healthy weight
- Support a strong immune system
- Increase energy levels
- Improve mental health and well-being
- Enhance mental focus



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**Be Active and Exercise Regularly**

# The Importance of sleep for children.



These are among the many benefits of adequate sleep for our children.

- 1. Promotes growth**
- 2. Reduces health risks**
- 3. Helps manage weight issues**
- 4. Boosts concentration, learning and memory**

# Getting adequate sleep

## Recommended

At least 9 hours of sleep for children aged 6-13 years old

Pre-School 3-5 Years

10-13 HOURS



School Age 6-13 Years

9-11 HOURS





# Emotional and Mental Health

## The Happy SKGians

- SKGians find a clear purpose in their role as students, foster a sense of fulfillment and well-being
- Understanding how our minds process information (learn), regulate emotions, and develop a positive and resilient mindset, becoming confident
- How do SKGians develop emotional and mental health?
  - ✓ positive self-talk,
  - ✓ continuous learning,
  - ✓ adopt a growth mindset, and
  - ✓ have empathy and show gratitude

Self-Awareness  
Self-Management



## Social Awareness Relationship Management

# SOCIAL HEALTH

- Build positive relationship with others
- Respectful and empathetic communication
- Being part of a community and understanding our responsibility to others

# Cyber Wellness

- Teaching our children to use technology purposefully for learning
- Balancing offline and online activities
- Being responsible digital citizens



## Bullying, vulgarities and strangers in online games

A survey of 810 youth-parent pairs found some worrying trends. The youth were aged 10 to 18.



**1 in 2**

youth games daily, most for more than two hours each time



**1 in 3**

plays online games with strangers



**Up to 14%**

of youth meet or chat with strangers outside of the games



**1 in 3**

teen gamers between 13 and 18 years old frequently comes across vulgarities or violent content online



About **1 in 5**

teen players between 13 and 18 years old says he/she faces in-game bullying



**1 in 4**

parents does not know who the children game with

Source: MCI

STRAITS TIMES GRAPHICS



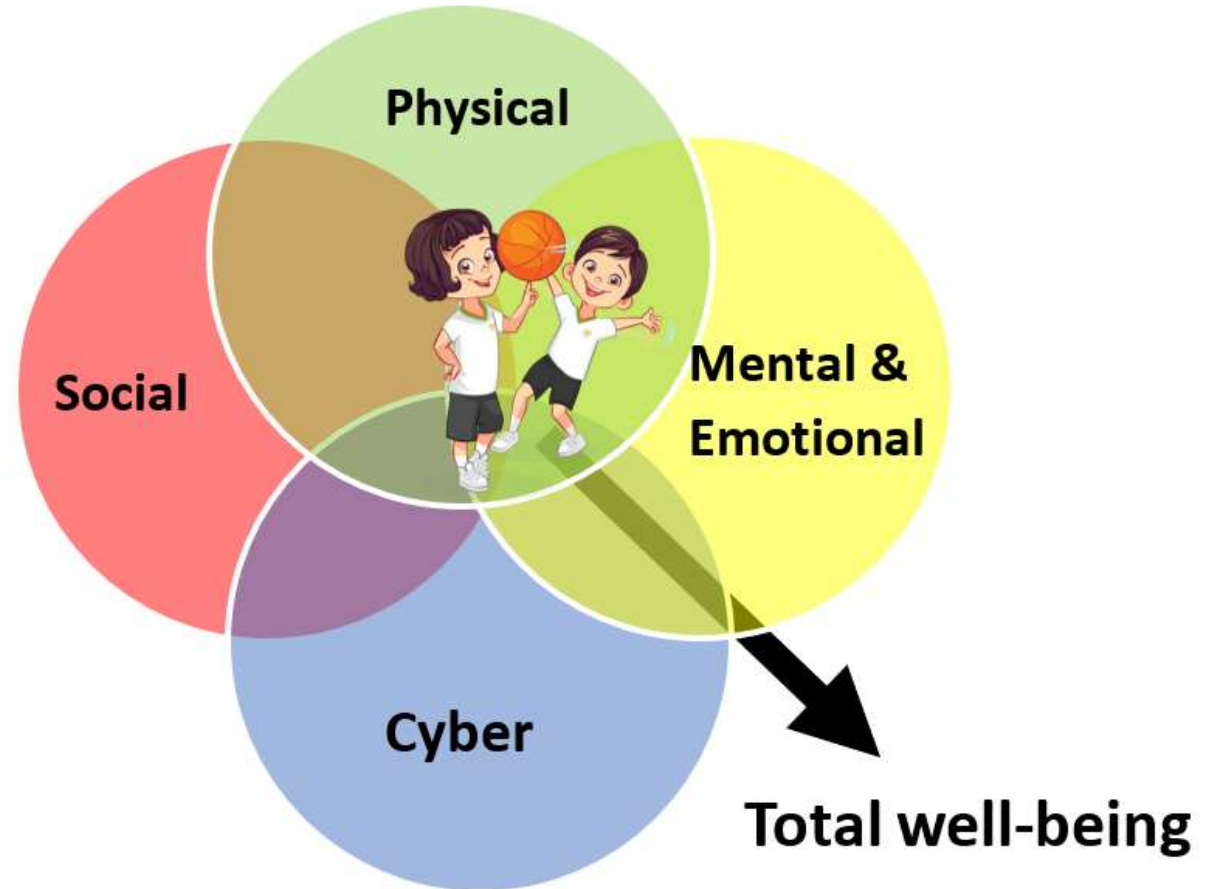
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Primary School

# Why Holistic Health?

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# Holistic Health

There is a meaningful link between holistic health and preparing our SKGians for the future





## We believe that SKGians are capable of

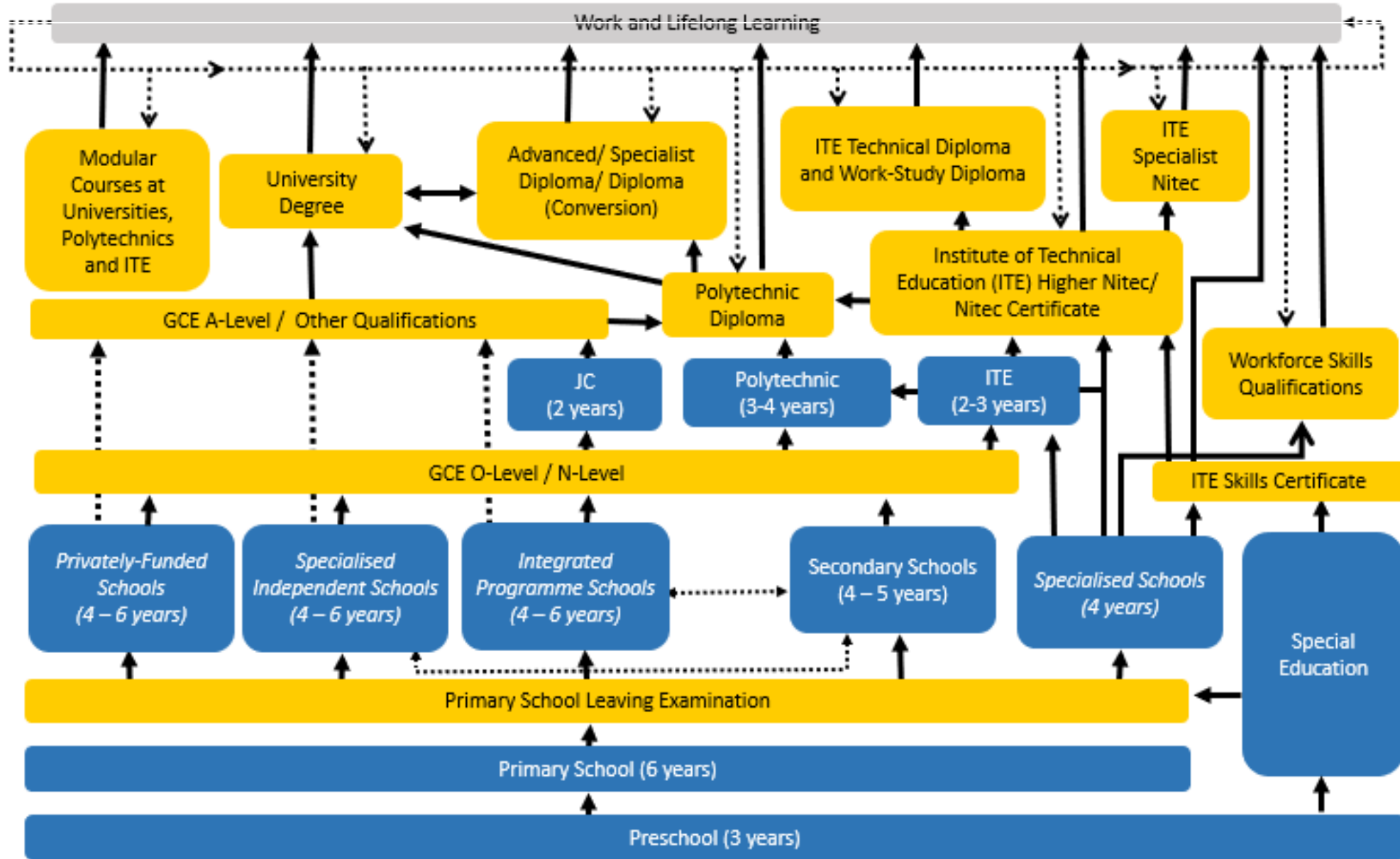
- Taking responsibility for their own health and well-being.
- Developing the knowledge, skills and attitudes to live healthily.
- Building motivation to sustain a healthy lifestyle in school and in life.
- Becoming future ready to take on the challenges of life.

**We Can Be**

# Educational Pathways Today that Starts with Pre-School Education



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**And there are multiple pathways to success**



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# Learn for Life

- Develop diverse strengths and interests of our students
- Nurture an intrinsic motivation to learn
- Ensure every child has a good start in life, and can access opportunities at every stage of their lives







# Home-School Partnership

Our children  
succeed when  
parents and  
schools work  
hand in hand.

**Help your child succeed in life**

Our children do best when schools and parents work hand in hand to support them. Here are some tips to make this happen...

- Work with the school to know and support your child**
  - Have regular conversations with teachers in both academic and non-academic areas – this will help you better guide your child's development.
  - Check the teachers' preferred mode of communication – they are not required to share their mobile numbers.
  - Understand that teachers may not be able to respond to your queries immediately.
- Help your child relate to others**
  - Work with the teachers to help your child respect differences and resolve disagreements amicably.
  - Let the school verify the facts in any incident before taking action to ensure a fair, objective outcome for all parties.
- Help your child develop good habits**
  - Create a conducive home environment for your child to enjoy reading and to finish his/her homework by himself/herself.
  - Encourage your child to live a healthy, balanced life with time for sleep and play.
- Help your child manage himself/herself**
  - Guide your child in managing his/her time.
  - Encourage your child to help out with household chores.

Work with the school to  
support your child

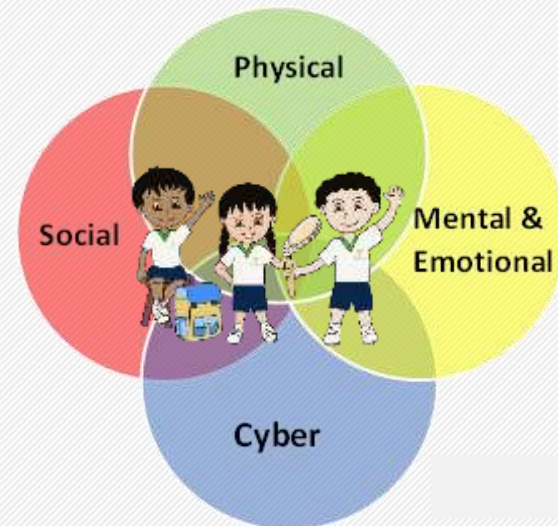
Help your child relate to others

Help your child develop good  
habits

Help your child manage  
himself/ herself

# Becoming a Future-Ready Learner – Promoting Holistic Health

## Year Head's Sharing





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A central image showing a circle of hands of various skin tones, all reaching in and holding each other, symbolizing support and unity.

# Supporting Our Students' Learning at Primary 2

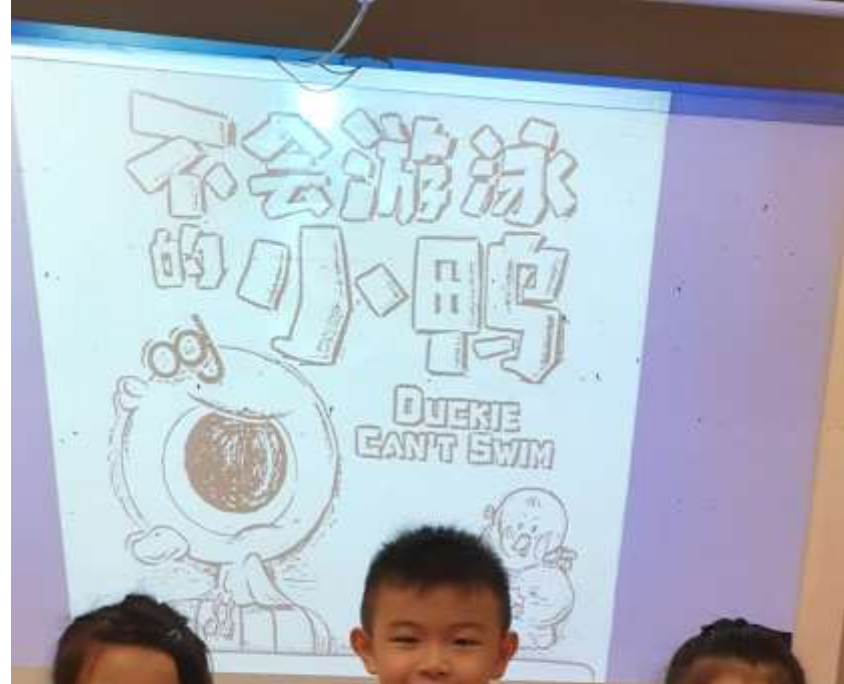
image from: <https://virginiahelpinghands.com/>

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# First Day of School in P1 (2023)

of care and the spirit of excellence



Building friendship...



**Learning through interaction and engaging activities**  
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# Transition to Primary Two

- Greater self-independence and self-regulation
- Greater interpersonal awareness for collaborative social interaction
- Greater rigor in learning



# Transition to Primary Two

Students need to:

- Be disciplined and stay focused over a longer time span.
- Be independent in managing their learning resources and schoolwork.
- Be responsible in regulating their emotions towards self and others.
- Observe social norms in sharing ideas and duties when working in groups to foster collaboration and deepen learning.
- Attend school regularly to keep pace with the learning routines and momentum.







chanchuning.sg • Follow



We want every student to be a Creator, Connector and Contributor. Where 21st Century Competencies and values are prized above book knowledge, and our students are able to create new value, bridge differences and give back to those around them. I hope that they will be able to distill, discern and discover knowledge for themselves, long after our students have completed formal

957 likes

September 20, 2023

Log in to like or comment.



# How we support our students



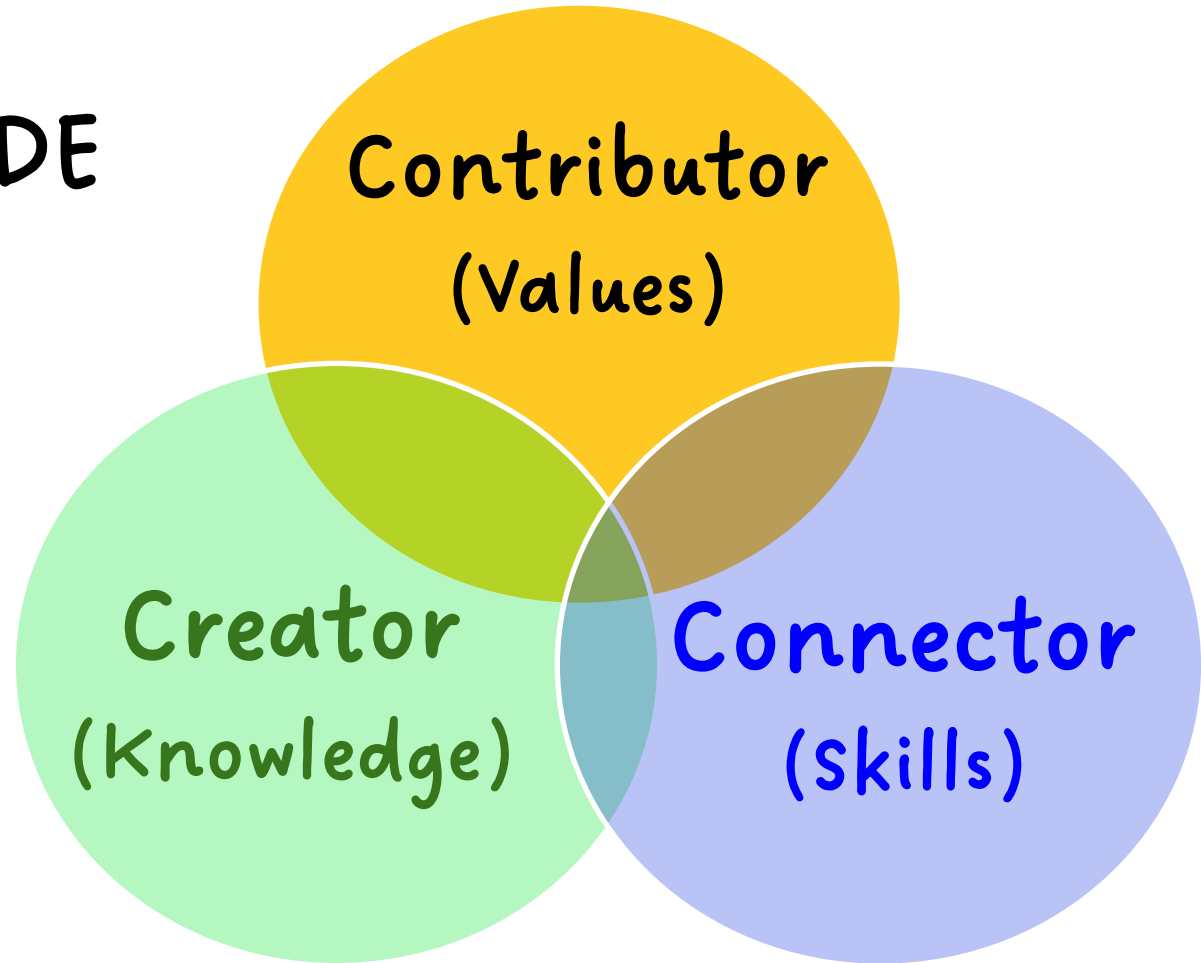
**SCHOOL-WIDE**



**CLASS**



**HOME**





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Primary School

# How we support our students



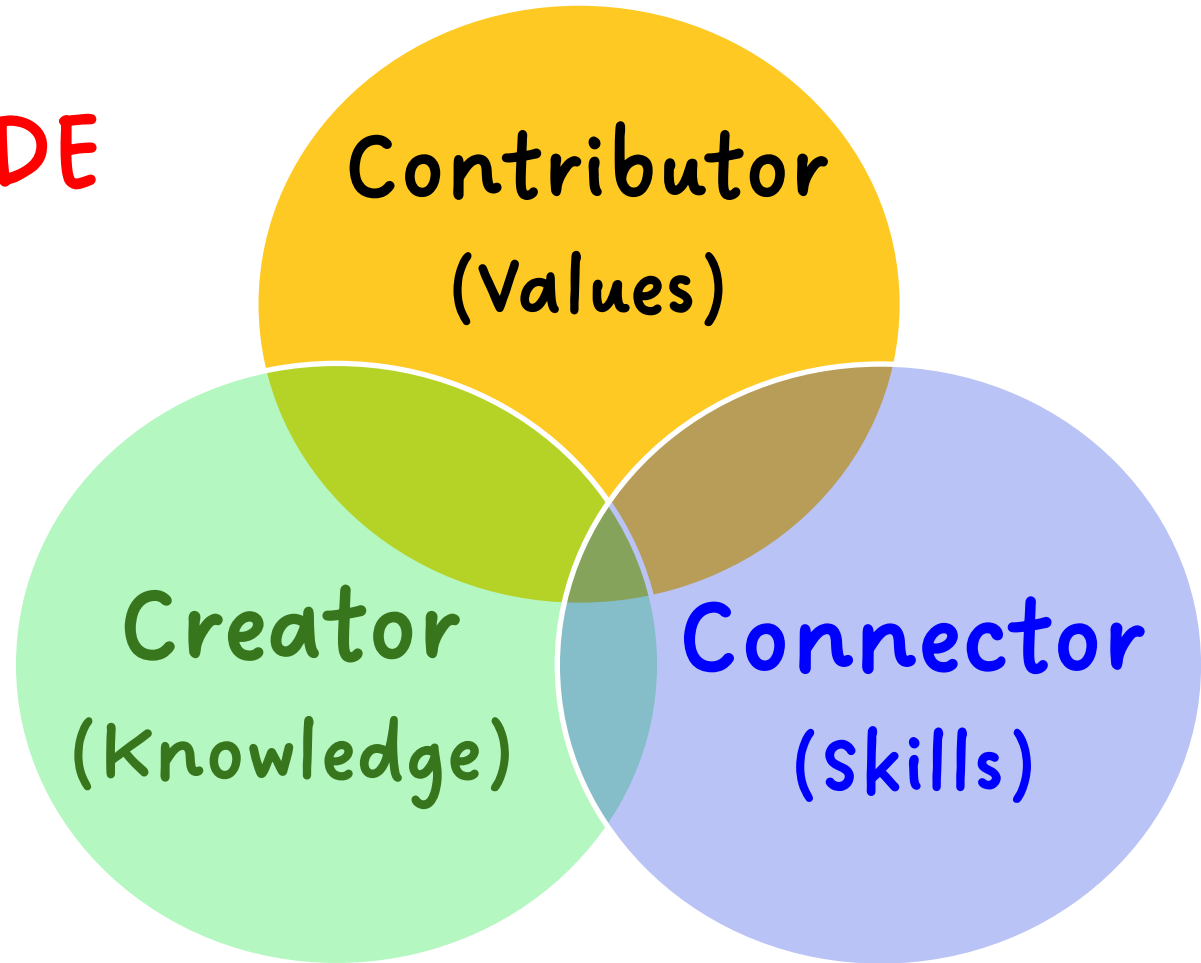
**SCHOOL-WIDE**



**CLASS**

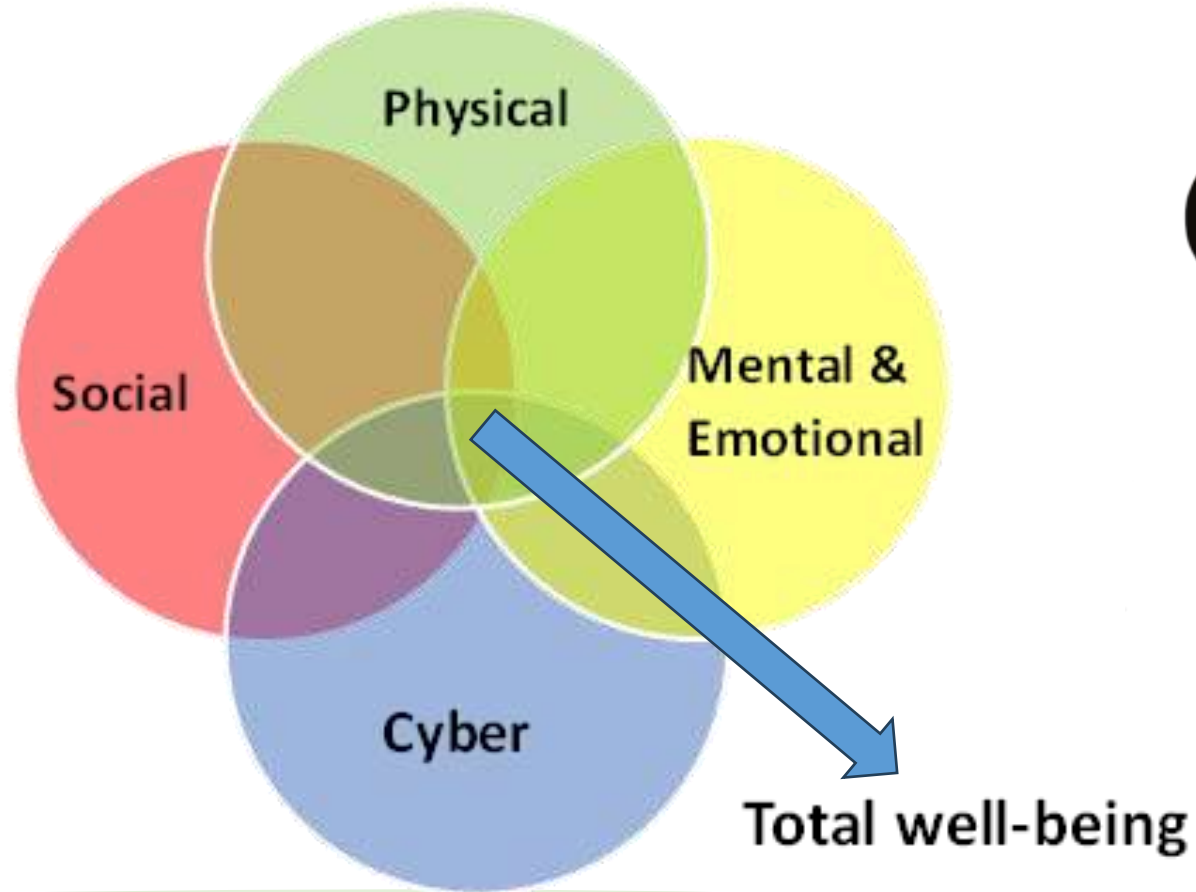


**HOME**

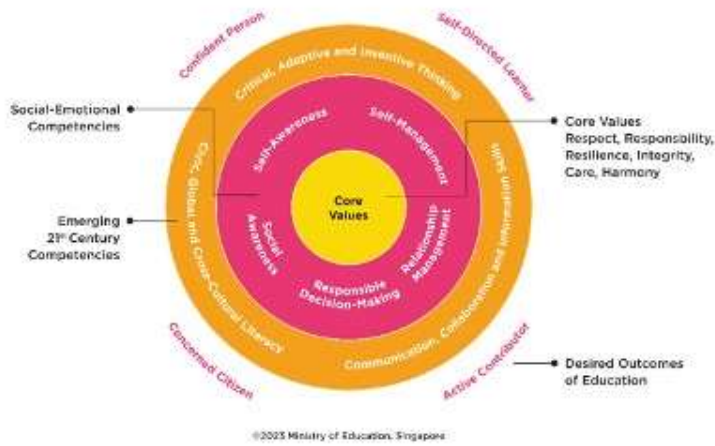


A vibrant school with a culture of care and the spirit of excellence

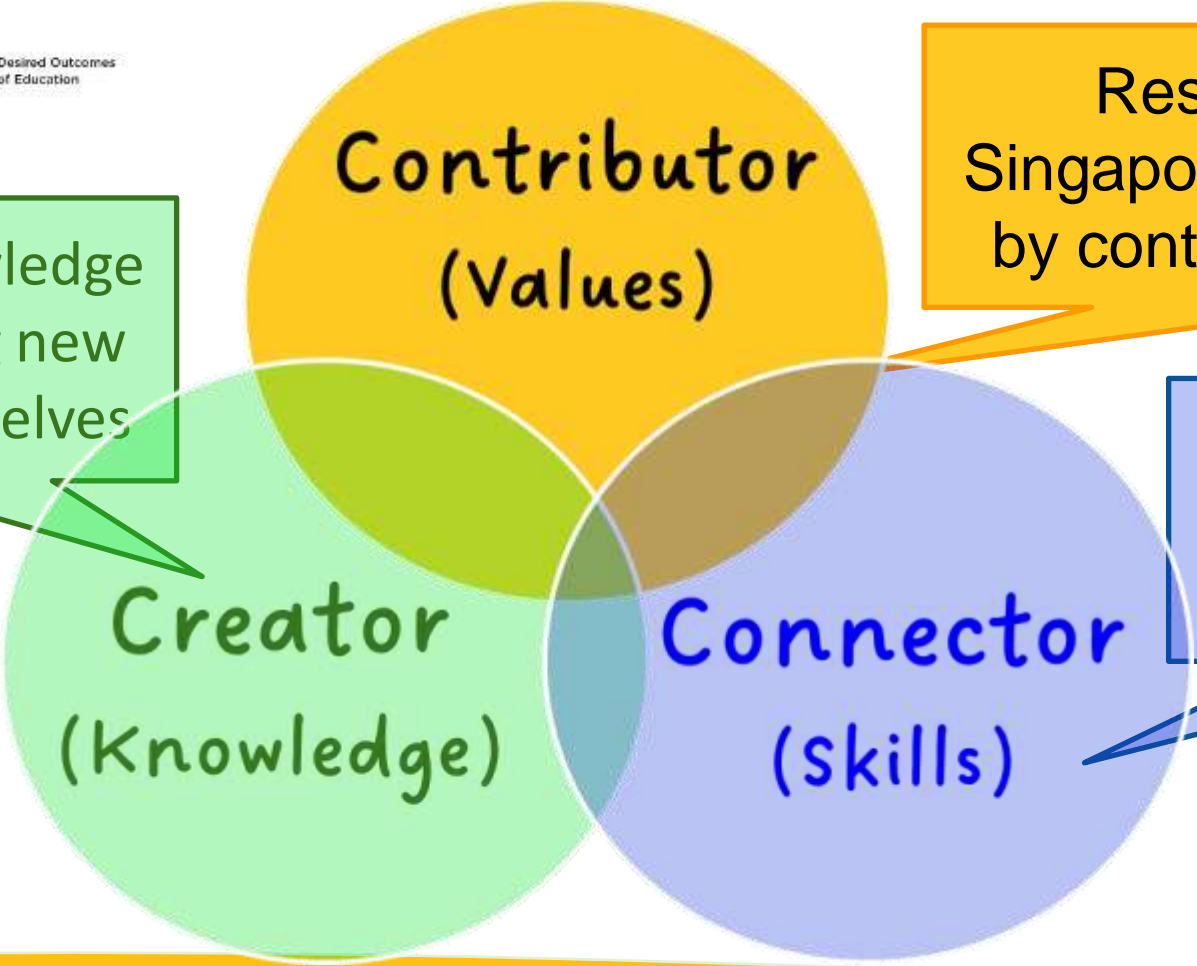
# Becoming a Future Ready Learner - Promoting Holistic Health



# Becoming a Future Ready Learner - Promoting Holistic Health



Using acquired knowledge to create something new to distinguish themselves



Respect the diversity of Singapore and be ready to serve by contributing back to society.

Collaboration with others through sharpening 21<sup>st</sup> CC skills

# P2 Key Programmes

## Values

Character and  
Citizenship  
Education(CCE)

Form Teacher  
Guidance period  
(FTGP)

Programme for  
Active Learning  
(PAL)

21st Century  
Competencies

KNOWLEDGE, SKILLS,  
VALUES, HOLISTIC HEALTH

Optional  
Enrichment  
Programme

Instructional  
programmes EL,  
MA, MT and SS

PAM  
(Physical Education,  
Art and Music)

*Social Emotional  
Competencies*

**T**ogether  
**E**very SKGian  
**A**chieves  
**M**ore holistically

Lifelong Learners

Ready to serve

Ready for the future



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# Character and Citizenship Education

TEACH

EMBED

LIVE



## CCE @ SENGKANG GREEN PRIMARY SCHOOL

### Customised Curriculum

CCE Lessons

Values Based Assembly

FTGP and Heart to Heart Interaction

Social Studies and Inquiry-based Learning Journey

### Signature Programmes

National Education; 4 NE Commemorative Events

Values in Action

Education and Career Guidance

Sexuality Education

CCE Heartbeats

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# Heart 2 Heart Session





# PAM (Physical Education, Art and Music)







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# Programme for Active Learning (PAL)



**Outdoor  
Education**



**Visual Art**



**Sports and Games**



**Performing  
Art (Drama)**



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# Programme for Active Learning (PAL)

## PAL Student Outcomes and Objectives

### PAL Objectives and Learning Outcomes

#### Learning Outcomes

PAL hopes to nurture in children

- Confidence, Curiosity, Cooperation Skills (3Cs)
- Social-Emotional Competencies (SE Competencies)

#### 5 Characteristics of PAL

- Experiential in Nature
- Encompasses Learning in a Creative Way
- Provides Opportunities for Children to Create
- Incorporates Values Education and Social-Emotional Learning
- Fun and Enjoyable



Ministry of Education  
SINGAPORE

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# How we support our students



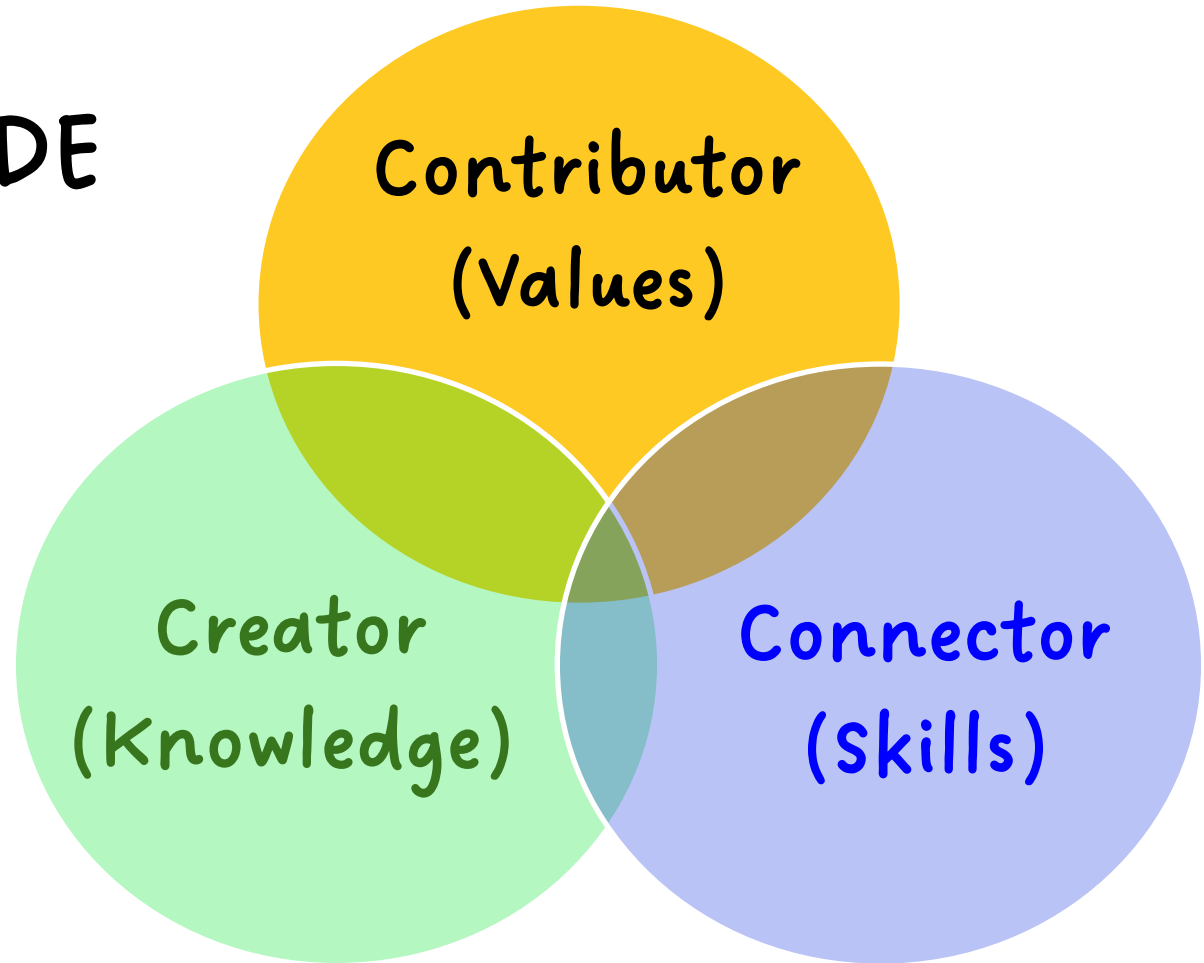
**SCHOOL-WIDE**



**CLASS**



**HOME**



# Support by Form Teachers & Subject Teachers

## Focus: Develop a supportive and empowering experience for our students

- Create a learning environment that increases self-motivation, supports students' efforts in learning, increases self-ownership, and improves self-regulation.
- Provide opportunities for students to practice active self-management and student agency.
- Work closely in partnership with parents to bring out the best in our students."

*Your child's form teachers will share more with you during the classroom segment.*



# How we support our students



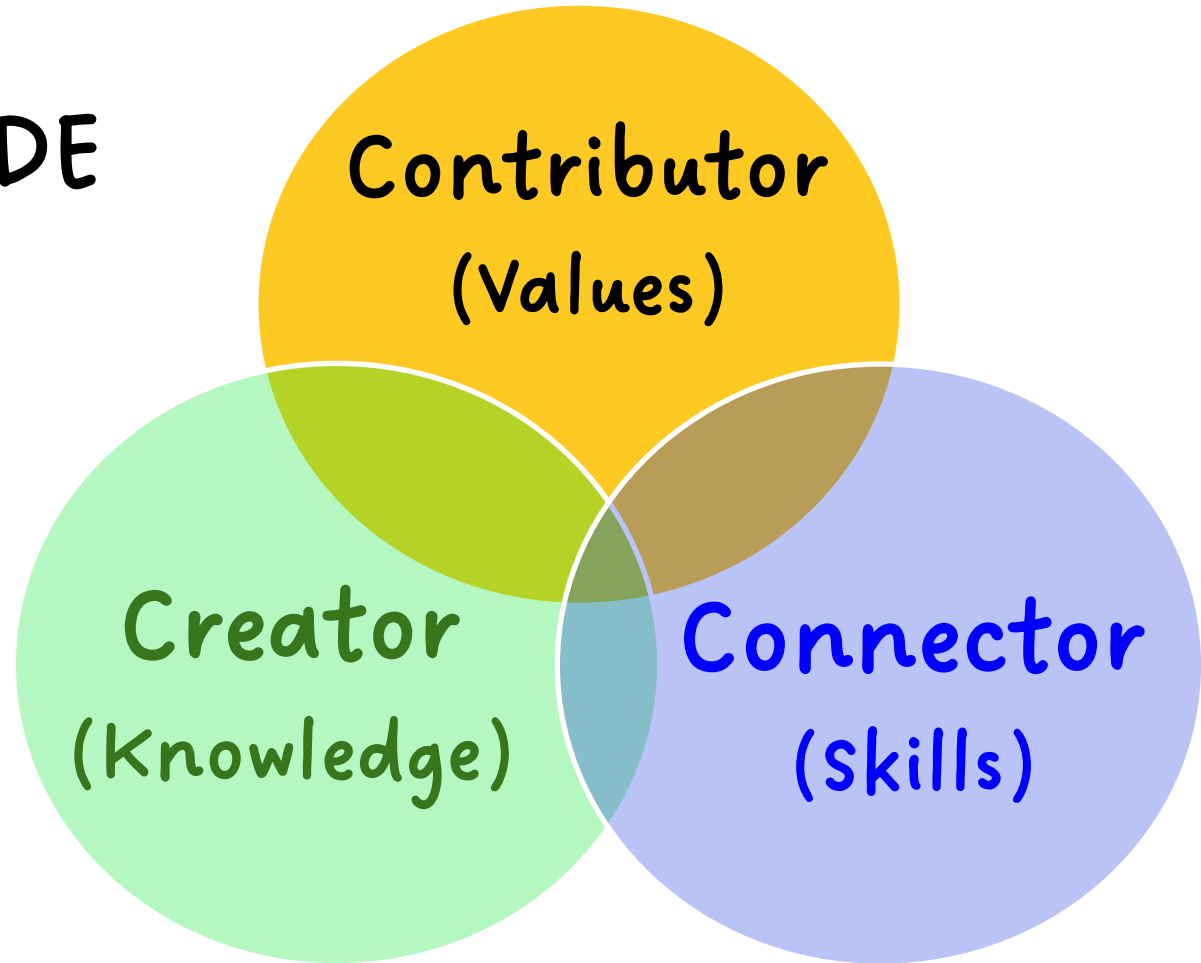
**SCHOOL-WIDE**



**CLASS**



**HOME**



# Home Support

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## The whole child



Home

School

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- **Commitment** to work together to develop your child with positive habits and routines.
- **Collaboration** between teachers and parents to support your child in learning.
- Regular **communication** between parents and teachers to ensure consistency in nurturing your child.





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# Building Daily Routines and Habits

1. Regular school attendance
2. Punctuality
3. Submission of work punctually
4. Do their best
5. **Monitor their online activities**



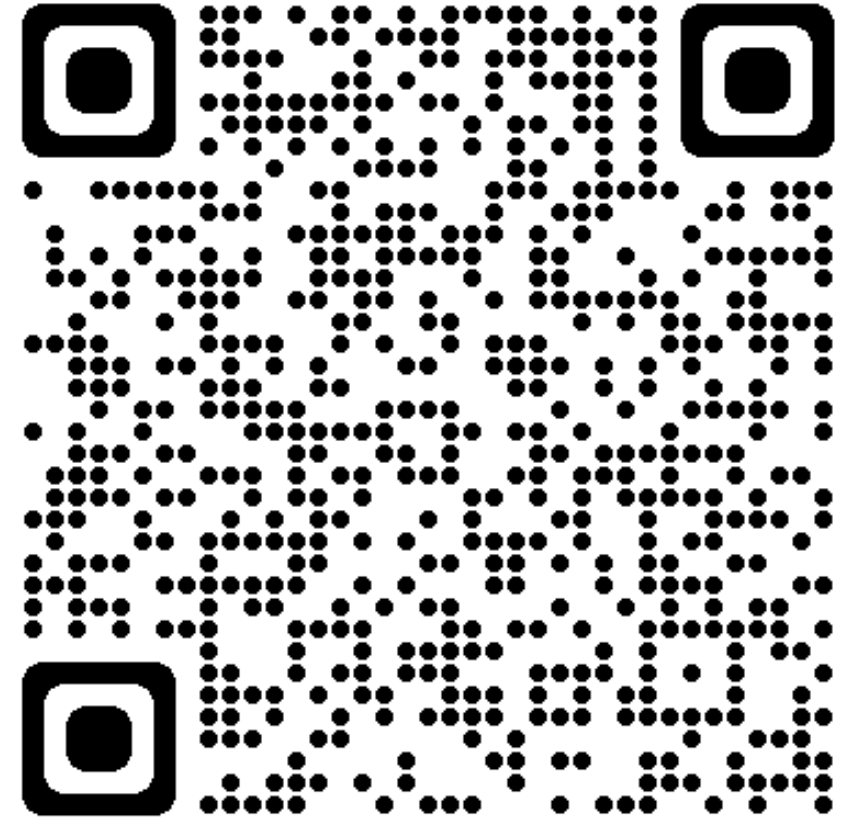
# Cyber Wellness

*1 in 2 parents reported that their children has viewed inappropriate content online*

Protect your children from inappropriate content.  
Talk to them about it.



May have adverse effects on a young person's health and wellbeing, leading to feeling upset and confused



[Digital Wellness \(imda.gov.sg\)](https://www.imda.gov.sg/digital-wellness)

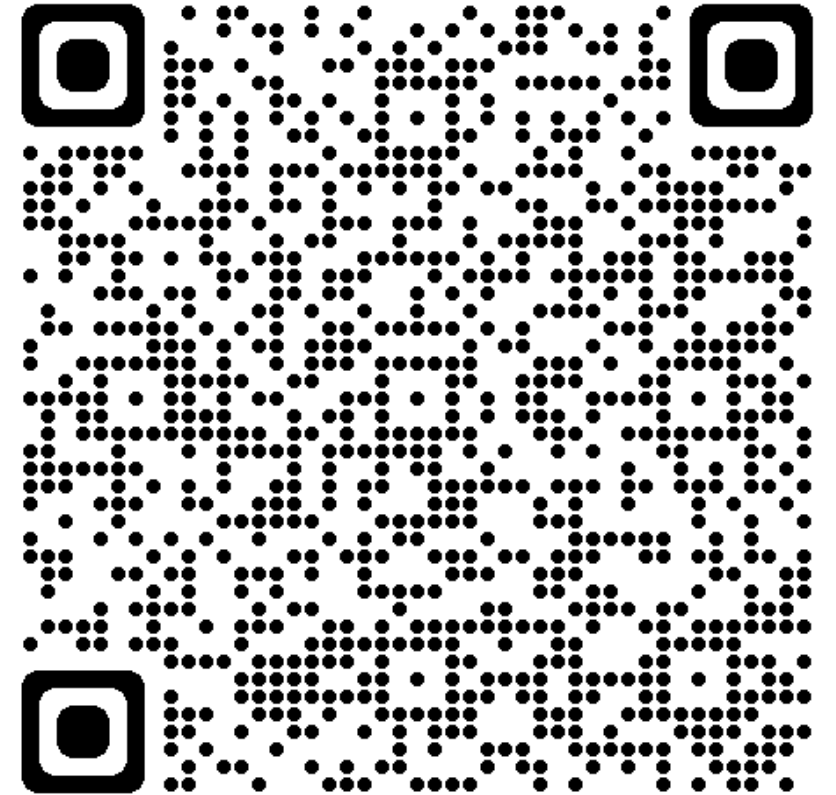
# Cyber Wellness

*Gaming addiction on the rise among children in Singapore amid pandemic*

Counsellors seen **an increase** in the number of cases of reports by parents about their children being **hooked on online gaming** by 60% since the pandemic

**Affects brain development that focus** on rational thinking, pausing and self-reflection

THE STRAITS TIME, PUBLISHED  
FEB 6, 2022, 5:00 AM SGT



[Gaming addiction on the rise among children in S'pore amid pandemic: Counsellors | The Straits Times](#)



# Cyber Wellness

## *Managing children's online and gaming activities*

- Be mindful of underlying issues that may lead children to online activities as a coping mechanism.
- Regular communication in bringing topic on age limit on social media platform and online games
- Have family time and children developing other hobbies to promote better **social interactions**
- Structure time that **set positive habits and routines** for schoolwork, play and other online activities

Source: <https://www.straitstimes.com/singapore/community/gaming-addiction-on-the-rise-among-children-amid-pandemic-counsellors>



# Cyber Wellness

## Safer Internet Day



A day to promote safer and more responsible use of technology and mobile devices

The theme for Safer Internet Day is ***“Digital Wellbeing and having a Healthy and Balanced relationship with Technology”***

On Safer Internet Day let's take time to:

- Commit to a screen-free weekend!
- Replace your screentime with another activity!
- Invite your parents or guardians to join along!



# Cyber Wellness

## Screen-free Weekend Activity

### Step 1: Commit to a screen-free weekend!

Commit to **one** of the following screen-free options for one day over the weekend:

- Not using mobile devices;
- Not engaging in recreational screen time;
- Not playing video games



# Cyber Wellness

## Screen-free Weekend Activity

### Step 2: Replace your screentime with another activity!

Replace the time you would normally spend online with something that you want to do offline. See the following activities for ideas that you can do.

- Play a sport
- Outdoor activities such as hiking/cycling etc.
- Spend time with friends in person
- Encourage family members to also engage in a screen-free weekend and take part in a family activity (e.g. board games)

## Screen-free Weekend Activity

### Step 3: Invite your parents/guardians to join along!

- Invite your parents/guardians to join you on a screen-free weekend and engage in some offline activities together.
- Have your parent to help take a photo/video of you engaged in a screen-free activity e.g. reading a book or playing outdoor sports.
- Ask your parents to upload the photo/video with a short description of your activity in Padlet!
- Padlet link: <https://go.gov.sg/sid2024>
- Padlet entries are to be in by 29 Feb.



<https://go.gov.sg/sid2024>



# Co-Curricular Activities (CCA) in Primary 3





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# CCA Experience

- integral part of our students' holistic education

- Students discover their interests and talents while developing ICAR<sup>2</sup>E values and SE competencies that will prepare them to become future ready learners in a rapidly changing world.
- Participation in CCA fosters social integration and deepens students' sense of belonging, commitment and sense of responsibility to school, community and nation.
- All students are strongly encouraged to participate in CCA from P3 onwards.





# Three broad CCA categories



<b>Aesthetics</b>	<b>STEM</b>	<b>Sports &amp; Outdoor Education</b>	
Art Club	Green Sparks	Basketball	
Chinese Dance	New Media	Floorball	
Choir	Robotics	Football	
Drama		Wushu	
Guzheng Ensemble		Scouts	
String Ensemble			
International Dance			
Indian Dance			

# CCA Selection

- P2 PAM teachers identified students' potential and interest during PAM and Enrichment lessons through observations in Semester 2.
- Students will be invited for an annual CCA e-Discovery Day via SLS in Term 4.
- A PG letter will be posted for parents to submit up to 3 choices via Google Form (All Ears).
- Students will be informed of their confirmed CCA choice (***one of their 3 choices***) by Term 3 Week 1 the following year (i.e. 2025).



# Class Allocation to P3

Level	The following year	Enrolment	Class Allocation
Primary 1 	Primary 2	30	En Bloc Promotion
Primary 2 	Primary 3	40	Mixed Ability



# LEARNING DISPOSITIONS

- Learning dispositions are the various traits that influence how children' approach learning.
- They are long-lasting habits of thinking and behaving, shaping how a child tends to respond to different situations.
- By nurturing positive learning dispositions, we can greatly enhance their learning achievements.



# Learning and Behaviour Dispositions

Dispositions	Description
<b>Joy of Learning</b>	<ul style="list-style-type: none"><li>• Good attendance, punctual for school and class</li><li>• Derives satisfaction from learning new skills or discovering new ideas</li></ul>
<b>Curiosity</b>	<ul style="list-style-type: none"><li>• Asks questions for deeper understanding</li></ul>
<b>Resilience and Grit</b>	<ul style="list-style-type: none"><li>• Work towards learning goals in a determined and/or a discipline manner</li><li>• Completion of homework that shows independency</li></ul>
<b>Enthusiasm</b>	<ul style="list-style-type: none"><li>• Actively participates across subjects</li></ul>
<b>Open-mindedness</b>	<ul style="list-style-type: none"><li>• Receptive and acts on feedback to improve</li><li>• Listens /pays attention in class and respect others' view and ideas</li><li>• Cooperates well with others in a group learning setting</li></ul>

Future-Ready SKGian



# How will my child be selected for Edusave Academic Awards?

## Evaluating Positive Learning Dispositions

Teachers focus on observing overall positive learning attitudes rather than just academic performance.

Joy of Learning

Curiosity

Resilience and  
Grit

Enthusiasm

Open-  
mindedness



## Edusave Merit Bursary

Students who consistently demonstrated positive learning dispositions in the course of the year, have demonstrated good conduct and whose monthly household income does not exceed \$7,500 (or per capita income does not exceed \$1,875).

Award amount:

- **Primary 1 to 3: \$200**

<https://www.moe.gov.sg/financial-matters/awards-scholarships/edusave-awards>



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## Good Progress Award

Students who do not qualify for Edusave Merit Bursary but showed the greatest improvement in learning disposition in the course of the year and have demonstrated good conduct.

Award amount:  
**Primary 2 to 3: \$100**



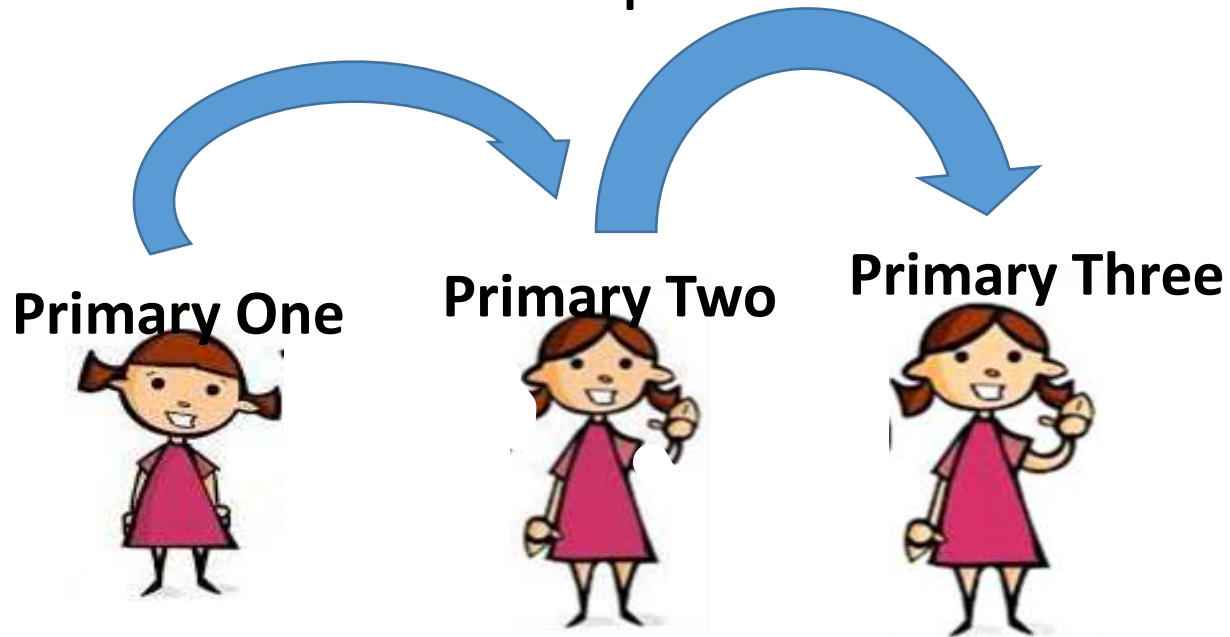
<https://go.gov.sg/cld0qb>

<https://www.moe.gov.sg/financial-matters/awards-scholarships/edusave-awards>



# Getting Ready for P3 Curriculum

- Good habits and routines of learning
- Build a strong foundation
- SE competencies



- Bigger class size
- Making new friends
- Learning a new subject (Science)
- Increase in the rigor of academic learning
- Greater opportunities for collaborative learning and fostering teamwork (Project Work)
- Developing and honing leadership skills through class and outside class opportunities
- Involvement in CCA



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# Supporting our children

**The whole  
child**



**Home | School**  
SENGKANG GREEN  
Primary School

- **Commitment** to work together to develop your child with positive habits and routines.
- **Collaboration** between teachers and parents to support your child in learning.
- Regular **communication** between parents and teachers to ensure consistency in nurturing your child.

# PARTNERING PARENTS

## in holistic development of our students

### Regular Communication with parents

Student Handbook, School Calendar, Parent Gateway, Letters of notification & School Website

Sessions	DATE/PERIOD
P2 Parent Engagement Session	19 February 2024
Parent-Child-Teacher Conference (For selected students)	4, *5, 6 and 8 March 2024
Parent-Child-Teacher Conference (For all students)	21, 23 & 24 May 2024
Parent-Child-Teacher Conference (For all students)	14 Nov and 15 Nov 2024



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Thank You