

# Primary 4 Parent Engagement Session

Follow us on Instagram!



18 February 2025

3.30 p.m. - 5.00 p.m.



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





# P4 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. School Leader's Address

## 2. Sharing by YH/AYH:

- **Key dates 2025**
- **Student Well-Being**
  - General Concerns of P4
  - Growth Mindset
- **Subject Based Banding**
- **For Parents By Parents: Sharing by PSG**

## 3. Interaction with Form Teachers (breakout room)



# School Leader's Address

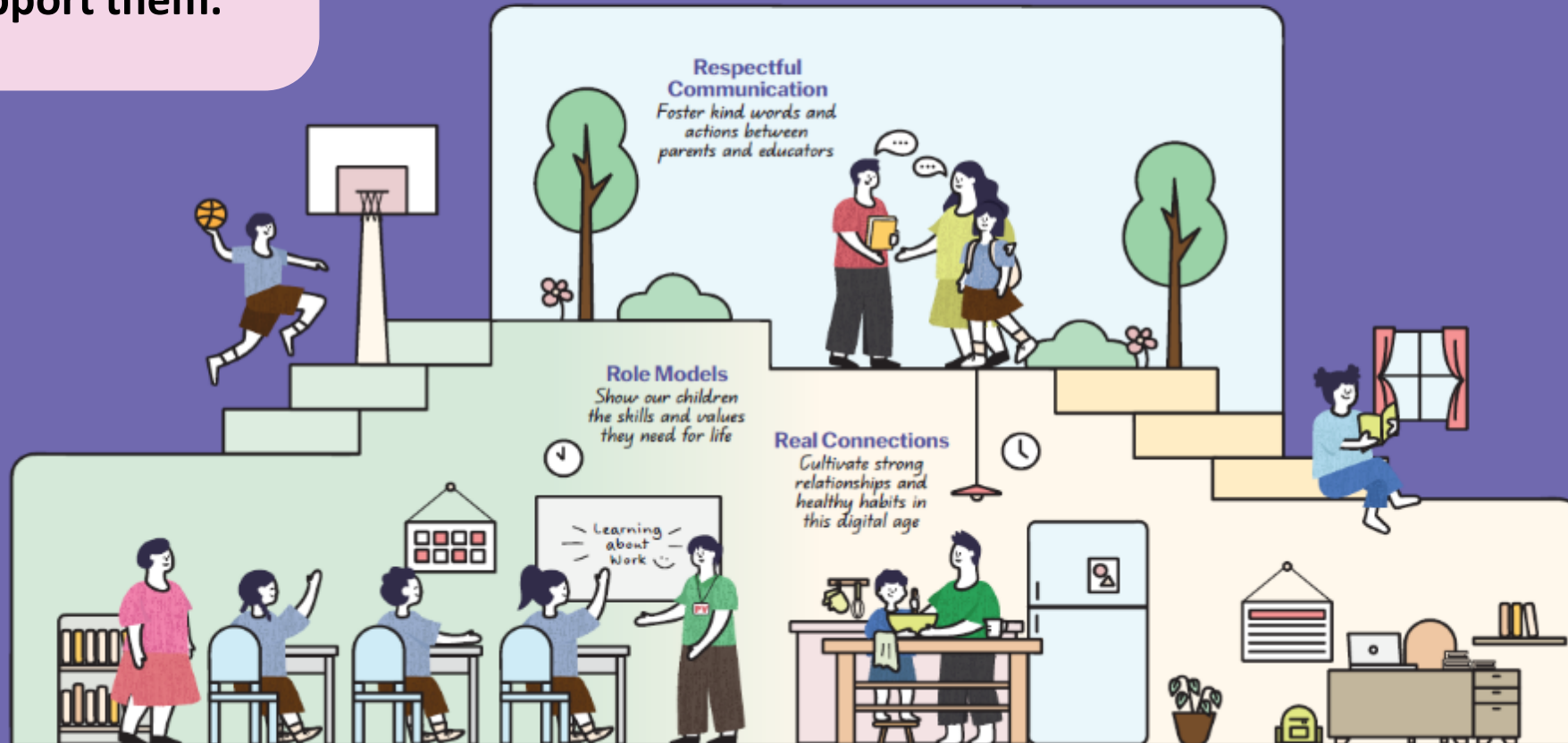


# School-Home Partnership

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

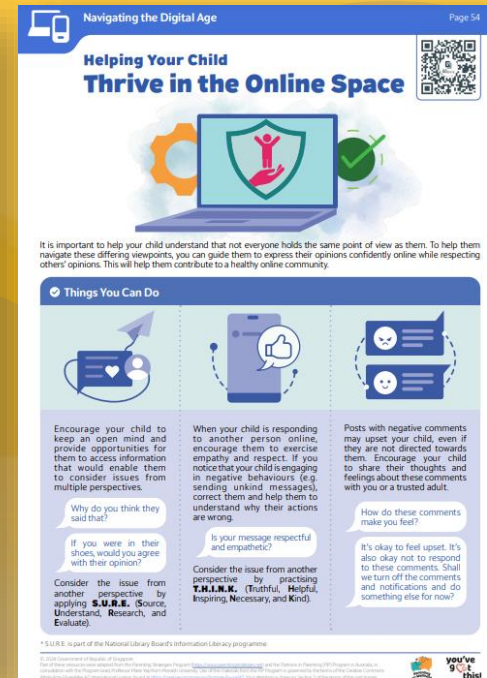
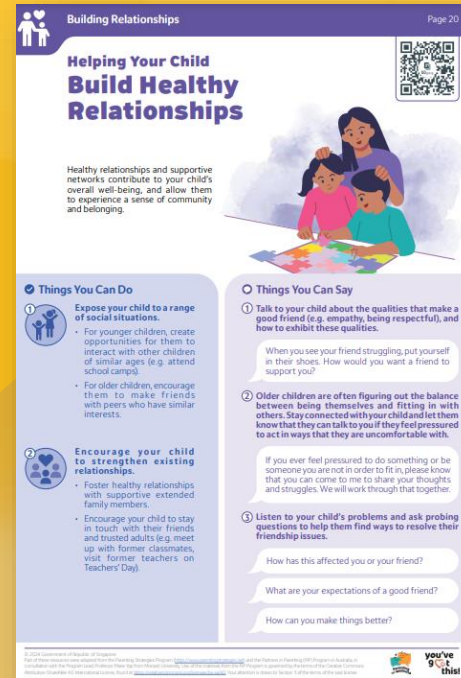
Cultivate strong relationships and healthy habits in this digital age

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.

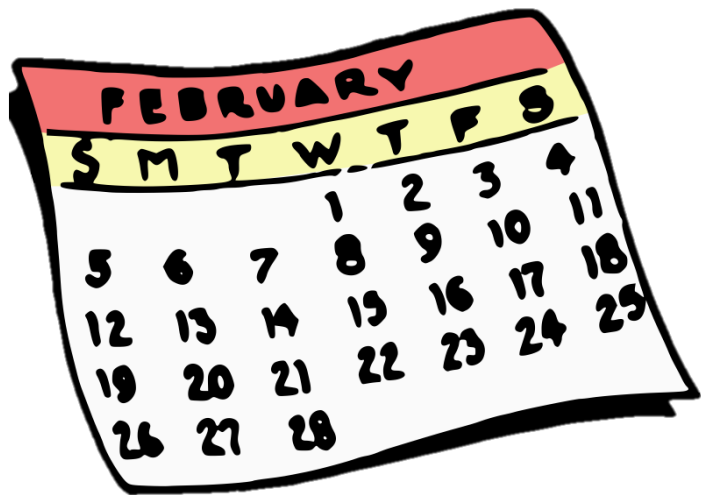


# Engagement Charter

- 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.



# Key Dates 2025



# Key Dates 2025

	Primary 4
<b>Term 1</b>	<ul style="list-style-type: none"><li>• 3 Jan: Sports Education Programme</li></ul>



# Key Dates 2025

	<b>Primary 4</b>
<b>Term 1</b>	3 - 10 Jan: P1-P4 Buddy Programme

- P4 students helped their P1 buddies to adapt to the new learning environment in Rivervale.
- They demonstrated care and leadership skills.



# Key Dates 2025

	Primary 4
<b>Term 1</b>	<ul style="list-style-type: none"><li>• 13 Jan: P4 RTSEC Survey</li><li>• 2 - 3 Mar: Term 1 Weighted Assessment</li><li>• 6 - 7 Mar: Art Museum-Based LJ</li></ul>





# Key Dates 2025

	Primary 4
<b>Term 2</b>	<ul style="list-style-type: none"><li>• 23 Apr (7.30am – 1.30pm): Student-Led Conference</li></ul>

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



# Key Dates 2025

	Primary 4
<b>Term 2</b>	<ul style="list-style-type: none"><li>• 13 – 16 May: Term 2 Weighted Assessment</li></ul>
<b>Term 3</b>	<ul style="list-style-type: none"><li>• 18 Jul/24 Jul/31 Jul: NESS LJ to Kreta Ayer Heritage Gallery</li><li>• 4 - 15 Aug: Term 3 Weighted Assessment</li></ul>
<b>Term 4</b>	<ul style="list-style-type: none"><li>• 2 Oct: Children's Day Celebration</li><li>• 6 - 10 Oct: LC and Oral End of Year Examination</li><li>• 22 Oct - 4 Nov: Written End of Year Examination</li><li>• 21 Nov: Prize-Giving Ceremony</li></ul>



# Student Well-Being



# Top 3 Concerns from P4 Students

No.	Concerns
1.	New roles/ new skills - P1-P4 Buddy
2.	“Too much” homework
3.	Expectations (child, parents, teachers)

How can I help my P1 buddy?

Will there be a lot of homework? Can I finish?

\*Generally, most students looked forward to being back to school and are feeling hopeful for the 2025 😊

I am worried that I cannot meet my/their expectations).



# Supporting Student Well-Being

## 1. P1 and P4 Buddy

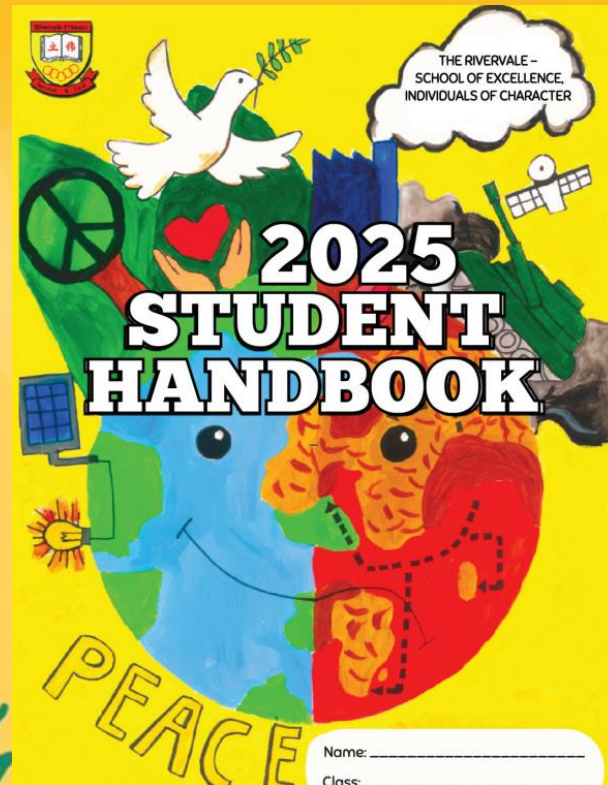
- Buddy Briefing
- Bigger buddy group for some



# Supporting Student Well-Being

## 2. Completion of homework

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



February 2025		
<b>17</b>	<b>MONDAY</b>	Notes from Teachers/ Parents
<b>FEB</b>		
😊		
😊		
☹️		
		🔑 °C
<b>18</b>	<b>TUESDAY</b>	Notes from Teachers/ Parents
<b>FEB</b>		
😊		
😊		
☹️		
		🔑 °C
<b>19</b>	<b>WEDNESDAY</b>	Notes from Teachers/ Parents
<b>FEB</b>		



# Supporting Student Well-Being

## 3. Equipping students with skills to cope with expectations

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

We can set goals to develop our character strengths, interests, talents and skills.

Setting S.M.A.R.T. goals helps us plan and organise what to do to achieve our goals.

Working towards our goals can be challenging. There are ways that we can help ourselves overcome these challenges.



**My Goals and Plans ②** Date: \_\_\_\_\_

### Working Towards My Goal

My Goal: \_\_\_\_\_

**My S.M.A.R.T. Goal**

<p><b>1. Be Specific:</b> What do I want to do? _____ _____ Why did I set this goal? _____ _____</p>	<p><b>3. Make it Achievable and Realistic:</b> Is my goal something that is possible to achieve? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe</p> <p>Do I think I have the ability and support to work towards my goal? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe</p>
<p><b>2. Make it Measurable:</b> I know I have reached my goal when _____ _____</p>	<p><b>4. Make it Timely:</b> I will aim to reach my goal by _____ (Write a date)</p>

Understand and Care for Myself ③

# 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

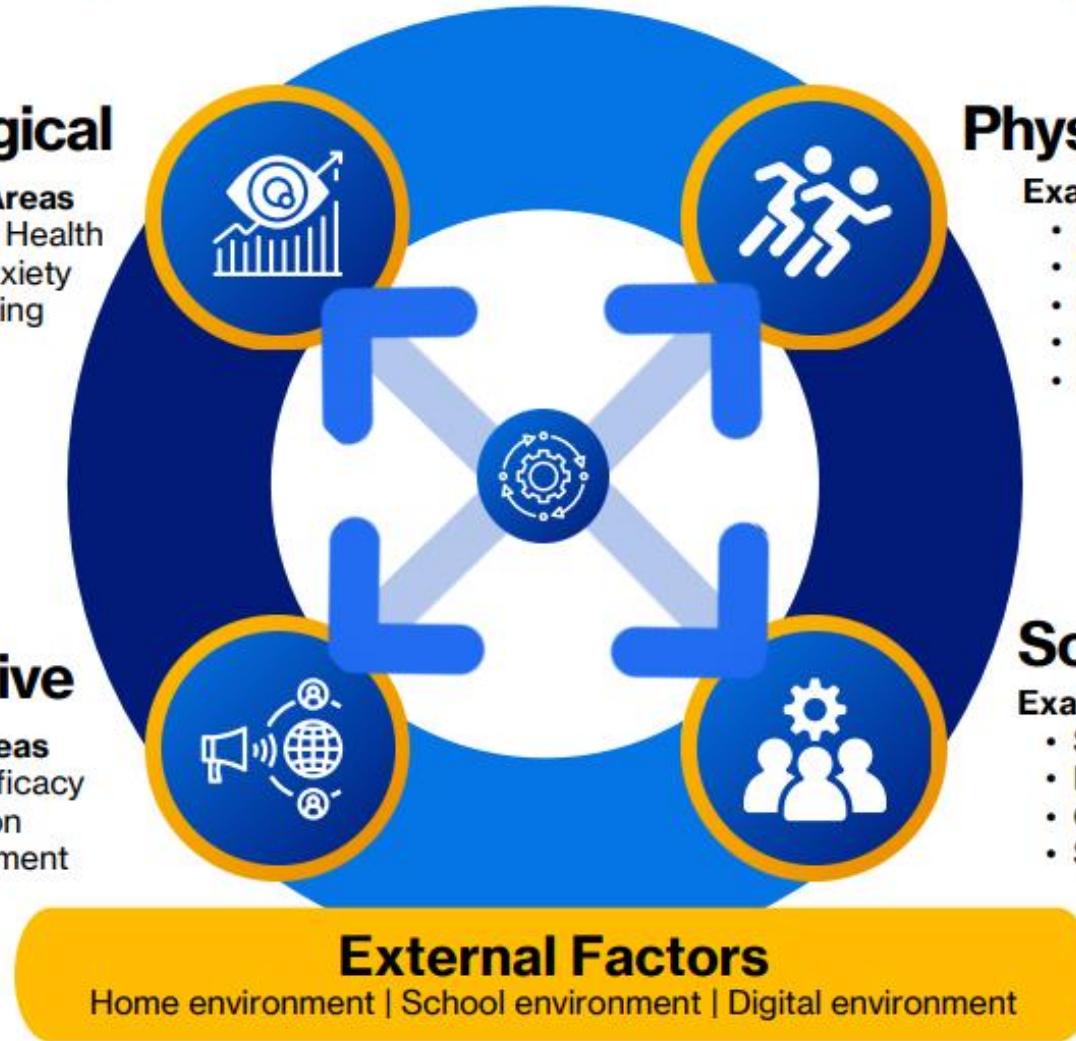
### Examples of Key Areas

- Academic self-efficacy
- Intrinsic motivation
- Learning engagement

## Social

### Examples of Key Areas

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





# A Holistic Approach to Support Student Well-being

## Key PROTECTIVE FACTORS for ALL students

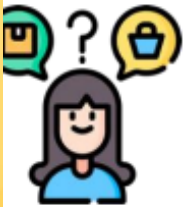


### A Strong Identity

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

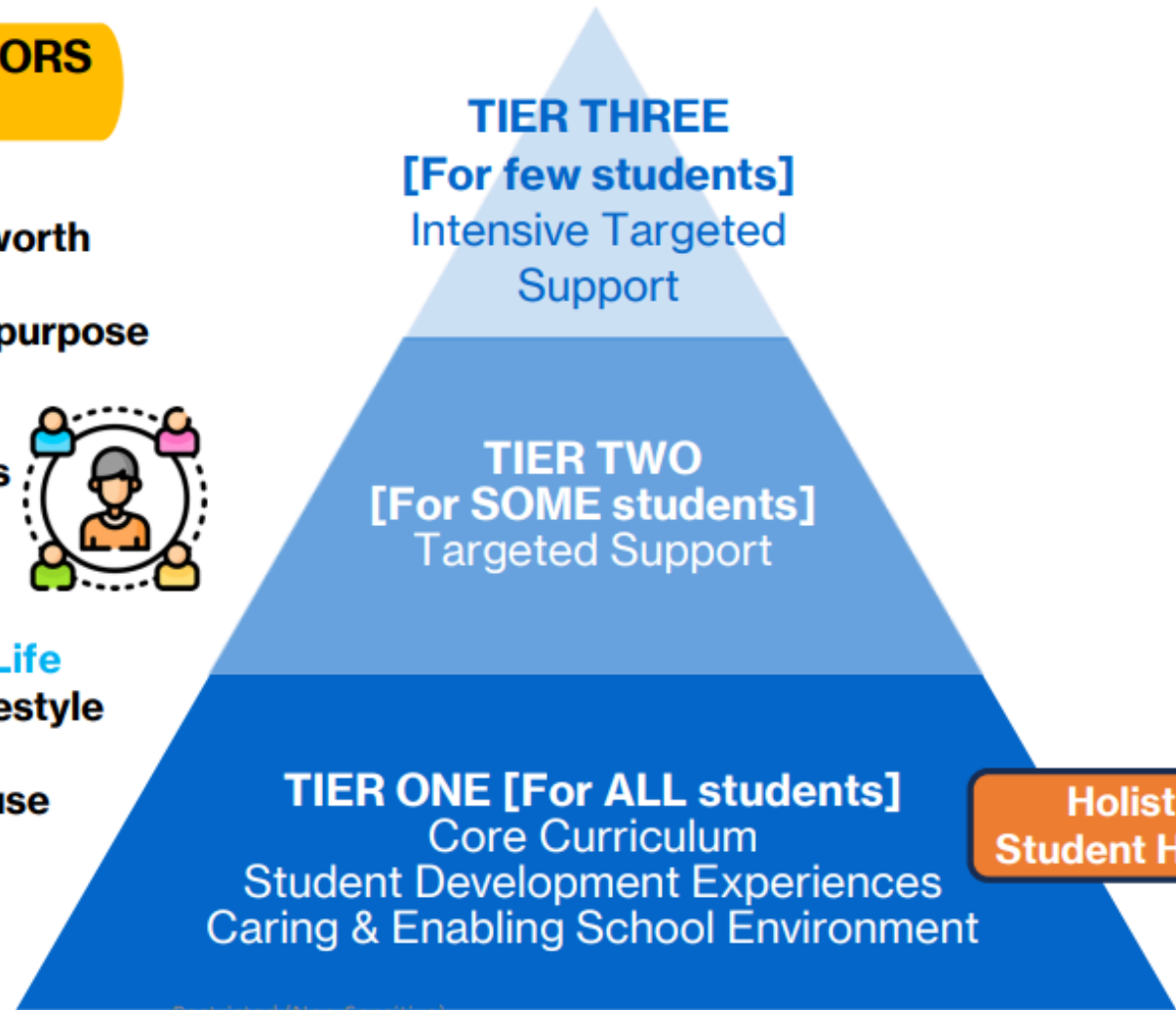
### Positive Relationships

- 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



### Below 18 months



- **No screen time** (except for video calls)
- Do not leave screens on in the background

### 18 months to 6 years old



- Screen time: **Under 1 hour daily** outside school
- Watch media with kids when possible
- Do not use screens to occupy or distract children
- Choose age-appropriate educational content
- Do not leave screens on in the background
- **No screens during meals and before bedtime**

### 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.



# How can parents help their child develop good digital habits?

Here are some ways:

- **Role model good digital habits** (e.g. parents/guardians not using devices during mealtimes).
- Have **regular conversations** with your child to better understand what they do online
- **Discuss and develop a timetable** with your child to moderate their time spent on screens.



# How can parents help their child manage work stress?

## Here are some ways:

- **Strong home-school partnership** – gather feedback from teachers on child's progress and in turn share observed strengths or areas of growth about child.
- **Empower your child** and **encourage him/her to seek help** when in need.

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>

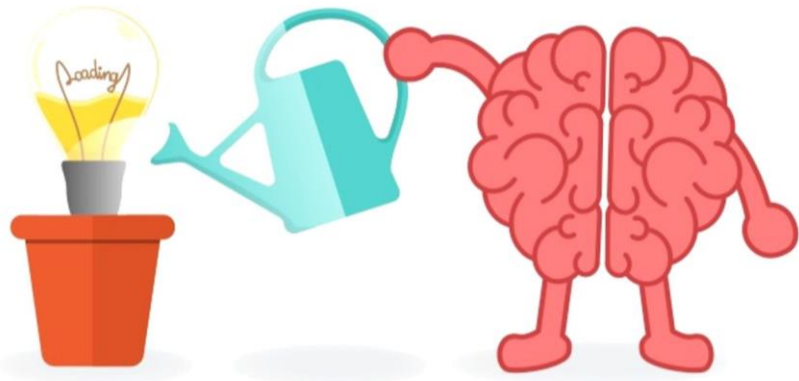


- The Parenting for Wellness website will also be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised accessed to a full suite of parenting resources.





# Student Development: GROWTH mindset



# 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.



# 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

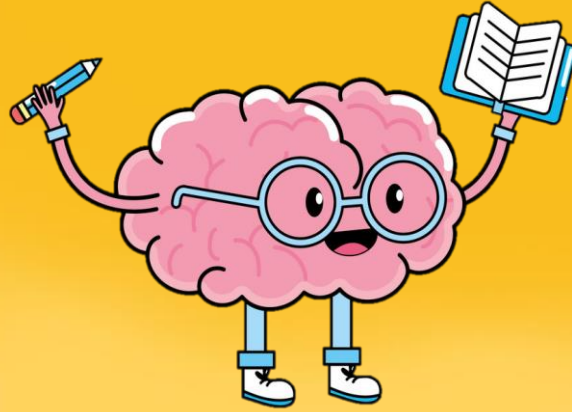
**Focus on the process.** If children learn that only the outcome matters and not the effort behind it, they'll never think they can do more or try harder to change that outcome.



# 2025

## SEM 1

**There's a  
Difference  
Between Not  
Knowing and Not  
Knowing Yet**



## SEM 2

**Mistakes are  
Opportunities  
for Learning**



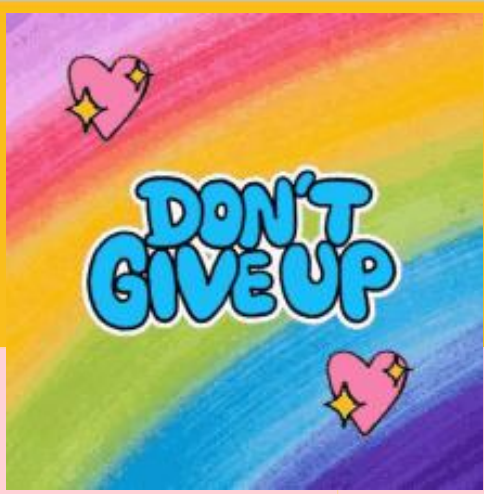
# Never Give Up with “Not Knowing Yet”

## Encourage Your Child ... ..

When we face challenges or difficult tasks, it's easy to feel like giving up.



With the mindset of 'Not Knowing Yet,' we can turn challenges into opportunities for growth and success.



# Using 'Not Knowing Yet' to Learn Better

Let your child know that

- He/she might not know the answer right away, but with combined effort and the belief in 'Not Knowing Yet,' he/she can work together with his/her peers to find the solution and celebrate their success as a team.
- With each challenge, they will become better learners and problem-solvers.

A MISTAKE IS  
ONLY A MISTAKE  
IF YOU DON'T  
LEARN FROM IT.



# Mistakes are Opportunities for Learning

How can you help your child?

- Embrace the Learning Opportunity
- Create a Safe Space
- Encourage Persistence
- Focus on Effort
- Lead by Example



Mistakes are proof that  
you are trying



# Subject-Based Banding



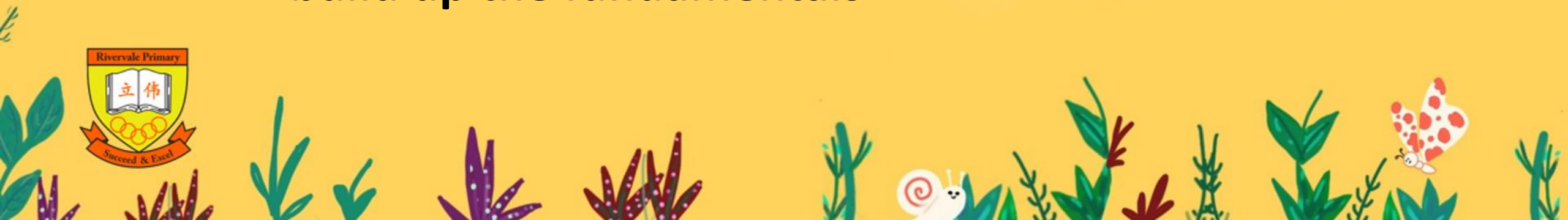
# Subject-Based Banding (Primary)

Subject-based Banding provides

- **greater flexibility**

This will allow students to

- **focus on and stretch their potential**
- **build up the fundamentals**



# How does Subject-Based Banding work?

## At P4

- Student sits for school-based examinations
- Based on student's results, school recommends a subject combination



# 2025 Rivervale Primary School Assessment Weightings

Level	Term 1	Term 2	Term 3	Term 4
<b>P4</b>	10% (Weighted Assessment)	15% (Weighted Assessment)	15% (Weighted Assessment)	60% (End-of-Year Examination)



# How does Subject-Based Banding (SBB) work?

School recommends a subject combination based on the student's P4 **overall** examination results.

Performance	Recommendation
Passes all 4 subjects and performs well in Mother Tongue Language	4 standard subjects + Higher Mother Tongue Language
Passes 3 or 4 subjects	4 standard subjects
Passes 2 subjects or less	4 standard subjects; or
	2 standard subjects + 2 other foundation subjects; or
	1 standard subject + 3 other foundation subjects; or
	4 foundation subjects







# Higher Mother Tongue Lessons

- Higher Mother Tongue lessons will be conducted once a week after school
- The duration for each lesson is one hour



# Using HCL for Admission into SAP Schools

- Students who obtained a Distinction/Merit/Pass for HCL at the PSLE and an overall PSLE Score of 14 or better will receive a posting advantage when applying to SAP schools.
- Students will be considered for admission to SAP schools in the following order:

1st		7	NO HCL
2nd		8	DISTINCTION
3rd		8	MERIT
4th		8	PASS
5th		8	NO HCL
6th		9	DISTINCTION

Students with better PSLE Scores will be posted first, even if they did not take HCL.

Amongst students with the same PSLE Score, those with better HCL grades will be posted first.

# List of Current SAP schools

- Anglican High School
- Catholic High School
- CHIJ St. Nicholas Girls' School
- Chung Cheng High School (Main)
- Dunman High School
- Hwa Chong Institution (High School Section)
- Maris Stella High School
- Nanyang Girls' High School
- River Valley High School
- Nan Hua High School
- Nan Chiau High School





# How does Subject-Based Banding work?

## At P5

Student sits for school-based examinations for subject combination chosen by parents.

### **4 standard subjects**

School will allow them to continue with the same subject combination in P6.

### **4 standard subjects and has difficulty coping**

School may allow him to take 1 or more subject(s) at foundation level in P6.

### **1 or more foundation subject(s) and did very well in the subject(s).**

School may allow him to upgrade to the subject(s) to standard level if school believes he can cope; or continue with the same subject combination in P6.

# Subject-Based Banding (Primary)

- Offering subjects at Foundation level is not a disadvantage to the students
- Focus on building up strong fundamentals in these subjects
- Better prepare them for progression to secondary school



# For Parents By Parents:

Sharing by PSG



Sharing by Mdm Esther Low

## PSG Sharing for P4 (level) Parents



By : Esther Low



# 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*



# Q & A

Please type your questions using the chat function.



# 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

<b>4RESPECT</b>	Mr Mohamad Khair
	Ms Kwek Jing Yi
<b>4RESPONSIBILITY</b>	Mr Yeo Peng Quee
	Mdm Ng Mui Chin
	Mdm Nanthini
<b>4RESILIENCE</b>	Mr Ran Yijun
	Ms Tricia
<b>4INTEGRITY</b>	Mdm Nurmerdina
	Ms Tan Yi Han
<b>4CARE</b>	Ms Veronica Tan
	Ms Cheryl Chern
<b>4HARMONY</b>	Mrs Samantha Lim
	Mr Yee Siong Yew







# Thank You!



FOR YOUR SUPPORT

Rivervale Primary

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Succeed & Excel

