

PREPARING YOUR CHILD FOR PRIMARY 1

Sharing by
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Gracious School , Life-long Learners



OVERVIEW

1 What is it like
in school?

2 Transiting to
Primary 1

6 FAQ



3 Preparing for
school

5 School-Home
Partnership

4 What to expect first
3 days of school



AIMS OF PRIMARY EDUCATION



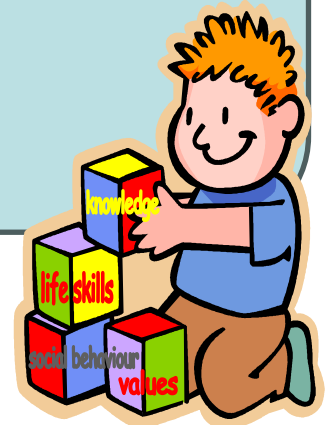
Formative years to build your child's confidence and desire to learn



Provide a broad exposure to a range of activities to discover their talents and abilities



Preparing your child for the future



HOLISTIC APPROACH IN THE DEVELOPMENT OF THE STUDENTS



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WHAT IS IT LIKE IN PRIMARY SCHOOL?

Moving away
from over-emphasis
on grades

Strengthening
effort to nurture
well-rounded
individuals



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WHAT IS IT LIKE IN SCHOOL?

Holistic Assessment

- No **examinations and weighted assessments** at P1 & P2 to ease your child into formal schooling.
- Focuses on **building greater confidence and nurturing a stronger intrinsic motivation** to learn so as to develop your child's potential



WHAT IS IT LIKE IN SCHOOL?

Holistic Assessment

- Use of appropriate assessment modes to provide useful information to support students' learning and holistic development

SUBJECT	
MATHEMATICS	<p>Understand numbers up to hundred.</p> <p>Understand addition and subtraction.</p> <p>Add and subtract numbers.</p> <p>Identify, name, describe and sort shapes.</p> <p>Measure and compare lengths using everyday objects.</p>
SOCIAL STUDIES	<p>Recognise that everyone is unique.</p> <p>Describe people, places and events by making careful observations, with teacher guidance.</p> <p>Ask questions to learn more about self.</p>

WHAT IS IT LIKE IN SCHOOL?

Holistic Assessment

- Use of Learning Dispositions to assess the learning progress of the child. The learning dispositions are used to identify students for the Edusave awards.

Joy of Learning

Diligence

Resilience & Grit

Enthusiasm

Open-mindedness



WHAT IS IT LIKE IN SCHOOL?

Subjects taken at P1

1. English Language(EL)
2. Mother Tongue Language(MT)/
Character & Citizenship Education (CCE)
3. Mathematics (MA)
4. Social Studies(SS)
5. Art
6. Music (MU)
7. Physical Education (PE)
8. Health Education(HE)
9. Applied Learning Programme (ALP)
10. Programme for Active Learning (PAL)



Bridging the Literacy & Numeracy Gaps



P1 and 2:

- Learning Support Programme (Math & English)
- TRANSIT Programme



TRANSITING TO PRIMARY 1



- A smooth transition is made when your child:
 - feels safe and comfortable in their new environment.
 - is able to manage the daily challenges of school life.



TRANSITION TO PRIMARY 1

When your child enters primary school, they will experience:

New friends and teachers



New routines

New learning environment



HOW CAN I SUPPORT MY CHILD TRANSITION?

- **Support** and encourage him/her to overcome challenges
- **Affirm** by recognising small successes and praising their efforts
- **Familiarise** him/her by easing them into new routines
- **Empathise** and acknowledge your child's feelings



HOW CAN I PREPARE MY CHILD?

In primary school, your child will be equipped with skills to:

- Adjust to a larger learning environment
- Interact with more peers and teachers
- Adapt to longer school hours
- Become more independent and responsible



HOW CAN I PREPARE MY CHILD?



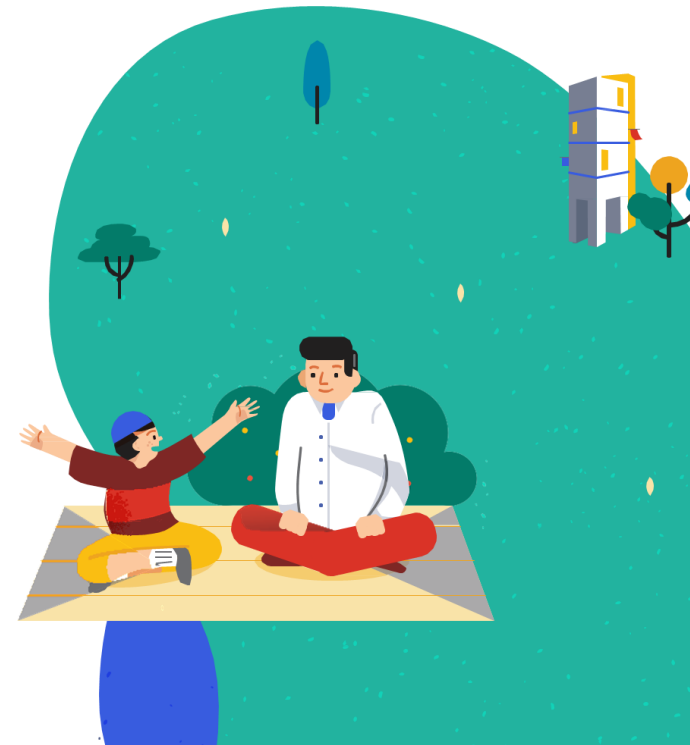
- Every child develops at different pace
- Allowing them to learn at their own pace helps them enjoy the learning process
- Some skills that parents can develop are:
 - *Relating to others*
 - *Developing good habits*
 - *Nurturing positive learning attitudes*



A) RELATING TO OTHERS

Build your child's interpersonal skills by:

- **Modelling the use of friendly and polite phrases**
 - "Hello! My name is...What is your name?"
 - "May I please..."
- **Providing opportunities for your child to share and take turns during playtime with other children**



B) DEVELOPING GOOD HABITS

Routines help your child build confidence and learn to manage themselves.

Guide your child to do the following independently:

- Dress themselves
- Buy food at the canteen
- Make healthy food choices
- Pack their bag
- Wash their hands
- Take their temperature using a thermometer

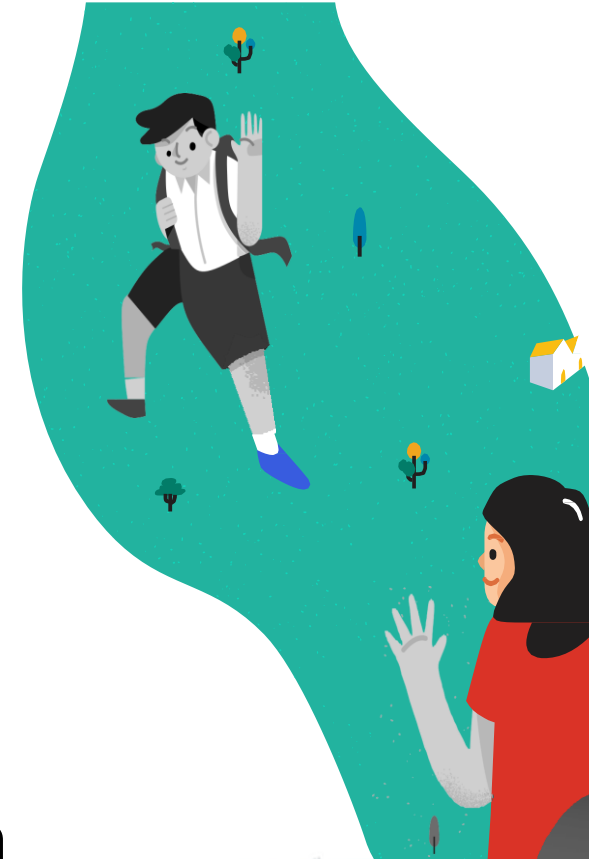


C) NURTURING POSITIVE LEARNING ATTITUDES

Developing the right learning attitude will help your child learn better.

You can encourage your child to:

- Ask questions about their experiences
- Express their thoughts and feelings and discuss with them
- Practise life skills independently like buying food on their own and asking for permission

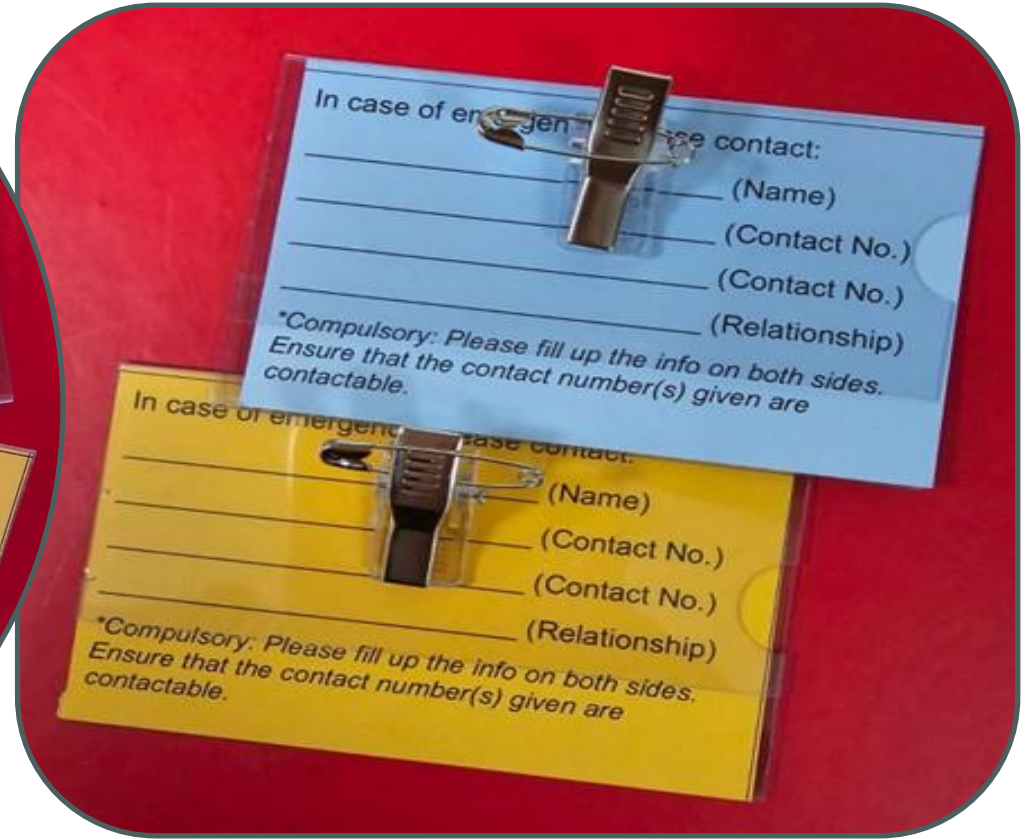


Orientation

Thursday, 2 Jan
to
Monday, 6 Jan



Temporary Name Tag



P1 Reporting and Dismissal Time during orientation

Days/Dates	School Hours
<i>Thursday, 2 Jan & Friday 3 Jan</i>	8.00 am to 12.30 pm
<i>Monday, 6 Jan</i>	7.30 am to 1.30 pm



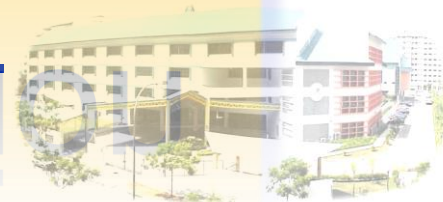
Recess on Day 1

Classes	2 January 2024
1S1 – 1S3	9.00 am to 9.30 am
1S4 – 1S7	10.00 am to 10.30 am

***One Parent/Caregiver** will be with the student during recess



Buddy Programme 2 Jan to 7 Jan Buddy Appreciation 11 Jan



P1 Recess Buddy Programme (January Week 1)



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Presentation Title



P1/P5 Recess Buddy Programme

Classes	3 Jan to 7 Jan 2025
1S1 – 1S7	8.30 am to 9.00 am



School Canteen

Canteen



Canteen

- **Healthy Meal School Programme**
(meals served with fruit/vegetable)



Items	Small Set	Medium Set	Large Set
Noodle/Rice Set (Halal & Non Halal)	\$2.00	\$2.20	\$2.50
Steam Bun/ Cream Bun/ Sandwich	\$0.70 onwards		
Drinks	\$0.60 onwards		



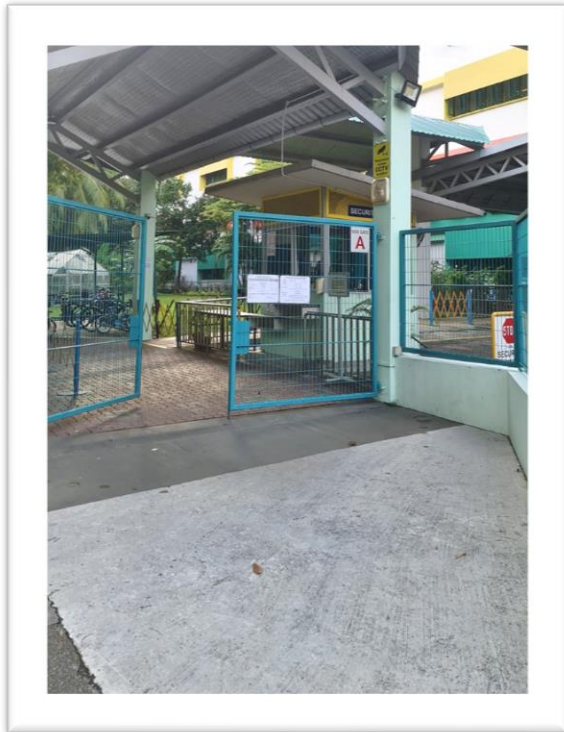
P1 Reporting and Dismissal Time

	Monday to Friday
<i>School Hours</i>	7.30 am to 1.30 pm <i>(to be in school by 7.25 am)</i>
<i>Recess</i>	8.30 am to 9.00 am



Arrival / Dismissal Points

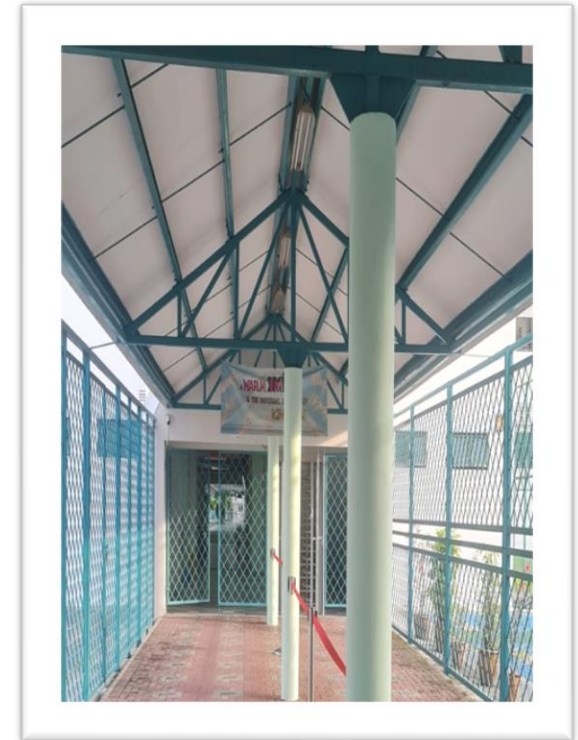
**Gate A
(Security Post)**



Gate B

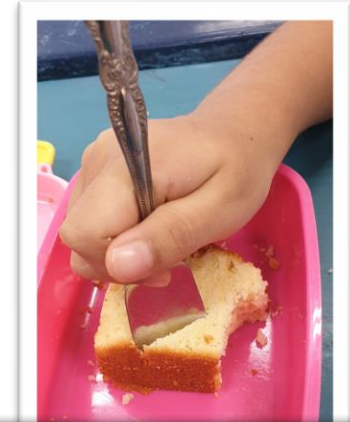


**Gate C
(Canteen)**



Snack Break (Day 3 onwards)

- 10 minutes snack time at 11.20 am
(Lesson will continue during the snack time)
- Prepare a simple dry snack
eg. bread, fruits, biscuits
- Students will only
consume plain water
in class



What to Bring

First day of school



What to pack

1. Pencil case
2. Colour pencils
3. Student handbook
4. Water bottle
5. Pocket money
6. A story book

What to wear

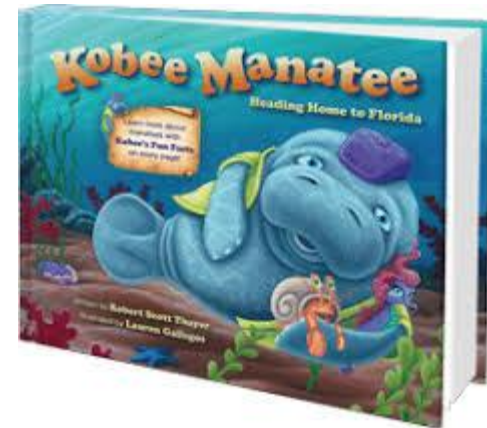
1. PE Attire
2. All black school shoes & school socks



Please label all items.



What cause the bags to be heavy?



What to wear?



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SCHOOL-HOME PARTNERSHIP

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

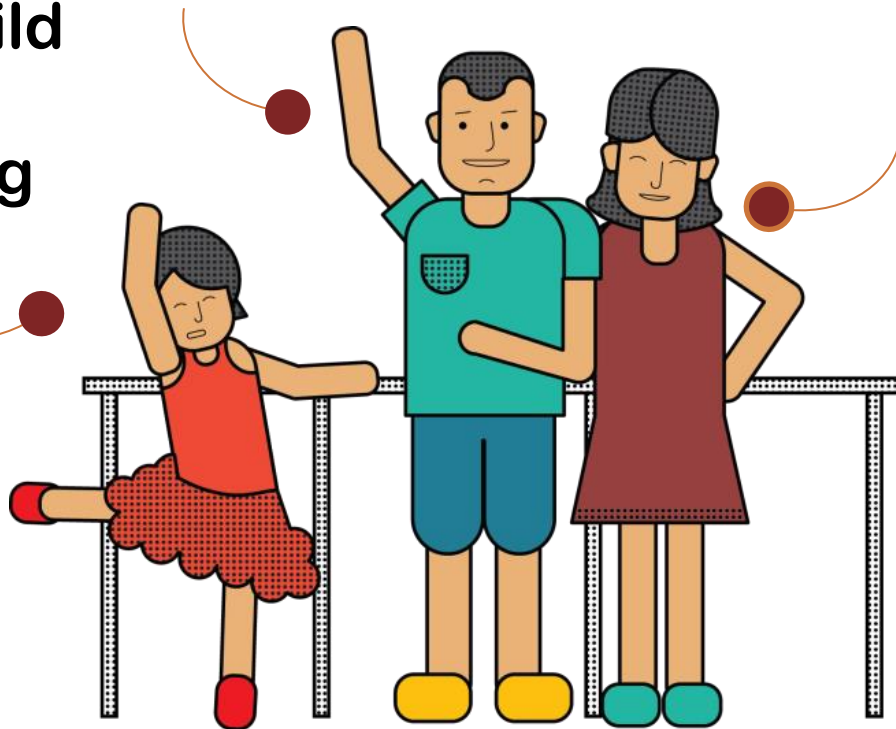


SCHOOL-HOME PARTNERSHIP

1 Knowing your child

2 Developing your child

3 Building partnership with the school



1) KNOWING YOUR CHILD

Understand your child's strengths and interests.

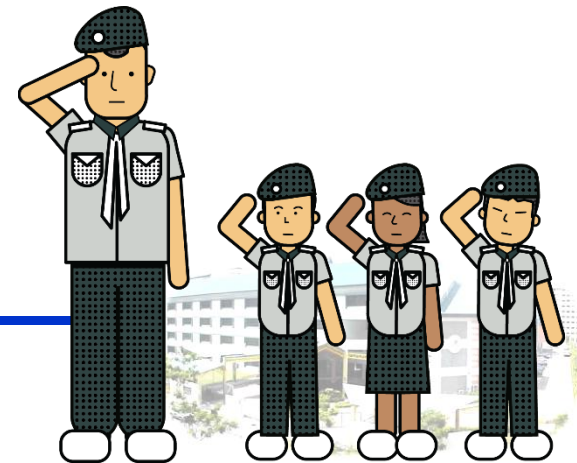
- Work with your child's teachers to understand their strengths, interests and development in academic and non-academic areas
- Ask about your child's thoughts and feelings about school



2) DEVELOPING YOUR CHILD

Partner the school in the holistic development of your child.

- Allow your child to develop independence
- Encourage your child to participate in school activities
- Talk to your child regularly about values and nurture their interest in learning
- Affirm your child by recognising their efforts



3) BUILDING PARTNERSHIP WITH THE SCHOOL

Maintain regular communication through official school channels.

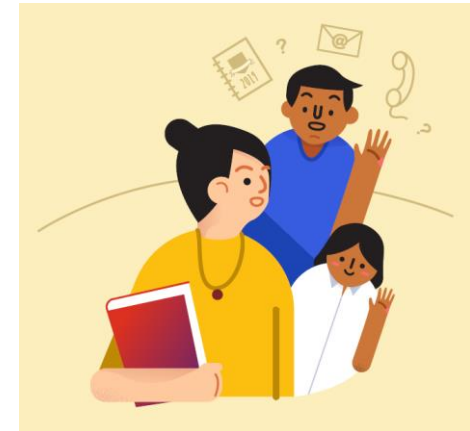
- Have regular conversations with teachers in both academic and non-academic areas to help you better guide your child's development
- Ask the teacher for the best way and time to contact them



SCHOOL-HOME PARTNERSHIP

Communicating with your child's teacher

- Regular conversations with Form and Subject Teachers
- Arrange for the best way and time to contact them
- Be mindful of the time you message them on Class Dojo and provide wait time



Parents Briefing

Thursday, 2 Jan 2024

	Recess	Parents Briefing By Form Teachers	Principal & YH Briefing (PAL Room)
1S1 - 1S3	0900 - 0930	0930 - 1030	1030 – 1100
1S4 – 1S6	1000 - 1030	1100 - 1200	1030 – 1100



SCHOOL-HOME PARTNERSHIP

Join the Parent Support Group (PSG)!

- The PSG consists of a group of dedicated parents who partner the school to support fellow parents in nurturing their children.
- It is the platform for parents to network, share, learn and support each other in this parenting journey.



Be a part of your child's journey in school.

Come Join Parent Support Group!

<https://go.gov.sg/psgregistrationform>



WE ARE HERE TO SUPPORT YOU!

Student Handbook

Class Dojo

School Phone
67866192



School's email:
esps@moe.edu.sg

School Website:
www.eastspringpri.moe.edu.sg

We will respond to you within 3 working days. If it is urgent, please contact the school.



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FAQs

Should I start sending the books on the first day of school?

Collection of books will be done by the subject teacher/ Form Teacher over a period of time. There will be a list issued to all students on Day 2 that indicates which books/files to be brought to school on a daily basis. This information will also be put up on Class Dojo.



FAQs

Can books be kept in class?

Subject Teachers will collect most of the workbooks to minimise the load of the bags.

Are trolley bags allowed?

To ensure safety and security, trolley bags are not allowed unless child has medical reasons.



FAQs

When will the time table be issued?

It will be issued by Monday, 6 Jan 2025.

Do we need to purchase everything from the booklist?

You should purchase all items on the booklist except the optional items.



FAQs

How many sets of PE attire is recommended ?

You may buy approximately 3 sets of PE attire as your will only wear PE attire.

Can my child wear shoes with Velcro or must it be laced ones?

At least 2 velcro straps or laced



FAQs

Is there CCA in Primary One?

CCAs (Clubs, Societies, Uniform Units) will start in P3.

Will the buddy be the same gender as my child?

We will try to match based on gender and dietary requirement.



FAQs

Are students allowed to bring mobile phone to school?

Mobile phones are strongly discouraged. However for any calls to be made, students can only use mobile phones at the foyer after dismissal hour. Phones must be switched off.



FAQs

Will there be a group chat created for parents of each class by the school teacher?

In line with MOE's guidelines for home-school partnership, (<https://www.moe.gov.sg/news/Press-releases/guidelines-for-school-home-partnership-preparing-students-for-the-future>), we want to nurture students to be self-directed learners with good habits and take responsibility for their own learning.

To partner school, parents can check on the notes taken by students and have a conversation with your child on their learning experiences. Teachers can be contacted via official email or Class Dojo. Parents can also call school, leave a message and our teachers will revert when they are available.

Teachers are not obliged to share their personal phone numbers with students or parents. Therefore, no chat group will be created.



FAQs

Can I apply for longer leave over festive seasons if we need to spend time overseas with my child's grandparents/family?

School will not grant permission for students to leave before school holidays. However, for special cases, parents can request from school.



FAQs

What is the pricing like for the foods sold in the canteen?

Food prices ranges from \$1.80 to \$2.20.

An estimated amount of \$2.50 to \$3.00 should be sufficient for your child to purchase the food and drinks.



FAQs

Will the students be assisted to waiting area/dismissal locations during arrival and dismissal time?

Yes, they will be assisted by the student leaders in the mornings. At dismissal, the teachers will be the ones to bring them to the different dismissal points. Please be punctual for school and during pick up.



FAQs

Can we have a copy of this deck of slides after the meeting?

Yes, the slides will be uploaded onto our school's website. You may retrieve it from there.

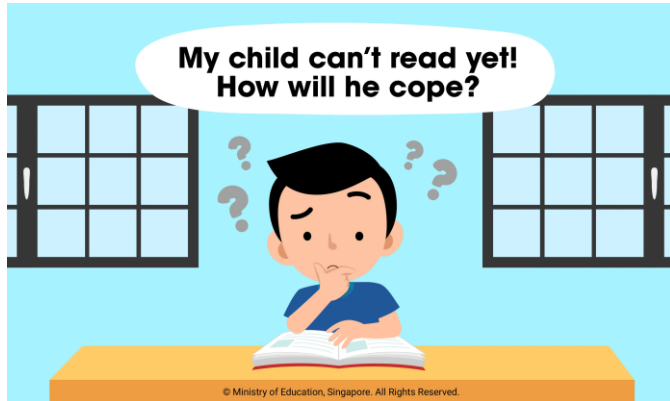


Important Routines/Habits to inculcate...

Reading is a habit that we can build.

Interest your child in reading

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work



You can encourage your child for any effort in learning to read. Most importantly, reading should be a fun learning process.



Important Routines/Habits to inculcate...

Children pick up time management at a different pace and can improve with help.

Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them
- If you notice any learning issues, do reach out to the school early



Be specific about how much time they should spend on the work, and what time they should complete the work.



Important Routines/Habits to inculcate...

Asking for help may not seem obvious to a child.

Teach your child how to ask for help

- Here are some steps you may teach your child:
 - **Step 1:** Look for someone who can help
 - **Step 2:** Check if that person has the time to help; if not, look for another suitable person
 - **Step 3:** Share what the problem is and how they feel
 - **Step 4:** Listen carefully to the advice given
 - **Step 5:** Thank the person for the help



Practise with your child at home how to ask for help. Remember to praise them for their efforts.



Important Routines/Habits to inculcate...



Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family.
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat .
- If you worry that your child is not eating at all, discuss with your child's teacher.

Remind your child that eating during recess is important as it helps them learn better in class.



PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

PARENT-CHILD ACTIVITY BOOK (DIGITAL)

10 TIPS FOR PARENTS to help you navigate your child's first year in primary school.

- Chat with your child
- Boost their confidence
- Practise various scenarios
- Create something interesting
- Thank others for their help
- Pledge to do things together



PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!


How To Use This Book?

Primary school is an exciting time for all – not just for the kids, but for parents, too!


In this book, you'll find 10 tips for parents – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!



This "hand" tells your child what to do



Use an application and allow your child to doodle on it!

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Activities Inside Include:



Pledge

Make promises and keep them



Boost

Every child needs encouragement



★ Thank ★

Show gratitude. It's a great habit.



Create

Make something awesome together



(Practise)

Get familiar with new routines



Show-and-Tell ★

Keep that conversation flowing

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page. 

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PARENT-CHILD ACTIVITY BOOK

IS AVAILABLE ONLINE!

Great Ideas For A Great Adventure

Paste a sticker after you complete each tip!
Stickers can be downloaded from <https://www.moe.gov.sg/parentkit>

Before school starts!

- Tip 1: Get Ready For School (pg 9 - 16, Dec-before school starts!)
- Tip 2: Practise Routines (pg 17 - 28, Dec-before school starts!)

During term time!

- Tip 3: New Places, New Faces (pg 29 - 38, Jan-first week of school)
- Tip 4: We Can do This, Judge! (pg 39 - 48, Feb-when learning gets more serious!)
- Tip 5: Show Interest In Your Child (pg 49 - 56, Mar-holidays!)
- Tip 6: Time To Let Go! (pg 57 - 68, Apr-start of Term 2!)
- Tip 7: Team Up With Teachers (pg 69 - 78, May-before and after the Parent-Teacher Meeting!)
- Tip 8: Every Child Is Unique (pg 79 - 86, and after the Parent-Teacher Meeting!)
- Tip 9: Be A Great Role Model (pg 87 - 96, Jun-holidays!)
- Tip 10: Let's Help Out At Home (pg 97 - 104, Jun-holidays!)

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TIP 2

Practise Routines

Building good habits helps your child cope with the many new things they will encounter this year.

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

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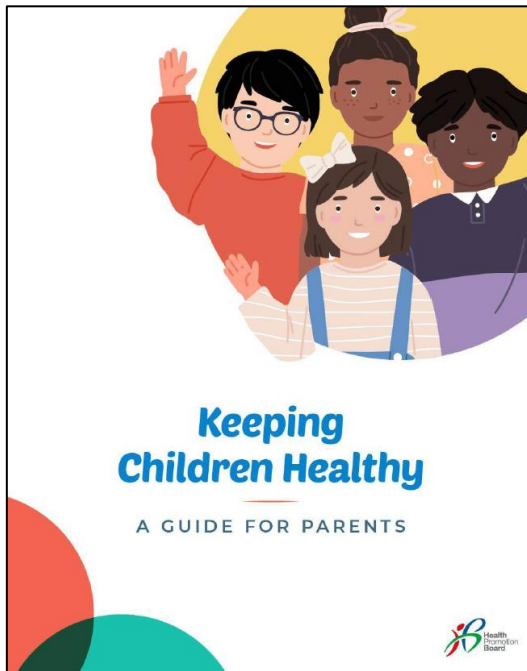
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KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



Is your child transitioning to P1?

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:



Edition 1



Edition 2



Edition 3



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