

Primary 5/6 Parent Engagement Session

9/10 February 2023

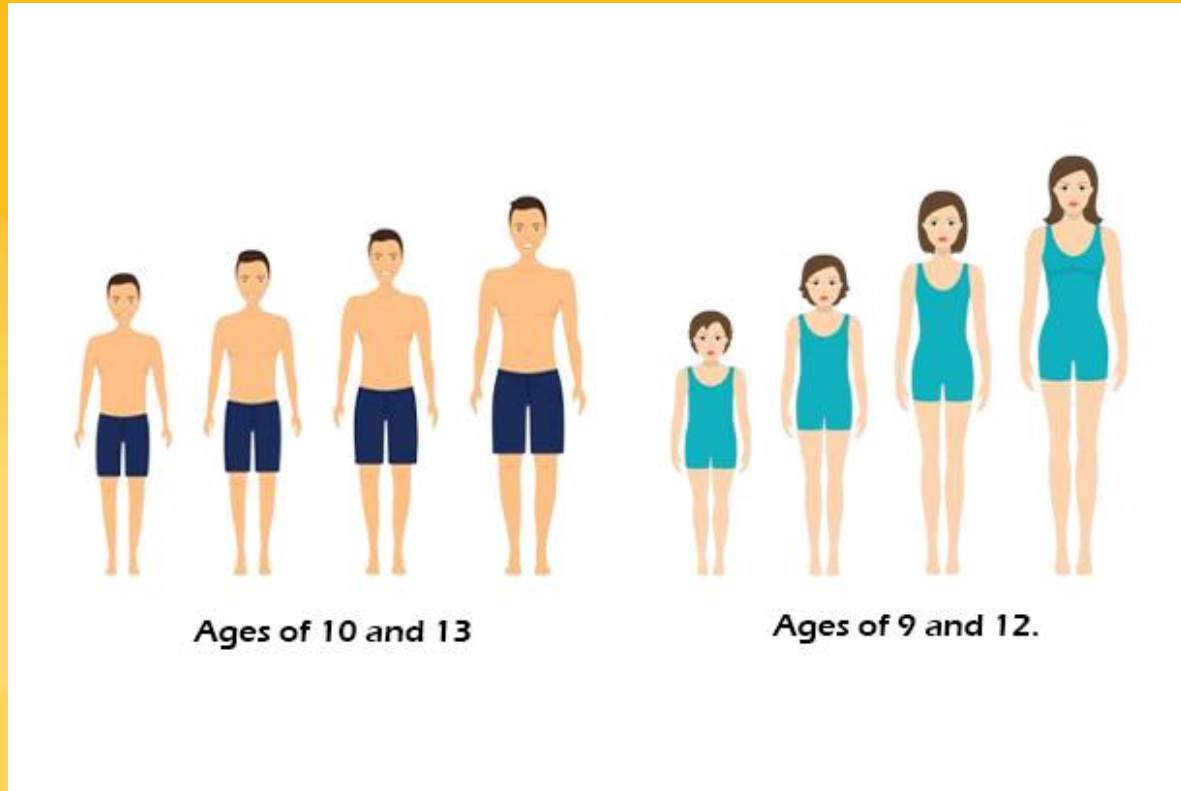
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Principal's Address



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

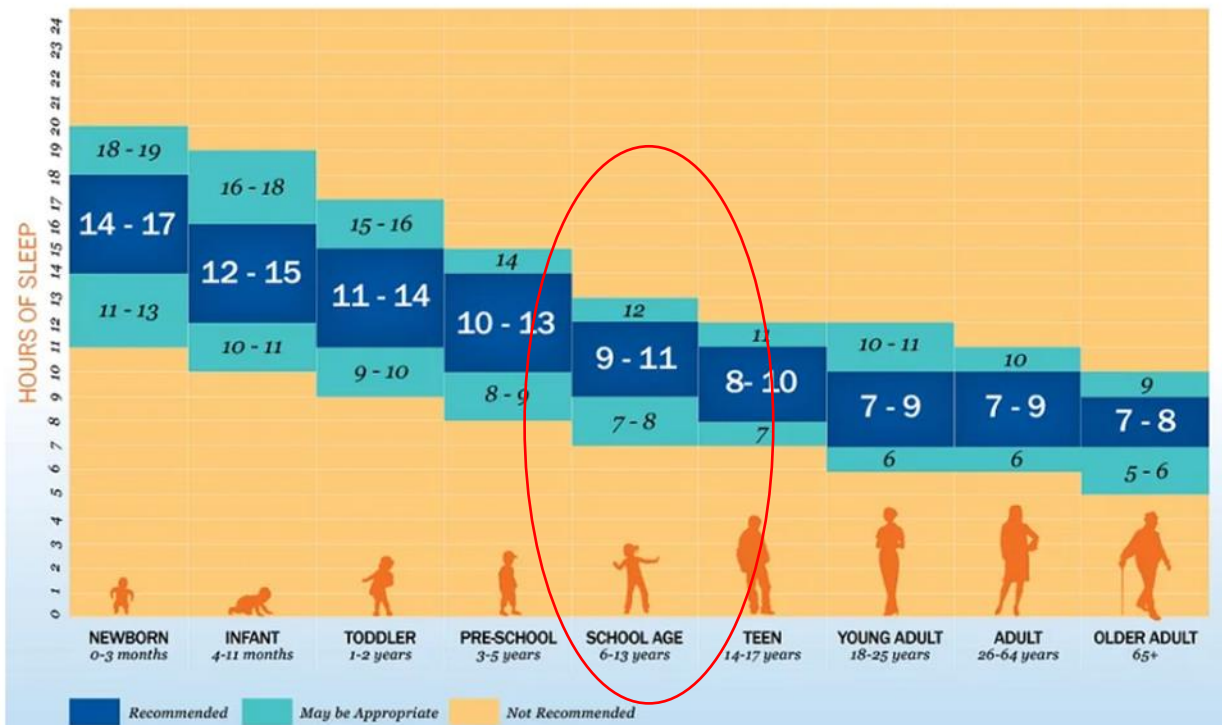


Sleep-deprived Singapore



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>







What is trending now?



Home-School Partnership

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





Thank You!



FOR YOUR SUPPORT

Rivervale Primary

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Succeed & Excel

