



# GONGSHANG PRIMARY SCHOOL

## Primary 1 2025 Parents Briefing



2 JANUARY



# Today's Programme

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- **Principal's Address**
- **Briefing by Year Head, P1/P2**
- **Briefing by HOD, Student Management**
- **Briefing by School Counsellor**



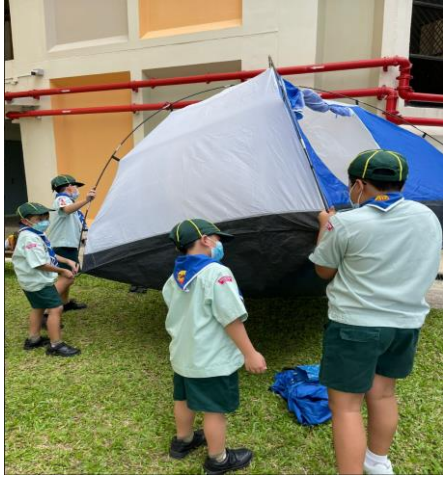
# Today's Programme

Classes	0730-0800	0800-0830	0830-0900	0900-0930
<b>All P1 Classes</b>	Address by Principal	Briefing by Year Head		
<b>1P, 1I, 1C, 1G</b>			Recess	<ul style="list-style-type: none"> <li>· Briefing by HOD, Student Management</li> <li>· Briefing by School Counsellor</li> </ul>
<b>1T, 1R, 1H, 1K</b>			<ul style="list-style-type: none"> <li>· Briefing by HOD, Student Management</li> <li>· Briefing by School Counsellor</li> </ul>	Recess





# Principal's Address



Our  
**Vision**

**Active Learners,  
Confident Leaders,  
Gracious Citizens**



# Our Mission

We nurture and inspire every Gongshanger to be a

*Learner with Zeal*

*Leader with Courage*

*Citizen with Purpose*



# Our Values

勤	Perseverance	<ul style="list-style-type: none"><li>✓ Every Gongshanger will understand the value of hard work.</li><li>✓ Every Gongshanger will continue to work towards his/her goals despite challenges.</li></ul>
俭	Thrift	<ul style="list-style-type: none"><li>✓ Every Gongshanger is able to tell the difference between 'needs' and 'wants'.</li><li>✓ Every Gongshanger is able to use resources prudently to avoid wastage.</li></ul>
诚	Integrity	<ul style="list-style-type: none"><li>✓ Every Gongshanger will do the right thing even when nobody is around or watching.</li><li>✓ Every Gongshanger will have the moral courage to stand up for what is right.</li></ul>
敬	Respect	<ul style="list-style-type: none"><li>✓ Every Gongshanger will have pride and confidence in themselves.</li><li>✓ Every Gongshanger will appreciate differences in others and be sensitive to the feelings of others.</li></ul>



# What is Primary School about?

1

Laying a strong foundation

2

Nurturing well-rounded individuals & passionate lifelong learners

3

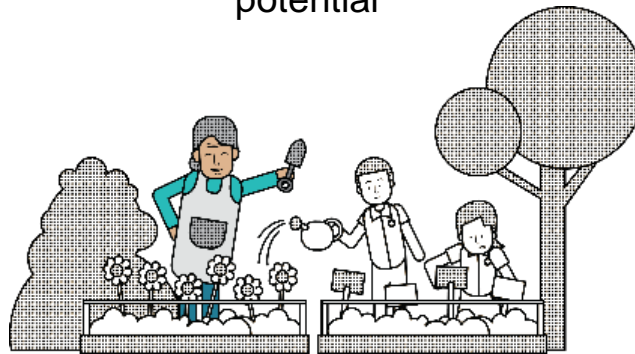
Providing learning opportunities, recognising our children's strengths & developing their potential

4

Preparing our children for the future

5

Providing a safe learning environment to support their well-being





# Holistic development Primary 1 includes:

Focus on building greater confidence and nurturing a stronger intrinsic motivation to learn



Offering age-appropriate assessment strategies to support learning

No examinations and weighted assessments at P1 and P2 to encourage the joy of learning.

# Student Learning Dispositions

## **Curiosity**

- ✓ Asks questions to develop a deeper understanding
- ✓ Eager to explore possibilities
- ✓ Enjoys problem-solving

## **Responsibility**

- ✓ Listens attentively in class
- ✓ Participates actively in lessons
- ✓ Takes pride in completing all tasks assigned

## **Resilience**

- ✓ Stays positive in the face of setbacks
- ✓ Keeps on trying when faced with problems
- ✓ Is willing to take on challenges

## **Open-mindedness**

- ✓ Considering other viewpoints
- ✓ Acts on feedback and uses it to improve performance
- ✓ Is willing to try out new ideas or solutions offered by peers

## **Teamwork**

- ✓ Works and plays cooperatively with others towards learning goals
- ✓ Shows respect for others
- ✓ Practises turn-taking in group activities

# Smoothing the transition to Primary 1

When your child enters primary school, their experience will include:



# Smoothing the transition to Primary 1

1. Transition is the process in which a child moves into a new environment

2. When moving from pre-school to primary, a child will have to adapt to unfamiliar setting and routines

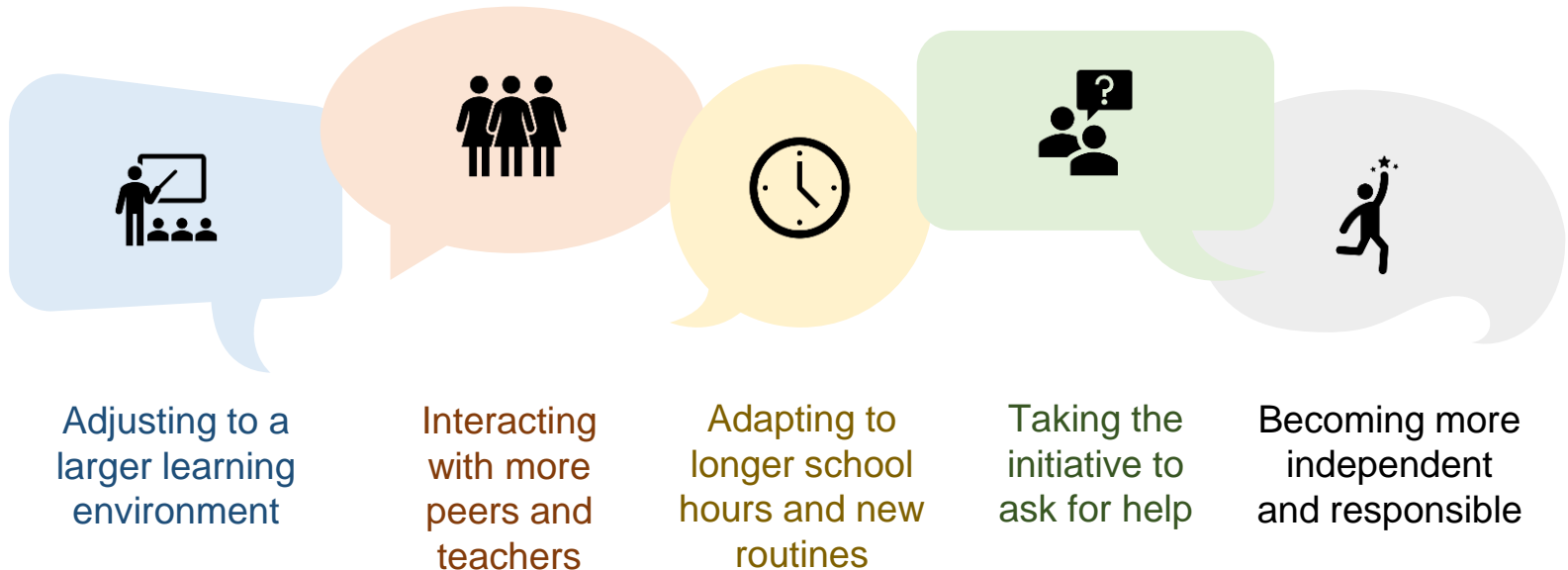
When your child has transited well, he/she will:

- Feel safe and comfortable in the new environment
- Be able to manage daily challenges
- Be able reach out to teachers and/or peers for support when needed

# How can you prepare your child for Primary 1?



You can start talking to your child about the following:



# How else can you support your child?

## Support

your child and encourage them to overcome challenges with your care

## Affirm

your child by recognising small successes and praising their efforts

## Familiarise

your child with new routines gradually and share your experiences in primary school

## Empathise

with and acknowledge your child's feelings

**Supporting your child's transition through Primary 1**

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

**SUPPORT**

- Commit some time every weekend to **play games** and have fun together.
- **Visit places** or take part in events that both of you enjoy.
- **Encourage your child** to make new friends.
- Try out **FTGP® Family Time** activities.

**AFFIRM**

- **Encourage your child** when he makes observations. E.g. Say "That's interesting!" and ask why he/she said that.
- **Recognise small successes.** E.g. Say "You've made another new friend in class - well done!"

**FAMILIARISE**

- **Find out** what primary schools have in store for students these days.
- **Do practical things** to ease your child into new routines. E.g. Plan daily routines together, teach your child new habits like packing his/her bag.

**EMPATHISE**

- **Teach your child** words that describe feelings.
- **Acknowledge your child's emotions.** E.g. "It's okay to feel nervous about starting school."
- **Understand your child's needs.** E.g. Start bedtime early. Children need a lot of sleep.

**Spent Time Chatting. Use T.A.D.**

**Talk**  
Talk about fond memories of your own school days. E.g. What you did in Primary One; and teachers and friends you remember you had.

**Ask**  
Ask about his/her thoughts and feelings about the school. E.g. FTGP® activities; when he/she felt happy.

**Discuss**  
Discuss together what can be done if he/she has worries at school. E.g. Encourage people deal with problems.

**QUICK TIPS**

- Listen without interrupting.
- Mod your tone and ask questions to show interest and affirmation.

Please see the full text of the FTGP® (Family Time) programme on the GO.gov.sg website for more information. The GO.gov.sg logo is a registered trademark of the Singapore Government. All other trademarks are the property of their respective owners.

Ministry of Education  
2020/09



# How else can you support your child?

**Primary 1 is an exciting and fun stage for your child.  
Help your child to enjoy the journey by developing these skills:**



**Nurture a love for reading**  
Sign your child up for a free Library membership and myLibrary ID to enjoy NLB's e-resources!

# Relating Well to Others

Build your child's interpersonal skills by:

**01**

**Modelling the use of friendly and polite phrases**

"May I please..."

"Hi! My name is...What is your name?"

"Could you help me with..."

**02**

**Providing opportunities for your child to share and take turns during playtime with other children**





# Developing Good Habits

Routines help your child build confidence and learn to manage things by themselves.

Take their temperature using a thermometer



Practise consistent pre-bedtime routines and have at least 9 hours of sleep

Wash their hands



Guide your child to do the following independently:



Dress themselves

Pack their bag and check for materials



Buy food at the canteen

Make healthy food choices



Knowing when and how to ask for help



# Nurturing Positive Attitudes

**Developing the right learning attitude will help your child learn better. You can encourage your child to:**



Ask questions about their experiences and their observations on the world around them



Reflect on learning experiences, learn from mistakes and try ways to do something better



Persevere even when faced with challenges



# Knowledge, Skills & Dispositions for the start of Primary 1



## Values, Social-Emotional Competencies, Citizenship Dispositions



## Art



## English Language



## Mathematics



## Mother Tongue Languages



## Music



## Physical Education

- Understand and Care for Oneself
- Show Care and Respect for Others
- Make Responsible Decisions and Act on Them

- Enjoy Participating in Art
- Express Ideas and Feelings through Art
- Demonstrate Awareness of Art from Different Cultural Groups

- Listen and Speak for Enjoyment and Information
- Read with Enjoyment and Understanding
- Communicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes

- Basic Understanding of Numbers Up To 10
- Recognise Simple Patterns
- Compare Quantities Between Two Groups of Objects

- Enjoy and Show an Interest in Learning Mother Tongue Language.
- Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.
- Demonstrate Awareness of Local Ethnic Culture

- Enjoy Participating in Music and Movement Activities
- Express Ideas and Feelings through Music and Movement Activities
- Demonstrate Awareness of Music and Movement from Different Cultural Groups

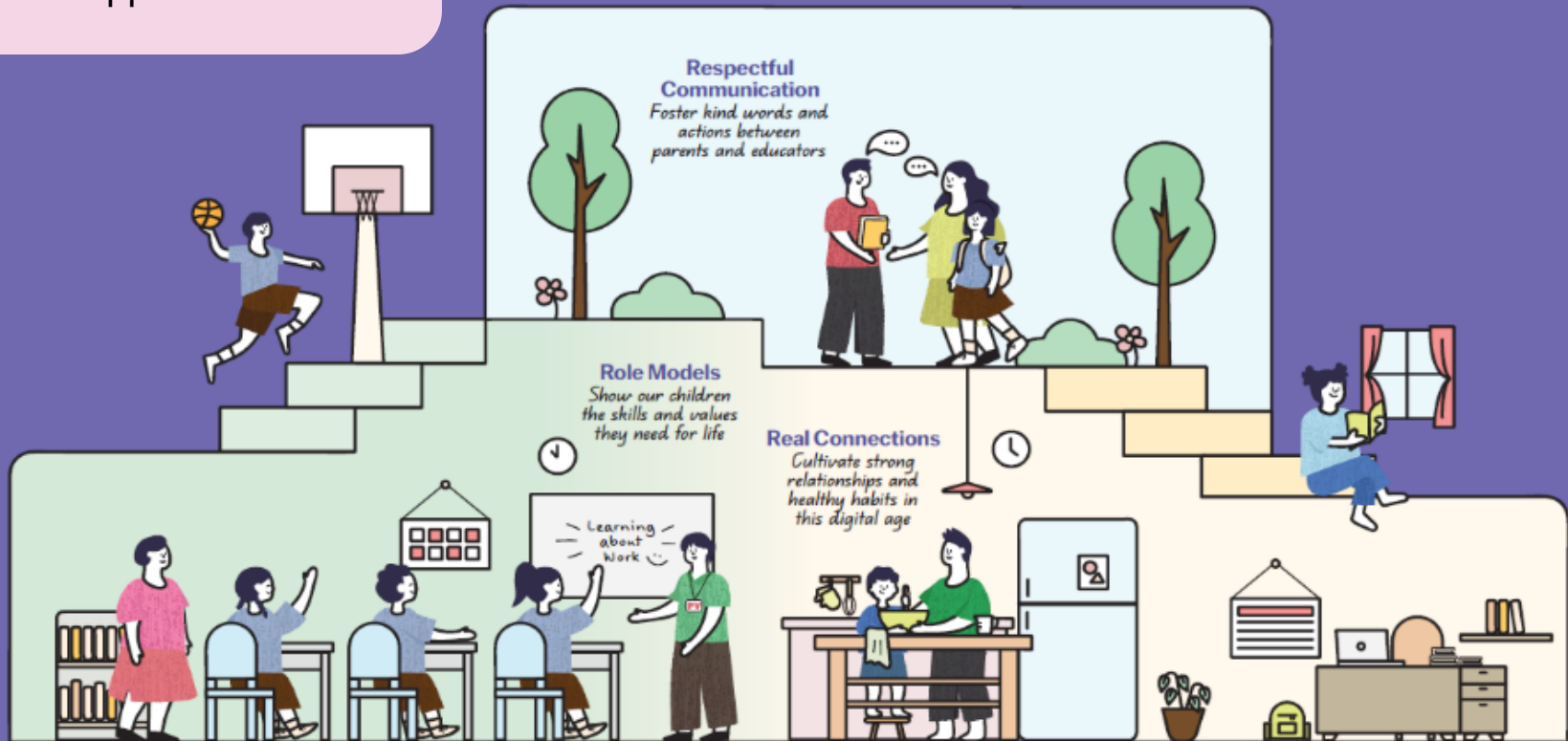
- Enjoy Physical Activities
- Display Coordination in Motor Tasks
- Demonstrate Awareness of Healthy Habits and Safety

# School- Home Partnership

Guidelines for School-Home Partnership

## Raising a Happy, Confident, and Kind Generation Together

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



# 3 areas we can work together on to foster School-Home Partnership

**1 Respectful Communication**

**2 Role Models**

**3 Real Connections**



# Respectful Communication

## Foster kind words and actions between schools and educators



Listen to and understand each other's perspectives and concerns regarding each child



Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers



Respect each other's time by communicating during working hours



# Modes of Communication

- My Learning Journal (Pupils' Handbook)
- Teachers' e-mail : can be found in Parents' Handbook or school website
- Telephone calls
- School e-mail : [gsps@moe.edu.sg](mailto:gsps@moe.edu.sg)

# Role Models

**Show our children the skills and values they need for life**



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions



*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*



# 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





**Cyber Wellness**

The illustration features a woman with long dark hair, wearing an orange short-sleeved shirt with a white collar and a white button, holding a dark blue clipboard. She is pointing her right hand towards a large, rounded rectangular speech bubble with an orange border. The speech bubble has a light blue background with horizontal lines and contains the text 'Cyber Wellness' in a bold, black, sans-serif font. Above the text is a simple line drawing of a sun. The background is white with various decorative elements: a cluster of dark blue dots in the top left, a rainbow in the top right, a smiley face icon near the woman's hand, a pencil in the bottom left, and several orange and dark blue scribbles at the bottom.



# 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

**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%

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



# How can parents help their child develop good digital habits?

- As parents/guardians, you play a significant role in helping your child establish healthy digital habits, and learn to use technology in a positive and meaningful way.
- Here are some ways:
  - **Role model good digital habits** for your child/ward (e.g. parents/guardians not using devices during mealtimes).
  - **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.
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the **Parenting for Wellness** Toolbox for Parents.

Navigating the Digital Age Page 1 of 2

**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?"

### 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?"



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Part of the resources were adapted from the Parenting Strategies Program (<http://www.parenting.sg/parental>) and the Parenting/Promoting (PP) Program in Australia in consultation with the Program Lead, Professor Marie Yap from Monash University. Use of the material from the PP Program is governed by the terms of the Creative Commons Attribution-ShareAlike 4.0 International license, found at <https://creativecommons.org/licenses/by-sa/4.0/>. Your attention is drawn to Section 507 of the terms of the said license.



# 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. Having some screen time can be beneficial, such as when your child uses devices to learn and connect with others.
- However, it is important to be aware that **spending an excessive amount of time using devices is unhealthy**, as it is associated with insufficient good quality sleep, sedentary behaviours, increased obesity, and poorer mental health and well-being.
- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- Children aged 7 – 12 should have **consistent screen time limits**.

## Using parental controls to manage device use and stay safe online

- **Parental controls** refer to a group of settings that put you **in control of what your child can see and do on a device or online**.
- Such controls can allow you to **supervise and monitor your child's online activities and protect them** from inappropriate content, online sexual grooming, cyberbullying and other online risks.
- Parental control settings can be used to **monitor and limit screen time** as agreed with the child.

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



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# Briefing by Year Head



# PREPARING FOR SCHOOL

## Reporting and Dismissal Time

Daily	
Reporting Time	7.30 a.m. ( Flag-raising ceremony will begin) Ensure your child has a storybook for silent reading. Mon – Wed: English storybooks Thurs – Fri: Mother Tongue Languages storybooks
Recess	8.30 a.m. – 9.00 a.m.
Snack Break	11.30 a.m. Encourage your child to bring healthy snacks.
Dismissal Time	*1.20 p.m.



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2 JANUARY 2025 – 8 JANUARY 2025

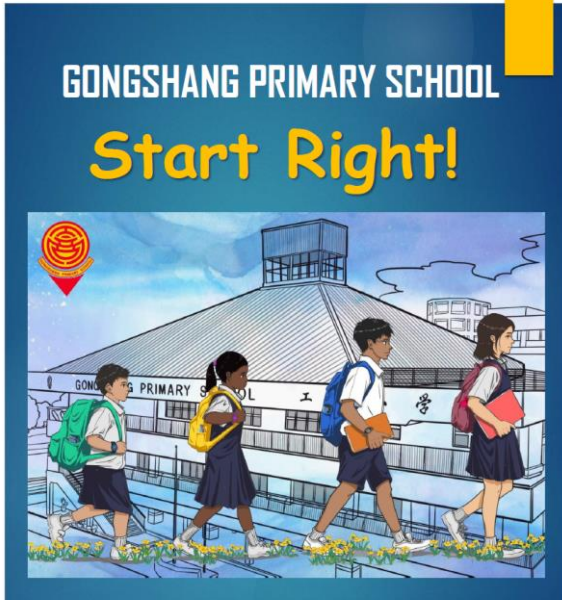


# ORIENTATION PROGRAMME



# Start Right! Booklet

Some examples of the activities in the booklet



Name: \_\_\_\_\_ ( )

Class: 1- \_\_\_\_\_

I'll share my learning experiences in school with my parents.

### All About Me

Name: \_\_\_\_\_

Two words to describe:  
Myself: \_\_\_\_\_

### Pack My Bag

Colour the items that you need to pack in your bag.

### Pupils' Feedback

	Colour		
1) I enjoyed my first five days of school.			
2) I have new friends.			
3) I like my teachers.			
4) My buddy is very helpful.			
5) I like my new school.			

### School Tour

I know the following places:

### Find a friend who...

wears glasses  Name: _____	has a lunch box  Name: _____
likes chocolate ice-cream  Name: _____	likes to draw  Name: _____
has a sister or brother  Name: _____	has a pet  Name: _____

### Parents' / Guardians' Feedback

Tick the box.	Agree	Disagree
My child enjoyed the first week of school.	<input type="checkbox"/>	<input type="checkbox"/>

Other comments (if any)

Name of Parent: \_\_\_\_\_  
Signature: \_\_\_\_\_



# ORIENTATION PROGRAMME

## During recess:

- P4 Buddy Programme
- Ensure that your child has small notes/coins.
- Assure your child that if he/she should forget to bring money for recess, it is ok. He/She can approach any of his teachers for help.



# Sample of Class TT

1P - **Odd**

Class teachers: Gwendolyn (4/5), Sim Lan (MTL)  
F1-16 (1P)

Gongshang Primary School

	1 7:30 - 8:00	2 8:00 - 8:30	3 8:30 - 9:00	4 9:00 - 9:30	5 9:30 - 10:00	6 10:00 - 10:30	7 10:30 - 11:00	8 11:00 - 11:30	9 11:30 - 12:00	10 12:00 - 12:30	11 12:30 - 13:00	12 13:00 - 13:30	13 13:30 - 14:00	14 14:00 - 14:30	15 14:30 - 15:00
<b>Mo</b>	Asmbly		RECESS	EL		LSP <sup>EL</sup> LSP	MTL		PHE		MA <sup>MA</sup> MA <sup>LSM</sup>				
<b>Tu</b>	MTL		RECESS	MA <sup>MA</sup> MA <sup>LSM</sup>	PHE		EL	LSP <sup>EL</sup> LSP	PAL						
<b>We</b>	FTT	LSP <sup>EL</sup> LSP	RECESS	MA <sup>MA</sup> MA <sup>LSM</sup>	CCE		MTL		EL	PHE					
<b>Th</b>	MTL		RECESS	EL		Art		MUS		MA <sup>MA</sup> MA <sup>LSM</sup>	LSP <sup>EL</sup> LSP				
<b>Fr</b>	FTGP		RECESS	LSP <sup>EL</sup> LSP	EL		SS		MA <sup>MA</sup> MA <sup>LSM</sup>	CCE		MTL			

Timetable generated: 5/12/2024

aSc Timetables Online



# Sample of Class TT

1P - **Even**

Class teachers: Gwendolyn (4/5), Sim Lan (MTL)  
F1-16 (1P)

Gongshang Primary School

	1 7:30 - 8:00	2 8:00 - 8:30	3 8:30 - 9:00	4 9:00 - 9:30	5 9:30 - 10:00	6 10:00 - 10:30	7 10:30 - 11:00	8 11:00 - 11:30	9 11:30 - 12:00	10 12:00 - 12:30	11 12:30 - 13:00	12 13:00 - 13:30	13 13:30 - 14:00	14 14:00 - 14:30	15 14:30 - 15:00
<b>Mo</b>	Asmbly		RECESS	EL	LSP <sup>EL</sup> LSP <sup>LSP</sup>	MTL	PHE		MA <sup>MA</sup> MA <sup>LSM</sup>						
<b>Tu</b>	MTL		RECESS	MA <sup>MA</sup> MA <sup>LSM</sup>	PHE	EL	LSP <sup>EL</sup> LSP <sup>LSP</sup>	PAL							
<b>We</b>	FTT	LSP <sup>EL</sup> LSP <sup>LSP</sup>	RECESS	MA <sup>MA</sup> MA <sup>LSM</sup>	CCE	MTL		EL	PHE						
<b>Th</b>	MTL		RECESS	EL	Art	MUS	MA <sup>MA</sup> MA <sup>LSM</sup>	LSP <sup>EL</sup> LSP <sup>LSP</sup>							
<b>Fr</b>	FTGP		RECESS	LSP <sup>EL</sup> LSP <sup>LSP</sup>	EL		MA <sup>MA</sup> MA <sup>LSM</sup>	CCE	MTL						

Timetable generated: 5/12/2024

aSc Timetables Online



# Attire

- School Uniform
- PHE/PAL Periods: PE attire
- Wednesdays: House T-shirt



PE House T-shirt(Blue) Kestrel – Gongshang  
Primary School  
\$6.00 – \$9.00

Select options



PE House T-shirt(Green) Osprey – Gongshang  
Primary School  
\$6.00 – \$9.00

Select options

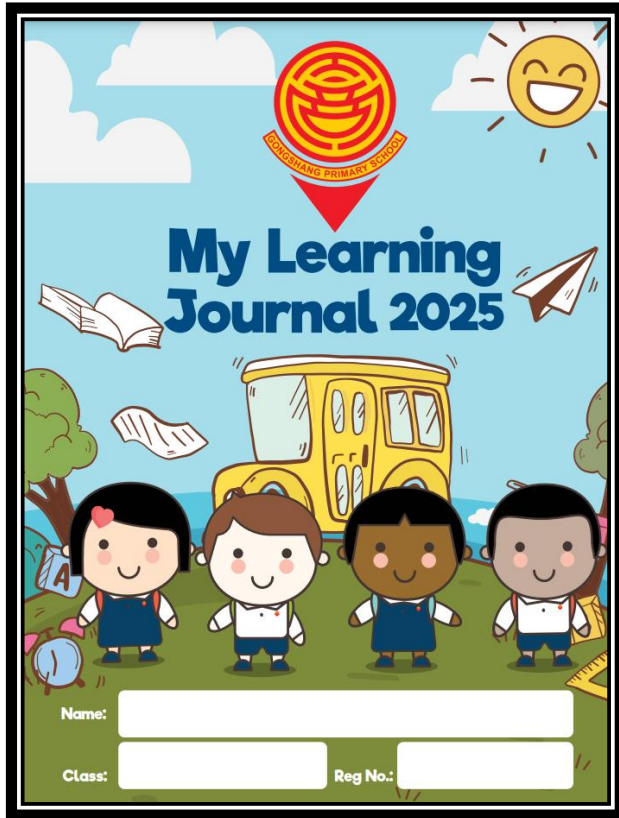


PE House T-shirt(Purple) Falcon – Gongshang  
Primary School  
\$6.00 – \$9.00

Select options



# My Learning Journal



Term 1 • Week 1 21

06 January	Monday
07 January	Tuesday
08 January	Wednesday
09 January	Thursday
10 January	Friday

Record homework/communication to parents or vice versa

74 Fruitie-Veggie Bites (FVB) Programme

The FVB programme is meant to encourage our pupils to eat a healthy portion of fruit and vegetables. Pupils will be issued a stamp when they consume a portion of fruit or vegetables during their snack break. For every 20 stamps, pupils will receive a reward from the teachers.

**Eat your 2 + 2 daily!**

**COLLECTION OF STAMPS:**

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	Reward	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	Reward


Encourage your child to bring fruits for snack





# My Learning Journal


Support your child in practising school values and developing strong character through everyday activities and meaningful interactions.

**12** **School Values**  
Get your parents or teachers to write in the spaces provided and sign if they think you have displayed these values.

**Perseverance**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Perseverance**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Thrift**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Thrift**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**13**

**Integrity**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Integrity**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Respect**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Respect**   
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

**72** **Gracious Gongshanger**

Let's strive to be caring individuals and concerned citizens! Pupils will be issued a stamp when they show acts of graciousness in school. For every 15 stamps, pupils will receive a reward from the teachers.

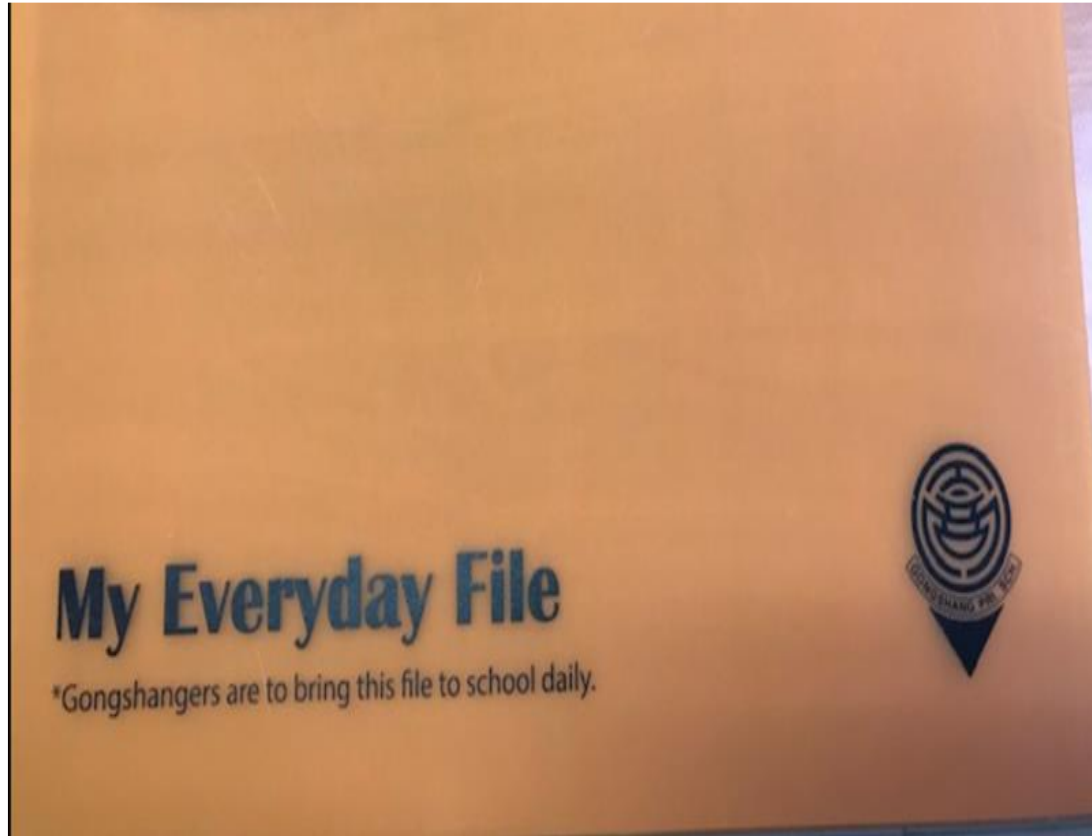


**COLLECTION OF STAMPS:**

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40




# Communication



- Letters for parents/Homework/ Timetable
- Do check daily to ensure you receive all the important information.
- Ensure that the file is in your child's bag daily.





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# Dismissal

(please make prior arrangement with your child):

- SCC / External SCC
- Sibling Corner
- Side Gate / Main Gate
- Car Porch  
(you can drive in from 1.45 p.m. onwards)



# Reading Mother Tongue Languages Storybooks

## Read With Me

10 Jan 2025, Friday  
2.00 p.m. - 4.00 p.m.



# Today's Programme

Classes	0730-0800	0800-0830	0830-0900	0900-0930
All P1 Classes	Address by Principal	Briefing by Year Head		
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1T, 1R, 1H, 1K			<ul style="list-style-type: none"> <li>· Briefing by HOD, Student Management</li> <li>· Briefing by School Counsellor</li> </ul>	Recess



## Briefing by

---

- **HOD ( Student Management)**
- **School Counsellor**

