

Programme For The Day

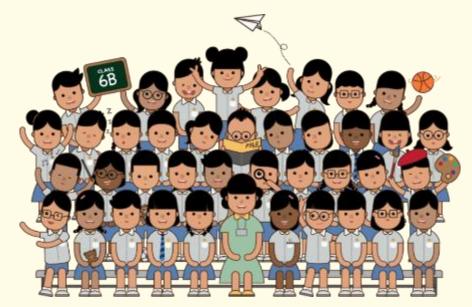
- PSLE 2024
- Secondary 1 2025 FSBB (Full Subject Based Banding).
- Affiliation to CHIJ Katong Convent Secondary School.
- Direct School Admission.
- P6 Mid Year Timed Practices.
- June and September Holiday Supplementary lessons.
- Additional Friday booster/supplementary sessions in Term 3
- Post-PSLE Programme.
- P6 level meeting with School Leaders areas of concern raised by the girls.



The PSLE SCORING and S1 POSTING

SUPPORTING STUDENTS AND PARENTS IN MAKING INFORMED SCHOOL CHOICES FOR PSLE

Briefing Deck to P5 and P6 Parents



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From today's session, you will walk away with...

- A better understanding of the support that your child may need in the transition journey from primary to secondary school
- Understanding Full Subject-Based Banding (Full SBB)
- Information on what to expect in secondary school





Sharing About PSLE Matters

How does the PSLE Scoring & S1 Posting work?

How are students posted to secondary schools?

WHAT IS THE INTENT OF THE PSLE?



A useful checkpoint at the end of primary school

A fair way to determine secondary school posting



Over the years, we have been changing the education system to help our students discover and develop their strengths, interests, abilities and talents while moving away from an over-emphasis on academic results. Our PSLE Scoring system reduces the over-emphasis on

academic results by:

Reducing fine differentiation of students' examination results at a young age.

Recognising a student's level of achievement, regardless of how his/her peers have done.

Encouraging families to choose secondary schools holistically based on students' strengths, interests and learning needs.

WHAT ARE ACHIEVEMENT LEVELS (AL)? WHY ARE THE BANDS UNEVEN?

- Students with similar scores in each subject are grouped into scoring bands measured in 8 ALs.
- AL bands and mark ranges are set based on the learning objectives of the curriculum, and mirror the way we learn.

When we learn something new, after some initial practice, we often find ourselves improving significantly.

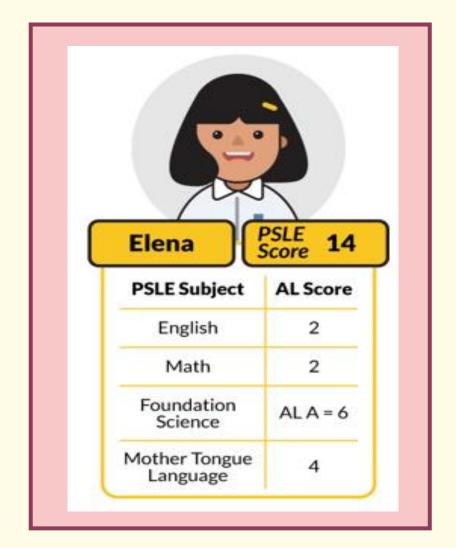
As we get better, the improvements become small steps, and finally, as we reach a high level, we inch just a little further, even after much learning and practice.

The ALs were
designed to reflect
this reality of
learning. They help
educators, students,
and parents know
how ready students
are to access the
curriculum at the next
level.

AL	RAW MARK RANGE
1	≥ 90
2	85 – 89
3	80 – 84
4	75 – 79
5	65 – 74
6	45 – 64
7	20 – 44
8	< 20

HOW DOES THE PSLE SCORING SYSTEM WORK?

- The overall PSLE Score is made up of 4 subject Achievement Levels (ALs).
- The PSLE Score can range from 4 to 32, with 4 being the best.



GRADING OF FOUNDATION SUBJECT GRADES

- Foundation subject grades are graded in scoring bands from AL A to C.
- To derive a student's overall PSLE Score for S1 Posting, AL A to AL C for Foundation level subjects are mapped to AL 6 to AL 8 of Standard level subjects respectively.
- This mapping is based on the learning and assessment load of the subjects, and informs students of how ready they are for the curriculum in secondary school.

FOUNDATION LEVEL AL	FOUNDATION RAW MARK RANGE	EQUIVALENT STANDARD LEVEL AL
Α	75 – 100	6
В	30 – 74	7
С	< 30	8

ELIGIBILITY CRITERIA FOR HIGHER MOTHER TONGUE LANGUAGE (HMTL)

 The eligibility criteria for taking HMTL ensures that students can cope with the higher academic load.

ELIGIBILITY CRITERIA FOR HMTL

(i) An overall PSLE Score of 8 or better

<u>or</u>

- (ii) An overall PSLE Score of 9 to 14 (inclusive); and attain
 - AL 1 / AL 2 in MTL or
 - Distinction / Merit in HMTL

• For students who do not meet the above criteria, secondary schools will have the flexibility to offer HMTL to students if they are assessed to have high ability and interest in MTL, and are able to cope with the learning load required.

HOW DOES THE S1 POSTING WORK?

- Your child has six choices in selecting their secondary schools.
- Your child will be posted to a secondary school based on <u>academic merit, i.e., PSLE Score</u>, and their <u>choice order of schools</u>.
- If two or more students with the same PSLE Score vie for the last remaining place(s) in a school, the following tie-breakers are used in the following order:
 - 1. CITIZENSHIP
 - 2. CHOICE ORDER OF SCHOOLS
 - 3. COMPUTERISED BALLOTING
- The tie-breaker based on school choice order recognises the different considerations that families have in making school choices.

Tie-breakers

in the new S1 Posting System

Tie-breakers are used only if there are two or more students with the same PSLE Score vying for the last available place(s) in a school.

Here's a simplified example.

5 students are vying for the last places in the schools of their choice.

SCHOOL CHOICES:

Singapore Citizen

Jane

1) Sch A 2) Sch ...

3) Sch ... **16** pts 4) Sch ...



SCHOOL CHOICES:

Bryan Singapore Citizen

3) Sch ...

20 pts

1) Sch B 2) Sch ...

SCHOOL CHOICES:

SCHOOL CHOICES:

4) Sch ...

1) Sch A

2) Sch B

3) Sch C

4) Sch ...



Singapore Citizen

20 pts

Alan

Permanent Resident

20 pts

Rina

Permanent Resident

20 pts

2) Sch B 3) Sch D

Students with better scores will be posted first



Tie-breaker #1: Citizenship

They will have

priority to enter

Alan and Rina will be

Permanent Residents.

for their next choice,

They will be considered

tie-broken out as they are

School B.

School D.



Tie-breaker #2: Choice order of schools



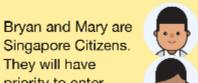
Tie-breaker #3: Computerised balloting

Jane has a better PSLE score. She will be posted first, to School A.



Bryan, Mary, Alan and Rina have the same score.

available place in School A, Bryan, Mary, Alan and Rina place in their next choice, School B.



School B. Since Bryan has taken the last place in School B,

Mary will be posted to

School C.

School B higher than Mary,

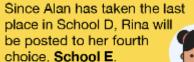
Because Bryan ranked

he will be posted to



Alan and Rina have both ranked School D as their third choice. They will go through computerised balloting to vie for the last remaining place in School D.

Through computerised balloting, Alan is posted to School D





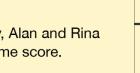


SCHOOL CHOICES:

1) Sch A



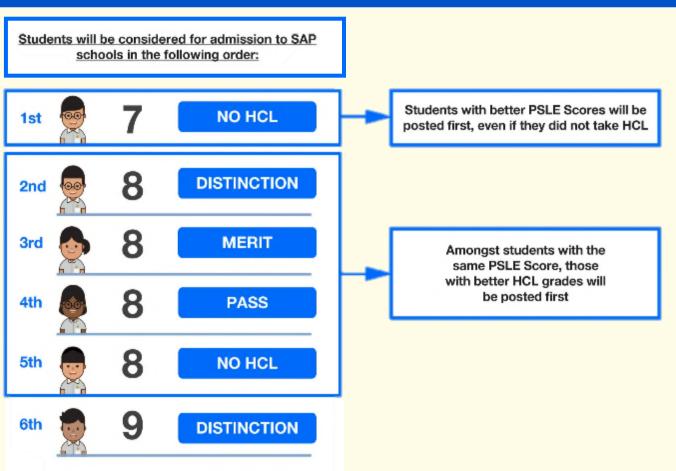




As Jane has taken the last will vie for the last available

HCL POSTING ADVANTAGE TO 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' HCL results are denoted as 'D' (Distinction), 'M' (Merit) or 'P' (Pass).
- Students who obtain (i) a
 Distinction / Merit / Pass in HCL
 and (ii) a PSLE Score of 14 or
 better are eligible for posting
 advantage to SAP schools.
- Students are ranked taking into account their performance in HCL.
- This posting advantage applies before the tie-breakers for S1 Posting.

Understanding Full Subject-Based Banding (Full SBB)



What is Full SBB?

WHAT IS FULL SBB?

• Full SBB will be implemented in secondary schools from 2024, and aims for students to:



Have greater ownership of their learning according to their strengths, interests, abilities, talents and learning needs.



Develop a growth mindset and an intrinsic motivation to learn for life.



Have more opportunities to interact with friends of different strengths, interests, abilities and talents.



Have more options for post-sec pathways, while ensuring they have strong fundamentals and can thrive in their chosen pathway.

FULL SUBJECT-BASED BANDING (FULL SBB)



Progressive rollout of Full SBB





2020

2022-2023

2024

2027

- Full SBB pilot commenced in 28 secondary schools.
- The initial feedback from pilot schools has been positive.
- Around 90 schools have implemented aspects of Full SBB by 2023.
- Remaining schools that admit students from 3 streams will be implementing Full SBB.
- Express, N(A) and N(T) streams will be <u>removed for</u> the 2024 S1 cohort onwards.
- Students will be grouped in mixed form classes in lower secondary.
- From 2027, students will sit for the Singapore-Cambridge Secondary Education Certificate (SEC) examinations, instead of the GCE N- and O- Level examinations.
- Students will receive an SEC which reflects the subjects and subject levels that they offered.

FULL SUBJECT-BASED BANDING (FULL SBB)

Secondary school experience under Full SBB

- Mixed form classes and common curriculum subjects at Lower Secondary.
- Subjects to be offered at G1, G2 or G3, mapped from the standards of the N(T), N(A) and Express subject levels respectively.
- Greater flexibility to customise students' learning by offering subjects at various subject levels.
- · Shift away from stream-based subject offerings.



FULL SBB: S1 POSTING

Three Posting Groups to ensure schools are accessible to diverse learners

From the 2024 S1 cohort, MOE will facilitate the admission of P6 students into S1 through 3 Posting Group 1, 2 and 3.

Objective: Ensures that schools continue to admit a diverse profile of students and students have access to a wide range of schools.

Unlike the-academic streams of Express, N(A) and N(T), Posting Groups will only be used for the purposes of facilitating entry into secondary school and to guide the subject levels students offer at the start of S1.

- Posting Groups assigned based on PSLE Scores, mapped from existing PSLE Score ranges for Express, N(A) and N(T) streams.
- PSLE Scores provide a good gauge of the subject levels that students can offer at the beginning of S1.

PSLE Score	Posting Group	Subject level for most subjects
4 – 20	3	G3
21 and 22	2 or 3	G2 or G3
23 and 24	2	G2
25	1 or 2	G1 or G2
26 – 30 (with AL 7 in EL and MA)	1	G1

FULL SBB: MIXED FORM CLASSES IN LOWER SECONDARY

Form classes arranged by academic stream in schools yet to implement Full SBB



Students in Exp stream



Students in N(A) stream



Students in N(T) stream

With Full SBB: Mixed form classes







- Under Full SBB, students will be placed in mixed form classes in Lower Secondary to ensure a mix of learner profiles.
 - Provides students with more opportunities to interact with other students of different strengths and interests.
 - Enables students to build meaningful friendships and learn to value different perspectives.

Students posted through **PG3**

Students posted through **PG2**



Students posted through **PG1**

FULL SBB: COMMON CURRICULUM

Common Curriculum Subjects taken in mixed form classes (-1/3 curriculum time)

Examinable Subjects:

- Art
- Design & Technology (D&T)
- Food & Consumer Education (FCE)

Non-examinable Subjects:

- Character & Citizenship Education (CCE)
- Music
- Physical Education (PE)

- The six common curriculum subjects would each have a single syllabus for all students at Lower Secondary levels.
 - These subjects will be taught and assessed at a common level that is accessible to all students.
 - Teachers will adopt a range of approaches to cater to the different learning needs of their students.
- For other subjects, students attend classes with others taking the subject at the same subject level.

OFFERING SUBJECTS AT A MORE DEMANDING LEVEL AT THE START OF SEC 1

Students posted to schools through PG1 and PG2 can offer English Language, Mother
 Tongue Languages, Mathematics and Science at a more demanding level based on their
 PSLE AL for each subject.

FOR STUDENTS POSTED TO SCHOOLS THROUGH PG1 AND PG2			
SUBJECT	PSLE SUBJECT LEVEL	PSLE AL FOR SPECIFIC SUBJECT	OPTION TO TAKE THE S1 SUBJECT AT :
• English Language		AL 5 or better	G3 or G2
Mother Tongue Language		AL 6	G2
MathematicsScience	Foundation	AL A	G2

OFFERING SUBJECTS AT A LESS DEMANDING LEVEL AT THE START OF S1

- For students who offered **English Language, Mathematics and/or Science** at Foundation level at PSLE, but are otherwise eligible to take most of their subjects at G3 when entering secondary school, they may choose to take these subjects at a less demanding level (LDL; i.e., G2), in consultation with their secondary schools.
- Students have the option to offer **Mother Tongue Languages (MTL)** at LDL based on their PSLE Achievement Level (AL) for the subject:

POSTING GROUP (PG)	PSLE AL FOR MTL^	OPTION TO OFFER MTL AT A LESS DEMANDING LEVEL
PG3	AL 6	G 2
	AL 7-8	G1 or G2
PG2	AL 7-8	G1

[^] Foundation level AL A to AL C will be mapped to AL 6 to AL 8 of Standard level subjects respectively.

Students who are eligible to offer MTL at LDL can still choose to offer MTL at-level if they prefer.

SUBJECT LEVEL FLEXIBILITY BEYOND THE START OF S1

- Beyond the start of Sec 1, students may adjust their subject levels across their secondary school journey.
 - Students may offer subjects, including English Language, Mother Tongue Languages, Mathematics, Science and Humanities subjects at a more demanding level if they meet the criteria and based on the school's holistic considerations.
 - Students who are not coping well may **offer subjects at a less demanding level**, based on their school-based performance and school's holistic considerations, to calibrate their curricular load.
 - In upper secondary, students may offer elective subjects (for example, Additional Mathematics, Art, Design & Technology) at a subject level suited to their strengths, interests and post-secondary aspirations, to allow them to pursue their interests without adding unduly to their overall curriculum load.
- Schools will consider **students' learning progress and developmental needs** when helping them determine their subject choices.

Choosing Suitable Secondary Schools

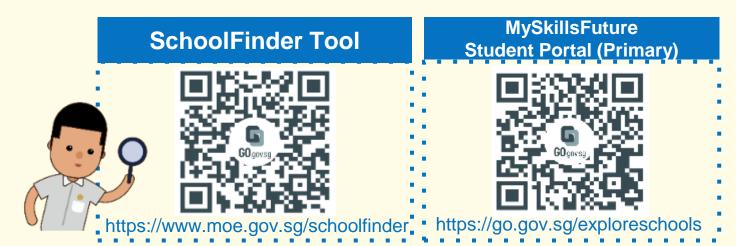


Factors to Consider

Preparing for S1 Posting Exercise

PSLE SCORE RANGES FOR ALL SECONDARY SCHOOLS

- Use the PSLE Score ranges as a reference alongside other important factors, such as the school's
 distinctive programmes, Co-Curricular Activities (CCA), culture, ethos, and proximity to home when
 shortlisting school choices that would best fit a student's educational needs.
- The PSLE Score ranges for individual secondary schools will be available for your reference on https://moe.gov.sg/schoolfinder and https://go.gov.sg/exploreschools. They reflect the PSLE scores of the students posted into these schools at the previous year's S1 Posting Exercise.
- A school's PSLE Score range (including Cut-Off-Point) for a particular year is not pre-determined before
 the posting, and vary from year to year, depending on the cohort's PSLE results and their school choices
 in that year's S1 Posting Exercise.



HOW DO WE INTERPRET THE PSLE SCORE RANGES?

The PSLE Score range refers to the PSLE Score of the <u>first and last student</u> admitted to a particular school in the previous year via the S1 Posting Exercise. This shows the range of student profiles who enter each school.

Example

XX Secondary School
PSLE Score range of 20XX (previous year's S1 Posting Exercise)

Posting Group 3		15 20
Posting Group 2		21 24
Posting Group 1		25/-\28/
	/	

PSLE Score of the <u>first</u> student posted into the school in the respective PG.

PSLE Score of the <u>last</u> student posted into the school in the respective PGs [i.e., the school's <u>Cut-Off Point (COP)</u>].

EXAMPLE OF AN SAP SCHOOL's PSLE SCORE RANGE

While students need not take HCL to enter SAP schools, students who pass HCL receive a posting advantage for admission. To reflect this, the PSLE Score ranges of SAP schools include the HCL grades of the first and last student admitted in the previous year via S1 Posting.

Example XX Secondary School PSLE Score range of 20XX (previous year's S1 Posting Exercise) Posting Group 3 Posting Group 2 Posting Group 1

PSLE Score and HCL grade of the <u>first</u> student posted into the school through PG3.

PSLE Score and HCL grade of the <u>last</u> student posted into the school through PG3 [i.e. the school's <u>Cut-Off Point (COP)].</u>

SCHOOL CHOICE JOURNEY

- The PSLE Score ranges are a useful starting point for parents and students to consider secondary schools.
- Use this information, together with other **important factors** such as the secondary schools' distinctive programmes, CCAs, ethos and cultures, to shortlist schools that would best fit the educational needs of the student.



TIPS FOR PARENTS!

Be open and flexible when discussing your child's preferences, needs and choices.

Have regular conversations with your child to understand more about his/her strengths, interests, abilities, talents and aspirations.

Manage your own expectations and do not project these expectations onto your child.

Affirm your child and offer support when he/she shares his/her plans with you.



Affiliation to CHIJ Katong
Convent
Secondary
School





CHIJ KATONG CONVENT AFFILIATION FOR S1

Katong Convent Sec 1 Intake:

- □80% Affiliates (reserved for KCP) and 20% Non-Affiliates
- □To enjoy affiliation, KC must be indicated as **first** choice.





CHIJ KATONG CONVENT AFFILIATION FOR S1 Affiliate Minimum Requirement

Posting Group*	AMR	
Posting Group 3	20	
Posting Group 2	25	
Posting Group 1	30 with AL7 or better in both English Language and Mathematics	





CHIJ KATONG CONVENT E - Open House

CHIJ Katong Convent will be hosting an e-open house via zoom webinar on 17 May, 4 to 5.30pm and an open house in KC on 16 Nov.

More information has been sent to you via PG.

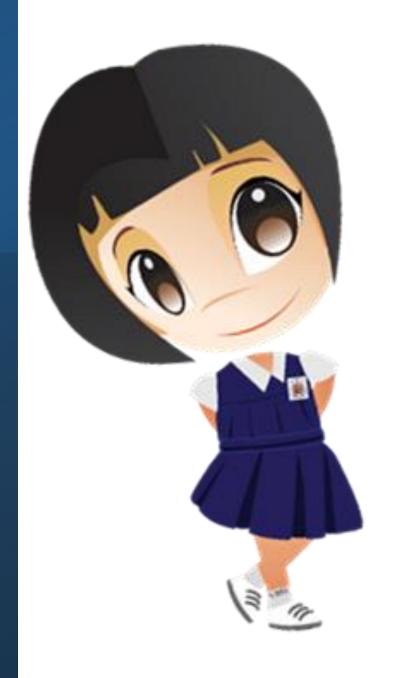








Direct School Admission



ENTERING SCHOOLS THROUGH DSA-SEC

- There is no change to the application and selection process with the shift to Full SBB.
- If your child has specific talents and strengths beyond the PSLE (e.g. areas such as sports, performing arts and leadership), consider the Direct School Admission-Secondary (DSA-Sec) as an alternative admission pathway to access secondary schools that have talent development programmes in these areas.





What is DSA - Sec?

- □ DSA-Sec allows Primary 6 (P6) students an opportunity to seek admission to a secondary school based on a diverse range of talents and achievements that may not be demonstrated at the Primary School Leaving Examination (PSLE).
- ☐ Each participating school offers distinctive programmes and sets its own selection process and criteria to admit students who can be further developed by these programmes.





Should my child apply for DSA-Sec?

- □Your child may consider applying for DSA-Sec if they are able to identify a school that offers a programme in their area of strength. Alternatively, they may continue to participate in the Secondary 1 (S1) Posting Exercise in November and be admitted to a secondary school based on their PSLE score.
- □ If your child is successfully allocated to a school through DSA-Sec, she will not participate in the S1 Posting. As she has committed to the school, she will also not be able to seek a transfer to another school after the release of the PSLE results.





Which school should my child apply to?

- ☐ Finding a suitable school will help your child enjoy learning at an appropriate pace, and benefit from the school's programmes. When selecting a DSA-Sec school, you should consider the following:
 - Schools with talent areas that match your child's strengths and interests,
 - Pace of learning, and
 - Other programmes offered by the school.
 - Details are available at the secondary schools' websites.





How can my child apply for DSA-Sec?

- ☐ Apply online via the DSA-Sec Portal (more information to come).
- ☐ For each choice, you will need to choose a secondary school and a talent area from that school.
- ☐ Of the three choices, a maximum of two choices can be used to apply to the same school (i.e., under two different talent areas).
- ☐ This is to cater for your child's multiple interests, and to encourage your child to consider different schools that can develop his/her strengths and interests.
- ☐ Make your choices carefully, and manage the time and effort required for your child to participate in the trials/interviews conducted by the school(s).





Do I need to submit any hardcopy documents during application?

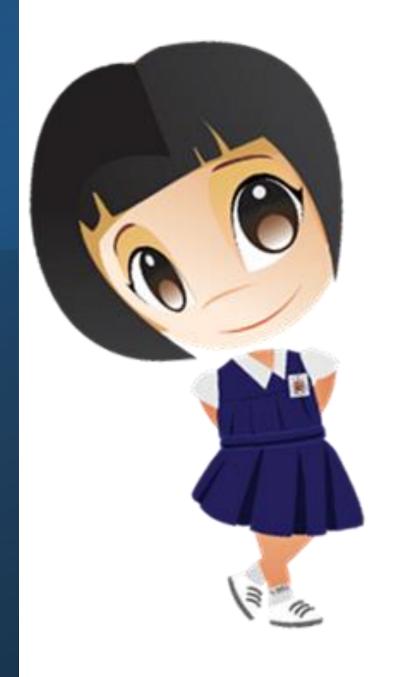
- ☐ There is no need to submit additional hardcopy testimonials and documents via the DSA-Sec Portal.
- ☐ Your child's primary school information will be shared with the secondary schools that you have applied to.
- ☐ This includes your child's P5 and P6 academic results, and other information from P4 to P6, i.e., Co-curricular Activities, Values in Action involvement, School-based achievements/awards such as Edusave awards, Junior Sports Academy and National School Games participation.

There is no need to:

- 1. Request for additional testimonials from teachers/the school.
- 2. Request of the school to sign your daughter up for multiple competitions and enrichments.



School Preparation





P6 MY Timed Practices

1. Objectives of the Timed Practices:

- ☐ To provide teachers with information on where students are in terms of their learning in EL, MT, Math and Science.
- ☐ To provide students with a platform (under timed conditions) to demonstrate their learning thus far.
- ☐ To be formative teachers will use the information to plan strategies for students to continue to improve in their learning.

2. What it is NOT:

- ☐ It is not a mid year examination.
- ☐ It is not meant to be a 'wake up' call for the girls.





June and September Holiday and Additional Friday Supplementary lessons

Objectives of the supplementary lessons:

To provide whole-class or small group support for PSLE preparation and to reinforce concepts and skills

- PG Form with schedule have been sent to parents for the Mid-Term Break.
- Dates: Monday & Tuesday (27 & 28 May)

*Thursday & Friday (5 & 6 Sept) - Details will be

sent later

- Time: 8.00 am to 1.00 pm
- Fridays: 28 June, 05, 12, 26 July & 2 August (Time: 2.15 4.00 pm)

Students are strongly encouraged to attend these sessions.





Term 3 Monday and Wednesday After-school Programme (ASP)

ASP Small – group booster support:

Objectives:

- ☐ To provide small group/one-to-one attention to girls who need academic support.
- ☐ Identified students and parents will be informed of the schedule.

ASP Optional Workshops:

Objectives:

- ☐ To stretch students who are academically strong in the subject.
- ☐ Advertisements and sign-up will be done via SLS.





IMPORTANT DATES

PRELIMS (ORALS)	22 & 23 JULY
PRELIMS (LISTENING COMPREHENSION)	12 AUGUST
PSLE ORAL	13 & 14 AUGUST
PRELIMS (ENGLISH LANGUAGE)	15 AUGUST
PRELIMS (MATHEMATICS)	16 AUGUST
PRELIMS (MOTHER TONGUE LANGUAGE)	19 AUGUST
PRELIMS (SCIENCE)	20 AUGUST
PRELIMS (HIGHER MOTHER TONGUE LANGUAGE)	21 AUGUST



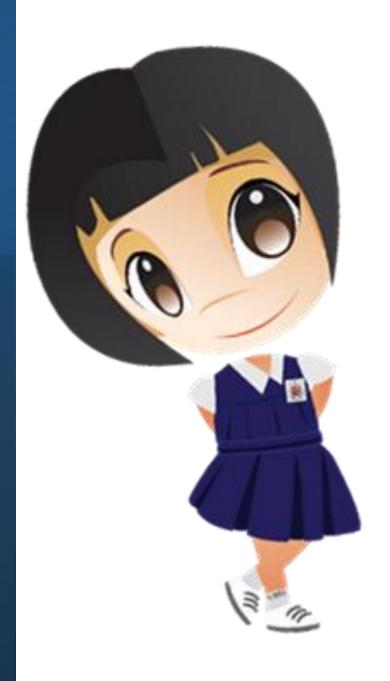


IMPORTANT DATES

PSLE LISTENING COMPREHENSION	13 SEPTEMBER
PSLE (ENGLISH LANGUAGE)	26 SEPTEMBER
PSLE (MATHEMATICS)	27 SEPTEMBER
PSLE (MOTHER TONGUE LANGUAGE)	30 SEPTEMBER
PSLE (SCIENCE)	01 OCTOBER
PSLE (HIGHER MOTHER TONGUE LANGUAGE)	02 OCTOBER



Post-PSLE Programme





Post-PSLE Programme

Programme will be planned for and with our students:

- For them to have fun learning and bonding.
- Gives them the opportunity to have a voice and be empowered in the planning and participation of engaging activities

Students are expected to attend school as usual.

Please do not book flights or holidays during curriculum time.

Let us work together to teach the girls that school is more than

just the PSLE.





Post-PSLE Programme



ACTIVITY	DETAILS
Code-For-Fun (ICT) Enrichment Workshop	Students will learn coding concepts
Cultural Dining Experience	Students will learn about food & dining etiquette of the different cultural groups.
Managing Change & Transition Workshop	 Students will be equipped with the knowledge and skills to deal with stressors and anxiety associated with transitions as they prepare for secondary school.
Student Leadership / Values-in-action (VIA) Project - Students will be visiting selected pre-schools to present their ideas & interact with the preschoolers	 Students will be involved in project work to promote a green environment with focus on reducing the use of plastics at home, in school and in the community.
Floorball Clinic & Dance Workshop with KC Seniors; Student-initiated interest group activities	Students will be actively engaged in fun class bonding sessions through intra & inter-class sports and games.
*Graduation Party (08 November)	 The Graduation Party for our students (Class of 2024) marks the end of their primary school journey as they recollect their fond memories made through their years at CHIJ (Katong) Primary and spend time with their friends and teachers.





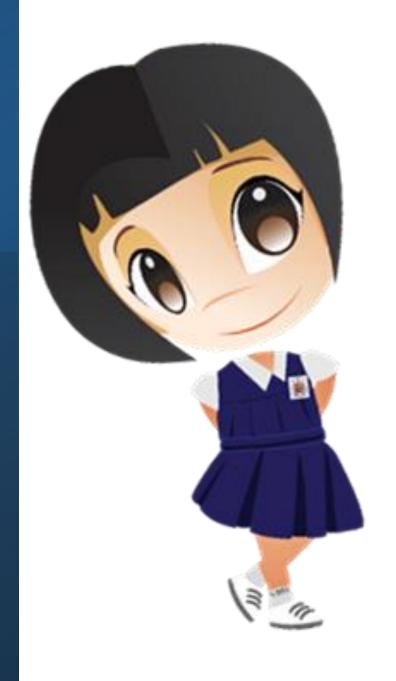








P6 Areas of Concern



Regardless Of Grades - PSLE Pressure: Why Are Singaporeans So Obsessed With Grades?

The PSLE. A crucial milestone for 12-year-olds in Singapore is now a high stakes exam marked by months of long preparation and sacrifices. What's fueling our grades obsession? Can we ever let it go?

Regardless Of Grades

About the show:

The move towards reducing Singapore's emphasis on grades started over 25 years ago but in recent years, Singapore's Education Ministry introduced a slew of aggressive changes in efforts to relieve student stress and to 'spark joy' in learning.

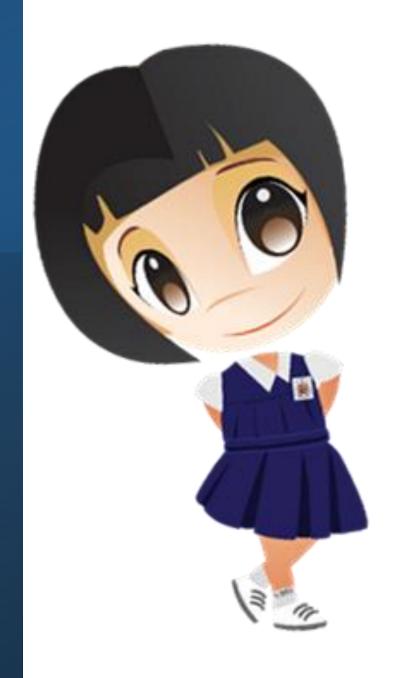
But to what extent have these measures shifted the needle in our pursuit for what's considered 'good grades'? Even as schools reduce their emphasis on exams and promote the joy of learning, the country's booming tuition and enrichment industry continues to fuel an academic 'arms race' outside of school grounds.

This documentary investigates how our pursuit for grades is affecting our children, and we view it through the lens of families preparing for what's considered the all-important PSLE. Why is this the make or break exam for 12-year-olds? For the first time, we lift the lid on this national exam, with never-before-seen footage of how questions are set, and exam papers marked.

https://www.channelnewsasia.com/watch/regardless-of-grades/psle-pressure-4228566



P6 level meeting with School Leaders:
Areas of concern raised by the girls





Greatest stress
Parents'
expectations
Tuition and
Enrichment
classes.
Parents who are
either too strict
or who are never
home.

P6 level meeting with School Leaders: Areas raised by the girls.

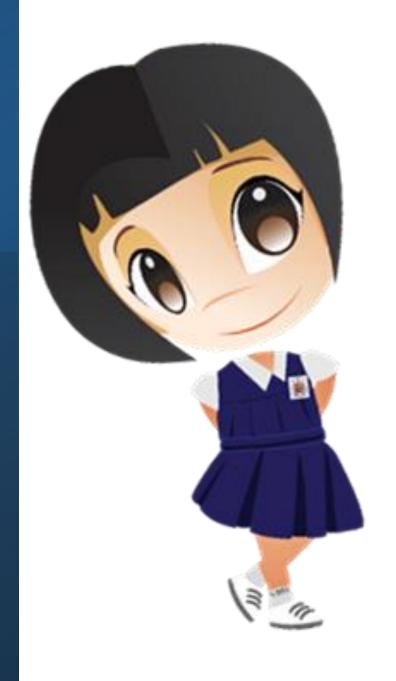
Friendships
Arguments
Social Media
Chat Groups.

school homework and assignments are manageable.

Love recess programmes, CCAs, Learning Journeys, ASP workshops, engaging lessons, canteen.



P6 Areas of Concern





P6 Areas of Concern

- 1. Unhealthy influences social media; books and streaming platforms.
- 2. Low Self-Esteem from comparisons with others; peer pressure; social media; not feeling that they can live up to expectations of others.
- 3. Inability to handle stress and challenges especially in friendships and relationships; setbacks in studies or not meeting goals.
- 4. Self Harm





How we can support them

- 1. Parents and school need to work hand-in-hand to support them.
- 2. Here are some strategies to try:
- ☐ One-to-one conversations with your daughters, daily if possible. Avoid asking too much about homework, assessments, practice papers.
- ☐ Avoid nagging or scolding them too often.
- ☐ Find a balance between letting them be and monitoring them. For girls who already have issues, it would be good to monitor them more closely by spending more time with them.
- ☐ Limit their screen and phone time. Head for a walk, do something fun with them instead. The screen and phone time should be a reward for quality work or chores done and is not a right.
- ☐ Don't pile on the tuition and enrichment.
- Remind them that the PSLE is just an entrance examination to secondary school. It does not set them for life, and it certainly does not determine their future.
- ☐ Spend as much time as you can with them. They will only be 12 once.



To conclude

A Prayer for our girls

Heavenly Father, we pray that our girls will know that you are with him. May he rest in your promise that you will take hold of their hands and say to them, "Do not fear; I will help you." May the security of your words reassure them and give them clarity of mind.

Heavenly Father, we ask that you place your angels around our children. Protect them wherever they go. Please help them make the right choices about things they should and shouldn't do. May they find comfort in knowing that your angels are with them to guide and protect them.

Heavenly Father, help our children to see the importance and value of placing others' needs before their own. Give them a caring heart for those who are less fortunate. We ask all of these In Jesus' name, Amen.

