

Primary 2 Parent Engagement Session

25 February 2025

Follow us on Instagram!



We will be starting the session shortly.

We seek your cooperation on the following:



No videography
No photography



All slides will be made available on the school website at a later time.



Rivervale Primary

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Succeed & Excel





P2 Parent Engagement Session

Video Conference Meeting Etiquette

1. Please turn off your video
2. Use earpiece for better audio clarity
3. Mute your microphone to minimize background noise for other participants.
4. Q&A session will be opened to the floor only after the presentation.
5. During the Q&A session, please type your questions using the chat function.





Objectives:

- To communicate school direction and partner parents in the holistic development of Riverlites
- To provide a platform for parents to dialogue and connect with Form Teachers



PROGRAMME

1. School Leader's Address

2. Sharing by YH/AYH:

- **Highlights of 2025**
 - Reporting and Supporting Student Learning
- **Student Well-Being**
 - Student Survey and Managing Student Well-Being
 - Growth Mindset
 - For Parents By Parents – Sharing by PSG

3. Interaction with Form Teachers (breakout room)



School Leader's Address

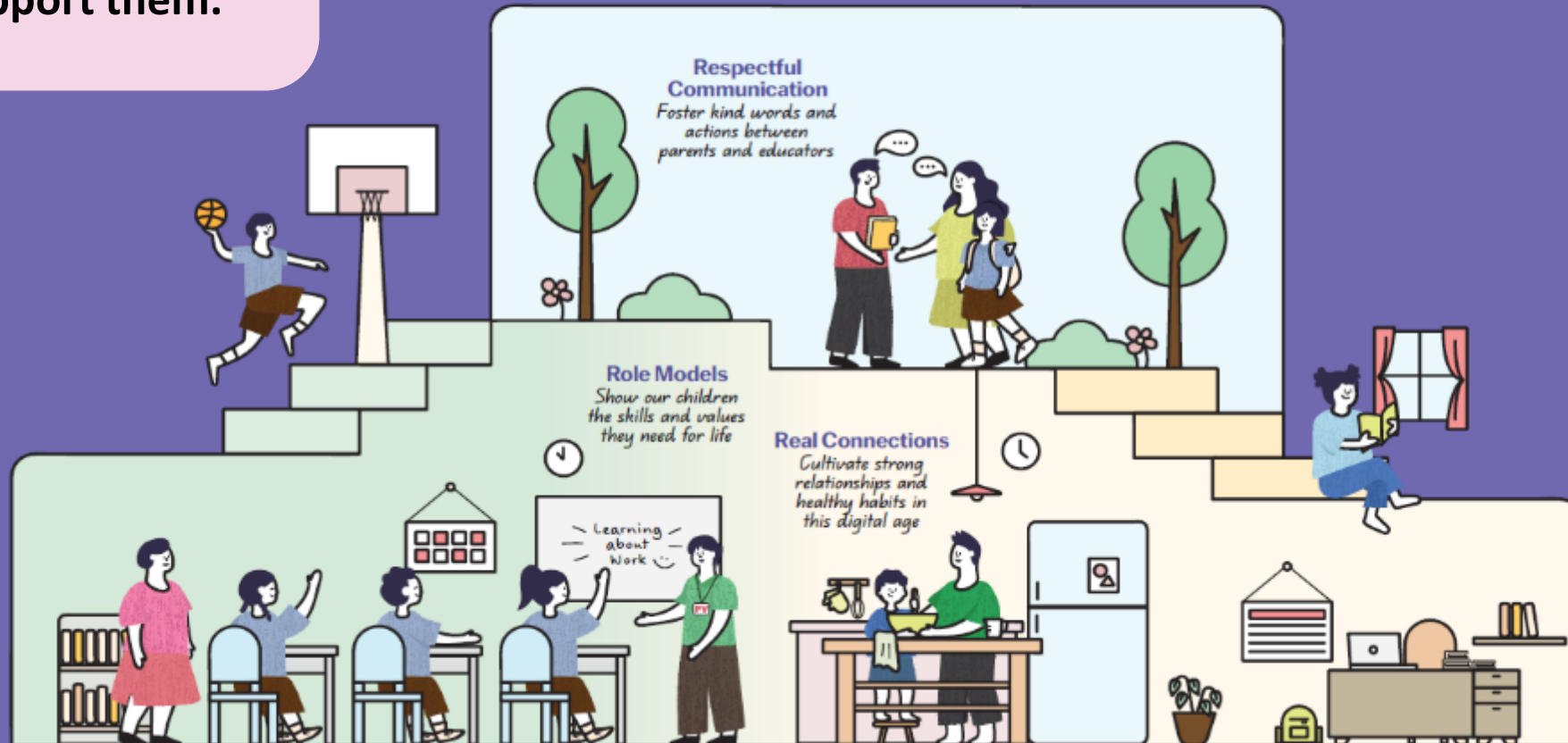


School-Home Partnership

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

Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together



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

1 Respectful Communication

2 Role Models

3 Real Connections



Respectful Communication

**Foster kind words and actions
between schools and educators**



Listen to and understand each other's perspectives and concerns regarding each child



Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers



Respect each other's time by communicating during working hours



Role Models

Show our children the skills and values they need for life



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions



Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.



Real Connections

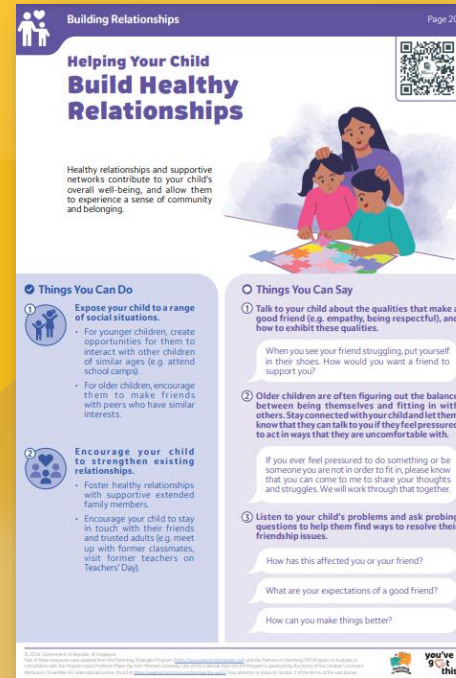
Cultivate strong relationships and healthy habits in this digital age

Establish good habits for our children to stay confident and in control of their technology use



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

Build strong bonds through shared experiences and meaningful conversations

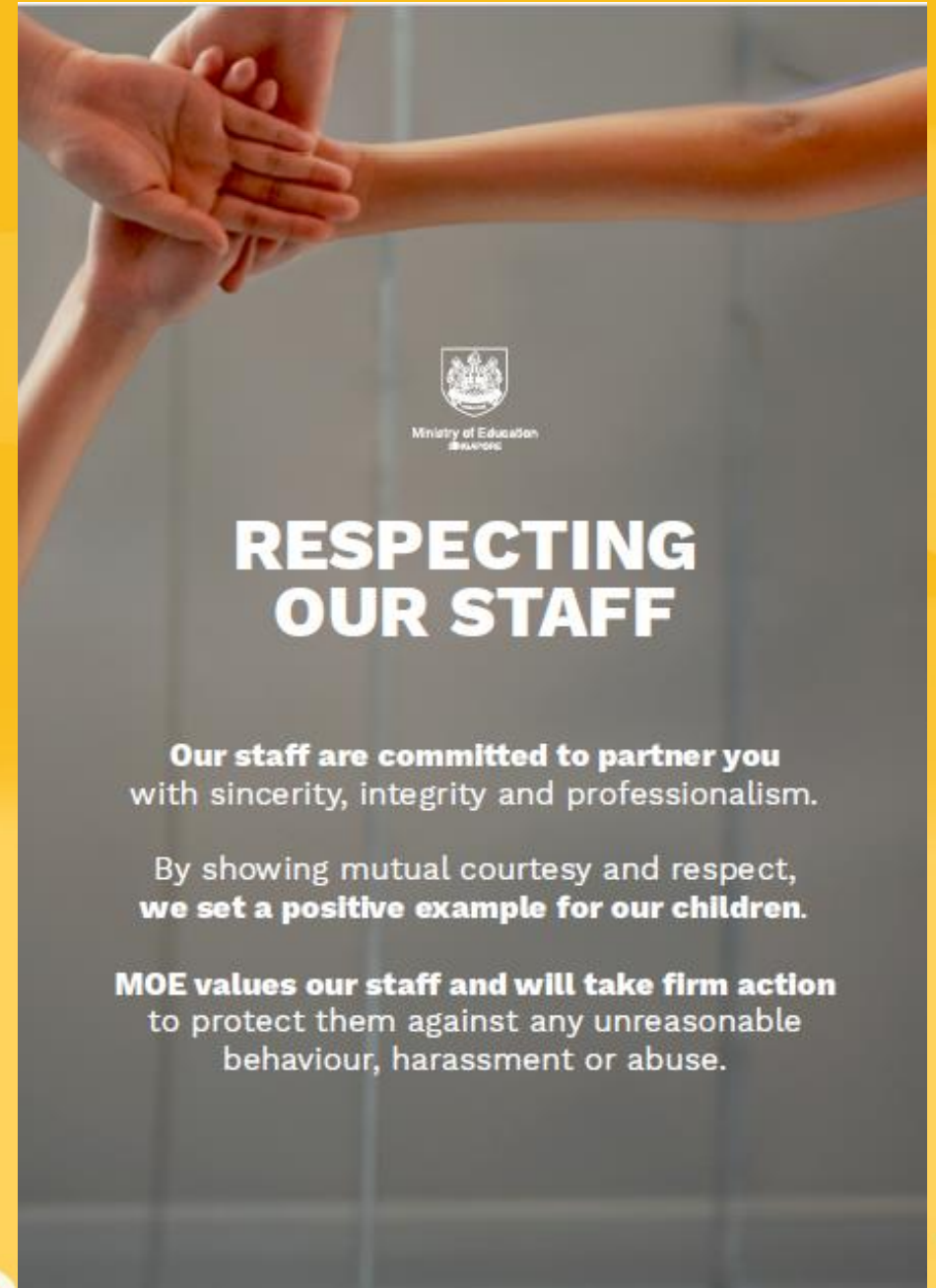


Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.

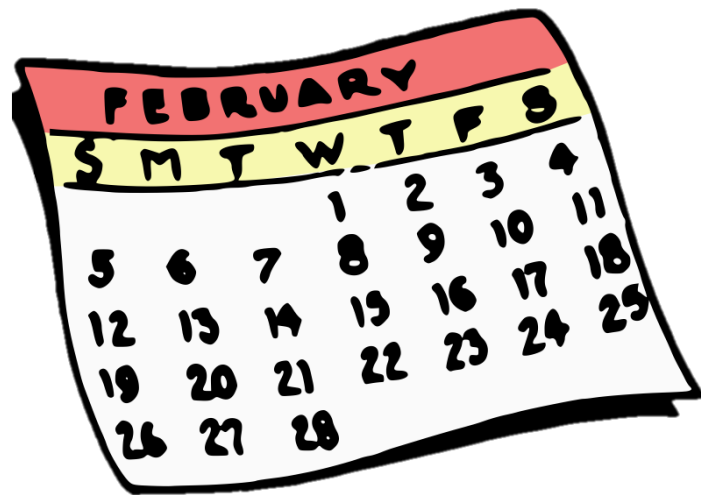


Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.



Highlights of 2025



Highlights of 2025



	Primary 2
Term 1	<ul style="list-style-type: none">• 10 Jan onwards: Modular CCA• 24 Feb onwards: P2 MT Oracy
Term 2	<ul style="list-style-type: none">• 23 Apr: Student-Led Conference• 1 Apr onwards: English Language Week- Character Parade• 13 and 15 May: NESS cum EL/MA LJ
Term 3	<ul style="list-style-type: none">• 4 Sep: Teacher's Day Celebration
Term 4	<ul style="list-style-type: none">• 2 Oct: Children's Day Celebration + Sports Carnival• 13 and 14 Nov: P2 Math Carnival



Key Dates 2025

	Primary 2
Term 2	<ul style="list-style-type: none">• 23 Apr (7.30am – 1.30pm): Student-Led Conference

- Face-to-Face with parents
- Booking for SLC will be sent via PG nearer to the date.



Student Well-Being



Top 3 Concerns from P2 Students

Term 1 Check-In Survey

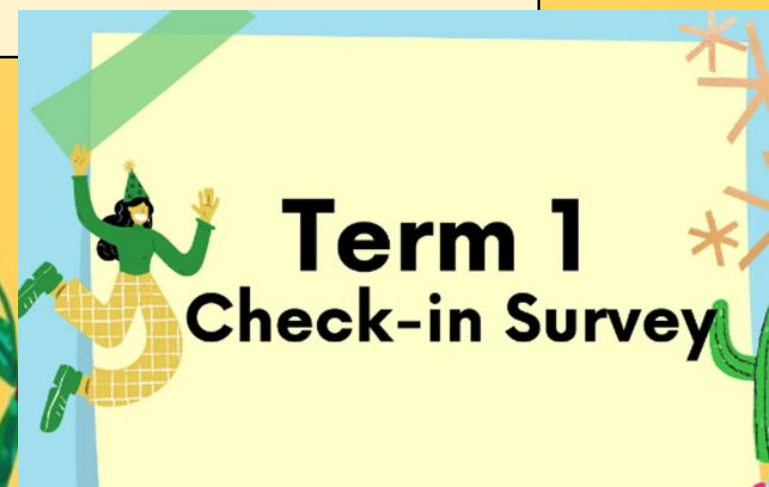
No.	2025 Concerns
1.	Learning more
2.	New seating position in class
3.	Eager to meet their friends

* Generally, students were happy to be back to school after the long Nov-Dec holidays

Will there be more things to learn? Can I cope?

I wonder who I will be seating with this year.

I miss my friends.



Supporting Student Well-Being

1. Learning More

- Bite-sized assignments and scaffolds
- Exposed to different learning experiences in school through various platforms such as SLS or learning journeys



Supporting Student Well-Being

2. New seating position in class

- Widen circle of friends
- Teachers to monitor and guide students during their daily interactions



Supporting Student Well-Being

3. Eager to meet their friends

- Students were happy to be back in school to meet their friends after the long November and December holidays.



Key Domains for Student Well-being

Psychological

Examples of Key Areas

- State of Mental Health
- Assessment Anxiety
- Stress and Coping
- Resilience



Physical

Examples of Key Areas

- State of Physical Health
- Weight Management
- Eating Habits
- Sleep Health
- Substance Abuse



Cognitive

Examples of Key Areas

- Academic self-efficacy
- Intrinsic motivation
- Learning engagement



Social

Examples of Key Areas

- Sense of belonging
- Relationships (peers/teachers)
- Civic mindedness
- Social mixing



External Factors

Home environment | School environment | Digital environment



A Holistic Approach to Support Student Well-being

Key PROTECTIVE FACTORS for ALL students

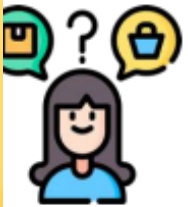


A Strong Identity

- Healthy sense of self worth
- Positive outlook
- A sense of meaning & purpose

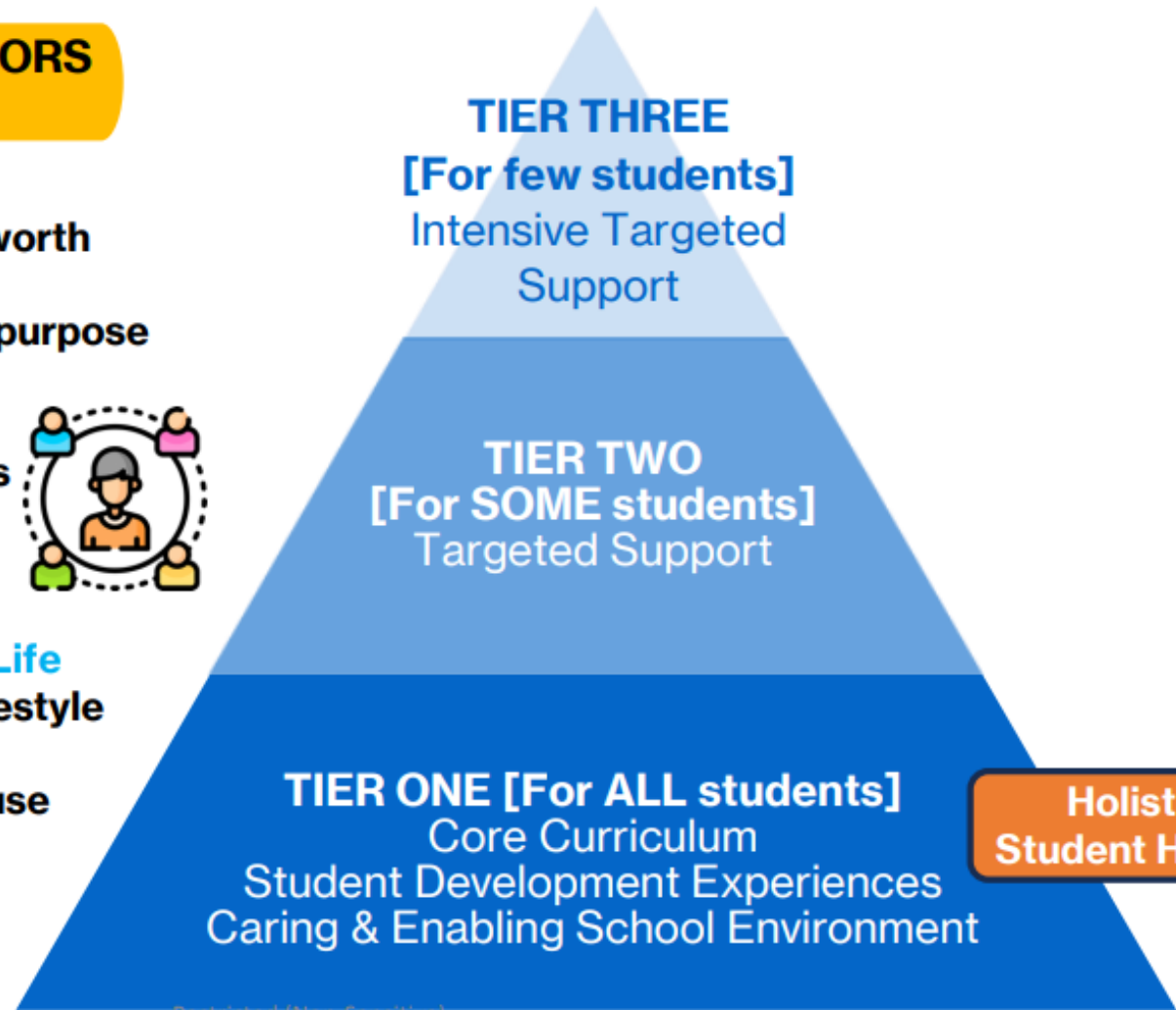
Positive Relationships

- With friends & significant adults
- Connectedness with family, friends & the community



Responsible Choices for Life

- Healthy diet | Active lifestyle
- Adequate sleep
- Healthy digital device use
- Good management of time & schedule
- Balance of work & play
- No substance abuse



Restricted (Non-Sensitive)



National scheme launched to get kids to adopt healthy habits, kick digital and junk food dependence



While most children in Singapore are in good health, many have already picked up poor habits, ST PHOTO LIM YONG-HA



Joyce Teo

UPDATED JAN 22, 2025, 11:30 AM



Grow Well SG to Support Families in Building Healthy Habits in Children

Last Updated: 21 Jan 2025 | [News](#) | [Press Releases](#)

The Ministry of Health (MOH), Ministry of Education (MOE) and Ministry of Social and Family Development (MSF) have jointly launched Grow Well SG, a new national health promotion strategy to enhance preventive care and inculcate healthier lifestyles in children and adolescents. The multi-ministry strategy is aimed at holistically addressing children's health and well-being in the digital age.

- Eat Well** - Fuel for growth and learning. Good nutrition can support growth and enhance overall health and development.
- Sleep Well** - Rest for success. Healthy sleeping routines can improve concentration, mood and physical development.
- 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.
- Exercise Well** - Active bodies, active minds. Regular physical activity can strengthen bodies, sharpen minds and boost self-esteem.



Focus on 4 key areas to lay the foundation for healthy habits early and pave the way for a better future for our 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.

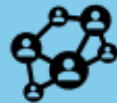
4



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.

Given the negative impact of excessive screen time on child health and development, **Grow Well SG will reinforce good screen use habits by providing clearer and more actionable guidance and adjusting practices in schools.**

MOH's new screen time guidelines for kids under 12



7 to 12 years old



- Screen time: **Under 2 hours daily**, except for schoolwork
- Avoid giving children mobile devices with unrestricted internet and app access
- Avoid giving children access to social media



At Preschools

- b. **[Update]** ECDA Code of Practice + Early Years Development Framework Educators' Guide on management of screen use at preschools

At Schools

- c. **[New]** Guidance on use of smartphones and smartwatches in schools

School's Approach

RULES

- Students who bring their electronic devices, including smart watches, are to keep them switched off at all times and place them in their school bag.
- Electronic devices can only be used to contact parents/guardians after school dismissal at the waiting area outside the general office or the security guard post or with the permission of teachers.

EDUCATION

- Consistent and constant education on how to be responsible digital users through FTGP, CCE lessons, cyber-wellness talks and assembly programmes.
- Encourage students not to form any groupchats with friends and peers.
- Availing trusted adults (including teachers, YH/AYH and SSC) to students who requires help.



Guidance for children 7 to 12 years old

- Have regular conversations with children
- Avoid using screens during meals and one hour before bedtime
- Do not give your child mobile devices with unrestricted access to internet and applications
- Use parental control settings



MOE Parenting for Wellness Toolbox

- For more bite-sized resources (practical tips and strategies) on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code to download a copy of the **Parenting for Wellness Toolbox** for parents.

<https://file.go.gov.sg/pfw-toolbox-for-parents.pdf>



- The Parenting for Wellness website will also be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised accessed to a full suite of parenting resources.

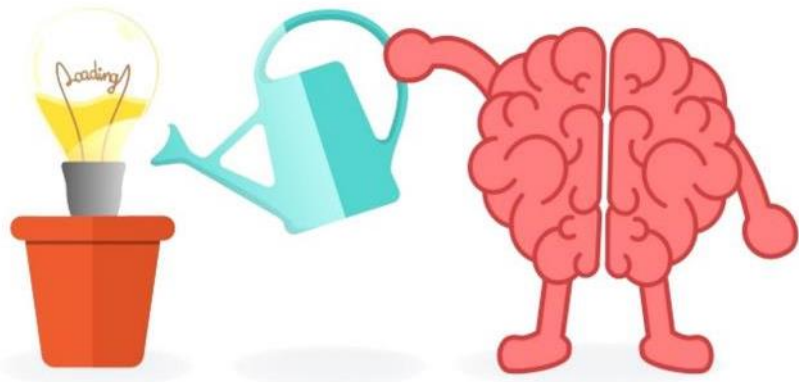


Other useful resources

- <https://www.schoolbag.edu.sg/story/signs-that-your-child-may-be-too-stressed>
- <https://www.schoolbag.edu.sg/story/5-questions-to-ask-your-kids-over-dinner>
- <https://www.schoolbag.edu.sg/story/5-practical-tips-on-setting-realistic-parenting-expectations>
- <https://www.schoolbag.edu.sg/story/helicopter-parenting>
- <https://www.schoolbag.edu.sg/story/recognising-and-talking-about-stress>



Student Development: GROWTH mindset



What is **GROWTH** Mindset?

GROWTH MINDSET

- The belief that with practise, perseverance and effort, people have **limitless potential to learn and grow**
- Assumes that intelligence and other qualities, abilities and talents can be developed with effort, learning and **dedication over time.**



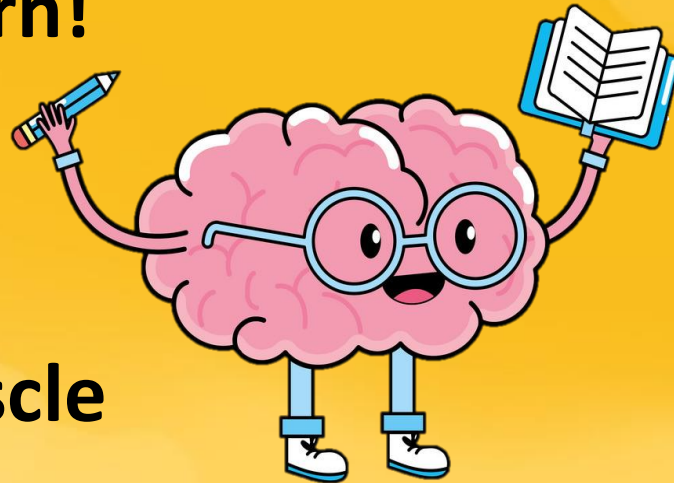
Why **GROWTH** Mindset?

- The school recognises the importance of developing student's innate motivation so that they enjoy learning and continue to learn beyond the formal curriculum.
- **Growth Mindset** focuses on the importance of embracing challenges, persisting in the face of obstacles and learning from mistakes.
- By changing the way students think, we can change the way they learn.



2024(P1)

1. Everyone Can Learn!



2. My Brain is a Muscle
That Grows

2025(P2)

1. My Brain is a Muscle
That Grows

2. I Can't Take Care of
Others If I Don't Take
Care of Myself



Promoting GROWTH

Mindset at home...



1. Tell Your Child How Their Brain Works

When a child learns that their **brain will continue to learn and grow**, they're more likely to let that happen, rather than accepting that they can only learn or know so much.

2. Be A Growth Mindset Role Model

To help your child develop a growth mindset, you should model one, **yourself**.

3. Praise Your Child's Effort

Focus on the process. If children learn that only the outcome matters and not the effort behind it, they'll never think they can do more or try harder to change that outcome.



GROWTH Mindset: *I Can't Take Care of Others If I Don't Take Care of Myself*

- A well-rounded self-care and preservation routine, no matter how small is essential to your child's holistic well-being and success
- To support well-being for your child, you need to take care of your child's mental, physical, social/emotional and spiritual well-being.



For Parents By Parents:

Sharing by PSG



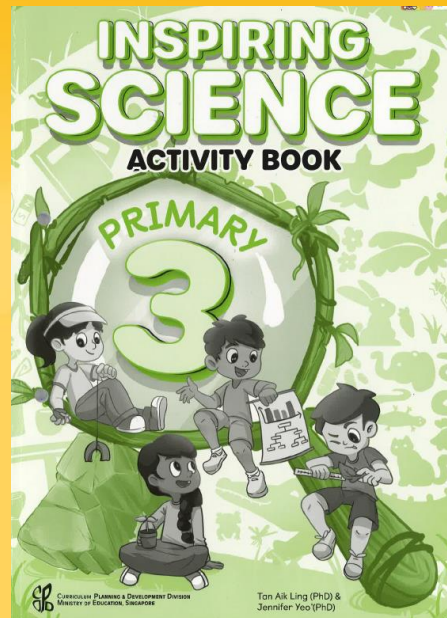
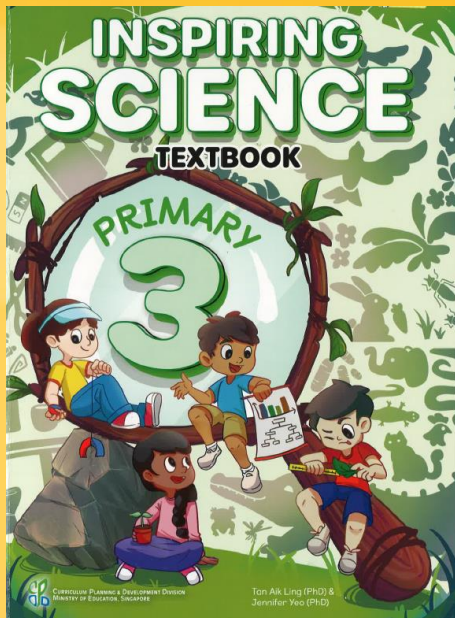
Q & A

Please type your questions using the chat function.



Addition of 2 more subjects in Primary 3 (2026)

- Science
- Higher Mother Tongue subject will be offered to students based on their ability.



Parent's Support



“No school can work well for children if parents and teachers do not act in partnership on behalf of the children’s best interests.”

~ Dorothy H Cohen



Interaction with Form Teachers



Interaction with Form Teachers

- Join the respective breakout rooms according to your child's class.
- Your child's Form Teachers will be in the rooms to interact with you.
- You may leave the meeting at the end your interaction with the Form Teachers.

2RESPECT	Mdm Chew Mian Cheng
	Mdm Shashita
	Mr Eu Kong Leong
2RESPONSIBILITY	Mdm Ng Hwee Koon
	Mdm Ghayatri
2RESILIENCE	Mdm Nashita
	Mdm Lo Siew Yee
2INTEGRITY	Mrs Linda Goh
	Mdm Hanani
2CARE	Mdm Jasmine Chiah
	Ms Poh Si Hui
2HARMONY	Mrs Laura Bay
	Ms Khairiana
2EXCELLENCE	Mrs Emily Tan Yong
	Mrs Mary Chua





Thank You!



FOR YOUR SUPPORT

Rivervale Primary

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Succeed & Excel

