

P4

Parents' Briefing

24 Jan 2025



Overview

- Our Educational Approach
- Introduction of Level Teachers and Form Teachers
- Communication with School
- Level Highlights
- P4 Subject-Based Banding Exercise (SBB)
- Home-School Partnership



Introduction to Level Teachers



Role	Name
Year Head (Primary 4)	Mr Sean Lim Tong Lee
P4 Level Guardian	Mr Chew Mou Yi



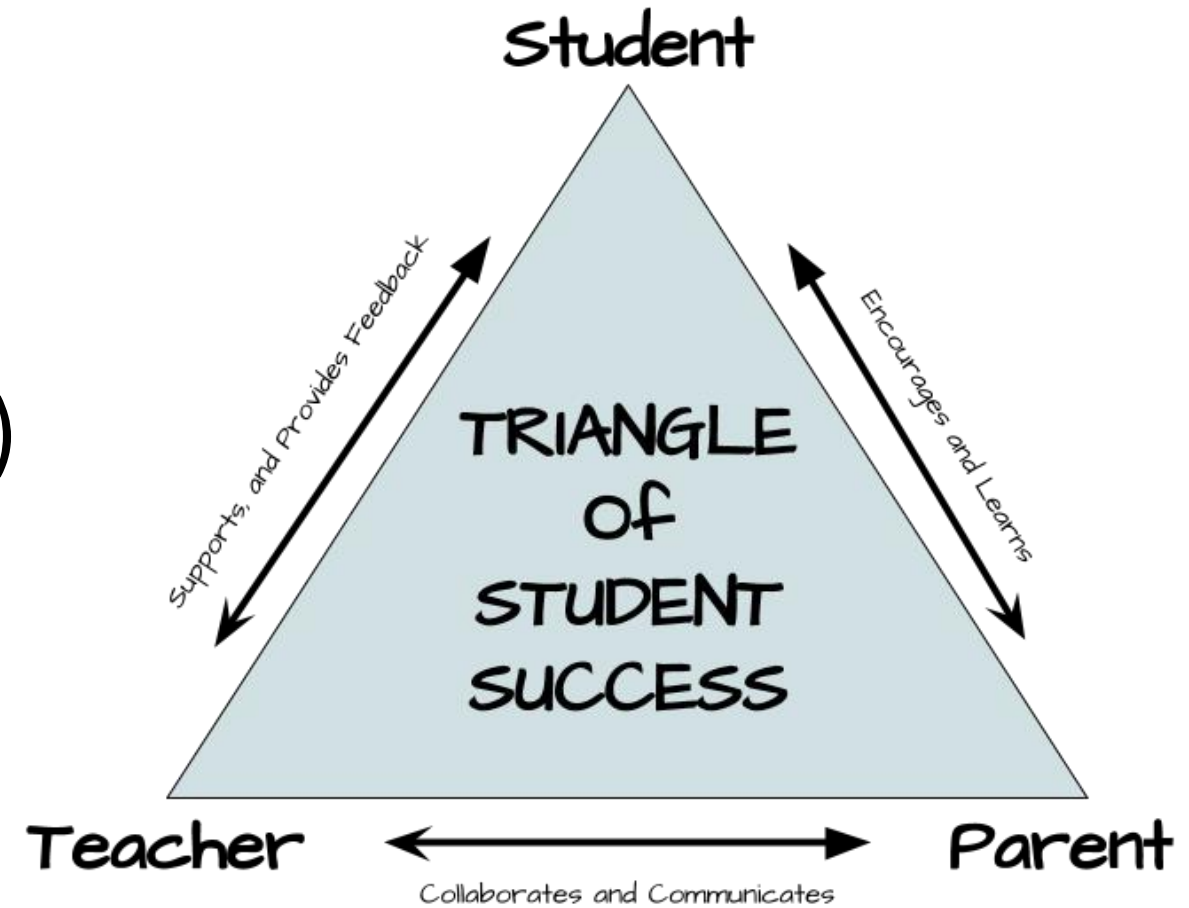
P4 Form Teachers



Class	Form Teachers	
4S	Mr Sean Teng	Mr Charles Ye
4P	Mr Chong Chun Siang	Ms Aishah Nasyeera
4R	Mr Resham	Ms Tan Wan Ting Clara
4IN	Mr Chew Mou Yi	Mrs Pearly Lim
4G	Mr Sean Lim TL	
4D	Mr Sridhar Naidu	Mdm Zuo Enqing
4A	Ms Indpal Kaur	Ms Nur Amalina

Communication platforms

- Parents' Gateway
- Student handbook
- Parents Outreach (newsletter)
- Email
- Phone call
- Parent Teacher Conference



P4 Level Highlights

- P4 Learning Journeys
- P4 Subject-Based Banding (SBB) Exercise
- Swimsafer



P4 Subject-Based Banding (SBB) Exercise



SUBJECT-BASED BANDING (PRIMARY)

- Depending on their strengths, offer students the option of
 - Standard Subjects
 - Foundation Subjects
- Allow students to focus on and stretch their potential in the subjects they are strong in while building up the fundamentals in the subject they need more support in



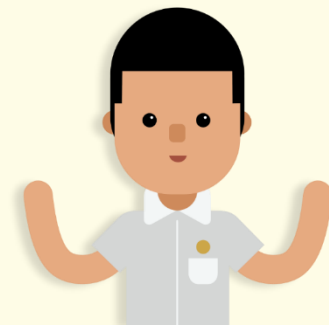
SUBJECT-BASED BANDING (PRIMARY)

- Offering subjects at Foundation level is **not a disadvantage to the students**
- Enable them to **build up strong fundamentals** in these subjects and better prepare them for progression to secondary school
- The new PSLE scoring system **will not change** the considerations for deciding on a student's subject combination at P4/ P5



SUBJECT-BASED BANDING (PRIMARY)

- School will continue to recommend based on the following:
 - Student's **aptitude, motivation and performance** in each subject;
 - Student's **ability to cope** with a particular subject combination; and
 - Whether the subject **combination focuses sufficiently on literacy and numeracy**, and facilitates the **student's articulation to secondary school and beyond**.



SUBJECT-BASED BANDING (PRIMARY)

- **Standard Subject**
 - Undertaken by most students
- **Foundation Subject**
 - Focus on building the fundamentals of the subject
- **Higher Mother Tongue**
 - Offered to those who are proficient in the language and have managed the other subjects relatively well

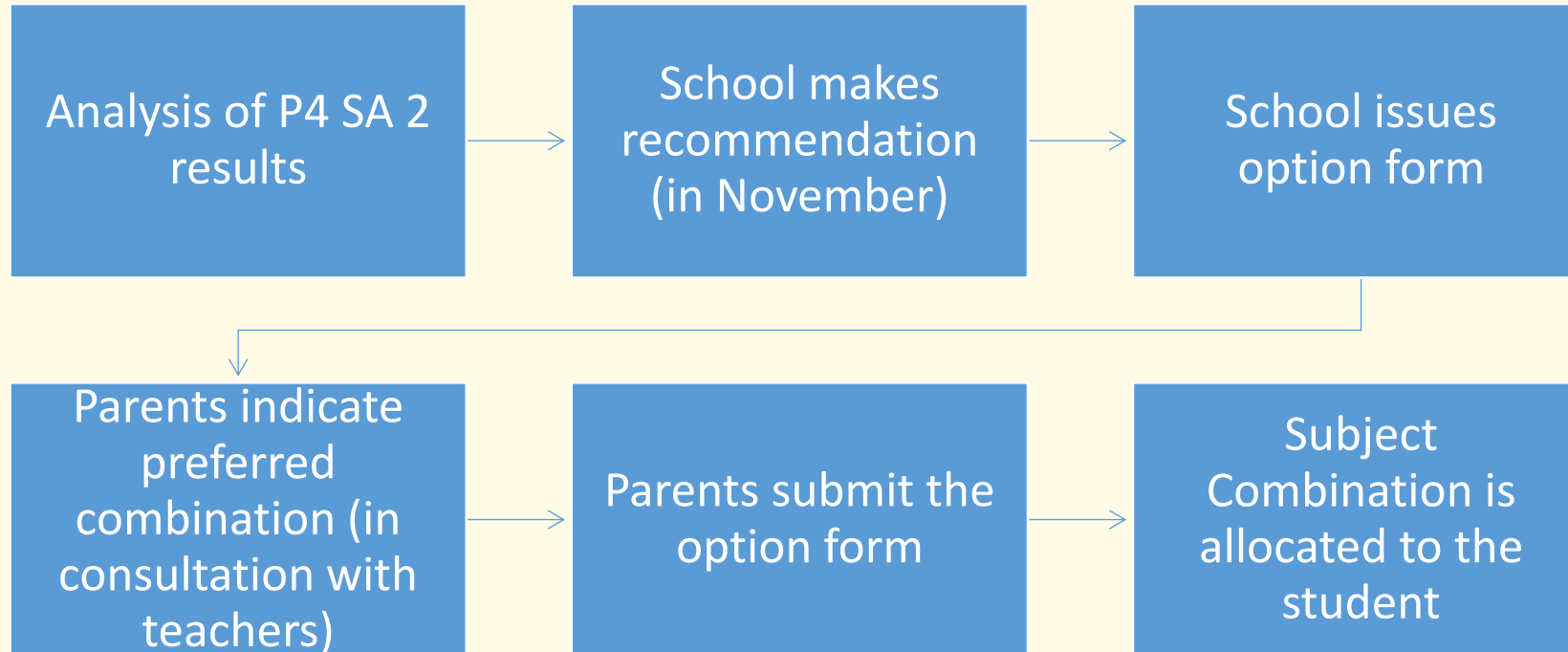


SUBJECT-BASED BANDING (PRIMARY)

If your child (at the end of P4)	Your child <u>may be</u> recommended to take
1. Pass all 4 subjects & performs very well in Mother Tongue Language	4 Standard Subjects + Higher Mother Tongue Language
2. Pass 3 or 4 subjects	4 Standard Subjects
3. Pass 2 subjects or less	Up to 4 Foundation Subjects

SUBJECT-BASED BANDING (PRIMARY)

– PRIMARY 4



Parents can indicate preferred combination **at the end of P4**.
School's decision at the end of P5 on the subject combination.

IMPORTANT POINTS TO CONSIDER IN OPTING FOR HMT

- Does your child have a **strong interest in Mother Tongue?**
- Is your child:
 - **doing well in his/her Mother Tongue Subject?** (HMT lessons do not serve as tuition lessons for MT)
 - **coping well with other Standard subjects** – English, Mathematics, Science?

DEMANDS OF HMT

- **Curriculum hours:** Additional 1h lesson every week
(After school)
- **Assessment:** Sit for both MT & HMT papers during
WAs & SA
- **Workload:** Additional assignments

Home-School Partnership



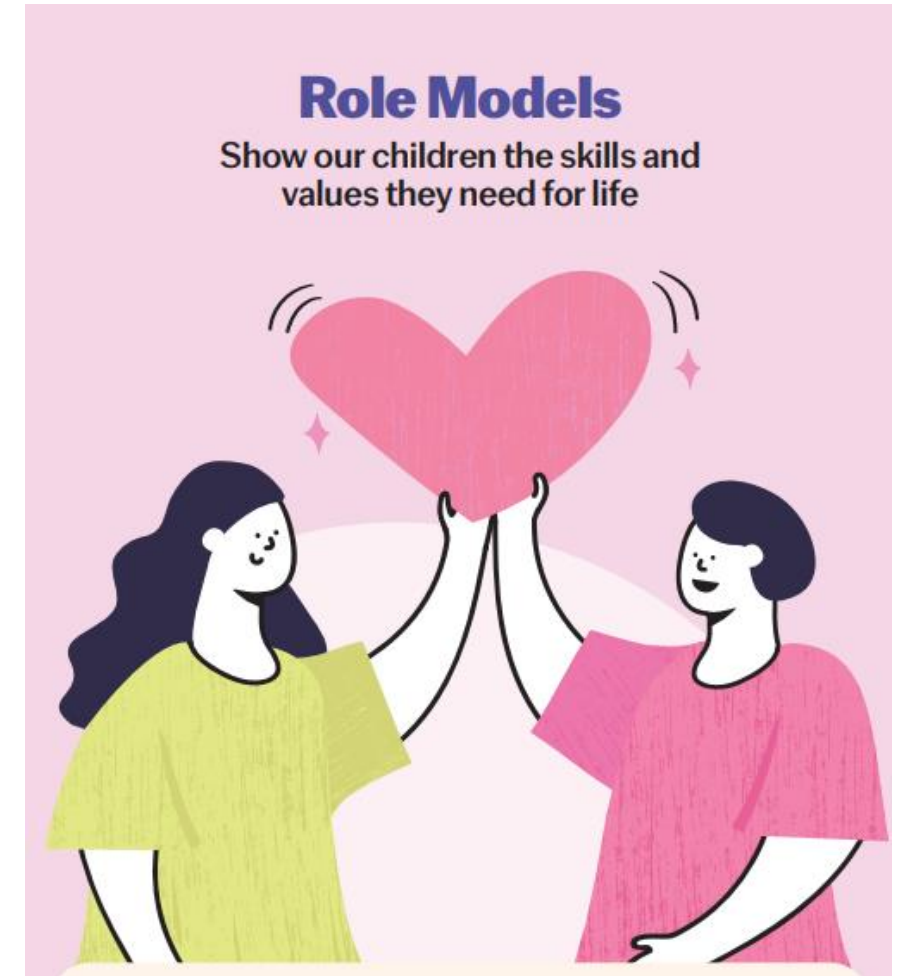
1. Collaborate with the school

- Engage in discussions with teachers covering both academic and non-academic aspects
- Ensure your child consistently attends school and is punctual
- Encourage positive learning behaviour



2. Model connecting with others

- Role-model positive relationships
- Practice effective communication
- Teach empathy
- Promote inclusivity




3. Help your Child Develop Good Habits

- Collaborate on realistic goals
- Offer guidance on stress management
- Establish consistent routines for rest, play, and study
- Set limits for digital device and social media usage



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Primary 4
Parent's Briefing on
Cyber Wellness



Did you know?

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



DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

Parents may not be aware of the online risks

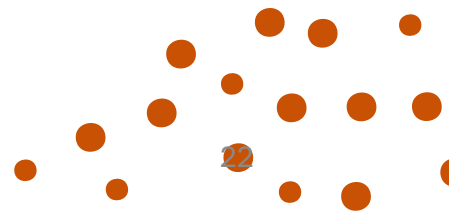
Parents might not be aware, but...

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



What is Cyber Wellness?

- Being able to navigate the cyber space safely.
- This is done through our curriculum which aims to
 - **equip students with the knowledge and skills** to harness the power of Information and Communication Technology (ICT) **for positive purposes;**
 - maintain a **positive presence in cyberspace;** and
 - be **safe and responsible users of ICT.**

What will Pri 4 students learn about Cyber Wellness during CCE (FTGP) lessons?

● Stand up against cyber bullying

- What is cyber bullying
- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

● How to stay safe online

- Steps to take to determine if an online friend is trustworthy

● Respecting copyright

- Take steps to credit the works by others and avoid plagiarism

- Parents are strongly encouraged to participate in the “**Family Time**” activities in the CCE (FTGP) Journal with your children to reinforce the key cyber wellness messages at home.



Family Time in one of the P3 lessons

How can parents help their child develop good digital habits?

- **Role model good digital habits** for your child/ward.
- **Have regular conversations with your child** to better understand what they do online, how to stay safe and how to use technology in a responsible manner.
- **Discuss and develop a timetable with your child** to moderate their time spent on screens.



Helping Your Child Manage Device Use & Stay Safe Online



Develop a Family Screen Use Plan

- A family screen use plan consists of screen use rules, their consequences and screen-free activities that the family can engage in.
- As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking these rules clearly.

Your screen use rules can include:



Device-free times and places



Time limit for devices

- "What are some suggestions on when and where devices should not be used?"
- "What should we do if we break our agreement?"
- Decide as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
 - "What screen-free activities do you think we can do together?"
- Engaging your child in the process of creating screen use rules and inviting them to suggest activities to do together helps increase their ownership of the whole family screen use plan.
 - "What do you think of our screen use rules?"



Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
 - State observation: "I noticed you have been spending a lot of time on your device."
 - Ask open-ended questions: "What do you usually do on your device?"



How can parents better support their child's digital habits?

Achieving balanced screen time

- **Screen time** refers to the amount of time spent using devices each day.
- **Spending an excessive amount of time using devices is unhealthy**
- **Discuss and develop a timetable**
- **Consistent screen time limits.**

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.



Using parental controls to manage device use and stay safe online

- **Supervise and monitor your child's online activities and protect them**
- **monitor and limit screen time**



Family Link




Family Safety

At what age should I allow my child to have their own social media account?

- Most social media platforms require users to be aged 13 years and above.
- constant exposure to social media content can make us feel **anxious or overwhelmed**. It is important for **social media users to be mature enough** to navigate such feelings when using these platforms.
- **have open conversations**

 Navigating the Digital Age

**Social Media:
Is Your Child Ready for It?**



While social media platforms allow people to connect with others, constant exposure to social media content can make us feel anxious or overwhelmed. It is important for social media users to be mature enough to navigate such feelings when using these platforms. Most social media platforms require users to be aged 13 years and above. **However, is age the only consideration in determining if your child is ready?**



The maturity of your child is also an important consideration to determine their readiness for social media.

Maturity can be assessed by observing the following:

- Their ability to make responsible decisions to keep themselves safe online.
- Their ability to manage the pressures and feelings that come with social media use.
- Their ability to control impulses.


Although your child may pick up skills to use social media quickly, they may not fully understand how to use complicated online safety tools and settings. They may also not understand how the platforms' safety features work.

Things You Can Do

Before allowing your child access to social media, have open conversations with them on the risks of social media and establish clear ground rules on how to keep themselves safe when using it. Here are some suggested topics:

- What are some potential dangers of oversharing personal information?
- What does healthy social media use look like?
- How do we keep ourselves safe on social media?
- What are some ground rules we can establish as a family?

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Common signs of addiction

normal activities like school and home responsibilities are neglected

Unwillingness to share the device, or to return it to parents when asked

Telling lies about what he or she has been doing on the device, or telling lies to get more screen time

Having poor sleep quality and quantity

Displaying anti-social responses or behaviours to get more screen time

Having poor emotional regulation such as anger and depressive symptoms

Throwing extreme tantrums when the device is taken away

School policies for the usage of phone in school

Where:

Canteen
Foyer

When:

strictly restricted to after school and before after-school programmes

For:

communicate to parents/caregivers and not for other purpose.

Manage screen time

More Face-to-Face Interaction

Additional Resources:




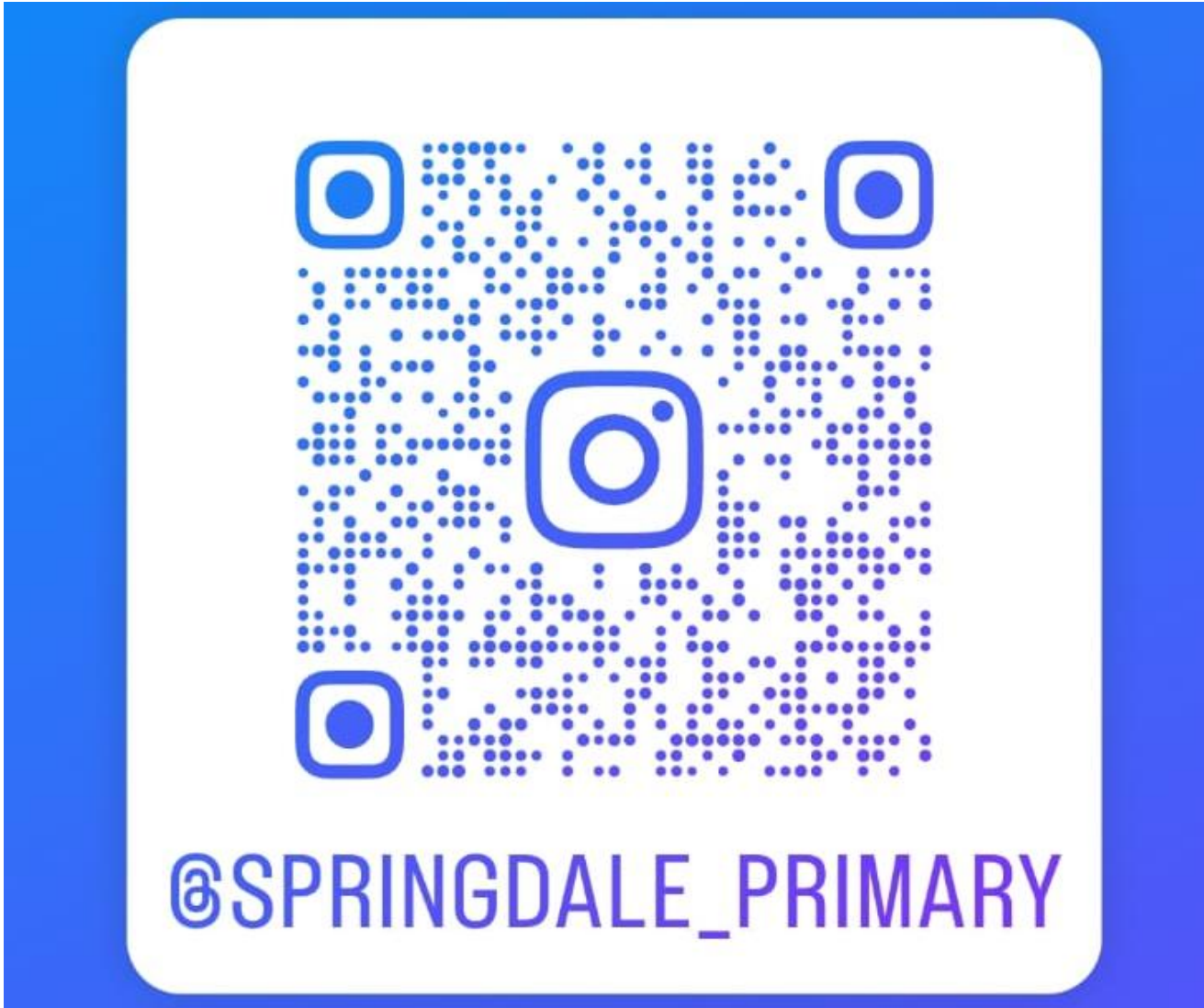
Parenting for Wellness



For more bite-sized resources (practical tips and strategies) on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

Keep a lookout for the **Parenting for Wellness website** that will be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised access to the full suite of parenting resources!





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<https://www.springdalepri.moe.edu.sg/about-us/our-family/teaching-staff-2025/>

