

Address by HOD, CCE



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 prepare my child for Primary 1?



Pre-school

Play-based
approach

Small group
setting

Fixed routine

Transition

Primary school

Structured
approach

Larger group
setting

Longer school
hours

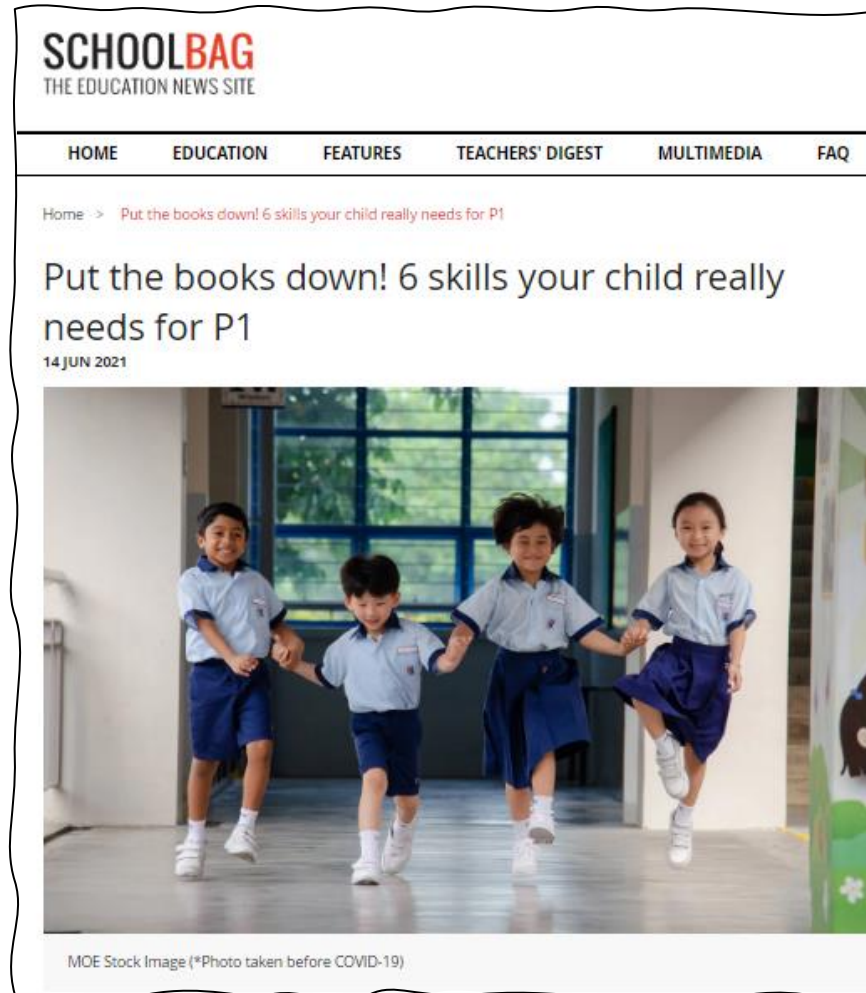


Effective transition support helps children feel safe, build confidence, and develop a positive attitude toward primary school.

What does my child need at Primary 1?

“There is sufficient time for children to pick up what they need to know academically in primary school.”

“Help your child develop a joy for learning, encourage them to forge friendships, and promote their wonder about the world around them.”



[Scan or click here:](#)



Preparing My Child for Primary 1

Let us work together to build good habits so that our children can Grow Well.

Bond
Well

Learn
Well

Sleep
Well

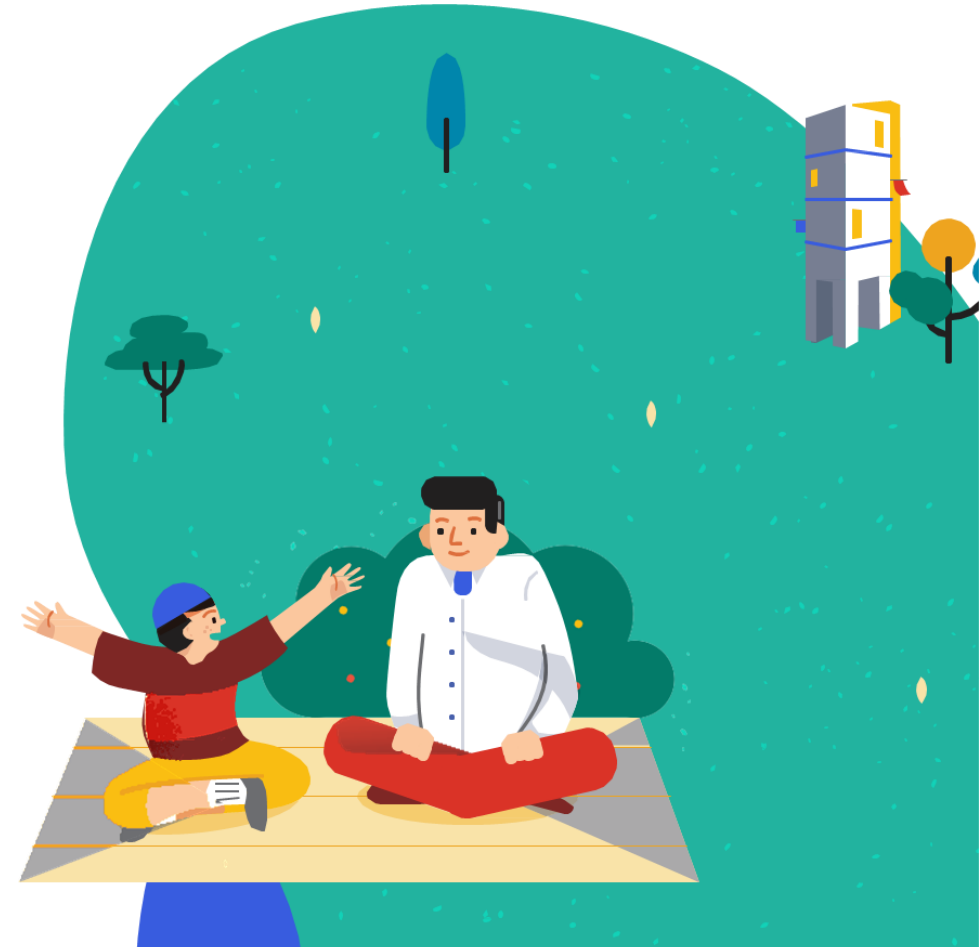
Exercise
Well

Eat
Well



Bond Well: Relating to Others

- Model the use of friendly and polite phrases
 - “Hello! My name is... what is your name?”
 - “May I please...”
- Provide opportunities for your child to share and take turns during playtime with other children.



Bond Well: Relating to Others

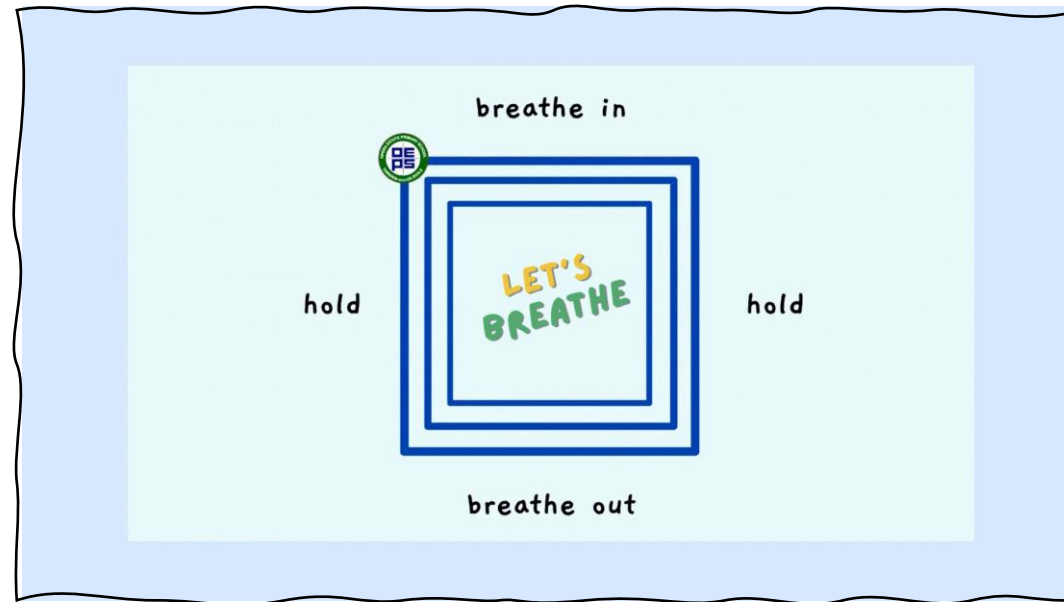
Practise different ways to cope with challenging emotions.

Seek permission to
go to a quiet corner



Calming Corner in our P1
classroom

Practise deep beathing



[Scan or click here:](#)



Bond Well: Relating to Others

Practise identifying emotions.

I have many different feelings & emotions!

Sometimes I feel **happy** & **focused**.

Sometimes I feel **excited** or **nervous**.

Sometimes I might feel **mad**.

Sometimes I might feel **tired** or **sad**.

All of these feelings are OK to have! However, it's important to learn what I can do when my brain and body are feeling different emotions.

The ZONES can help me with this!



Scan or click here:



Bond Well: Help Them Feel S.A.F.E.

Support your child and encourage them to overcome challenges with you

Affirm your child by recognising small successes and praising their efforts

Familiarise your child by easing them into new routines and sharing with them your experiences in primary school

Empathise and acknowledge your child's feelings



[Scan or click here](#)



Learn Well: Developing Good Habits

Guide your child to do the following independently:



Dress themselves



Pack their bag



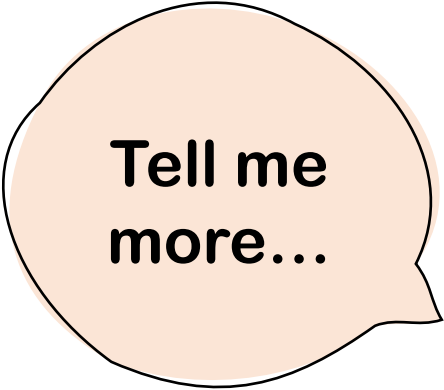
Keep to a regular bedtime



Buy food at the canteen

Learn Well: Nurture Positive Learning Attitudes

Developing the right learning attitude in your child will help them transit smoothly into the learning routines in school.



Tell me
more...



Let's try
again.



Let's
talk it
out.

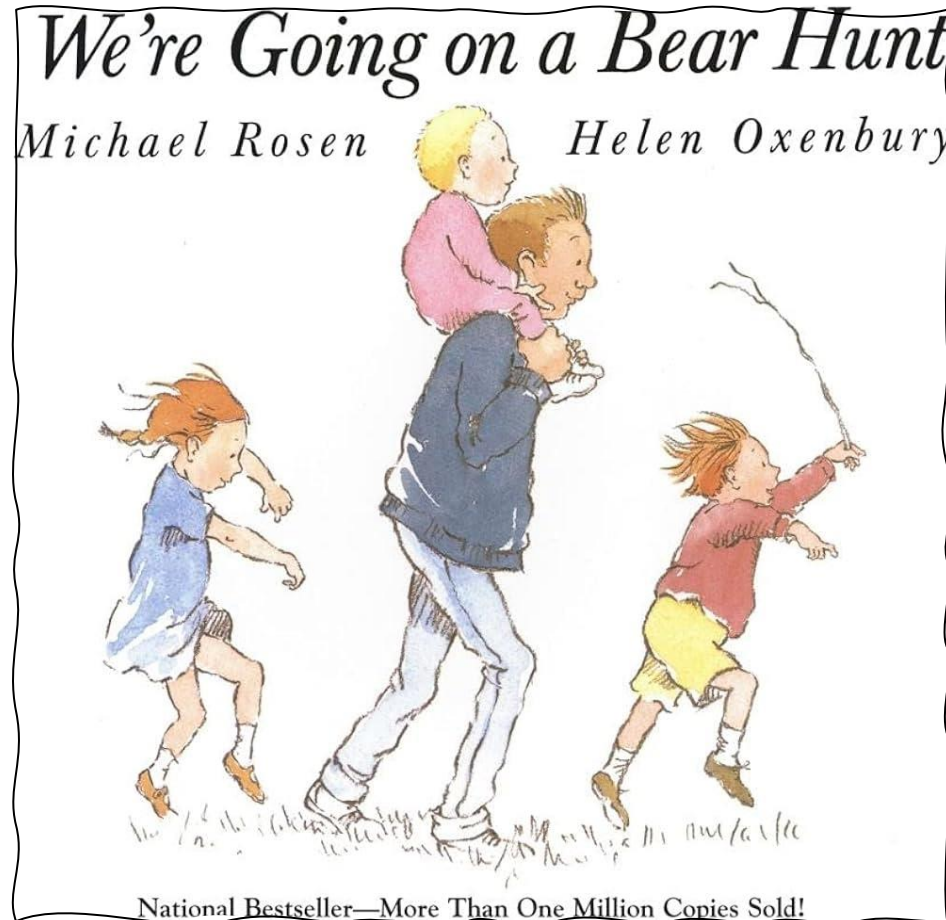


I have
been
there.

Learn Well: Nurture Positive Learning Attitudes

The power of story-telling

[Scan or click here:](#)



Key messages

- Challenges are a part of our life.
- We can overcome challenges despite fear.
- We can work through challenges together.

Learn Well: Create a Conducive Learning Environment at Home

Set up a conducive home environment so that your child can learn both at home and in school.



Sleep Well: Developing Good Habits

[Scan or click here:](#)



Encouraging your child to get enough sleep supports their learning and memory.

**Different
Types of
Memory
Need Sleep**

Both fact-based knowledge (school subjects) and skill-based learning (sports or routines) improve with proper sleep.

**Sleep
Strengthens
Memory**

Good sleep is essential for remembering what kids learn during the day.

**Sleep After
Learning
Helps Most**

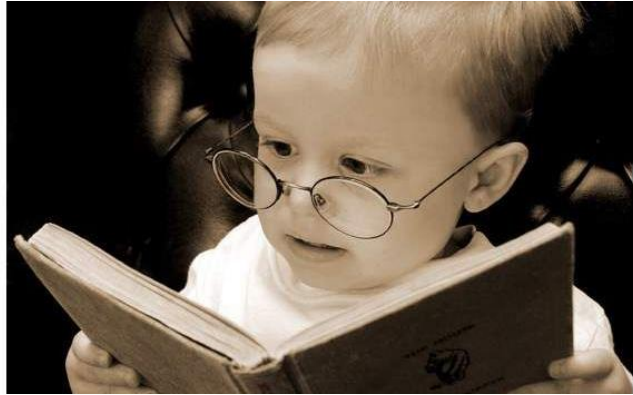
Sleeping soon after learning something new helps the brain store it better for the future.

How many hours of sleep does a Primary 1 child need?

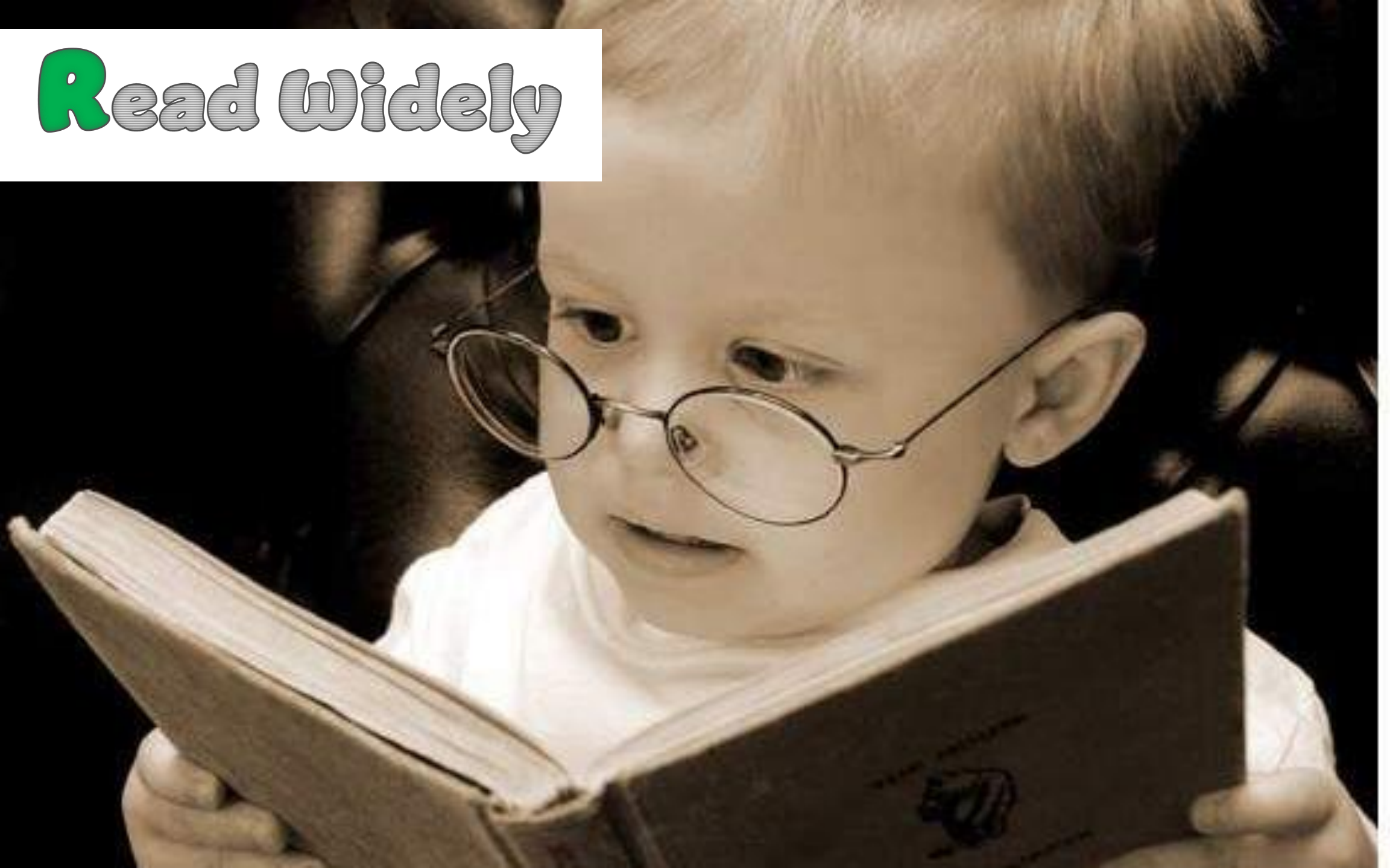
**9 to 11
hours!**



R.E.S.T



Read Widely





Explore
your
interests!



Get Sporty!

Spend **T**ime
with your
loved ones



Parent Kit for P1 Transition

PARENT KIT

Ministry of Education
SINGAPORE

Guiding Our Children Through Their P1 Transition

Our children may be feeling a mix of emotions as they move closer to entering Primary 1. In fact, as parents we may be feeling anxious too and it's completely normal. Here are some ways to ease the transition for ourselves and our children [as they enter Primary 1](#).

Bedtime Routines Before School Starts

- Primary school starts early, and our children need enough sleep (between 9 to 11 hours) to stay focussed in class. We may start preparing our children about 2 weeks before school starts to go to bed on time or just 10 to 15 minutes earlier each night to adjust to a new bedtime routine.

Check out [page 15-16](#) of the Parent-Child Activity Book (PCAB) for an activity before bedtime.



Involve Them in Packing Their School Bags

- Practise preparing for school by packing their school bag together. Chat with our children about what items should be packed into the school bag.

"Let's have a look at the school's timetable. What do we need to pack? Would we need to pack in books, your pencil box, and your colour pencils?"

Check out [page 18-20](#) of the PCAB for more ideas on bag-packing.



[Click or scan here:](#)

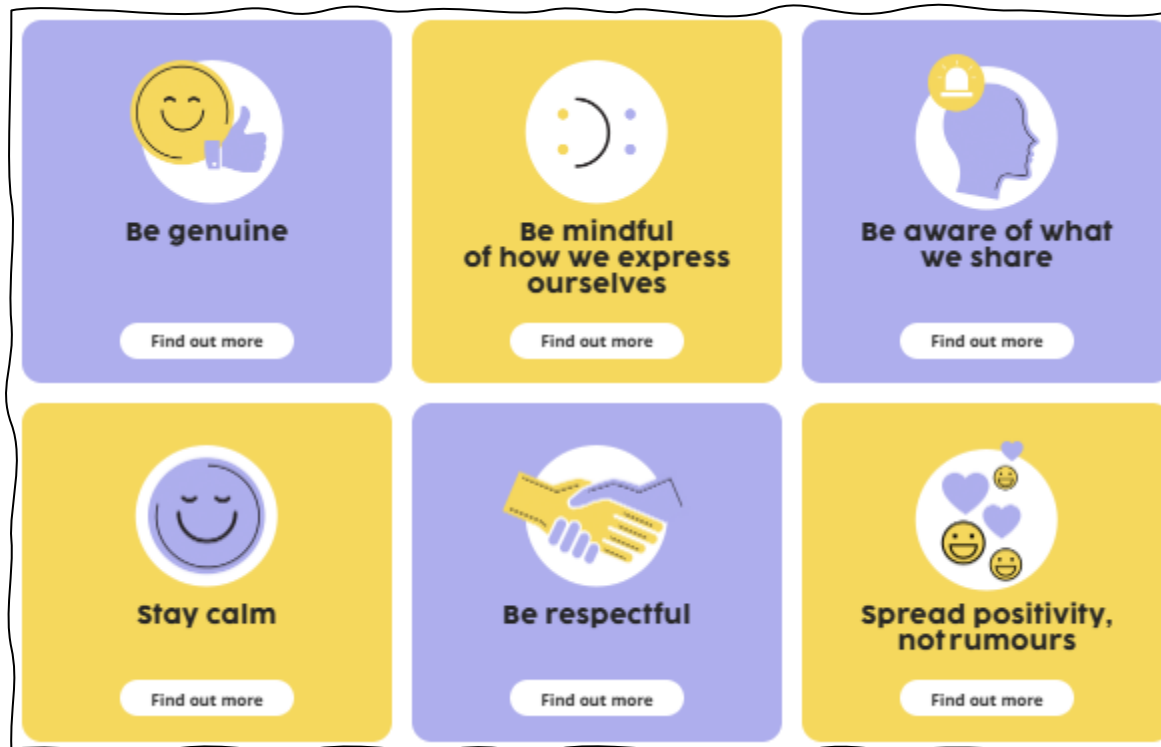


Cultivating Positive Cyber Wellness Habits in School and At Home



What is Cyber Wellness?

Cyber Wellness is about our students being able to navigate the cyber space safely.



Netiquette tips by Health Hub Singapore.

[Scan or click here:](#)



Did you know?

New MOH guidelines on screen use for children under 12 (The Straits Times)

7 TO 12 YEARS



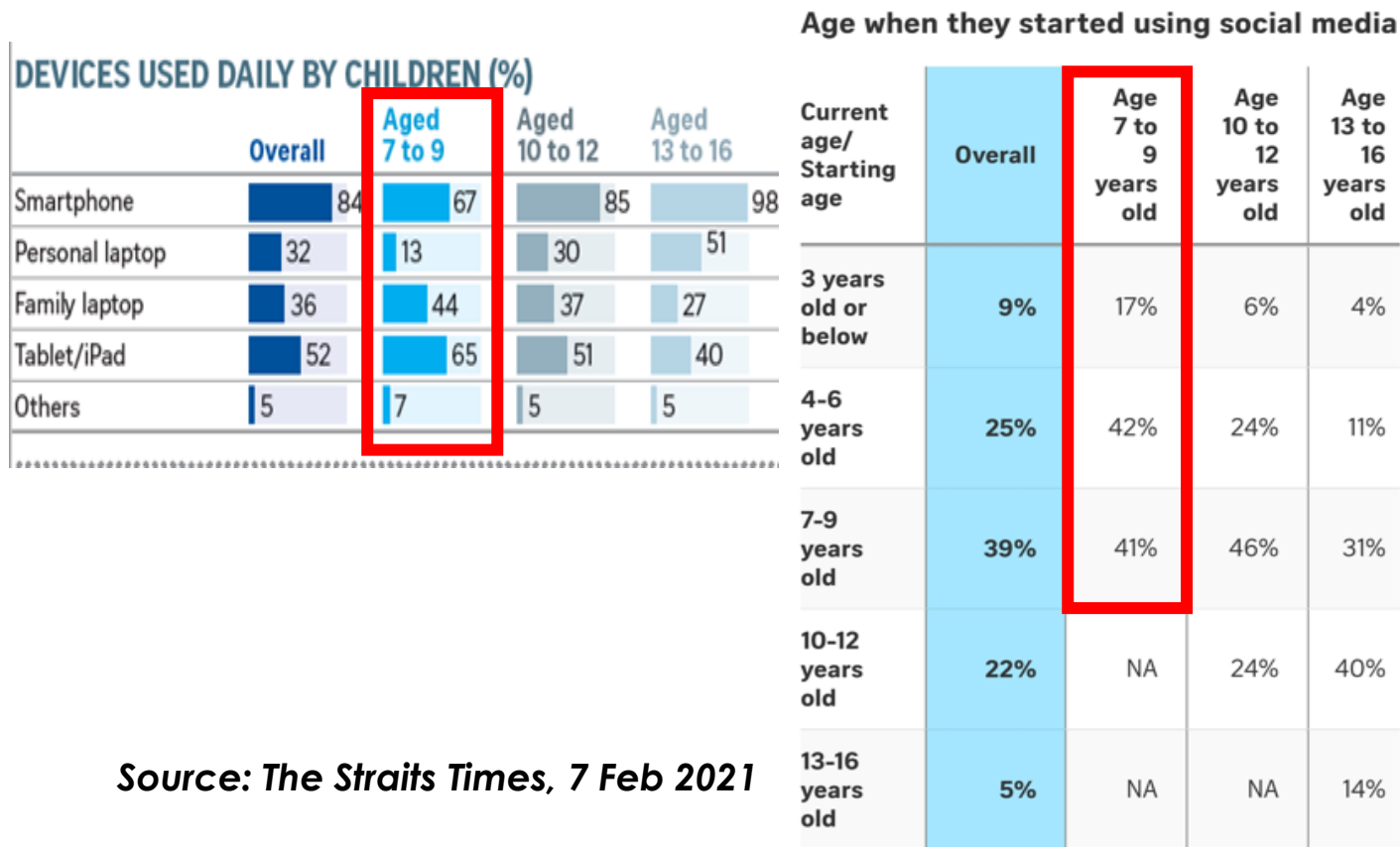
- Limit screen use to less than 2 hours a day, unless related to schoolwork
- Develop a screen use plan or timetable
- Have regular conversations with children to find out their online activities
- Do not give children mobile devices with unrestricted access
- Use parental control settings to ensure 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



Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media



Source: The Straits Times, 7 Feb 2021

Parents may not be aware of the online risks

Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023



Let's replace screen time with we-time!

1. Set Clear Boundaries

- Tech-free zones (meals, bedtime, family time)
- Consistent routines and limits

2. Co-view & Discuss

- Ask what they are watching or playing
- Talk about online experiences regularly

3. Model Healthy Habits

- Be mindful of your own device use
- Prioritise conversations and connection

4. Create a Balanced Plan

- Replace online with offline activities: outdoor play, reading, chores
- Agree on rules together with your child

[Scan or click here:](#)



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

Build strong bonds through shared experiences and meaningful conversations



Provide a balanced mix of engaging online and offline activities, at school and at home



Check out the refreshed Guidance on Screen Use in Children by MOH.



P1 and P2 CCE (FTGP) Cyber Wellness lessons

During CCE(FTGP)* lessons, students will be taught:

1. Basic online safety rules
2. Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being
3. Protecting Personal Information
4. Cyber Contacts

*Character and Citizenship Education (Form Teacher Guidance Period)



E.g. Lower Primary Lesson on Staying Safe in the Cyberworld



P1 and P2 CCE (FTGP) Cyber Wellness lessons

You may also engage in “Family Time” activities in the CCE (FTGP) Journal with your children to emphasise the different cyber wellness messages at home.

A blue rectangular card with a wavy top edge. In the top left corner is a logo that says "Family Time" in yellow and white. To the right of the logo, the text "Family Chat Time!" is written in white, followed by "Share 'My Online Safety Code' with your parents/guardians, siblings and other family members." in a smaller white font. Below this, the text "I can..." is written in white. To the right of this text is a white rectangular box with a black border. Inside the box, the text "We did this together!" is written in black. Below the box, the text "Parent's / Guardian's signature" is written in black. To the left of the box, there are two bullet points in white: "• share with my family members how I can be safe in the cyberworld." and "• remind my family members to follow the safety rules together."

Family Time

Family Chat Time!
Share 'My Online Safety Code' with your parents/guardians, siblings and other family members.

I can...

- share with my family members how I can be safe in the cyberworld.
- remind my family members to follow the safety rules together.

We did this together!

Parent's / Guardian's signature

E.g., Family Time in the lesson on Staying Safe in the Cyberworld

Additional Resources

[Scan or click here:](#)



Some good tips in the Parents' Toolbox:

Building good digital habits from young, e.g.,
Develop a timetable or screen use agreement
Use parental control settings

Encouraging open communication at home, e.g.,
Talk to our children about their online activities.
Create a safe environment for our children to express their thoughts and feelings.

Role-modelling positive digital habits for our children.



School-home Partnership

Respectful Communication

Foster kind words and actions
between parents and educators



Role Models

Show our children the skills and
values they need for life



Real Connections

Cultivate strong relationships and
healthy habits in this digital age



School-home Partnership

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



Link to resource:

<https://go.gov.sg/moe-school-home-partnership>



School-home Partnership

Communicating with your child's teacher

- Connect with teachers of the class through email or Class Dojo
- Have regular conversations with teachers in both academic and non-academic areas – this will help you better guide your child's development.
- Ask the teacher for the best way and time to contact them.



ClassDojo



We Are Here to Support You!



**Opera Estate
Primary School**



[Click or scan here for the school website](#)



[Click or scan here for the school
Facebook page](#)



[Click or scan here for the school
Facebook page](#)

We Are Here to Support You!



Parent Kit

Parent Kit

www.moe.gov.sg/parentkit

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.



SCHOOLBAG
THE EDUCATION NEWS SITE

Schoolbag.sg

www.schoolbag.sg

Through articles and multimedia content, Schoolbag provide parents and general public with information and insights related to education, tips for parent involvement and features on school programmes.

We Are Here to Support You!



www.instagram.com/moesingapore



www.instagram.com/parentingwith.moesg



www.facebook.com/moesingapore



www.youtube.com/moespore

Parents Gateway



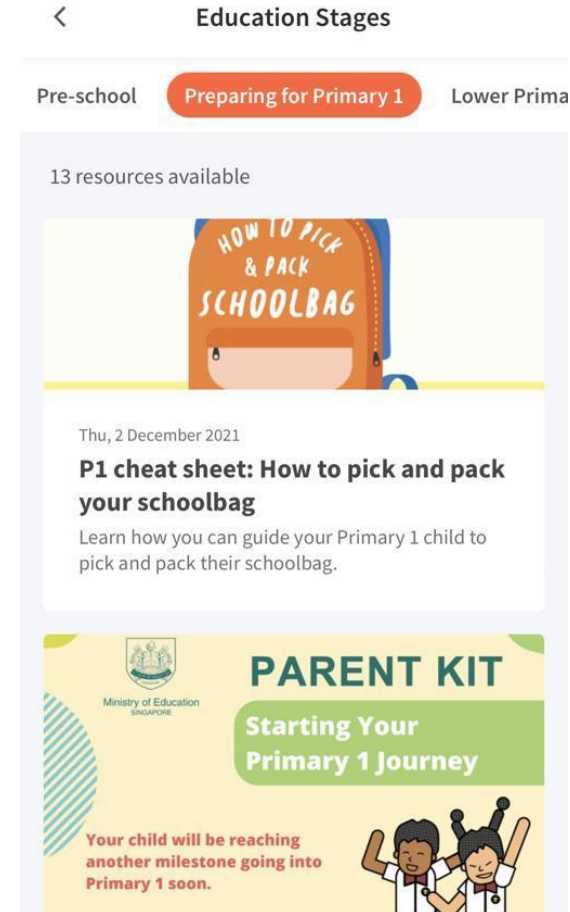
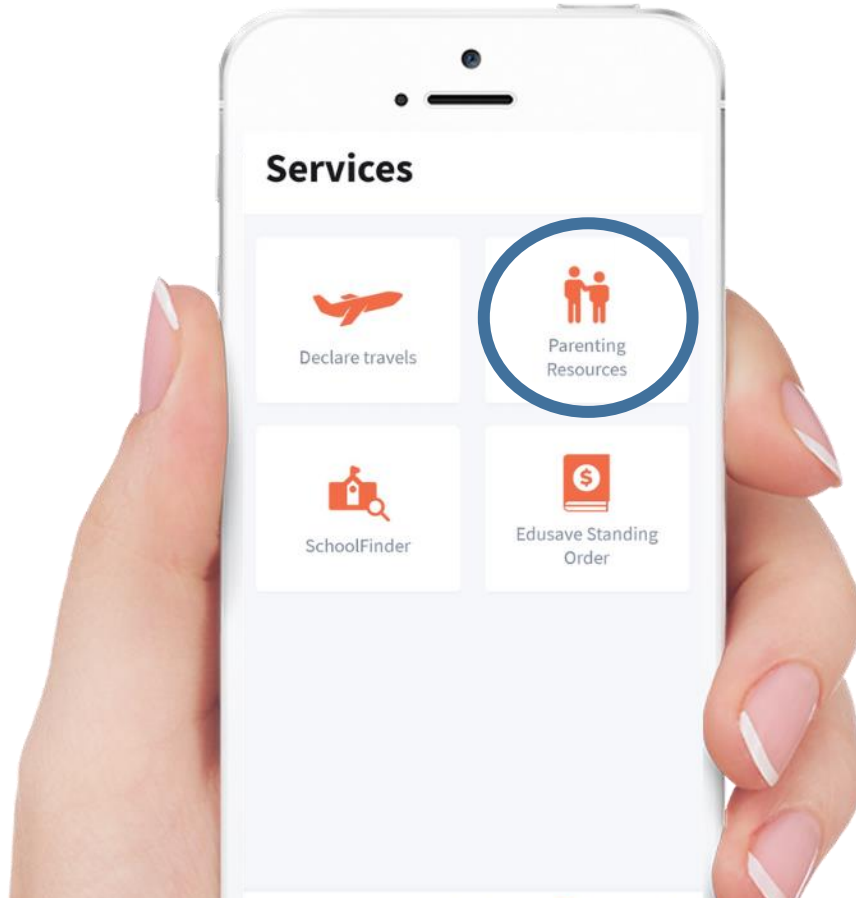
1. Receive information on school activities and events.
2. Perform administrative functions, e.g., give consent for Learning Journeys, book slots for Parent-Child-Teacher Conference (PCTC).
3. Access parenting resources.



Parents Gateway: A One-stop Portal of Resources

Parenting Resources repository

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



[Click to find out more about Parents Gateway.](#)



What's Available on the Repository?

Supporting your child through the Primary 1 journey



Fri, 23 September 2022

[Preparing for P1 - PDF] Supporting Your Child Through the Primary 1 Journey

Click to download or view this issue on preparing your child for P1.

Find out what your child really needs for Primary 1.

Teach Your Child Social Emotional Skills

BE READY FOR LEARNING

What your child may learn in school



What you can do at home



Mon, 18 October 2021

[PDF] Social skills to prepare your child for Primary 1

Click to download or view this resource to learn how you can help your child learn social skills.

Help develop your child's social and emotional skills by referring to this infographic



Mon, 23 August 2021

Are you over-preparing your child for P1?

Learn how overpreparing your child may hinder learning.

Are you over-preparing your child for primary school?



Wed, 15 December 2021

[NLB] LearnX Reading - Primary

Create fun experiences for your child to discover the joy of reading.

How to cultivate the love for reading? Check out resources from the National Library Board.



Confident Learners, Caring Contributors

**YOUR CHILD IS READY.
ARE YOU?**

