



Primary 3 Parent Engagement Session

27 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



P3 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**
- **Student Well-Being**
 - What to expect in P3
 - Student Survey and Guiding Your Child in P3
 - Growth Mindset
- **P3 Gifted Education Programme**
- **For Parents By Parents: Sharing by PSG**

3. Interaction with Form Teachers (breakout room)



School Leader's Address

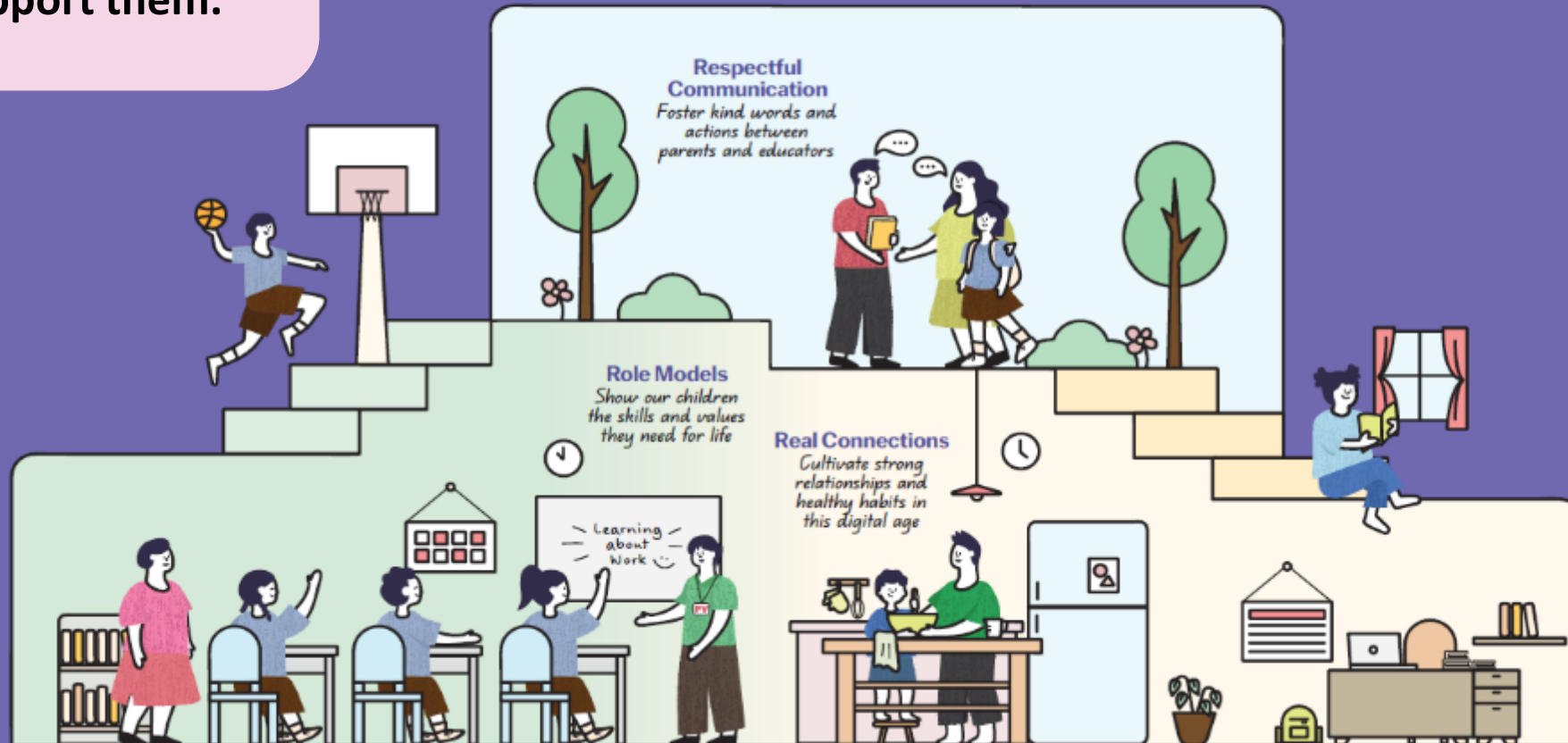


School-Home Partnership

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

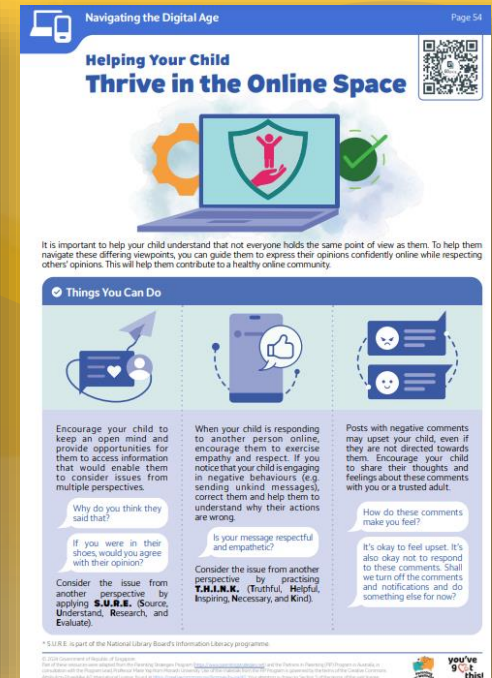
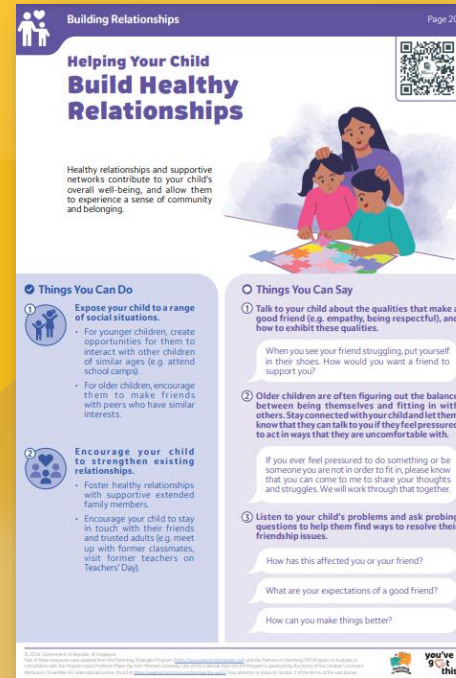
Cultivate strong relationships and healthy habits in this digital age

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

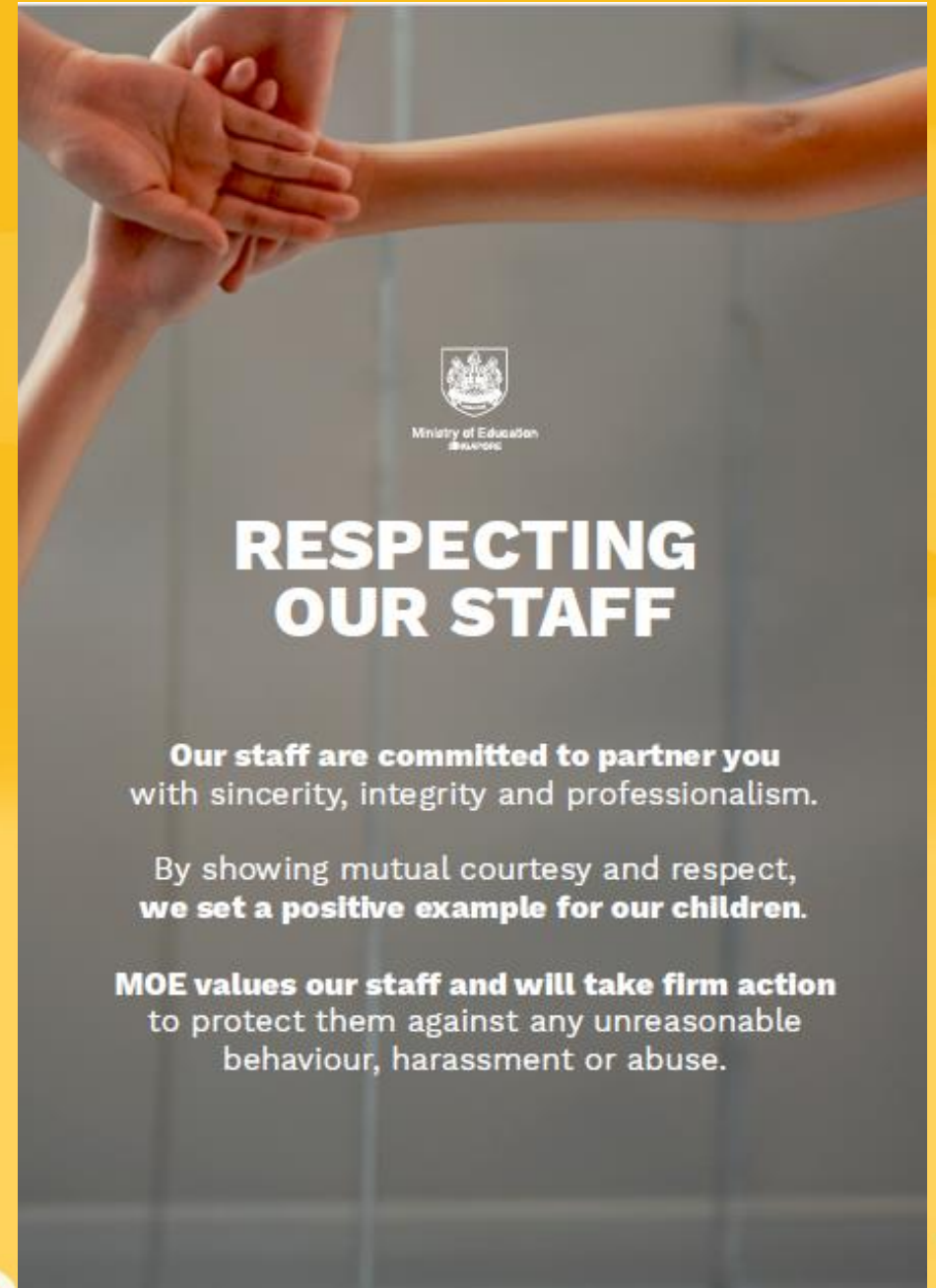


Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.

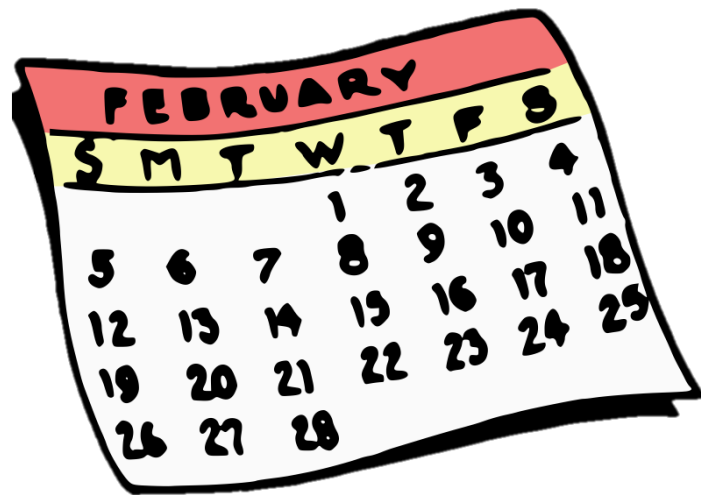


Engagement Charter

- 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 3

Term 1

- 3 Jan: Sports Education Programme
- 13 Feb: P3/P4 Subject Sharing with Parents
- 7 Jan – 5 Mar: SwimSafer
- 3 – 14 Mar: Term 1 Weighted Assessment



Highlights of 2025

	Primary 3
Term 2	<ul style="list-style-type: none">• 23 Apr: Student-Led Conference• 13 – 23 May: Term 2 Weighted Assessment• 26 May: Math Trail• 27 May: Learning Journey to the Zoo





Student-Led Conference (23 Apr, 7.30 a.m. – 1.30 p.m.)



Face-to-Face meeting with parents to engage parents in conversations about child's social and academic progress or needs.



Highlights of 2025

	Primary 3
Term 3	<ul style="list-style-type: none">• 4 – 7 Aug, 18 – 22 Aug: Term 3 Weighted Assessment• 21 Aug: GEP Screening (Tentative)
Term 4	<ul style="list-style-type: none">• 2 Oct: Children’s Day Celebration + Sports Carnival• 6 – 10 Oct: P3 Listening Comprehension and Oral End-of-Year-Examination• 14 – 15 Oct: GEP Selection Exercise (Tentative)• 22 Oct – 4 Nov: End-of-Year-Examination

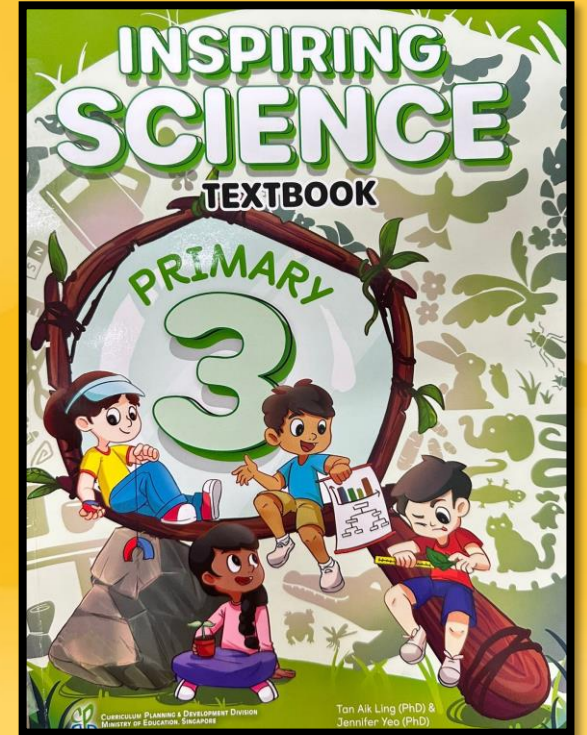


Student Well-Being


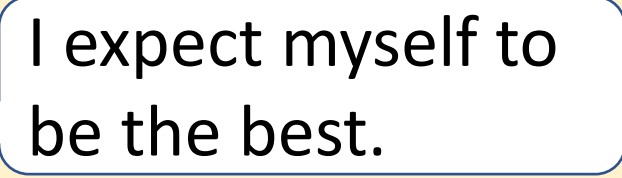



What to expect in P3?

- A new subject – Science
- 1st year of Formal Assessment
- Continue to build a strong foundation for the students.



Top 3 Concerns from P3 Students

No.	2025 Concerns
1.	Schoolwork 
2.	Not meeting own / parents' expectations 
3.	New subject – Science 

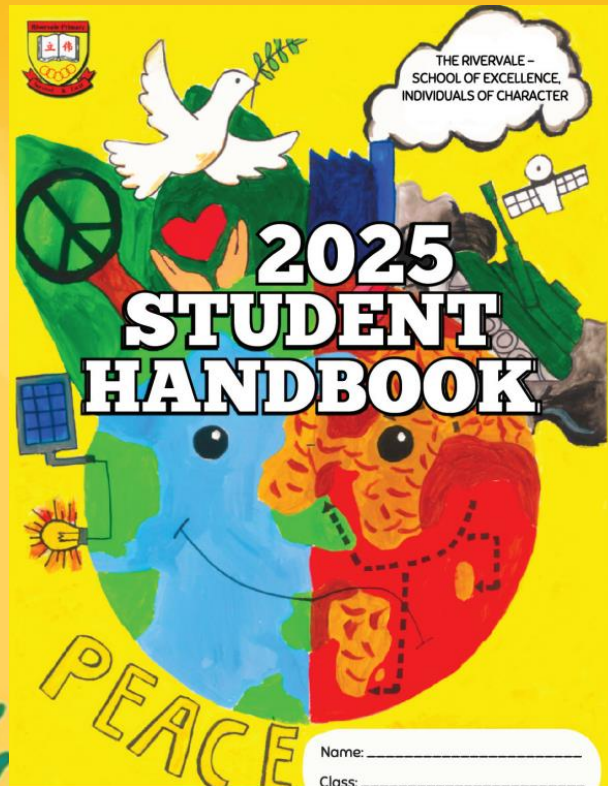
- Generally, students were happy to be back in school after the long Nov-Dec holidays.



Supporting Student Well-Being

1. Completion of homework

- Homework Policy (30 mins / subject)
- Allowance to submit homework by teachers when necessary



February 2025		
17	MONDAY	Notes from Teachers/ Parents
FEB		
😊		
😊		
😞		
		🔑 °C
18	TUESDAY	Notes from Teachers/ Parents
FEB		
😊		
😊		
😞		
		🔑 °C
19	WEDNESDAY	Notes from Teachers/ Parents
FEB		



Supporting Student Well-Being


2. Equipping students with skills to cope with expectations

- FTGP
- 1-to-1 Interaction with FT
- Support from the Senior School Counsellor

I Am Resilient ① Date:

Resilience


We face different challenges in life. Some challenges feel difficult to overcome while others are easy. Each of us may feel differently about our challenges and that is okay!



Argument with
my friend



Cannot focus
in class




Scolded by
my parent


I Am Resilient ③ Date:

How I Want to Build My Resilience Muscle


Look at the different ways you can build your resilience muscle and overcome your challenges below. What can you do to move your "rocks"? You can tick (✓) more than one way.



I can build my resilience muscle by changing negative thoughts to helpful thoughts.



I can think of different ways to overcome my challenges.



I can ask my family, friends or trusted adults for help.



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

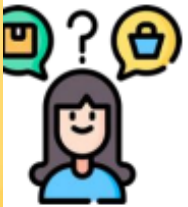


A Strong Identity

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

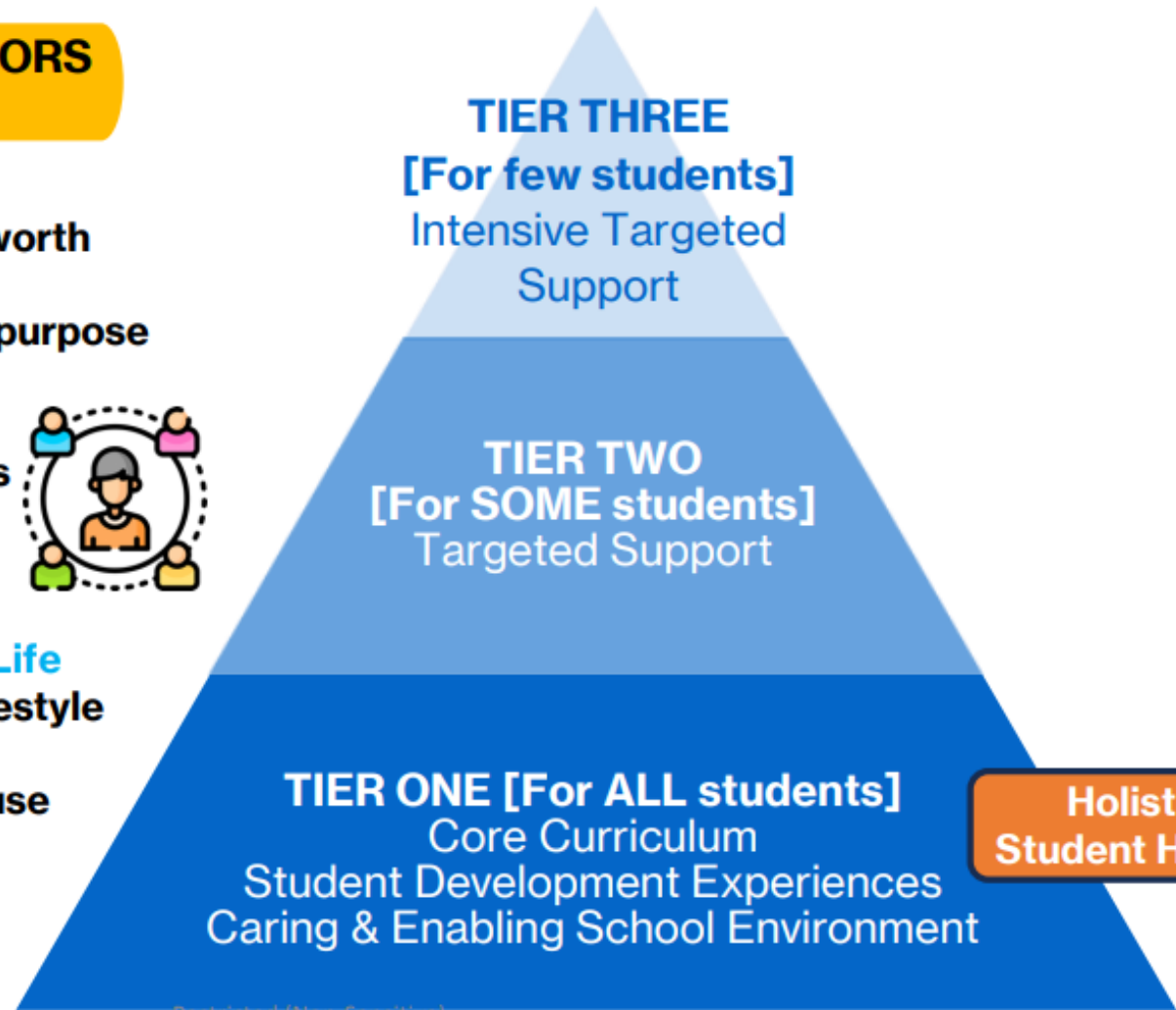
Positive Relationships

- 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



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.

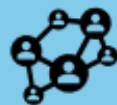
4



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 require help.



How can parents help their child develop good digital habits?

- Here are some ways:
 - Role model good digital habits for your child/ward
 - Have regular conversations with your child
 - Discuss and develop a timetable with your child



How can parents help their child manage work stress?

Here are some ways:

- Strong home-school partnership
- Empower your child and encourage them to seek help.

If you notice your child displaying **D.I.S.T.R.E.S.S.** signs, initiate a conversation to understand what they are going through.

When poor mental health seems persistent and is affecting your child's everyday life, it is important to seek help from a school counsellor or a mental health professional.

- 1 Assure your child that you are there for them.



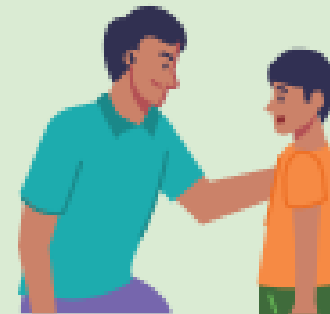
- "I know it has been a hard time for you. Whenever you are ready to share, I'm here to listen to you."

- 2 Find out the cause of their struggles.



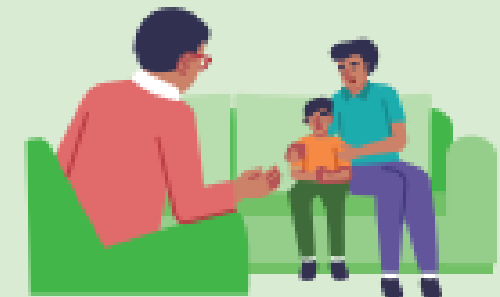
- "You don't seem to be your usual self and you look sad. I would like to know what you're struggling with. I'm here to listen. Please share more with me."

- 3 Brainstorm possible solutions together. Role-play to help them to overcome their struggles.



- "Let's discuss how we can overcome <issue>. Share with me what you have tried before."

- 4 If these solutions do not work and your child's distress persists for more than two weeks, speak to them about seeking professional help.



- "It must be so tough on you to still be struggling to cope. What do you think about speaking to your school counsellor?"



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>



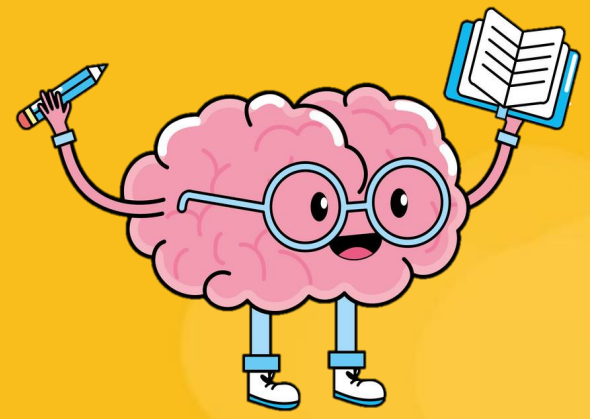
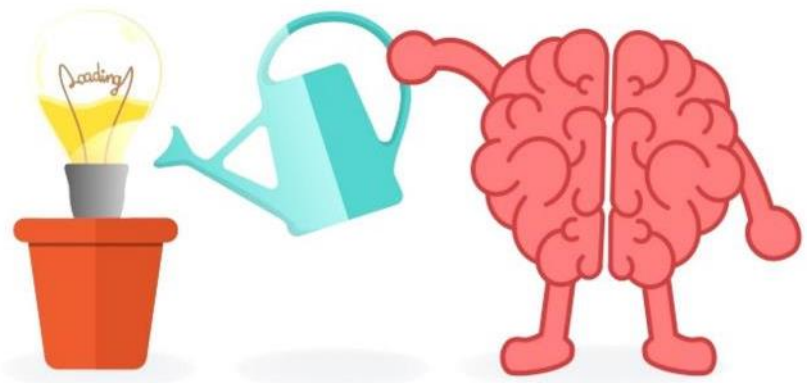
- The Parenting for Wellness website will also be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised accessed to a full suite of parenting resources.



Student Development:

GROWTH

mindset



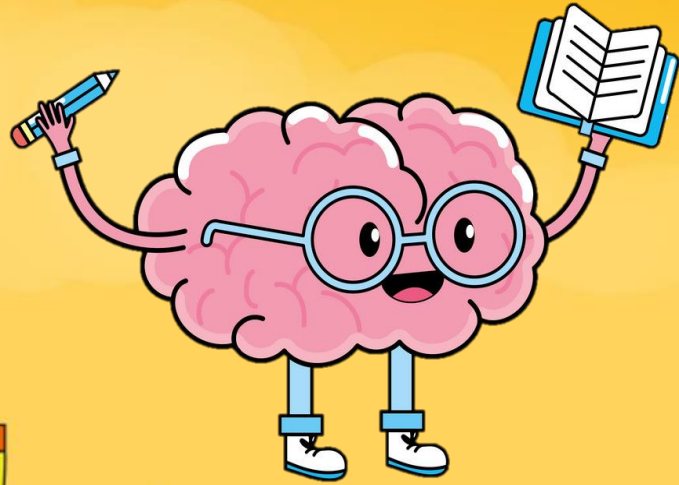
The belief that with practise, perseverance and effort, people have **limitless potential to learn and grow**

Assumes that intelligence and other qualities, abilities and talents can be developed with effort, learning and **dedication over time.**



Primary 3

**Sem 1: A New Day is
A New Opportunity to Grow**



**Sem 2: We Love A
Challenge**



A New Day is A New Opportunity to Grow

- Embrace challenges as opportunities to learn and improve.
- View failures as a stepping stone toward success.
- Cultivate a positive attitude toward learning and development.
- Recognize the importance of effort in achieving goals.
- Emphasize the value of perseverance and resilience.



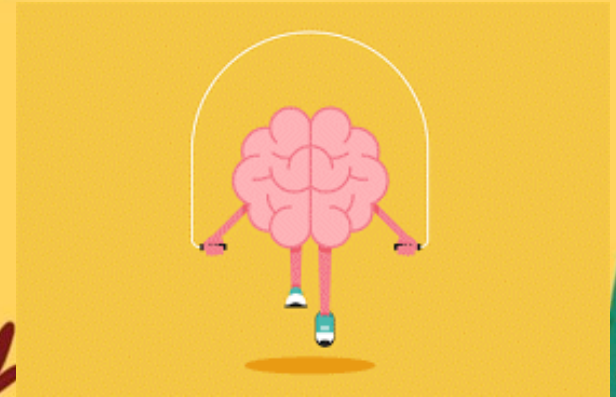
How Parents Can Help

- Encourage Effort
- Model a Growth Mindset
- Provide Constructive Feedback
- Promote Learning from Mistakes
- Set Realistic Expectations



We Love A Challenge

- Embrace challenges as chances to learn, grow, and test their abilities.
- Develop the mindset that challenges build resilience and character.
- Cultivate a passion for overcoming difficulties by finding personal meaning and motivation in challenges.
- Understand that challenges often come with valuable lessons and opportunities for improvement.
- Take pride in overcoming challenges, recognizing the effort and determination involved.



How Parents Can Help

- Encourage Curiosity
- Provide Support
- Celebrate Effort
- Share Stories of Triumph
- Create a Positive Environment



P3 Gifted Education Programme (GEP)



P3 Gifted Education Programme (GEP)

- Caters for intellectually gifted students
- Will be based on the Primary 1 to Primary 3 English Language and Mathematics syllabuses



	Stage 1: Screening	Stage 2: Selection
Tentative Date	21 August 2025	14 and 15 October 2025
Papers	<ul style="list-style-type: none"> • English • Math 	<ul style="list-style-type: none"> • English • Math • General Ability
Results Notification	Early October	Early November



P3 Gifted Education Programme (GEP)

Schools offering GEP:

Anglo-Chinese School (Primary)

Catholic High School (Primary)

Henry Park Primary School

Nan Hua Primary School

Nanyang Primary School

Raffles Girls' Primary School

Rosyth School

St. Hilda's Primary School

Tao Nan School



- Parents should not conduct test-preparation activities to prepare their child for the GEP Identification Exercise.
- Parents can opt your child out of the GEP Identification Exercise.

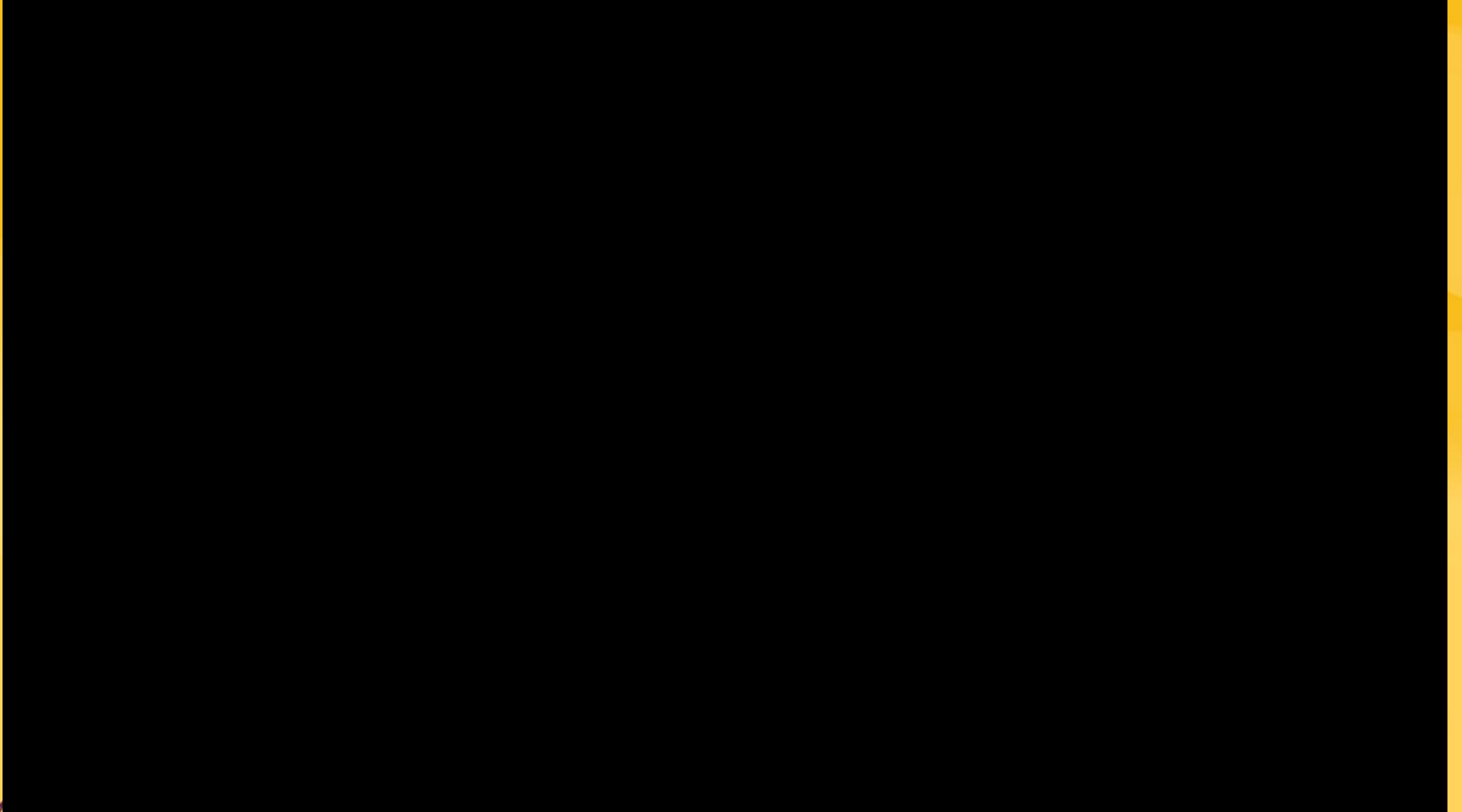


For Parents By Parents:

Sharing by PSG



Supporting my child during Primary 3 (Sharing by PSG Member Mdm Tan Jia Li)





Q & A

Please type your questions using the chat function.



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

3RE	Mr Lim Ze Wei
	Mdm Huang Biyun
3RO	Mrs Janet Quek
	Ms P Aishwarya
3RS	Mr Tang Kwang Wue
	Mdm Nurul Nabila Azman
3IN	Mrs Jamie Yeo
	Mdm Ang Hui Qian Iris
3CA	Mrs Amy Thomas
	Ms Lim Sir Bee





Thank You!



FOR YOUR SUPPORT

Rivervale Primary

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Succeed & Excel

