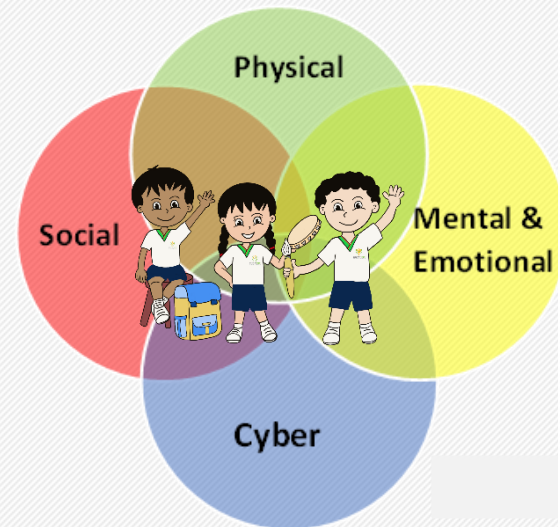


# Becoming a Future-Ready Learner – Promoting Holistic Health



## Sengkang Green Primary School

Primary 3  
Parent Engagement Session 2024  
2 February 2024

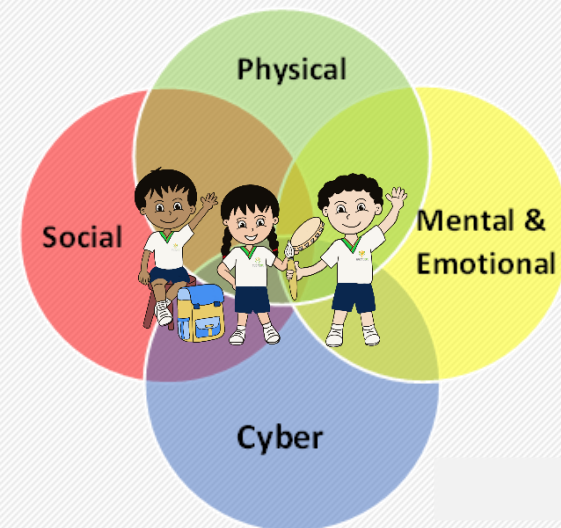


# Scope of Sharing

- School Leader's Address
- Transition from P2 to P4
- Key Programme for the year
- Curriculum Matters

# Becoming a Future-Ready Learner – Promoting Holistic Health

## School Leader's Time



# Happy New Year 2024







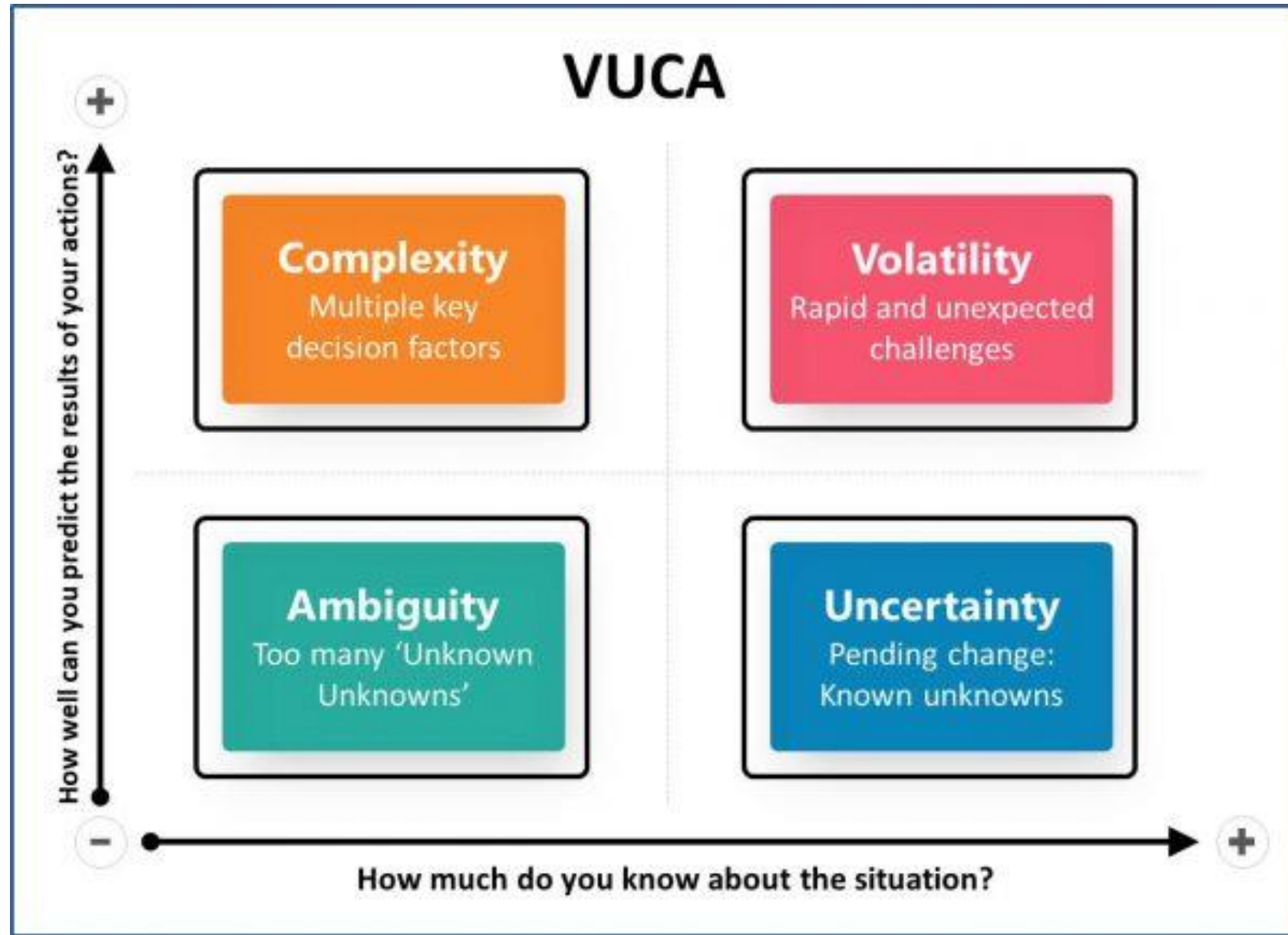
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Primary School

# 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.





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### ACCELERATING SPEED OF TECHNOLOGICAL ADVANCEMENT AND DISRUPTION

Singaporeans need to keep pace with changes and seize opportunities



### STRESS AND OVER-EMPHASIS ON ACADEMIC GRADES

Emphasis on academic grades still entrenched in society; other stressors exacerbated by digital technology and social media



### INCREASINGLY FRAGMENTED, POLARISED WORLD

Singapore must maintain relevance as a connector

## Challenges for the next phase of education & society



### CLIMATE CHANGE

Education should create awareness on importance of sustainability and opportunities students can tap on



### EVOLVING SOCIAL FABRIC

Changing demographics  
Society must remain cohesive yet open



### ENSURING CONTINUED SOCIAL MOBILITY AND MITIGATING SOCIAL INEQUALITY

Education should continue to provide equal opportunities for all

# 21 Century Competencies

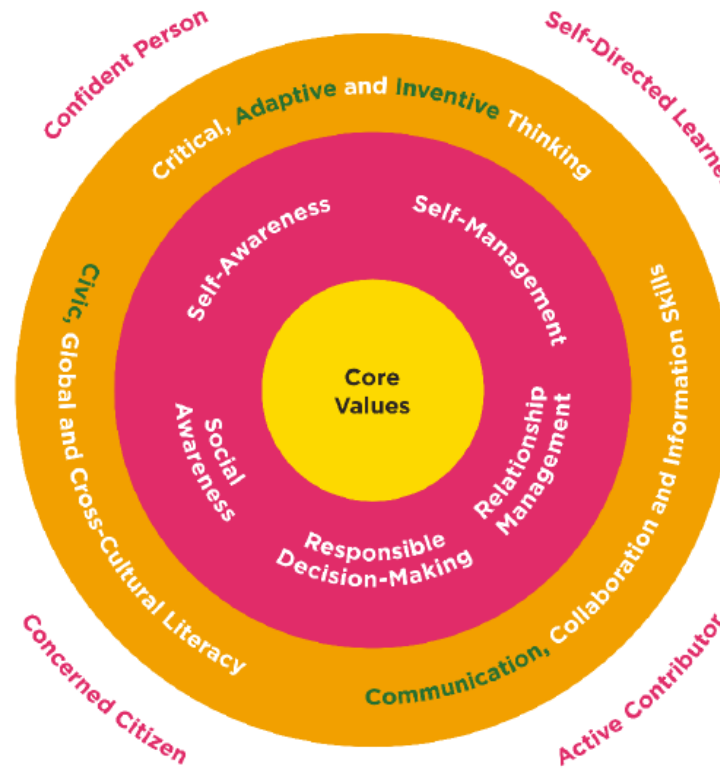
## Laying the strong foundations for them to thrive & achieve success in a VUCA world

### 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  
Yourself  
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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# School theme 2024

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



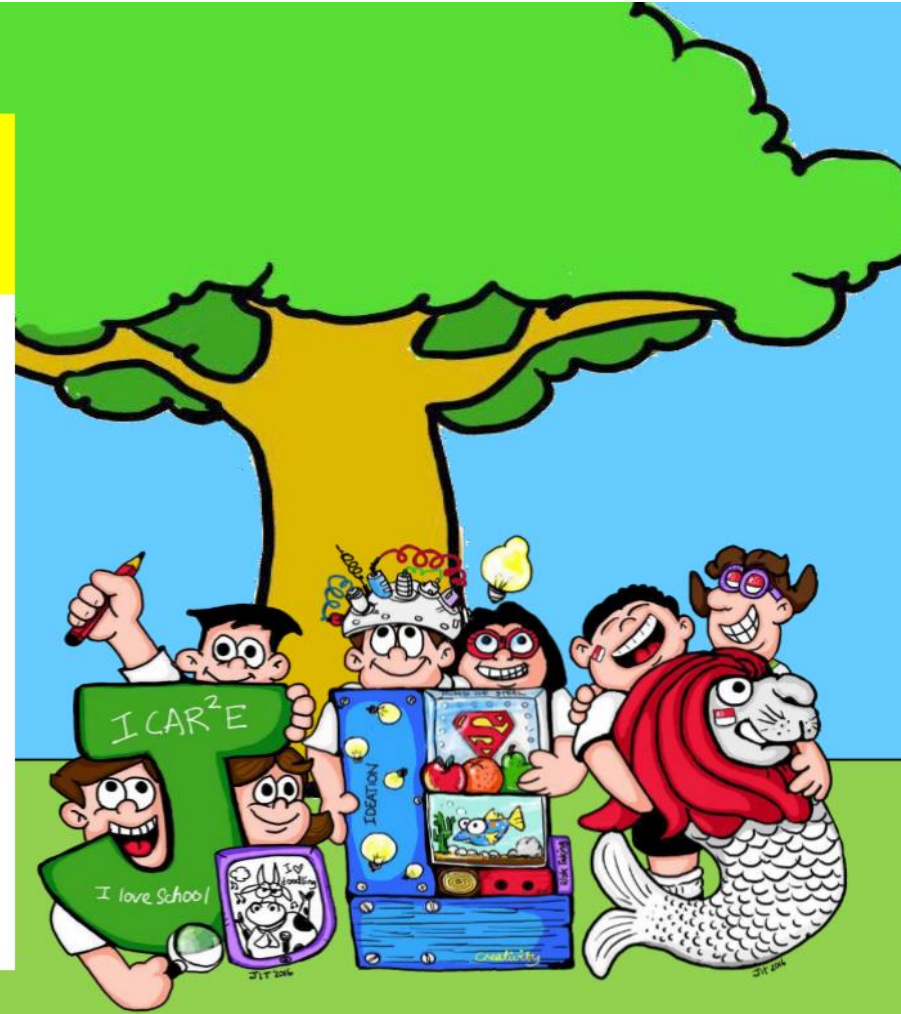
A vibrant school with a culture of care and the spirit of excellence



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Primary School

## School Mission

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

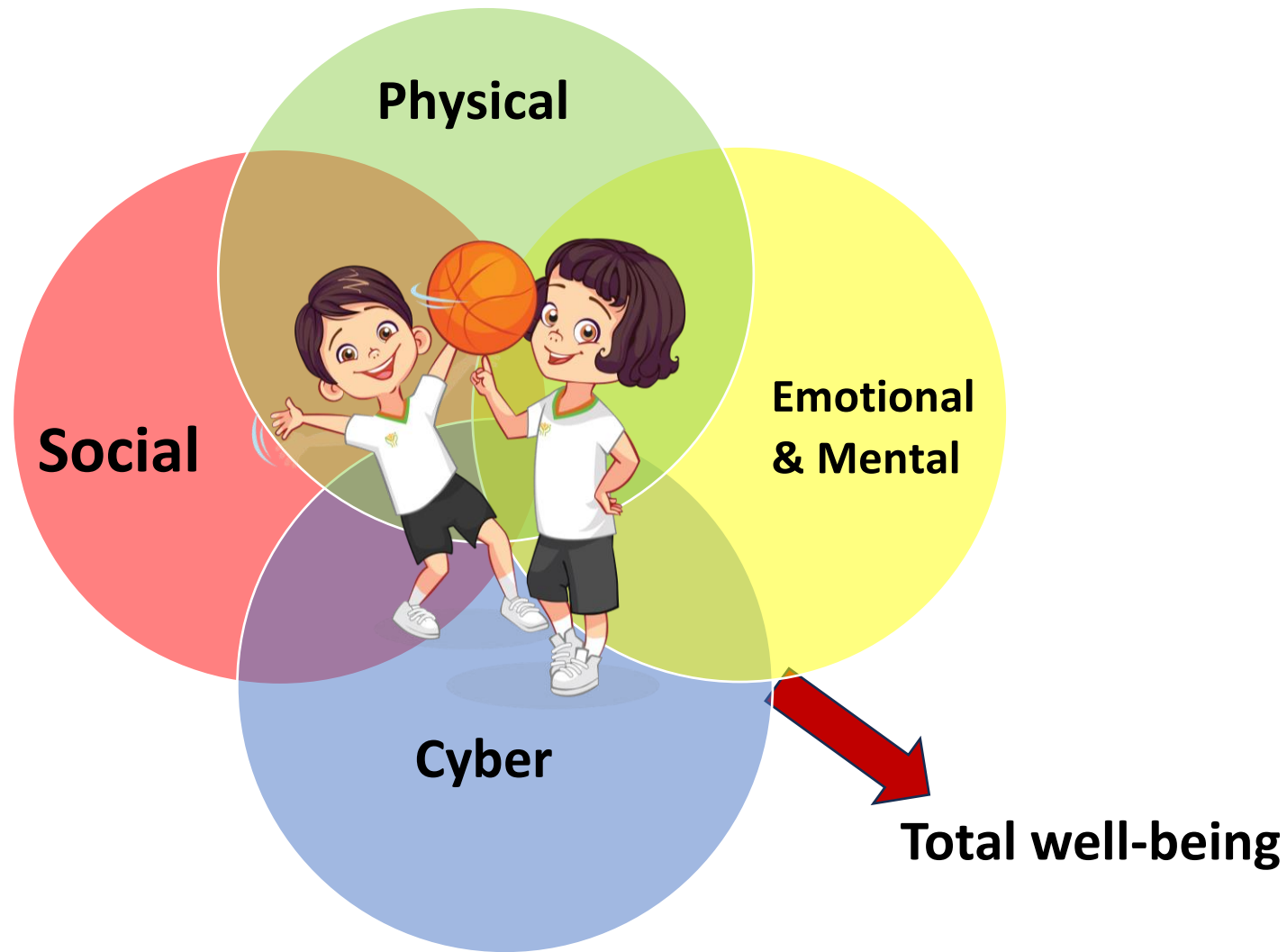


A vibrant school with a culture of care and the spirit of excellence



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# What is holistic health?



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# Physical Health

This includes

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



# A balanced diet

- Manage a healthy weight
- Support a strong immune system
- Increases 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.



Children who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.



# 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), handle emotions, and develop a positive and resilient mindset, becoming confident.
- How do SKGians develop emotional and mental health?
  - ✓ positive self-talk,
  - ✓ continuous learning,
  - ✓ adopting a growth mindset, and
  - ✓ Having empathy and showing gratitude

Self-Awareness  
Self-Management





## Social Awareness Relationship Management

- Building good relationships with others.
- Good communication
- Being part of a community and understanding our responsibility to others.

# Cyber Wellness

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



Students: Digitally-empowered, future-ready learners and innovators

Digitally-empowered 21st century learners who are:

- Self-directed in setting goals and managing their learning using a range of digital tools and resources.
- Collaborative and connected in using digital tools to co-construct and share knowledge with others.

Digitally literate learners who:

- Apply digital literacy and technological skills to “distil and discern” through the effective use of technology.
- Exercise cyber wellness to use technology in a safe and discerning manner.

Empathetic, technologically-adept innovators who:

- Use human-centred methodologies to “discover” needs and “develop” solutions to real-world problems.
- Skilfully leverage a range of digital tools to create solutions.



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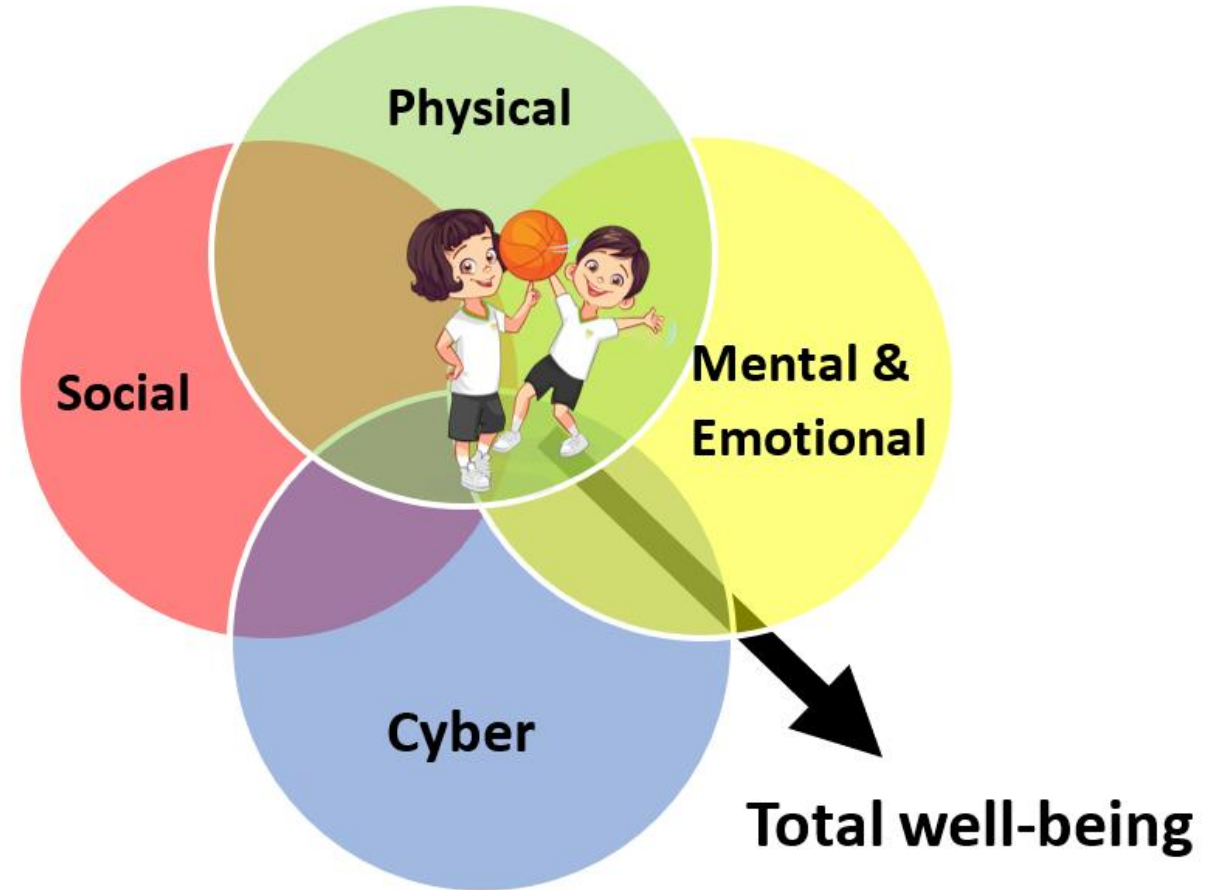


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# Why Holistic Health?

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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

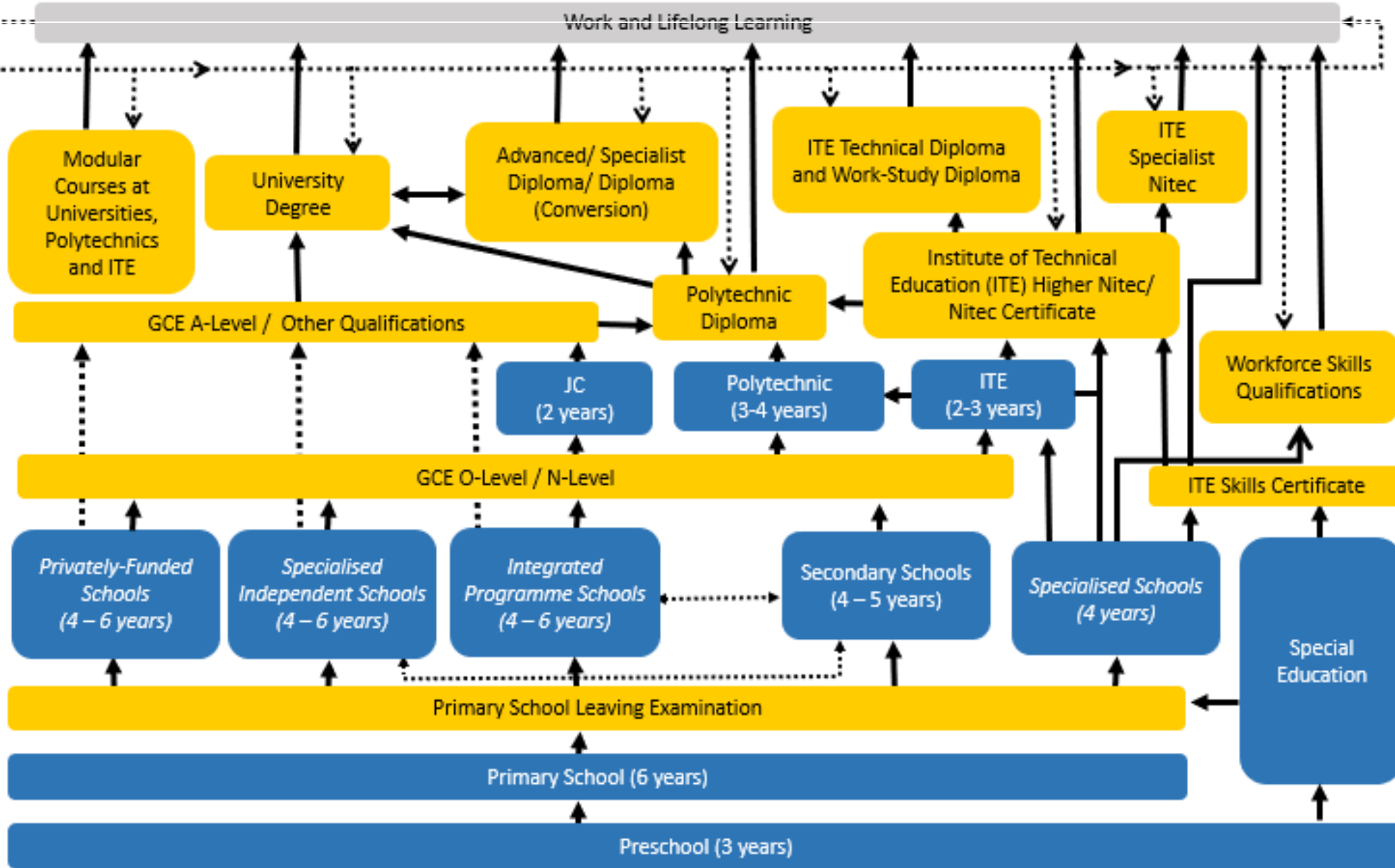
- Taking responsibility for their own health and well-being.
- Developing the knowledge, skills and attitudes to live healthily.
- Building motivation to sustain a healthy lifestyle in school and in life.
- Becoming future ready to take on the challenges of life.

**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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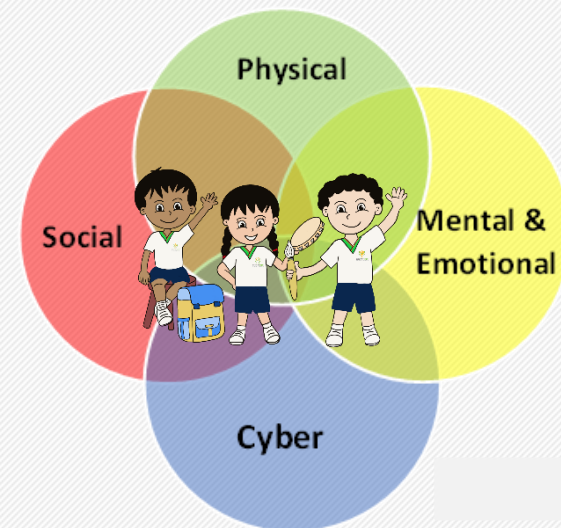
# Learn for Life

- 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



# Becoming a Future-Ready Learner – Promoting Holistic Health

## Year Head's Sharing





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image from: <https://www.skullbasedisease.org/support>



# Transition to Primary 3

- Bigger class size
- Making new friends
- Learning a new subject - Science
- Increase in the rigor of academic learning



# Transition to Primary 3

- Greater opportunities for collaborative learning and fostering teamwork (eg project work)
- Developing and honing leadership skills through class and outside class opportunities
- Involvement in CCA and enhanced curriculum on Thursday



# How we support our students



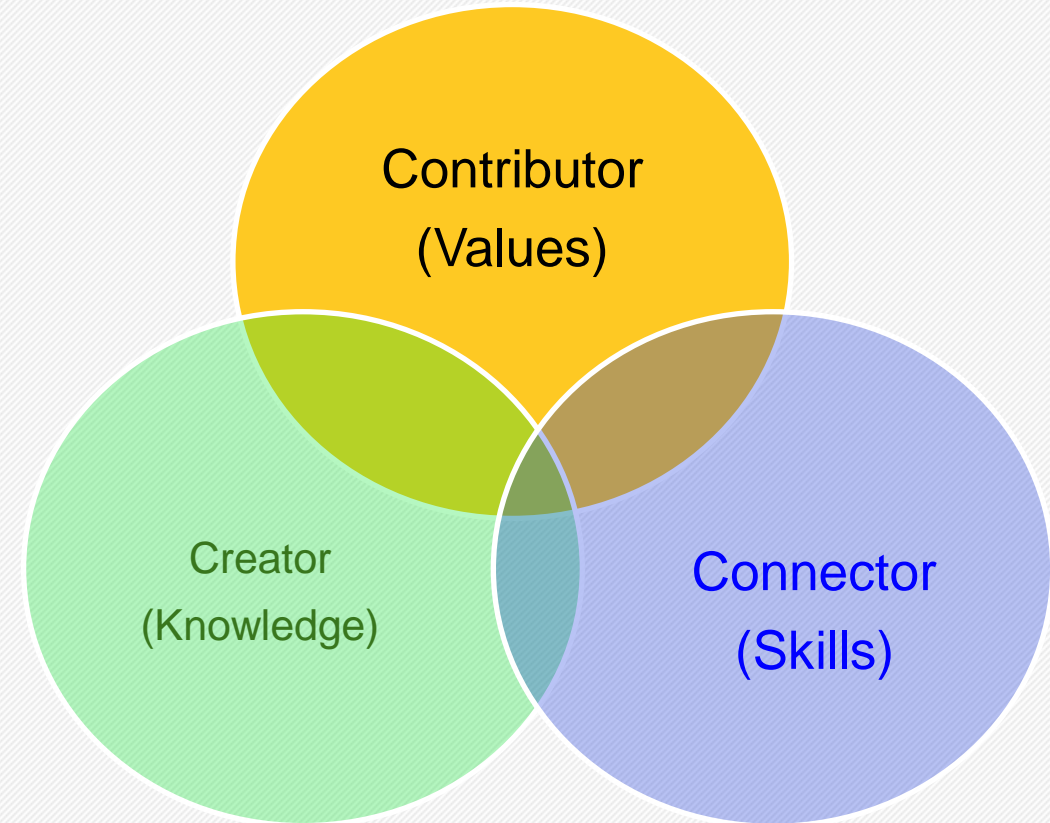
SCHOOL-WIDE



CLASS



HOME



# How we support our students



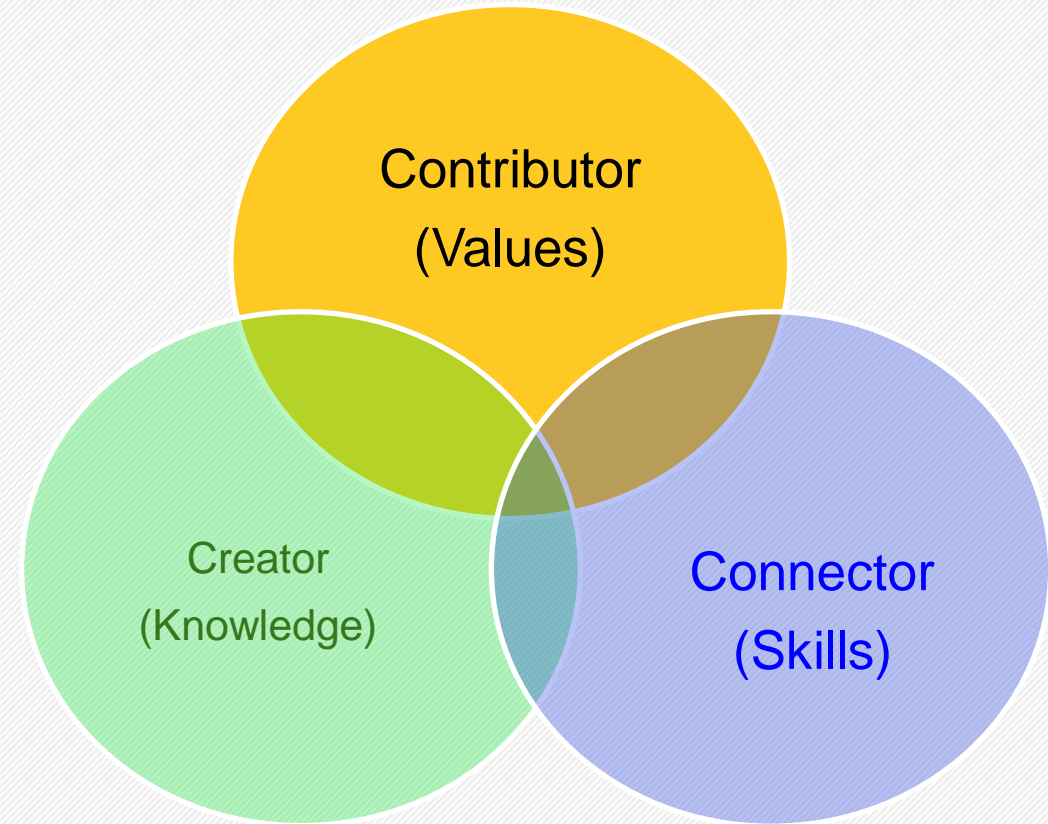
SCHOOL-WIDE



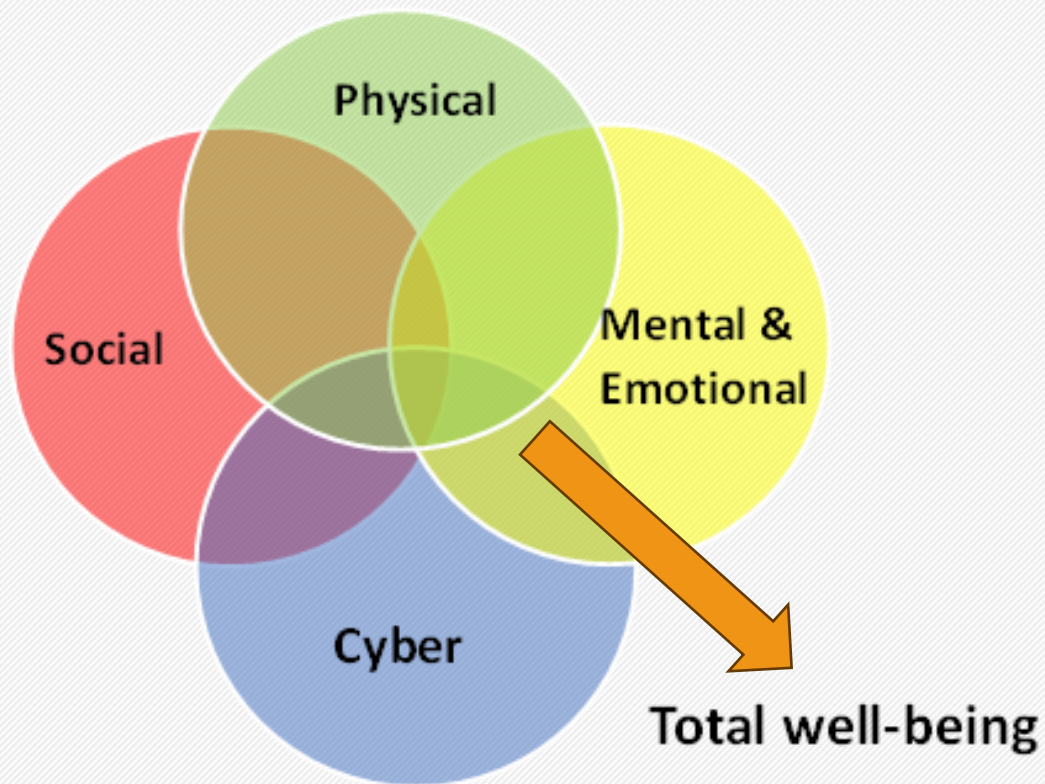
CLASS



HOME

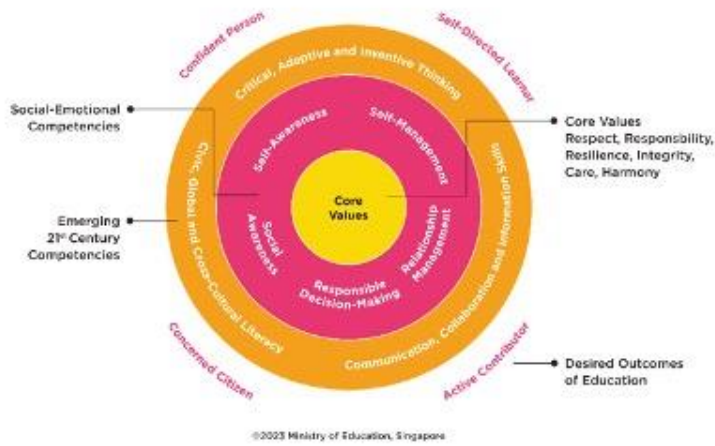


# Becoming a Future Ready Learner - Promoting Holistic Health

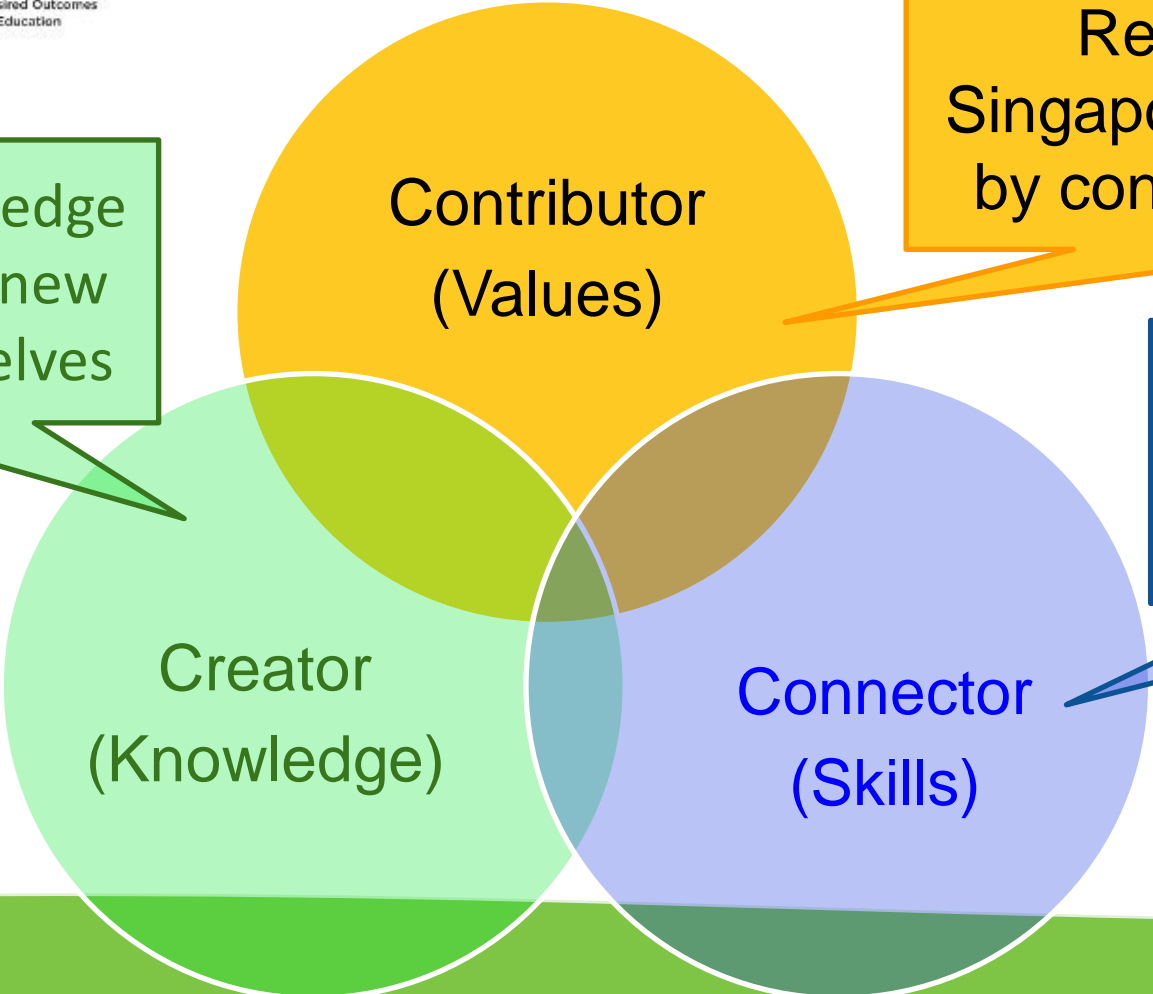


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# Becoming a Future Ready Learner - Promoting Holistic Health



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



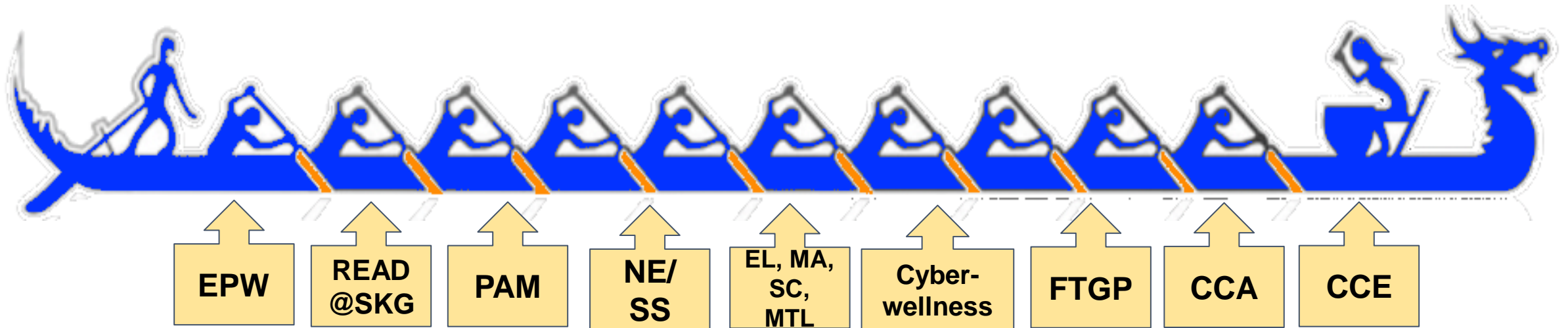
# School-Wide Support

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

Lifelong  
Learners

Ready to  
serve

Ready for  
the future





# P3 Key Programmes

## Applied Learning Programme (ALP) - Experiential Project Work (EPW)

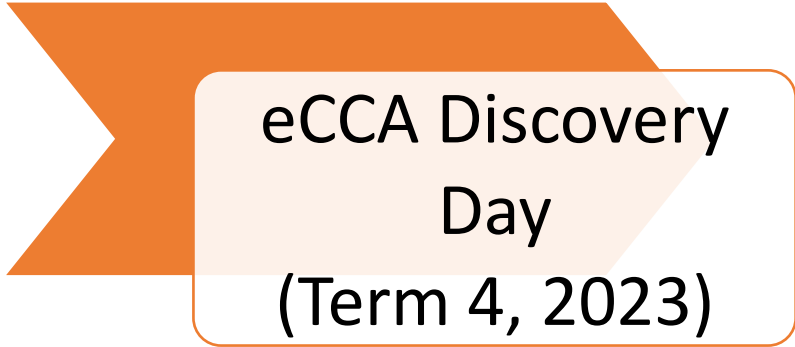
- Helps students to appreciate the **relevance and value** of what they are learning in the academic curriculum to the real world
- **application of future ready skills and integrating knowledge** across different subjects
- stretching the imagination and **applying** these **in real-world settings** in society

- Exploration of the School Green Corridor
- Project Work

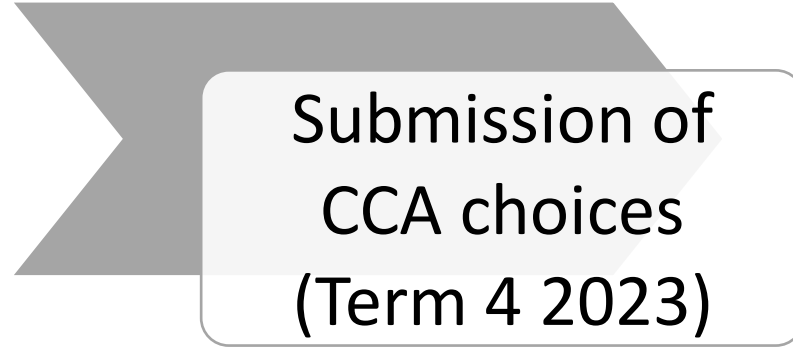
# Co-Curricular Activities (CCAs)

- CCAs are a **key component** of students' holistic education. Through CCAs, students **discover their interests and talents**.
- CCAs also provide platforms for students to **develop their character**, learn **values**, **social emotional competencies** and other relevant skills to prepare them for future challenges.
- CCAs bring students from diverse backgrounds together. By learning and interacting with one another, students **develop friendships and deepen their sense of belonging to the school and community**.

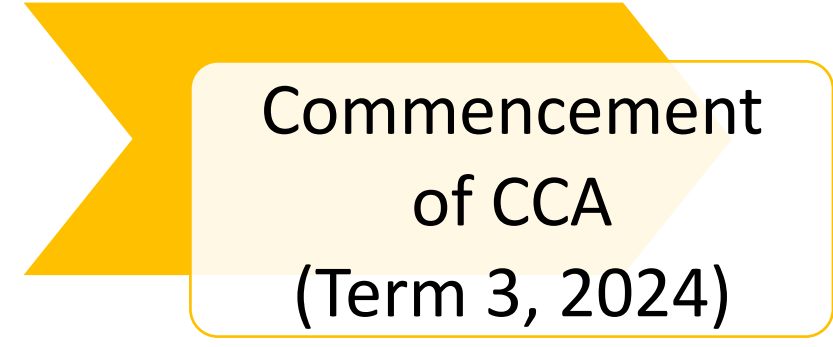
# P3 CCA Selection Process



eCCA Discovery  
Day  
(Term 4, 2023)



Submission of  
CCA choices  
(Term 4 2023)



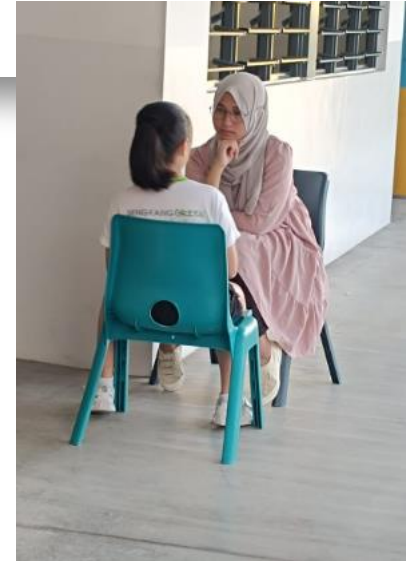
Commencement  
of CCA  
(Term 3, 2024)



# Well-being and Emotional Support

## Care Team

- Form Teachers
- Subject Teachers
- School-based Counsellors
- Student Development Team (inclusive of YH & SLs)



## Peer Support Structure

- Every student a peer supporter



# How we support our students



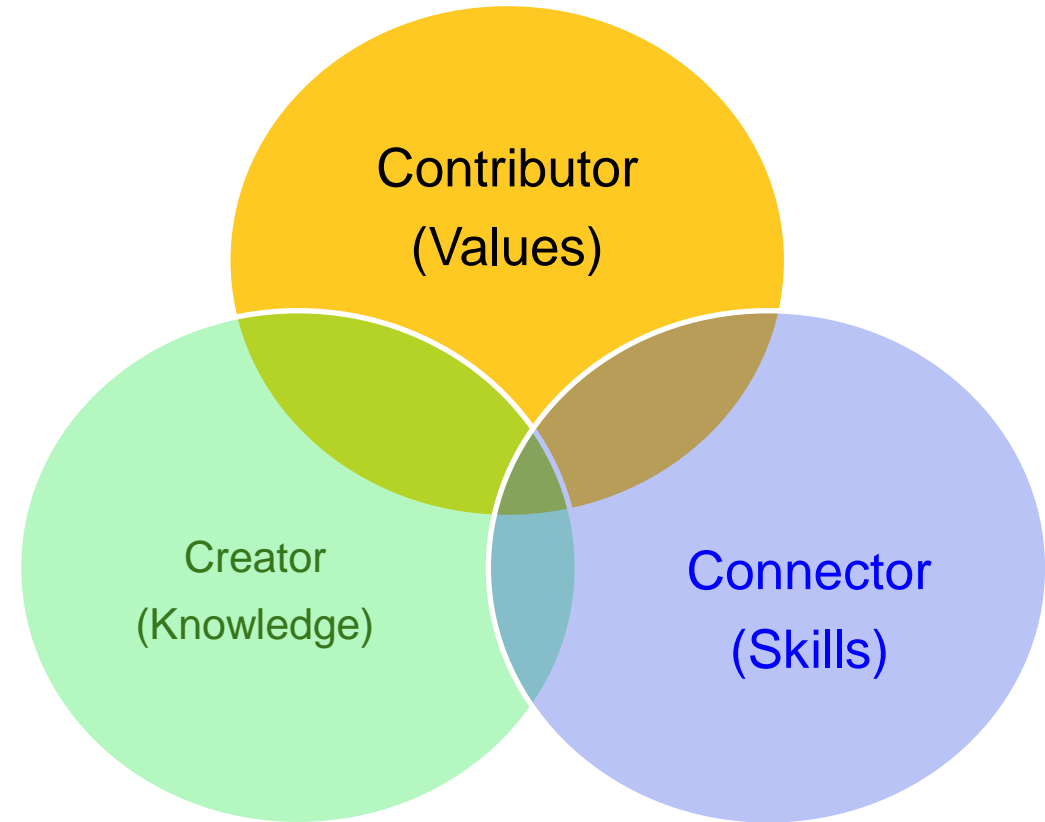
SCHOOL-WIDE



CLASS



HOME



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# Support by FTs & Subject Teachers

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

- Create a learning environment that increases **self-motivation**
- Support students' efforts in learning **increase self-ownership and improve self-regulation**
- Provide opportunity for students to **practice active self-management and student agency**
- Work closely in **partnership with parents** to bring out the best in our students



# Development of Personal Leadership

## ACTIVE SELF-MANAGEMENT

## STUDENT AGENCY

### Personal Effectiveness

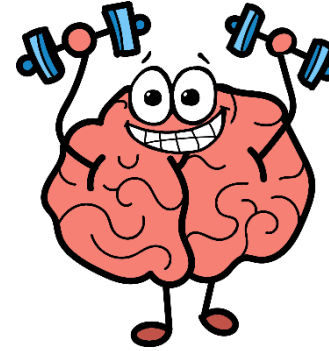
- Self-regulation
- Beginning with the End in Mind
  - Putting First Things First
  - Active learning

### Leading Self

- Developing strengths
  - Growth Mindset
  - Contributing actively
- Continuous improvement

# Refreshed Morning Assembly

- To allow students to have a more conducive learning experience in the classrooms for reading and focused class-based conversations
- To strengthen Teacher-students relationship and Peer Support Relationship



**Turn In Tuesday**

**Gratitude  
Wednesday**



**Terrific  
Thursday**



# Development of two critical sets of skills

## Social Emotional Competencies

- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Social Awareness
- Relationship Management

## 21st Century Competencies

- Civic Literacy, Global Awareness and Cross-Cultural Skills
- Critical and Inventive Thinking
- Communication, Collaboration and
- Information Skills

# Supporting students

Students need to:

- Stay **confident** in the face of challenges
- Be disciplined and **stay focused** over a longer time span
- Develop **social emotional competencies** to deal with the challenges
- Develop a **Growth Mindset**
- Being a responsible digital citizen (**cyber wellness**)





# How we support our students



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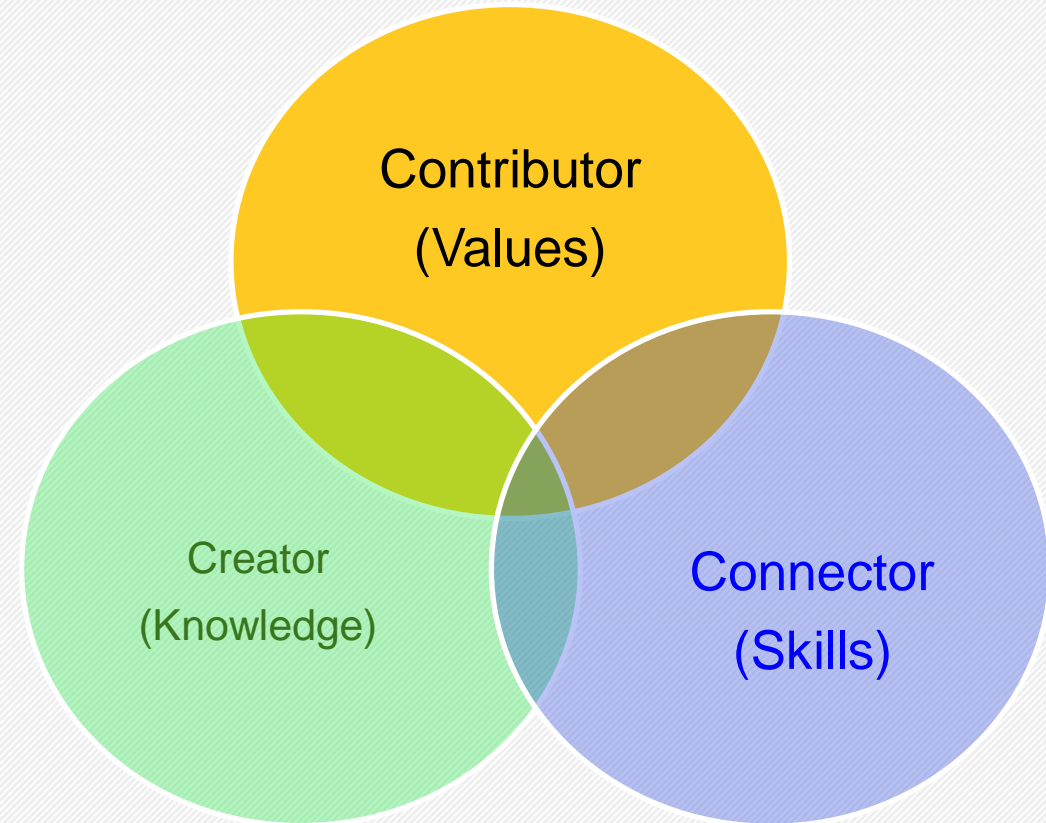
SCHOOL-WIDE



CLASS



HOME



# Home Support

## The whole child



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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.

# Development of Personal Leadership



## ACTIVE SELF-MANAGEMENT

### Personal Effectiveness

- Self-regulation
- Beginning with the End in Mind
  - Putting First Things First
  - Active learning

## STUDENT AGENCY

### Leading Self

- Developing strengths
  - Growth Mindset
- Contributing actively
- Continuous improvement

We need  
your  
partnership

# 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**

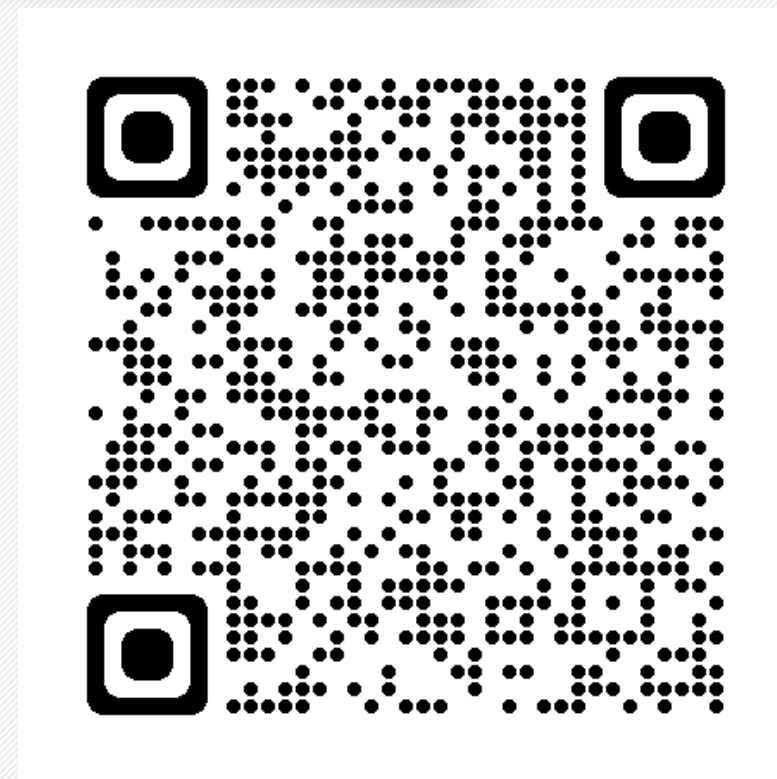
## Cyber Wellness

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)

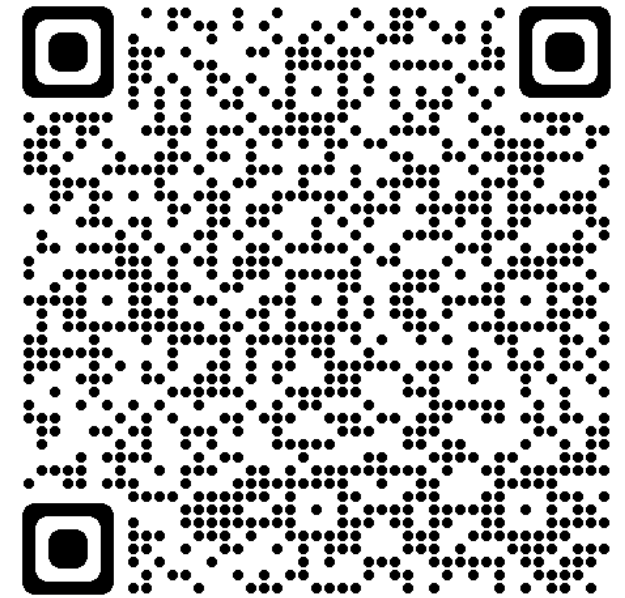


# Gaming addiction on the rise among children in S'pore amid pandemic

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](#)

# 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>

# Scan the QR code to find out more information on supporting your child in their well-being



HOME > PROGRAMMES


## Parent Hub: 7-12 Years

From pregnancy to raising a teenager, learn the ins and outs of raising a healthy child in this one-stop pregnancy and parenting platform for health information.

# you've got this!

HOME WE'RE EXPECTING 0 - 2 YEARS 3 - 6 YEARS **7 - 12 YEARS** TEENS EVENTS

7-12 YEARS HEALTHY EATING SPARKLY TEETH AND EYES BUILDING BONDS  
EMOTIONAL HEALTH HEALTHY AT SCHOOL VIEW ALL



**Your Handy Guide to Cultivating Healthy Screen Use in Children**

**Manage Your Child's Screen Use**

- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your older child where necessary.
- Have a plan that balances screen use with other activities.

**Model Healthy Media Habits**

- Review your own media habits.
- Encourage daily "screen-free" times, especially during family meals or when interacting with one another.

**Encourage Meaningful Screen Use**

- Discuss with your child about what habits is viewing.
- Prioritize active screen use that engages your child over passive screen use that does not require thought or interaction.

**0 to 18 months**

- Discourage any screen use (unless it is for interactive video chatting) because the early years are a critical period for your child's brain development.

**15 to 6 years**

- If your child is aged between 1 to 3 years, try to limit screen use to less than one hour a day.
- Carefully choose age-appropriate and educational content for your child.
- Watch media together with your child, and talk to your child about the content to keep him/her engaged.

**7 to 12 years**

- Discuss with your child and create a timetable that sets a healthy balance between screen use and other activities such as school work, physical activity and sleep.
- Have discussions about harmful influences of online activities with your child. Take appropriate steps if your child has difficulty regulating screen use.

**Handy Guide to Screen Use**

Your handy guide to cultivating healthy screen use in children

[Parent Hub: 7-12 Years \(healthhub.sg\)](https://healthhub.sg)

# Gifted Education Programme (GEP) Screening

- The GEP programme caters for the needs of intellectually gifted students.
- P3 students are identified through a 2-stage exercise.
- Selected students will be placed on the programme at P4.

# Goals of GEP

- Develop intellectual depth and higher level thinking.
- Nurture productive creativity.
- Develop attitudes for self-directed lifelong learning.
- Enhance aspirations for individual excellence and fulfilment.
- Develop a strong social conscience and commitment to serve society and the nation.
- Develop moral values and qualities for responsible leadership

# GEP Screening

- As students develop at different rates, we should allow them to blossom at their own pace.
- Parents should not enrol their children in test-preparation activities for the identification exercise.
- Students who are not ready to handle the intellectual rigour and demands of the GEP will struggle to cope with the enriched curriculum and not benefit fully from it. This would put undue stress on the students, and may even cause them to lose confidence and impact their self-esteem.



# Timeline for GEP Screening

Stage	Date	Participants	Paper
GEP Screening Exercise	15 August 2024	All P3 students enrolled in government and government-aided schools	English Mathematics
GEP Selection Exercise	15 & 15 October 2024	Primary 3 students shortlisted after the GEP Screening Exercise	English Mathematics General Ability

# Partnering Parents through Regular Communication

Sessions	Date
P4 Parent Engagement Session (PES)	Fri, 2 Feb 2024
Parent-Child-Teacher Conference (PCTC) for selected students	Mon, 4 Mar to Wed, 6 Mar 2024
Parent-Teacher-Child Conference (PTCC) for all students	Tue, 21 May 2024 Thu, 23 May 2024 Fri, 24 May 2024
Parent-Teacher-Child Conference (PTCC) for all students	Thu, 14 Nov 2024 Fri, 15 Nov 2024

Parents are also encouraged to communicate regularly with your child's teachers through emails or phone calls to address any concerns.



## Our common interest: The Best for the Child

Mutual Respect - Build Trust  
Seek Clarify  
Build good relationship with teachers





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