



# P4 Parent Briefing by FTs

**Friday, 23 February  
2024**

**A Garden where Scholars Bloom**



# Primary 4 Journey

- Activities

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# Snack with VP

## Term 2 2024



# **P4 1.6 KM NAPFA RUN @ WOODLANDS WATERFRONT WITH PARENTS (TERM 3)**



# P4 1D Camp (Term 3 2024)

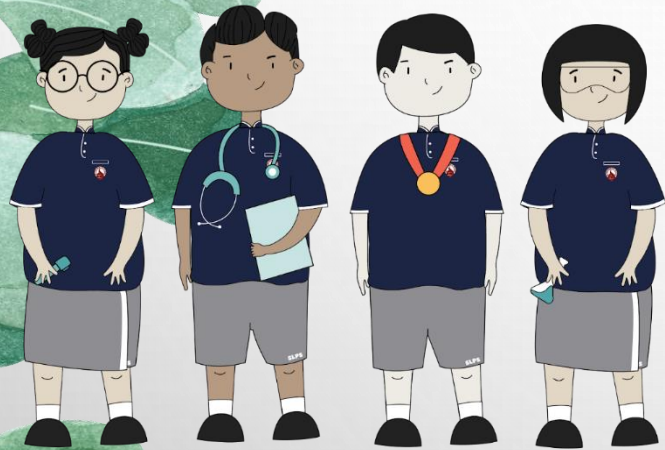
## Camp objectives:

- To build stronger friendships and forge strong bonds among the students
- Provide opportunities for them to exhibit care and respect towards their friends through experiential learning.



# Birthday Celebrations





## Class Matters

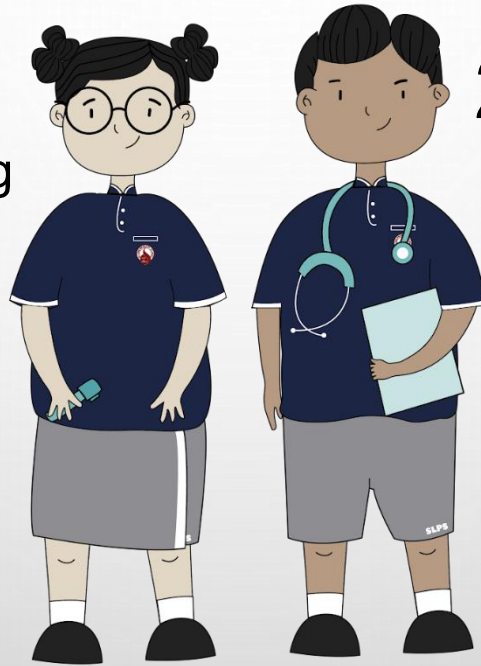
- Attendance & Punctuality
- Class rules and routines

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# Attendance

1. Prolonged absences will hinder your child's learning process:

- Missed lessons
- Missed opportunities for interaction and play



2. Frequent absences **without** valid reasons will affect your child's:

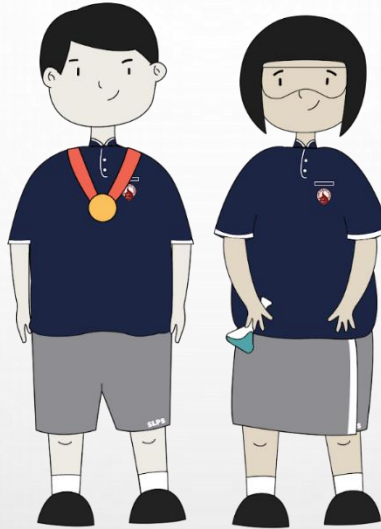
- Conduct grade
- Eligibility for awards

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# Attendance

- Absences **MUST** be covered by medical certificates from doctors, or letters from parents with **valid reasons**.
- Please inform FT if your child is absent via Office, etc



- Examples of **non-valid** reasons for absences:
  - Going on vacation during school days
  - Staying at home to take care of siblings
  - Overslept
  - Missed the school bus  
(Your child should continue to come to school even if he/she overslept or missed the school bus)

\* For any other reasons, please check with FTs.

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# Punctuality

- Reporting time: **NOT later than 7.30 a.m.**
- Pupils arriving after 7.30 a.m. will be marked as late
- Frequent late-coming will affect child's conduct grade and focus in class
- We have programmes planned for students at 7.20 a.m.  
e.g. iCare Assembly, Library Talks, Times Table Tunes

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## Healthy Habits

- Organisation skills
- Snack

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# Organisation skills

Remind your child to:

- PACK SCHOOL BAG **DAILY** AND CHECK AGAINST THE **TO-DO-LIST** IN THE STUDENT'S HANDBOOK.
- KEEP A HOMEWORK FOLDER.
- MONITOR COMPLETION OF THE TASKS AGAINST THE STUDENT'S HANDBOOK



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# To bring daily...

- Stationery
- Student Handbook
- Storybook
  - English storybook on Monday-Wednesday, MT storybook on Thursday & Friday
- Recess food, pocket money, water bottle, snacks

## Class Snack Time (5 mins): 12pm daily

- Light, healthy snacks.
- No sugary drinks.



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## HEALTHY HABITS: CLASS SNACK TIME

Qualities of a Child who shows

# RESILIENCE

## A Child who is **RESILIENT**

- adapts positively despite setbacks
- perseveres in the face of challenges



## **BELIEFS**

- Is open to setbacks and learns from them
- Believes that failure is not permanent
- Is hopeful

## **PERSONAL CHARACTERISTICS**

- Has a sense of humour
- Is determined
- Has self-control and emotional management
- Finds different ways to handle new or difficult situations
- Knows one's strengths and develop ways to improve one's weaknesses



# BUILDING RESILIENCE IN YOUR CHILD

# RESILIENCE-FOSTERING INTERACTIONS

Give our Children **S.P.A.C.E** to grow

## **S**UPPORT

- Provide positive feedback
- Be willing to listen

## **P**ROBLEM SOLVE

- Reflect on setbacks together
- Guide your child to develop alternate plans

## **A**FFIRM

- Affirm strengths and efforts
- Use of effective praise

## **C**HEER

- Cheer your child on for every effort
- Celebrate all successes, even small ones

## **E**MPOWER

- Let your child make decisions
- Encourage your child to voice his/her ideas, and carry out the plans made

## PROVIDE ADEQUATE CHALLENGE

- **Stimulating Environment**
  - Provide opportunities for challenges
  - Nurture your child's talents
- **Structure**
  - Set consistent and realistic expectations
  - Maintain daily routines with clear boundaries
  - Assign responsibilities (e.g. household chores)
- **Supervision**
  - Monitor your child's progress
  - Look out for signs of distress



## PROVIDE HIGH SUPPORT

- **Responsive Environment**
  - Know your child's needs
  - Be present
- **Role Modelling**
  - Role model social skills
  - Be consistent in teaching and setting examples
- **Reassurance**
  - Encourage your child regularly and intentionally
    - Tell your child "I believe in you"



# BUILDING RESILIENCE IN YOUR CHILD



Recognise Common

# STRESS SYMPTOMS

in Your Child

Use this list to check if your child is experiencing **STRESS**

**S**truggles to pay attention  
in studies or activities



**T**iredness



**R**ebellious streak



**E**xcuses to miss school



**S**tays away from others



**S**ulkiness



## IDENTIFYING STRESS SYMPTOMS

If these signs are present in combination, or in more extreme or long-lasting forms, it may be an indication that your child is experiencing significant stress. If in doubt, please seek help and advice from the School Counsellor or mental health professionals.

You may want to refer to the emotion management resource to guide your child in managing his/her stress.





Tips for Guiding Your Child in

# SETTING GOALS

Small Steps  
Lead to Big  
Dreams

Remember **L.I.F.E**

## LIFE SKILLS as Goals

Set goals for developing skills for life. Goals can include social skills, interests, or habits your child wants to pick up or improve in.

## IDENTIFY AGE-APPROPRIATE Goals with Your Child



• Break down large tasks into smaller achievable goals for younger children.

• Acknowledge accomplishments on the way to larger goals for older children.



## FOLLOW S.M.A.R.T as a Guide

	Guiding Questions	Examples
<b>SPECIFIC</b>	What do you want to do or achieve?	Learn to swim freestyle
<b>MEASURABLE</b>	Can you put in numbers to help you see your progress over time and know when you've achieved your goal?	Learn to swim 200 meters freestyle within ten minutes
<b>ACHIEVABLE</b>	Do you have the ability to do it? What skills, strengths or resources can you rely on?	Learn to swim 200 meters freestyle with the help of a board within ten minutes
<b>REALISTIC</b>	Can it be done given the amount of time and resources? Who or what can you seek help from?	Learn to swim 200 meters freestyle with the help of a board within ten minutes, from a swimming instructor
<b>TIMELY</b>	When do you need to reach this goal?	Learn to swim 200 meters freestyle with the help of a board within ten minutes, from a swimming instructor, in four weeks

## ENCOURAGE and SUPPORT

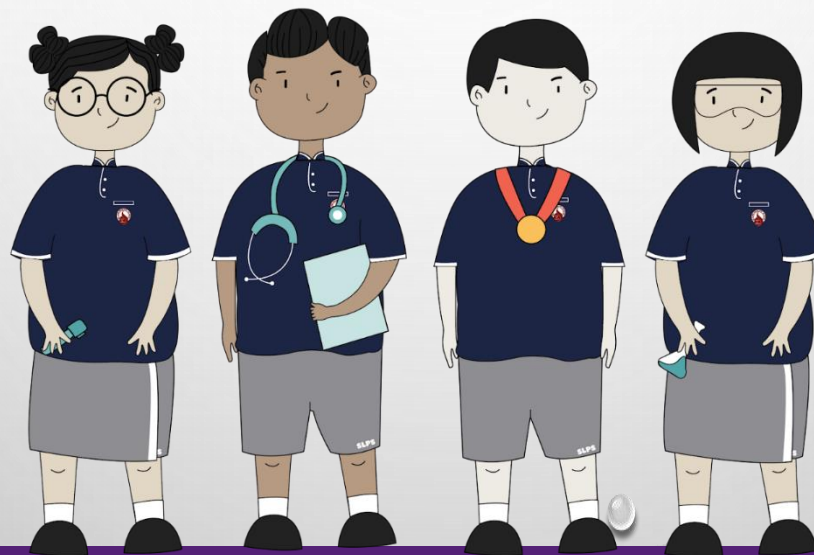
- **Monitor your child's progress**  
E.g. Reflect with your child the progress made each week, and guide him/ her on any adjustments to be made.
- **Acknowledge setbacks**  
E.g. On certain days when your child is unwell, he/ she might not be able to perform as well.
- **Celebrate successes**  
E.g. Praise your child and ask how he/ she feels when a goal has been reached.



# SETTING GOALS WITH YOUR CHILD

# Our Gratitude to

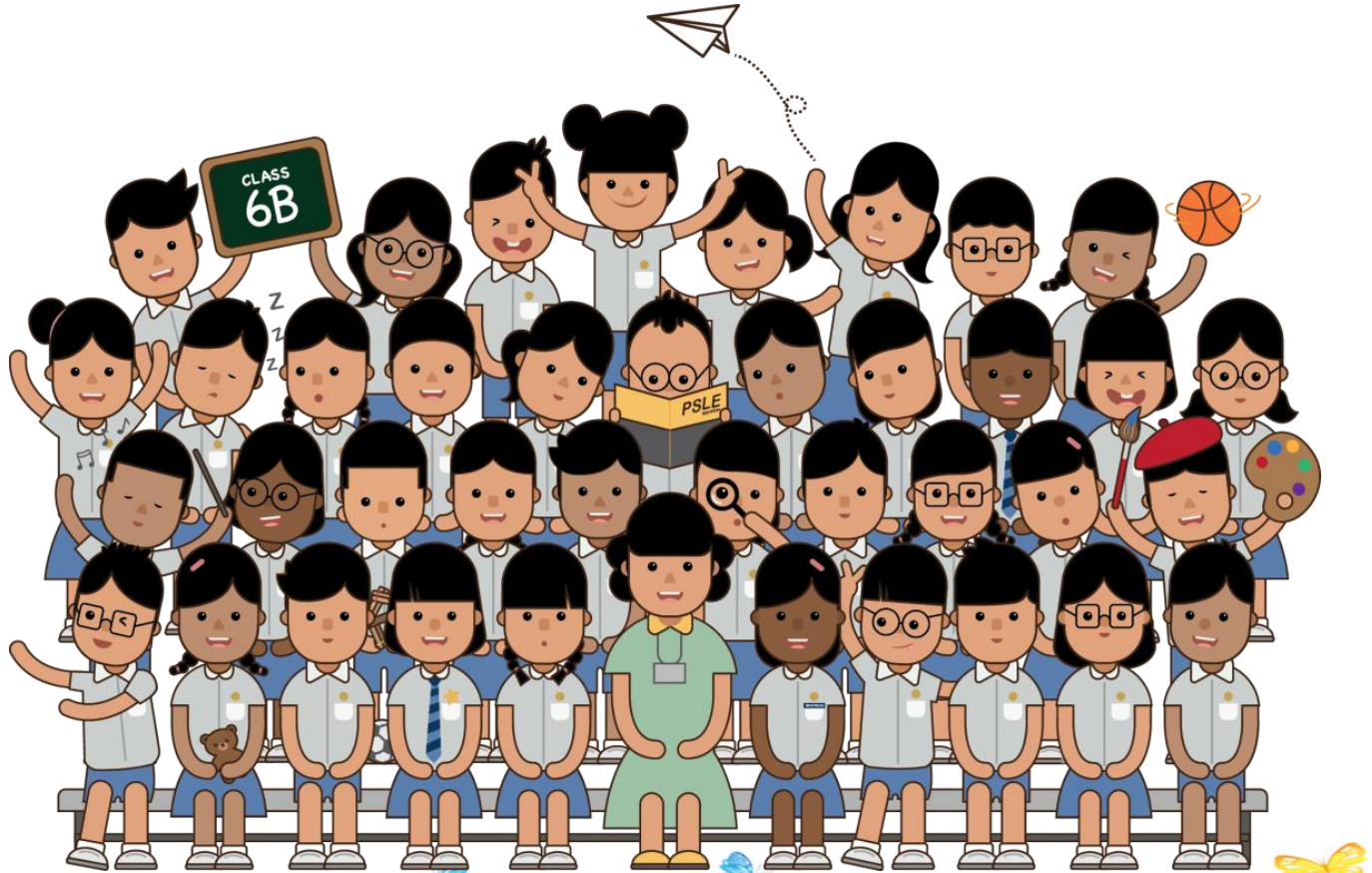
YOU, PARENTS, FOR BEING OUR PARTNERS! 😊



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# THANK YOU!



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