

Primary 5 Parent Engagement Session

25 January 2024

Follow us on Instagram!



We will be starting the session shortly.

We seek your cooperation on the following:



No videography
No photography



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



Rivervale Primary

立伟

Succeed & Excel





P5 Parent Engagement Session

Video Conference Meeting Etiquette

1. Please turn on 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. Vice-Principal's Address

2. Sharing by YH/AYH:

- Highlights of 2024
- Student Well-Being
 - Student Survey and Managing Stress
 - Growth Mindset
 - For Parents By Parents – Sharing by PSG

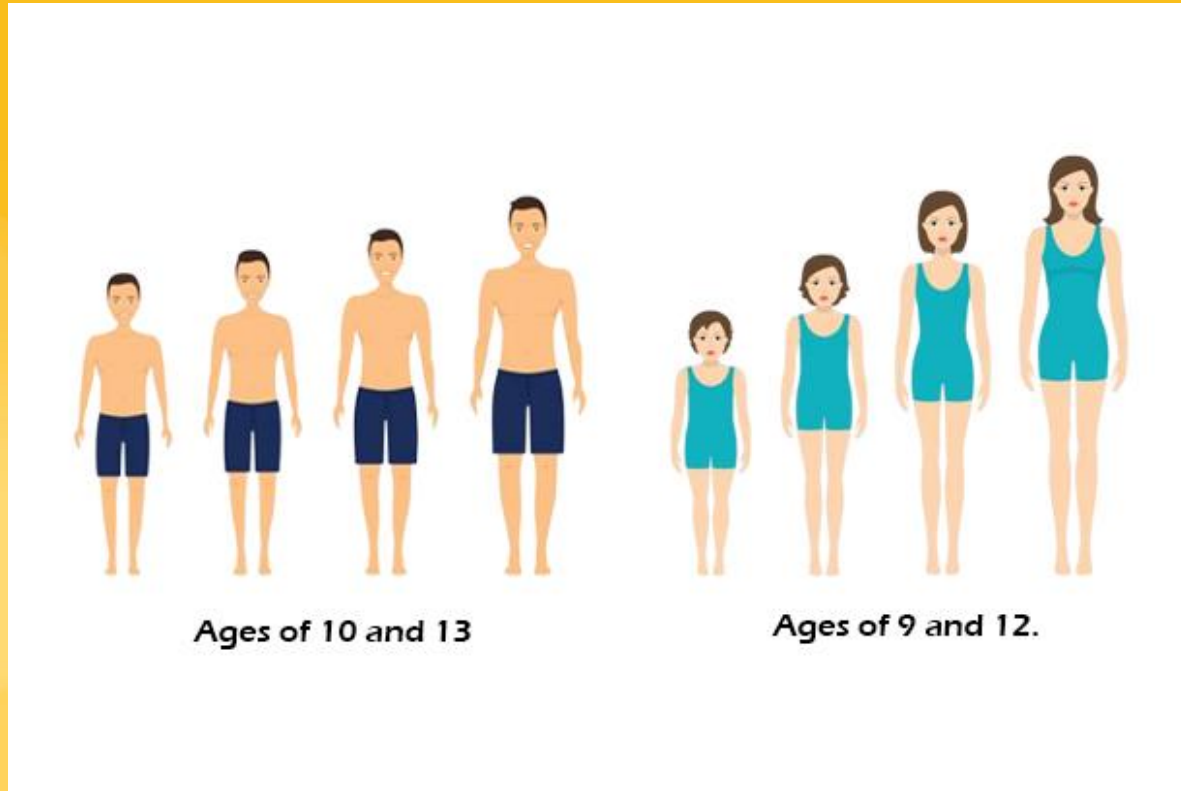
3. Interaction with Form Teachers (breakout room)



Vice-Principal's Address



Puberty



- Conversations about what to expect and how to manage the changes
- Look out for signs of negative body image

Friendship

- Role model family values



Becoming Independent



- Clear rules and expectations
- Discipline





cooking



dusting



water the
plants



hanging
laundry



ironing



set the
table

Family Time





Communication



Sleep-deprived Singapore



NATIONAL SLEEP FOUNDATION

SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

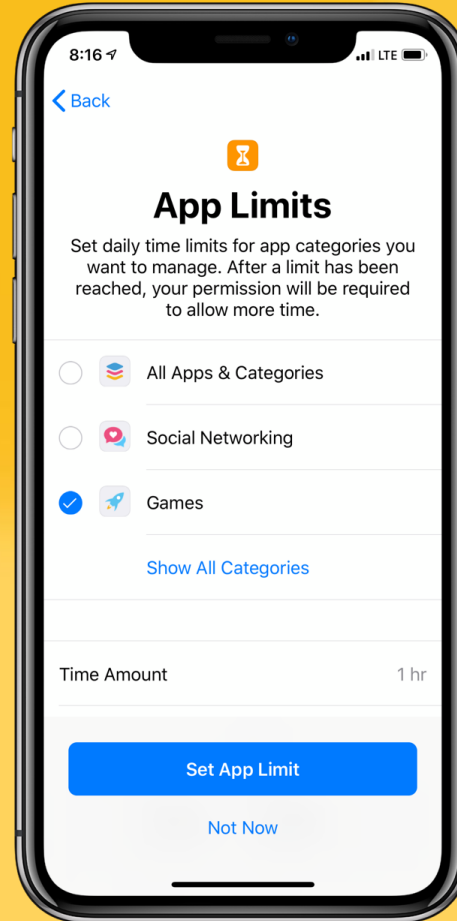
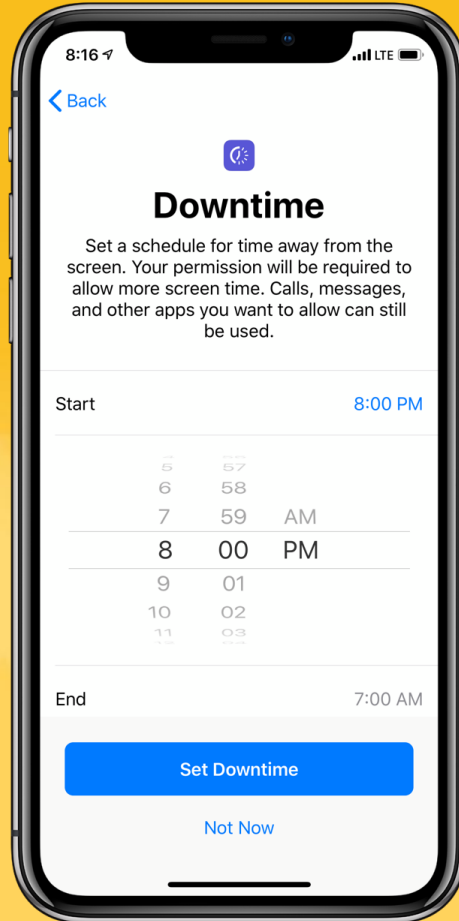
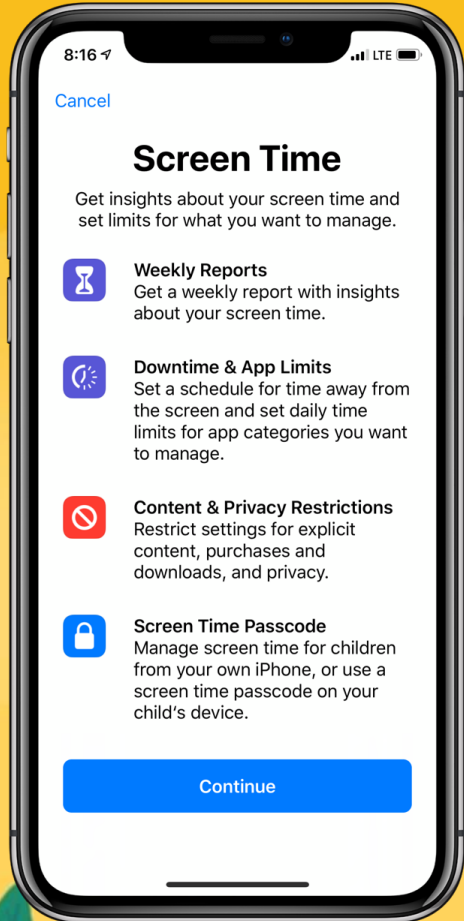


4 Tips

1. Create shared experiences
2. Engage in activities not involving mobile gadgets
3. Set boundaries
4. Limit screen time



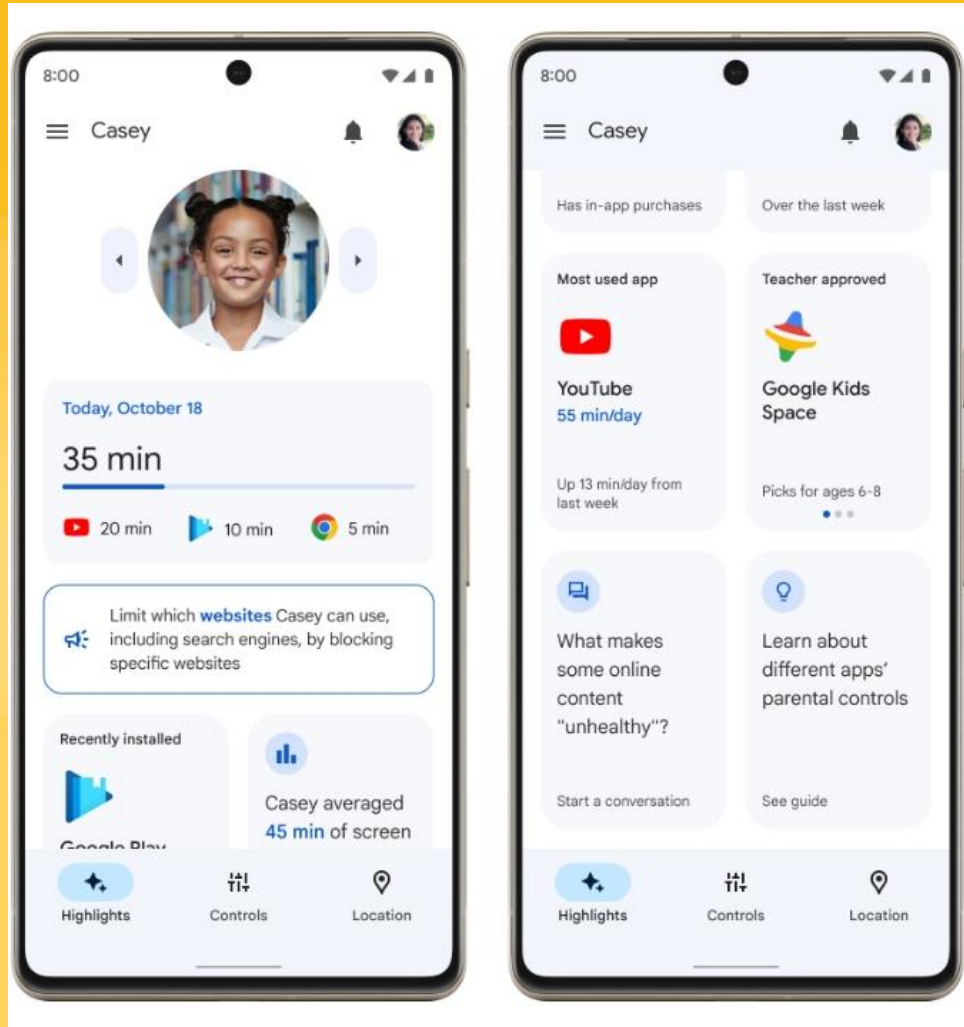
IPhones



- Go to Settings
- Select Screen Time
- Choose child's name under Family
- Tap Turn on Screen Time
- Tap Continue



IPhones or Android Phones



Google Family Link

- Open Family Link app
- Select child
- Tap Controls App Limits
- Select the name of the app you want to allow or block

Your Child's First Influencer

- **Video Source:**

https://www.youtube.com/watch?v=8ggKZcn72_k



Home-School Partnership

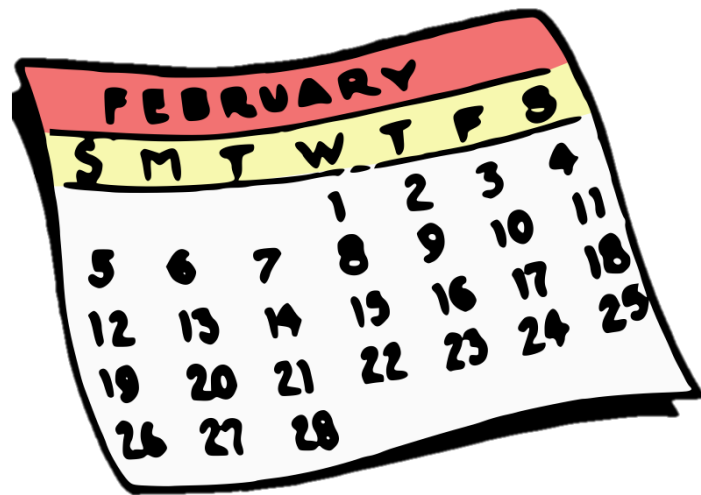
- Modes of communication: Email or call school / teacher
- Reasonable response time
- Seek clarifications



Thank you ☺



Highlights of 2024



P5 Camp Video

- **Video Source:**

<https://www.rivervalepri.moe.edu.sg/communications/information-for-parents/parentengagement2024/>



Highlights of 2024



	Primary 5
Term 1	<ul style="list-style-type: none">• Primary 5 Camp and Transition Programme (11 – 13 Jan)• Term 1 Weighted Assessments (11 – 25 Feb)
Term 2	<ul style="list-style-type: none">• Student-Led Conference (17 Apr)• Term 2 Weighted Assessments (28 Apr – 12 May)
Term 3	<ul style="list-style-type: none">• Term 3 Weighted Assessments (28 Jul – 11 Aug)• National Education (NE) Show (TBC)
Term 4	<ul style="list-style-type: none">• Children’s Day Celebration + Sports Carnival (3 Oct)• End of Year Examination (23 Sep: Listening Comprehension; 10 – 11 Oct: Oral, 21 – 24 Oct: Written)





Student-Led Conference (17 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.



Student Development



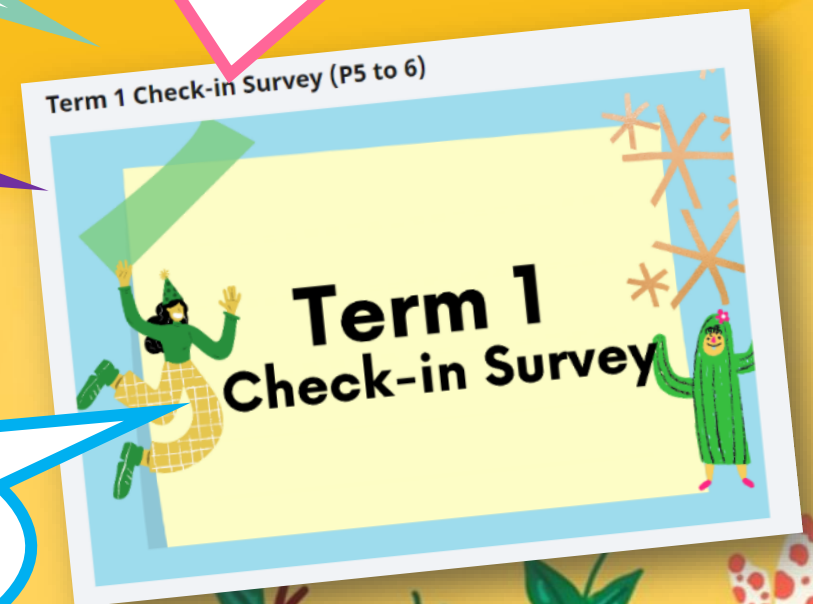
Term 1 Check-In Survey

I heard that the p5 year is going to be a heavier year but i also can make new friends.

I'm happy to go back to school.. Meeting new friends and classmates...but I am scared of the new topics that are getting harder and harder.

I'm sad because my best friends are not in the same class as me and I'm scared as I think I won't be able to make new friends. I'm happy and excited for the excursions and camp!

Harder syllabus but I have an opportunity to make new friends.



What to Expect at Primary 5?

Greater Rigour

- Across all subjects, your child will be exposed more challenging questions that test their understanding and application.
- Short runway = faster pace
- takes time for your child to adapt to the new topics and more challenging questions.
- Develop good study habits and skills.



What to Expect at Primary 5?

Complex Relationships

- Peer relationships in their growing years
- Exposure to ideas and influence through Social Media

The Complete Screen Time Parental Control App

OurPact is the most comprehensive parental control app and family locator, perfect for families of any sizes.

SIGN UP for FREE DEMO

Free to Use



Adapted from Betterinternet.sg

Does your child understand concepts like relationships and reputations?

Your child should be able to tell apart a real friend from someone who "follows" them online. Otherwise, they may be pressured into making choices like cyber-bullying or sexting (i.e., sending or receiving sexually explicit photos or texts, of themselves or someone else) to fit in.



Are they able to manage their time?

Is your child able to balance schoolwork and play time? Make sure they show good time-management skills before letting them use social media.



Do they obey the rules you set them?

If your child often breaks your rules on chores, homework, or bedtime, they might not be ready for rules on how to behave in a much more complicated online space.



Is your child confident?

Social media can be hard on anyone's self-esteem, so make sure your child shows self-confidence before letting them use it. One easy way to test this is to ask them to say three good things about themselves.



© Ministry of Education, Singapore. All Rights Reserved.

<https://www.schoolbag.edu.sg/story/13-and-ready-for-social-media-or-not>

Your Handy Guide to Cultivating Healthy Screen Use in Children



Tips on healthy screen use for your family!



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 he/she is viewing.
- Prioritise active screen use that engages your child over passive screen use that does not require him/her to think or interact.

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.

AVOID...

- ✗ Background screen use (i.e. having devices turned on in the background even when your child is not watching them)

1.5 to 6 years

- If your child is aged between 1.5 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

AVOID...

- ✗ Screen use during mealtimes and one hour before bedtime
- ✗ Background and passive screen use (i.e. screen use without thought, interaction or learning)

7 to 12 years

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

AVOID...

- ✗ Screen use during mealtimes and one hour before bedtime

Developed by local paediatricians, academics, and representatives from ministries and agencies. For more information, refer to Guidance on Screen Use in Children at <https://go.gov.sg/moh-screenadvisory>

<https://www.healthhub.sg/programmes/parent-hub/primary>

Recognising and Talking about Stress

1. Ask Open-Ended Questions
2. Follow your child's interest
3. Problem Solve Together
4. Be a Role Model

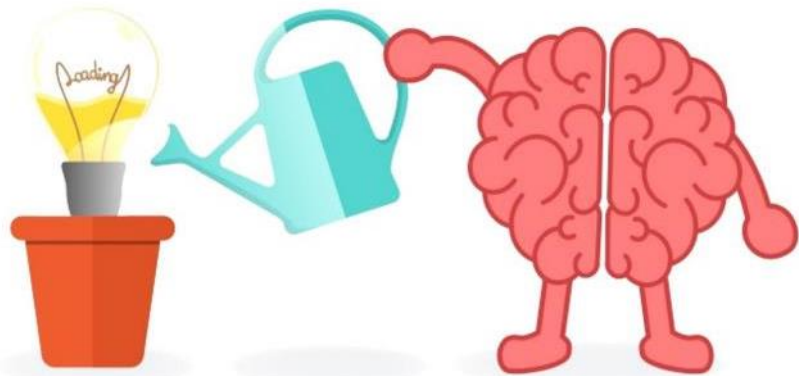


Other useful resources

- <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.**



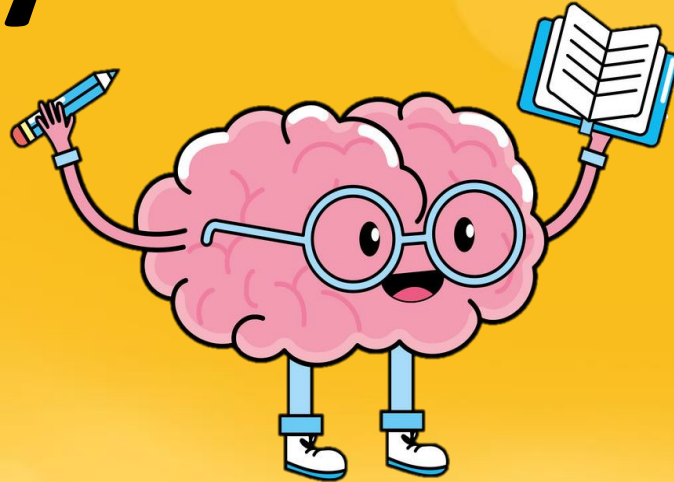
Why **GROWTH** Mindset?

- 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.



GROWTH MINDSET mantra

1. Everyone Can Learn!



2. My Brain is a Muscle That Grows



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**.

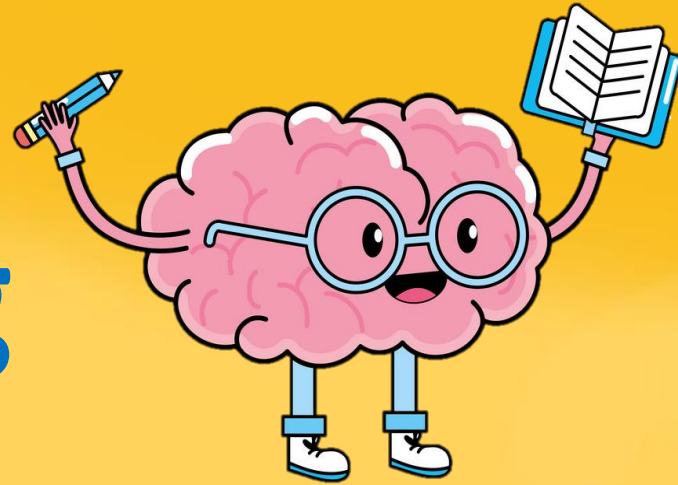
3. Praise Your Child's Effort

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.



2024

I am a
Valued
Member of
this Learning
Community



Feedback
is a Gift

—

Accept It



GROWTH Mindset: I am a Valued Member of this Learning Community

Through developing strong relationships, it's possible to foster conditions that motivates students to embrace a growth mindset. It must be done in a nurturing environment.

- Your child knows that we **have faith in their ability to achieve.**
- Your child **feels safe** with us (esp if and when they make mistakes).
- Your child **seeks feedback and learns from mistakes.**
- Your child understands that **growth is more important** than grades.

BUT

- Mistakes are **learning opportunities followed by second (or third) chances.**
- We **serve as a facilitator and guide** as your child manage their own learning and are encourage to take risks.
- Relationships mean that we don't just say, we **show them the way.**

GROWTH Mindset: Feedback is a Gift – Accept It

- Feedback is a **growth opportunity** and students must have the right mindset to take advantage of that opportunity.
- Teach your child to listen to feedback and **use the feedback given as a way to grow and learn.**
- To support growth, **feedback must be specific and focus on effort and the learning process.**



How to Praise and Encourage Kids

- **Video Source:**

<https://www.rivervalepri.moe.edu.sg/communications/information-for-parents/parentengagement2024/>



For Parents By Parents:

Sharing by PSG



Supporting my child during Primary 5 (Sharing by PSG Member)

- **Video Source:**

<https://www.rivervalepri.moe.edu.sg/communications/information-for-parents/parentengagement2024/>



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.

5RESPECT	Mdm Hartini
	Ms Ang Hui Nee
5RESPONSIBILITY	Ms Sakina
	Mdm Tan Kok Teng
5RESILIENCE	Mdm Marlina
	Mrs Juli Sitoh
5INTEGRITY	Mdm Nurul Huda
	Mdm Liang Wei Hsiang
5CARE	Mr Seah Jin Yang
	Mdm Nur Liyana
5HARMONY	Mdm Nicole Tan
	Mdm Nurshamira





Thank You!



FOR YOUR SUPPORT

