

# Primary 5 Parent Engagement Session

Follow us on Instagram!



11 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





# P5 Parent Engagement Session

## Video Conference Meeting Etiquette

1. Use earpiece for better audio clarity
2. Mute your microphone to minimize background noise for other participants.
3. Q&A session will be opened to the floor only after the presentation.
4. 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**
  - Reporting and Supporting Student Learning
- **Student Well-Being**
  - Student Survey and Student Well-Being Matters
  - For Parents By Parents – Sharing by PSG

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



# School Leader's Address

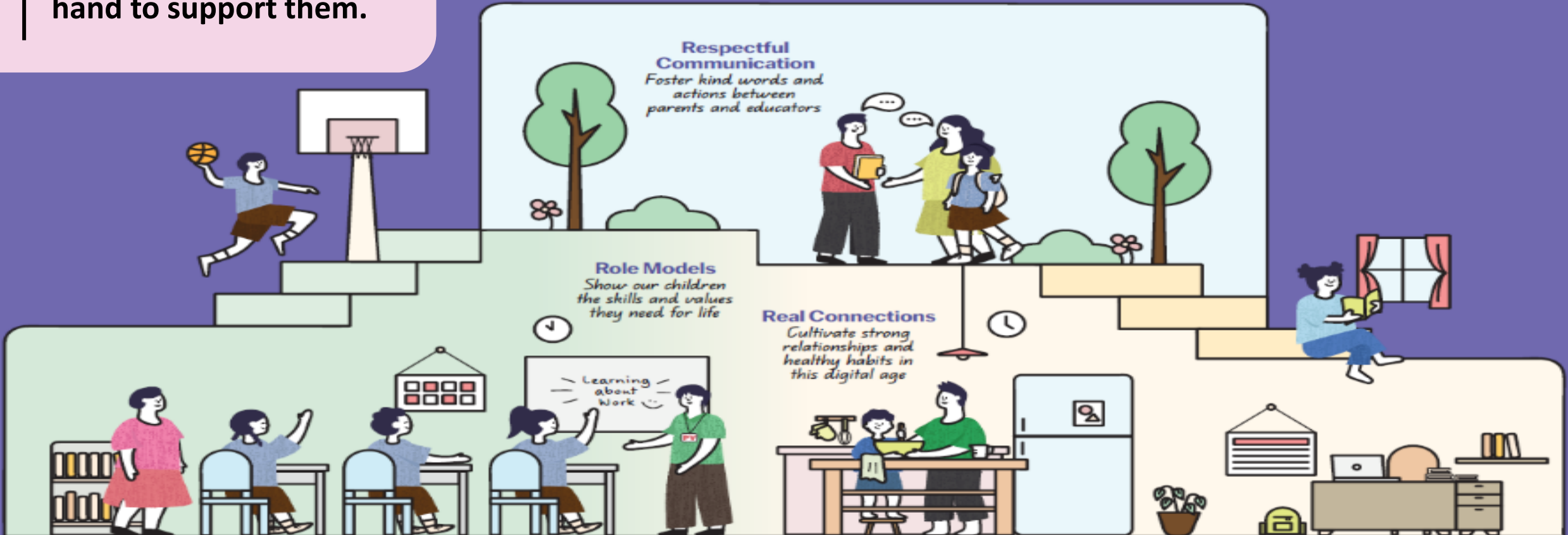


# School-Home Partnership

Guidelines for School-Home Partnership

## Raising a Happy, Confident, and Kind Generation Together

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



# 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.

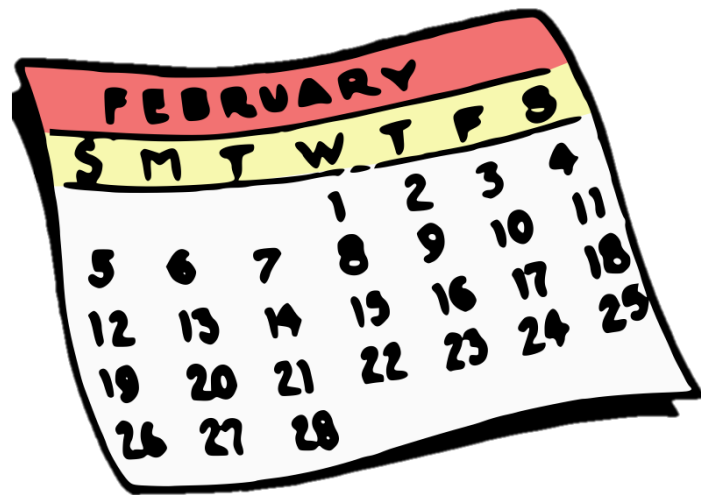


# Engagement Charter

- 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



# P5 Camp Video

Refer to school website for video



# Key dates for 2025



	Primary 5
<b>Term 1</b>	<ul style="list-style-type: none"><li>• Primary 5 Camp (16 – 18 Jan)</li><li>• Term 1 Weighted Assessments (27 – 14 Mar)</li></ul>
<b>Term 2</b>	<ul style="list-style-type: none"><li>• Student-Led Conference (23 Apr)</li><li>• Term 2 Weighted Assessments (5 May – 23 May)</li></ul>
<b>Term 3</b>	<ul style="list-style-type: none"><li>• Term 3 Weighted Assessments (28 Jul – 22 Aug)</li><li>• National Education (NE) Show (TBC)</li></ul>
<b>Term 4</b>	<ul style="list-style-type: none"><li>• Children’s Day Celebration + Sports Carnival (2 Oct)</li><li>• End of Year Examination (Listening Comprehension: 6 Oct; Oral: 16 – 17 Oct; Written: 22 Oct – 4 Nov)</li></ul>



# Supporting and Reporting Student's Learning

## 2. Student-Led Conference

(Wednesday, 23 Apr, 7.30 a.m. – 1.30 p.m.)

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





# Student Development



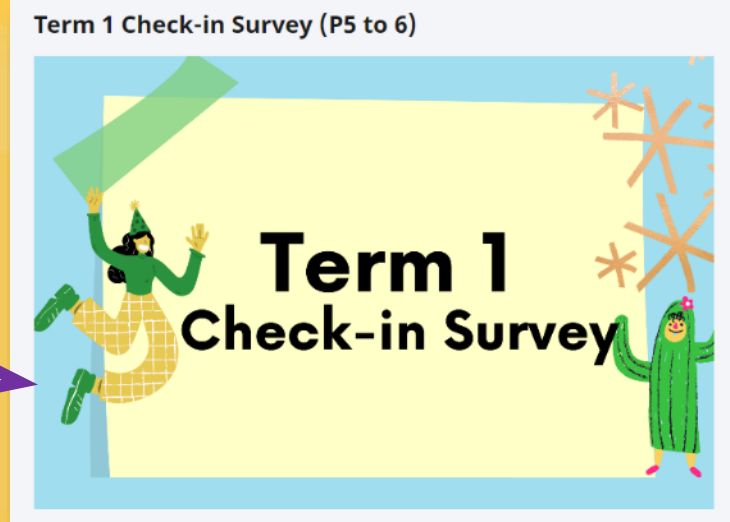
# Term 1 Check-In Survey

I want to meet my friends and learn more new things for a new year.

I feel happy since I get to see my friends , sad because some of my friends are in other classes and lonely because I don't really have much friends in my new class .

I'm excited yet worried as there is going to be more work.

I feel excited because I can learn new knowledge and make new friends , I feel happy as I like to be back in school.



It is because of stress from exam plus P4 to P5 is a big gap.

# 2 Key Concerns

1. Stress Management
2. Relationship Management + Cyberwellness



# Stress Management



# 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

## Student's Internal Factors

Values | Character | Developmental Stage  
Social Emotional Competencies  
Sense of Meaning & Purpose

## 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

Restricted (Non-Sensitive)

# 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.

## Caring for Yourself

It can be easy to neglect your own physical, mental and emotional well-being when you are overly focused on caring for your child.

Remember - the best way to care for your child is to first ensure that you take good care of yourself. Self-care is not selfish, and "me time" is important.

Here are some ways that you can engage in self-care:



### Consider what self-care looks like for you



#### Physical

- Getting enough sleep
- Eating healthily
- Exercising



#### Emotional

- Managing stress healthily
- Engage in a hobby
- Journaling



#### Social/Relational

- Spending quality time with loved ones
- Asking for support

### Take breaks



Set aside some time to recharge. It can be as little as taking the time to listen to your favourite song.

### Watch your media consumption



- Be careful of what you read and hear on the media daily, as it can impact your mood and mindset.
- Balance the negative news sources with positive ones by subscribing to uplifting media content.

### Let go of tension



You can try the following to release tension in your body:

1. Sit in a quiet place with your eyes closed.
2. Take three deep breaths. Breathe in for three counts, and breathe out for five counts.
3. Squeeze your hands into fists, then slowly release your fists to let go of the tension in your hands.
4. Take three more deep breaths.
5. Move your shoulders up towards your ears, then relax.
6. Take three deep breaths.

# Supporting Your Child's Mental Health

Consider what self-care looks like for your child

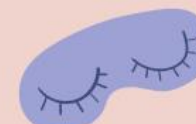
- Physical
- Emotional
- Social/Relational



Recharge on the daily



Enjoy time with friends



Get adequate Sleep





Take our time and do what works for us

# What can parents do to build resilience in their child?


- Support
- Problem Solve
- Affirm
- Cheer
- Empower



Building Relationships Page 21








## Giving Your Child S.P.A.C.E. to Build Resilience



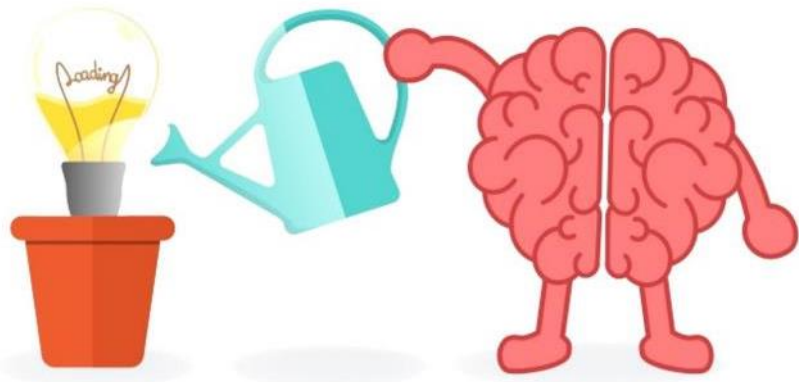
Resilience is not something that you are either born with or not. It is something that everyone can develop and grow. Give your child space to find ways to solve their problems, while remaining available to provide help if and when they reach out. This will help your child see their family as a safe and reliable source of support.

Give your child **S.P.A.C.E.** by trying the following tips:

Tips	Sample Conversations
<b>1 Support</b> <ul style="list-style-type: none"><li>• Let your child know that you are there for them</li><li>• Be willing to listen to your child</li></ul>	 <p>1 It's normal to feel nervous when you have to speak in front of so many people. I'm proud of you for trying your best. If this is making you feel down, you can always share that with me. I'll always be here for you. 2 Instead of worrying about what has already happened, let's think of how you can better prepare for future presentations! 3 Is there anything that I can do to help?</p>
<b>2 Problem-solve</b> <ul style="list-style-type: none"><li>• Guide your child in solving problems together</li></ul>	<p>3 Can I practise for my next presentation with you as my audience? </p>
<b>3 Affirm</b> <ul style="list-style-type: none"><li>• Affirm your child's strengths and effort</li><li>• Provide your child with words of encouragement</li></ul>	<p>Yes, you can! 4 Let's take baby steps towards your goal and learn along the way. </p>
<b>4 Cheer</b> <ul style="list-style-type: none"><li>• Cheer your child on for the effort that they make</li><li>• Share inspirational stories of how you or others had overcome challenges</li></ul>	<p>I think I might also want to try preparing a speech, and timing myself to ensure that I keep to the time limit. </p>
<b>5 Empower</b> <ul style="list-style-type: none"><li>• Let your child make decisions</li><li>• Encourage your child to voice their ideas, and to carry out plans that they have made</li></ul>	<p>5 They both sound like good ideas. Trying different methods is a good way to see what works best for you. </p>



# Student Development: GROWTH mindset



# What is GROWTH Mindset?

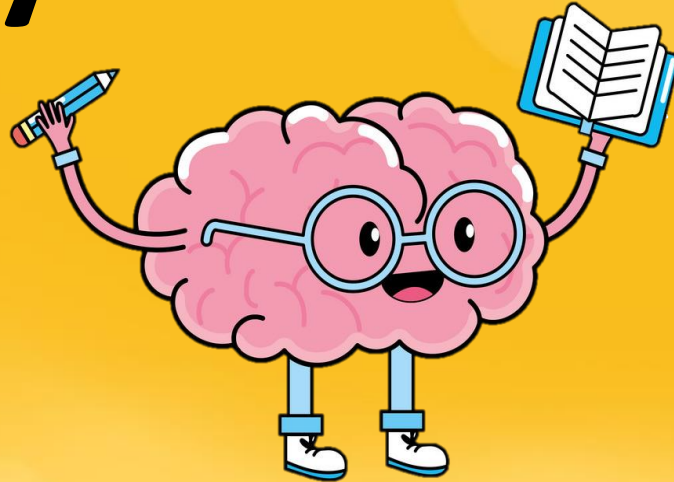
## GROWTH MINDSET

- 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.**



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**.

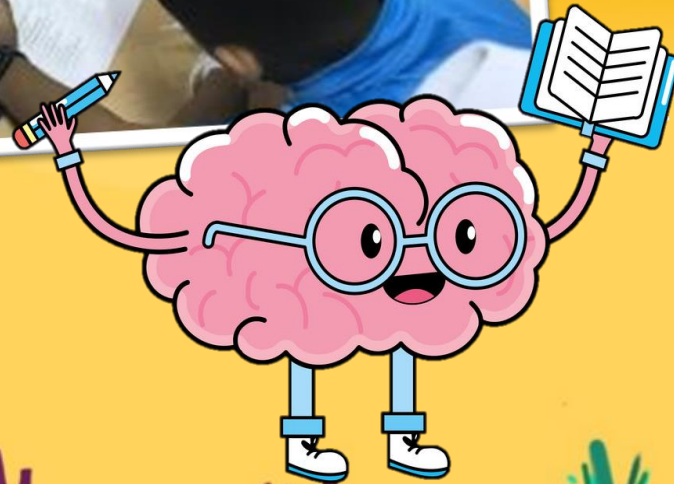
## 3. Praise Your Child's Effort

**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.





**Pri 5:**  
**I am a**  
**Valued**  
**Member of**  
**this Learning**  
**Community**



# 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.



# Relationship Management + Cyberwellness



# Relationship Management + Cyber wellness

Navigating the Digital Age Page 60

**Online Risk:  
Exposure to  
Inappropriate  
Content**



Inappropriate online content is content that is not age-appropriate and may make your child feel uncomfortable or distressed. Such content may contain misleading information that may deceive your child or encourage them to engage in behaviours that are criminal or dangerous.

Have regular conversations with your child to find out what they are doing online and let them know that they can always come to you if they come across content that makes them feel uncomfortable, unsure or distressed.

What should your child do if they come across inappropriate content online?



- Active Screen Time for purposeful engagement
- Monitoring Software or Parental Filters
- Role Model





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, 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.



# 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.



# For Parents By Parents:

## Sharing by PSG

Refer to school website for  
video



# 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

<b>5RESPECT</b>	Mdm Azrina
	Ms Vicky
<b>5RESPONSIBILITY</b>	Ms Christina
	Mr Song Zi Liang
<b>5RESILIENCE</b>	Mr Roy Loy
	Mdm Syahidah
<b>5INTEGRITY</b>	Mdm Nora
	Mdm Lu Wanmin
<b>5CARE</b>	Ms Cheryl Tai
	Mdm Ivy Choi
<b>5HARMONY</b>	Ms Fronia Tang
	Mr Sadiqin







Thank You!



FOR YOUR SUPPORT

