

Welcome to P4 Parents' Briefing 5 March 2025

The slides for today's presentation will be uploaded on our school website by end of next week.

*Please note that there is music playing in the background
for you to test your audio.*



New MOH guidelines on screen use for children under 12



BELOW 18 MONTHS



- No screen use unless for interactive video chatting
- Do not leave screens on in the background when child is engaged in other activities

18 MONTHS TO 6 YEARS



- Limit screen use to less than an hour a day outside school
- Passive screen use not recommended
- View media together with children where possible
- Do not use screens to occupy or distract child
- Carefully choose age-appropriate educational content
- Do not leave screens on in the background
- No screens during meals and 1 hour before bedtime

7 TO 12 YEARS



- Limit screen use to less than 2 hours a day, unless related to schoolwork
- Develop a screen use plan or timetable
- Have regular conversations with children to find out their online activities
- Do not give children mobile devices with unrestricted access
- Use parental control settings to ensure children access age-appropriate content and apps
- Do not give children access to social media services
- No screens during meals and 1 hour before bedtime

SOURCE: MINISTRY OF HEALTH



Keeping children healthy in the digital age: 4 areas for early intervention





Grow Well SG provides early support in four key areas for children up to 12 years old & also aims to foster bonding with their families & peers



(i)

Eat Well

Fuels growth & health



(ii)

Sleep Well

Boosts focus, mood & growth



(iii)

Learn Well

Improves diverse learning & well-being



(iv)

Exercise Well

Strengthens body, mind & confidence



Grow Well SG will later extend to older children.



you've
g  t
this!



Parenting for Wellness (PfW)



- PfW aims to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience and parent effectively in the digital age.



Parenting for Wellness: Parent Hub



Access personalised resources to support your parenting journey.

Your Personalised Link

- WE'RE EXPECTING
- 0 - 2 YEARS
- 3 - 6 YEARS
- 7 - 12 YEARS
- TEENS
- GROW WELL SG
- PARENTING FOR WELLNESS**
- EVENTS

MODULE 1 Understanding Yourself as a Parent 	MODULE 2 Developing and Strengthening Your Parent-Child Relationship 	MODULE 3 Guiding Your Child's Behaviour 	MODULE 4 Helping Your Child Develop Independence and Social Skills
MODULE 5 Supporting Your Child in Building Resilience 	MODULE 6 Understanding Your Child's Mental Health and Well-Being 	MODULE 7 Supporting Your Child in Managing Their Mental Health and Well-Being 	MODULE 8 Caring for Yourself
MODULE 9 Understanding the Digital Landscape 	MODULE 10 Empowering Your Child to Manage Their Use of Digital Technology 	MODULE 11 Guiding Your Child to Manage the Harms and Risks of the Online Space 	

Parenting for Wellness: Toolbox for Parents



1

Building Relationships

2

Supporting Your Child's Mental Health

3

Navigating the Digital Age



Social Media: Is Your Child Ready for It?



While social media platforms allow people to connect with others, constant exposure to social media content can make us feel anxious or overwhelmed. It is important for social media users to be mature enough to navigate such feelings when using these platforms. Most social media platforms require users to be aged 13 years and above. **However, is age the only consideration in determining if your child is ready?**



The maturity of your child is also an important consideration to determine their readiness for social media.

Maturity can be assessed by observing the following:

- Their ability to make responsible decisions to keep themselves safe online.
- Their ability to manage the pressures and feelings that come with social media use.
- Their ability to control impulses.

Although your child may pick up skills to use social media quickly, they may not fully understand how to use complicated online safety tools and settings. They may also not understand how the platforms' safety features work.

Things You Can Do

Before allowing your child access to social media, have open conversations with them on the risks of social media and establish clear ground rules on how to keep themselves safe when using it. Here are some suggested topics:

What are some potential dangers of oversharing personal information?

What does healthy social media use look like?

How do we keep ourselves safe on social media?

What are some ground rules we can establish as a family?



Device Use: Too Much or Just Right?



Screen time refers to the amount of time spent using devices each day. Having some screen time can be beneficial, such as when your child uses devices to learn and connect with others. However, it is important to be aware that **spending an excessive amount of time using devices is unhealthy**, as it is associated with insufficient good quality sleep, sedentary behaviours, increased obesity, and poorer mental health and well-being.

These potential negative consequences are linked to the extent to which the use of devices displaces activities that are important for your child's development. E.g. sleeping, being physically active, or engaging in face-to-face interactions with family and friends.

It is important to ensure your child maintains a healthy balance of age-appropriate activities.



How to help your child achieve balanced screen time?

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. Children aged 7 - 12 should have consistent screen time limits. Parental control settings can be used to monitor and limit screen time as agreed with the child.

What do you think is a reasonable amount of time to spend on your phone for leisure?

What responsibilities do you have to complete before spending time on your device?



Knowing what your child is doing online is important too

Beyond setting limits on your child's screen time, it is important to understand how your child is using their devices and what content they are watching as these can impact their well-being.

Have regular conversations with your child to better understand their screen use habits. Here are some example questions you may wish to consider:

- "That video you just watched looks interesting. Can you tell me what it is about?"
- "Do you mindlessly scroll through social media, or binge-watch videos or shows on streaming platforms? What could be a better use of your time that doesn't involve devices? Can we do something together?"
- "Is the online activity you are doing for learning or leisure? How long do you need to complete the activity? Let's agree on a time to stop."
- "What do you usually do online? Have you ever come across any inappropriate content that made you feel uncomfortable? Which aspects made you uncomfortable?"

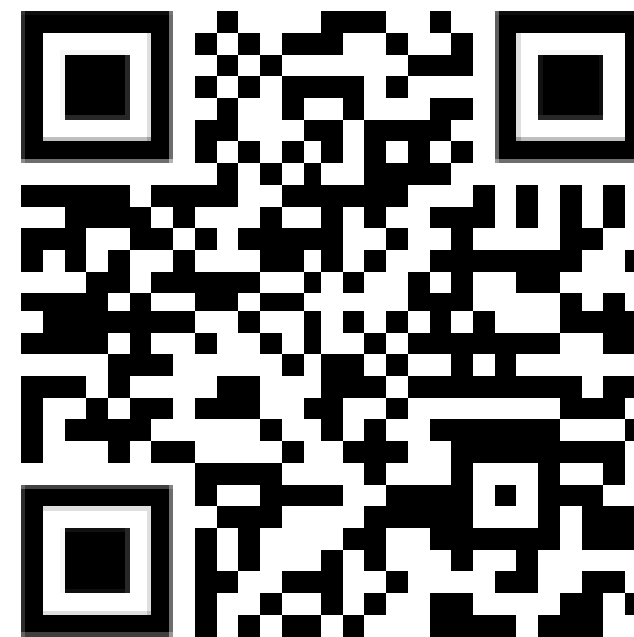


Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.





you've
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this!



Parenting for Wellness Resource



Understanding Myself as a Parent

- What values are important to you as a parent?
- How are your spouse's values similar to or different from yours?
- What did the significant adults in your life do or say to make you feel important, loved and cared for?
- What do you and your spouse plan to do so that your child can feel the same way?
- Do remember that conflicting parenting styles send mixed signals to and confuse your child.

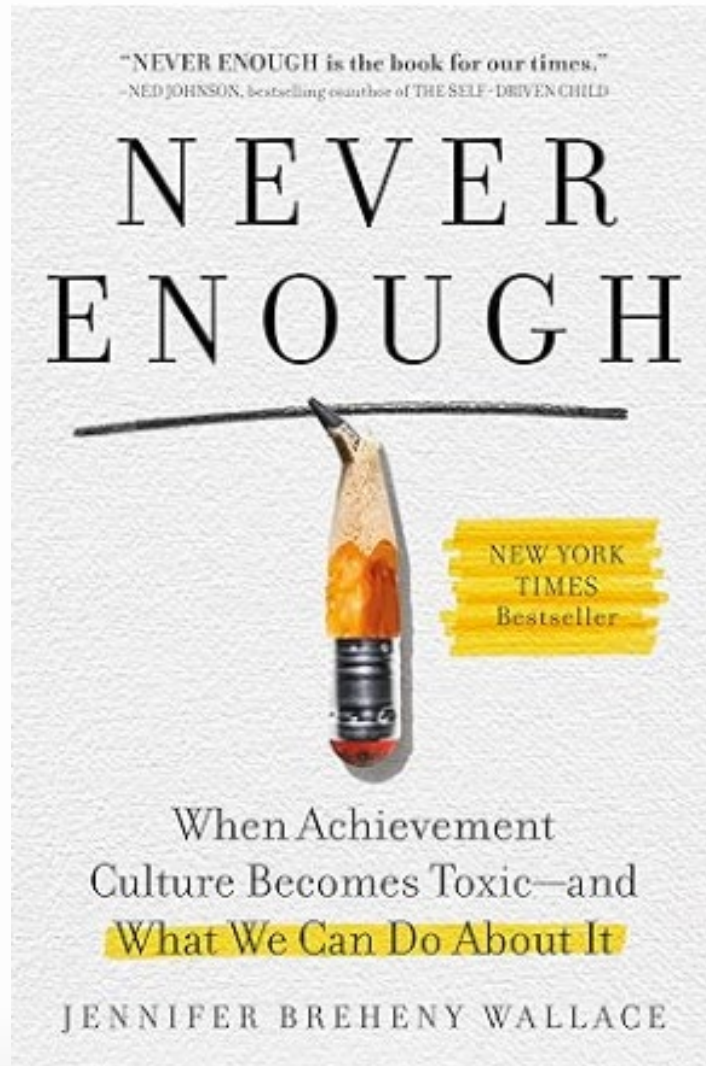


My Relationship with My Child

- How would you describe your relationship with your child? How would you like your relationship with your child to be?
- How well do you know your child (their happy/sad/stressful moments)?
- What are your biggest hopes/dreams, and worries for your child?
- How would you like to strengthen the relationship between you and your child?
- How much time do you spend with your child, aside from homework supervision?



Mattering



- **What the research says...**
- “ Our kids are absorbing the idea that their worth is contingent on their performance GPA, the number of social media followers they have, their collage brands – not for who they are deep at their core. They feel they only matter to the adults in their lives, their peers, the larger community, if they are successful”
- “The feeling that we are valued and add value to others – is key to positive mental health and to thriving in adolescence and beyond.”
- “Mattering informs that language we use, the messages we reinforce, an how we handle failure.”



GROWTH

FIXED

MISTAKES
HELP ME LEARN

I WANT TO
AVOID MAKING
MISTAKES

FEEDBACK IS
VALUABLE

I'LL NEVER BE
THAT SMART

IS THIS
MY BEST WORK?

I IMPROVE
WITH PRACTICE

I KNOW
BEST

THIS IS
GOOD
ENOUGH

I WON'T GIVE UP

I GIVE UP



What Does Growth Mindset Mean?

- A growth mindset means believing we can get better at anything with practice and hard work! Our brains grow stronger when we learn new things!





Fixed Mindset vs. Growth Mindset

- Fixed Mindset: 'I can't do it.'
- Growth Mindset: 'I can't do it yet.'



Superpowers of a Growth Mindset



YOU CAN:



- LEARN
ANYTHING NEW



- GET BETTER AT
HARD THINGS



- STAY POSITIVE,
EVEN WHEN IT'S
TOUGH



How to Grow Your Growth Mindset

1

1. Try New Things: Be brave and take on challenges!

2

2. Ask Questions: It's okay not to know everything.

3

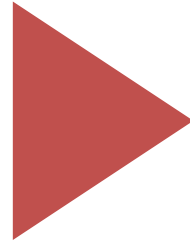
3. Practise, Practise, Practise: Keep going, even if it's hard.

4

4. Celebrate Progress: Focus on how far you've come.

Remember This!

"MISTAKES ARE
PROOF THAT
YOU'RE
TRYING."



TOGETHER, WE
CAN GROW
OUR MINDS
AND ACHIEVE
AMAZING
THINGS!



Subject-based Banding

Catering to Your Child's Strengths and Needs



What is Subject-based Banding?

- Every child is unique, and has different interest, strengths and talents. We believe in a student-centric education that caters to the abilities and needs of each child.



What is Subject-based Banding?

- Subject-based Banding (Primary) was introduced as a refinement to the streaming process to help each child realise her potential, based on her strengths and needs.
- From 2008, Subject-based Banding has replaced the Merged and EM3 stream in Primary 5 and 6.



What is Subject-based Banding?

- It means greater flexibility for the child by giving her the choice to take a mix of standard or foundation subjects, depending on her strengths.
- This helps her focus and improve on the subjects she is strong in while building up the fundamental in the subjects that she is weak in.



If your child (for P4 EOY Exam)	Your child will be recommended to take
Passes all 4 subjects and performs very well in Mother Tongue	4 Standard Subjects + Higher Mother Tongue
Passes 4 subjects	4 Standard Subjects
Passes 3 subjects	4 Standard Subjects
Passes 2 subjects or less	4 Standard Subjects OR 3 Standard Subjects + 1 Foundation OR 2 Standard Subjects + 2 Foundation Subjects OR 1 Standard + 3 Foundation Subjects
Fails all subjects	4 Foundation Subjects (may offer some Standard Subjects depending on the scores obtained)

How does Subject-Banding Works?

P4

Student sits for school-based EOY Exam



Based on EOY Exam results, school recommends a subject combination



Parents fill up option form indicating preferred combination

PARENTS' CHOICE



Student takes subject combination
chosen by parents



End of P5

Student who takes 4 Standard Subjects & has difficulty coping	Student takes 1 Foundation Subject & does very well	All Other Students
<i>Student may be allowed</i> to take 1 or more subjects at Foundation Level	<i>Student may be allowed</i> take subject at Standard Level if school thinks she can cope at P6	<i>Student will be allowed</i> to continue in same subject combination

Student takes subject combination decided by school based on criteria



Higher Mother Tongue (HMT) @ P5



P4 to P5 MT/HMT

- At the end of P4, school will recommend HMT to students who score at least :
 - **AL 4, (75 marks & above) for MT paper** for P4 EOY Exam
 - **Pass English, Math & Science**

Parents are allowed to opt for HMT at the end of P4 even if the child did not meet the criteria above



P5 to P6 MT/HMT

- At the end of P5, all students who wish to continue with HMT in P6 must achieve at least:
 - **AL 4 (75 marks & above)** for P5 MT paper &
 - **Pass HMT**
 - **Pass English, Math & Science**

Parents are not allowed to opt at the end of P5



P5 School Examinations

- Common MT weighted assessments & EOY Exam
- Additional HMT papers in EOY Exam
(Paper 1 Essay Writing, Language Paper 2)
- Format is based on PSLE format



P6

Student takes subject combination decided by the school based on criteria and sits for the PSLE



@ PRIMARY 4

Student sits for school-based examinations

School recommends a subject combination based on the student's results.

Parents fill up an option form indicating the preferred combination.

@ PRIMARY 5

Student takes subject combination chosen by parents

English Language, Mathematics, Science and Mother Tongue Language are available at standard and foundation levels.

Higher Mother Tongue Language is also available.

School assesses student's ability to cope with the current subject combination at the end of the year. Adjustments to the number of standard and foundation subjects can be made, if necessary.

@ PRIMARY 6

Student takes subject combination decided by his school and sits for the Primary School Leaving Examination (PSLE) at the end of Primary 6.



Subject-based Banding and Admission to Secondary School

- Progression to secondary level depends on your child's PSLE results
- Different curricular and assessment load of Standard and Foundation subjects will be taken into account when your child's PSLE score is calculated
- Higher Mother Tongue score is only considered in the application for Special Assistance Plan Schools



List of SAP schools

1. Anglican High School (Co-ed)
- 2. *CHIJ St Nicholas Girls' School***
3. Chung Cheng High School (Main) (Co-ed)
4. Dunman High School (Co-ed)
5. Nan Hua High School (Co-ed)
6. Nan Chiau High School (Co-ed)
- 7. *Nanyang Girls' High***
8. River Valley High School (Co-ed)



EVERY PLANT HAS THEIR OWN
REQUIREMENTS IN ORDER
TO GROW...



AND SO DO PEOPLE.



Thank
you

