



Meet the P5 FTs

Friday, 2 February 2024

P1/5 Buddy System (3 to 5 Jan 2024)



P1/5 Bonding Session (26 Jan 2024)



P5 2D1N Camp

7-8 March 2024

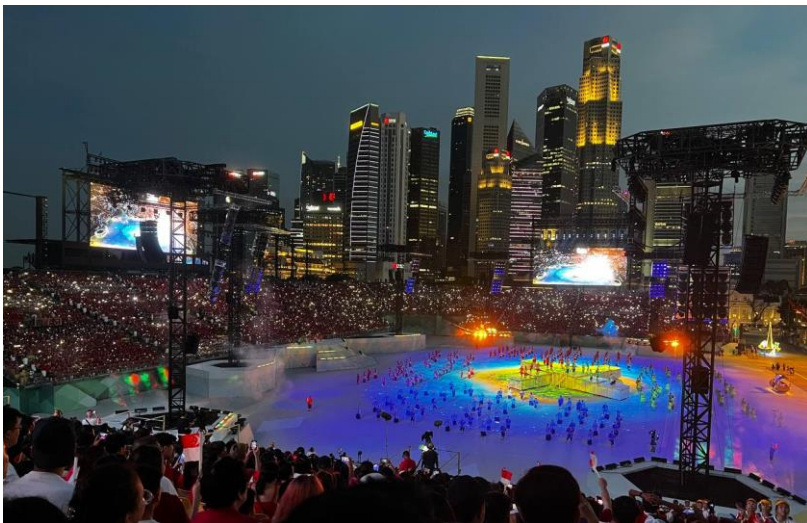


Snack with VP

Term 2 2024



NE Show July 2024



Birthday Celebrations



Supporting your child's transition through

Primary 5/6

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- **Encourage** your child to **talk to a trusted adult** for guidance.
E.g. Family members, school counsellors and teachers.
- **Help** your child **understand decisions** made **and actions** taken. **Share** the **reasons** for them.
- **Keep rules short** and **realistic**.
E.g. No handphones allowed during meal times.

AFFIRM

- **Recognise** his/her demonstration of **good values or social skills**.
E.g. Respect or good time-management.
- **Praise** your child's **efforts regularly**.
Only scolding him/her without providing any justified praise at other times can be demoralizing.

EMPATHISE

FAMILIARISE

- **Find out** what Primary 5 and 6 is like for students these days. **Moderate your expectations** according to your **child's** own **strengths** and **development**.
- **Share information on** physical changes during **puberty**; include the range of emotions that may accompany it.



- **Show** that you **understand** your child's **concerns**. Be flexible in guiding your child when necessary. E.g. Vary your voice tone when you talk to him/her at different times and circumstances.
- **Teach with less talk and more role-modelling**. Children learn a lot by simply watching.

Spend Time Chatting. Use T.A.D.

Talk

Talk about things that friends might pressure him/her to do, which can be harmful.

E.g. risky dares; deciding to meet an 'online friend' in person; making online purchases

Ask

Ask your child about interests he/she would like to explore, and what he/she needs to do to develop them.

E.g. make time for practice, sign up for courses/lessons

Discuss

Discuss a variety of occupations that your child may be interested to explore.

E.g. chef, interior designer, housing agent.

QUICK TIPS



- **Listen without being distracted. Put aside** whatever you had been doing.
- **Be prepared to accept** your child's **views** even though you may not fully agree with them.

These tips may be used with children of other ages too; it depends on each child's needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.



Ministry of Education
SINGAPORE

Cheering On Our Children: Simple Ways to Show Love

The 5 Love Languages are a great tool for us to express our love to our children. Here are some simple ideas to connect with them.

Acts of Service

Shower our children with love and care through various actions.

- Complete daily tasks together like packing for school.
- Create a [sleep-friendly environment](#) for our children to [sleep well](#) (approx. 8-10 hours a night).
- Send them off to school.
- Cook/buy their favourite meal or snack.



Gifts

Gift our children something meaningful. It's the thought that counts!

- Create a handmade card for them.
- Give them something special from your childhood.
- Surprise them with a healthy snack or inexpensive gift.



Quality Time

Spend time with our children doing simple activities together.

- Share about your days together before bedtime or at mealtimes.
- Recharge as a family. Check out [NEAR by NParks](#), [Movies by the Beach](#) or [Outdoor Family Yoga](#).
- Put our screens away and give them our undivided attention.



Physical Touch

Reassure and encourage our children through little ways of affection.

- Call for a 'group hug' or 'group photo' at your next family gathering.
- Give them a high-five, a hug, or a pat on the back to affirm them.
- Make up a special handshake with them.



Words of Affirmation

Affirm our children with positive and loving guidance.

- Praise our children's efforts.

"You've practised hard for _____. I'm so proud of you!"

- Check in with our children by asking,

"What made you smile today?" or "What is one cool thing you did today?"

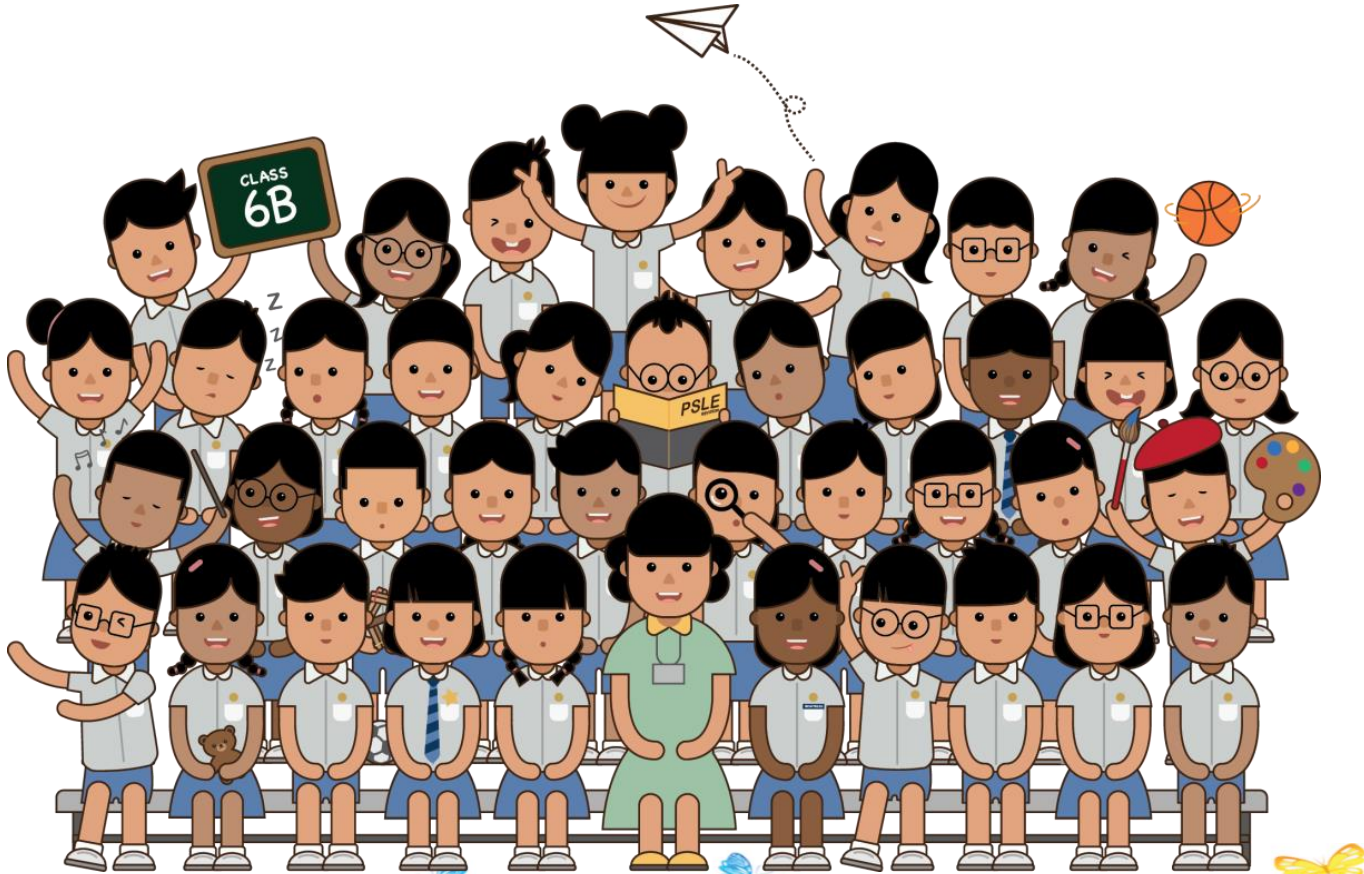
- Leave them encouraging notes at home or put them in their bag.
- Teach them self-motivating words they can repeat to themselves.

"I'm going to have a good day!" or "I can do it!"





THANK YOU!



A Garden where Scholars Bloom