


Part 1a: Briefing by Principal	Part 2: Level Briefing by Year Head/Assistant Year Head	Part 3: Form Class Briefing
<p>P2 to P6 9.30 – 10.00 am School Parent-Partnership & Priorities for 2024</p> <p>P6 only 10.00 – 10.15 am Support for Primary 6 Students</p>	<p>P2/3/4/5 10.00 – 10.30 am</p> <p>P6 10.45 – 11.30 am</p>	<p>P2/3/4/5 10.30 – 11.00 am Q & A (11.00 - 11.15 am)</p> <p>P6 11.30 am – 12.00 pm Q & A (12.00 - 12.15 pm)</p>
Part 1b: Talk by Guest Speaker		
<p>P6 only 10.15 – 10.45 am Take the S(tress) out of PSLE Mr Chua Sze Siong Chief Therapist MindfulBear</p>		



**ZHENGHUA
PRIMARY SCHOOL**

The Best That We Can Be.

Briefing by Year Head

27 January 2024



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Year Heads / Asst Year Heads

Mrs Lee Boon Kwang	Year Head (P1/2)
Mrs Siti Aisyah Sasikumar	Year Head (P3/4, covering)
Mdm Hafiza Ahssan	Year Head (P5/6)
Mdm Ong Yan Joo	Assistant Year Head (P1)
Mdm Ou Yanxia	Assistant Year Head (P4)
Mdm Nor Hazwani Bte Harun Rushid	Assistant Year Head (P5)

Overview

Segment 1:
My role as an
Assistant Year Head

Segment 2:
Overview of our
School Programmes



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My Role as a Year Head

(Well-being & Holistic Development)

Segment 1



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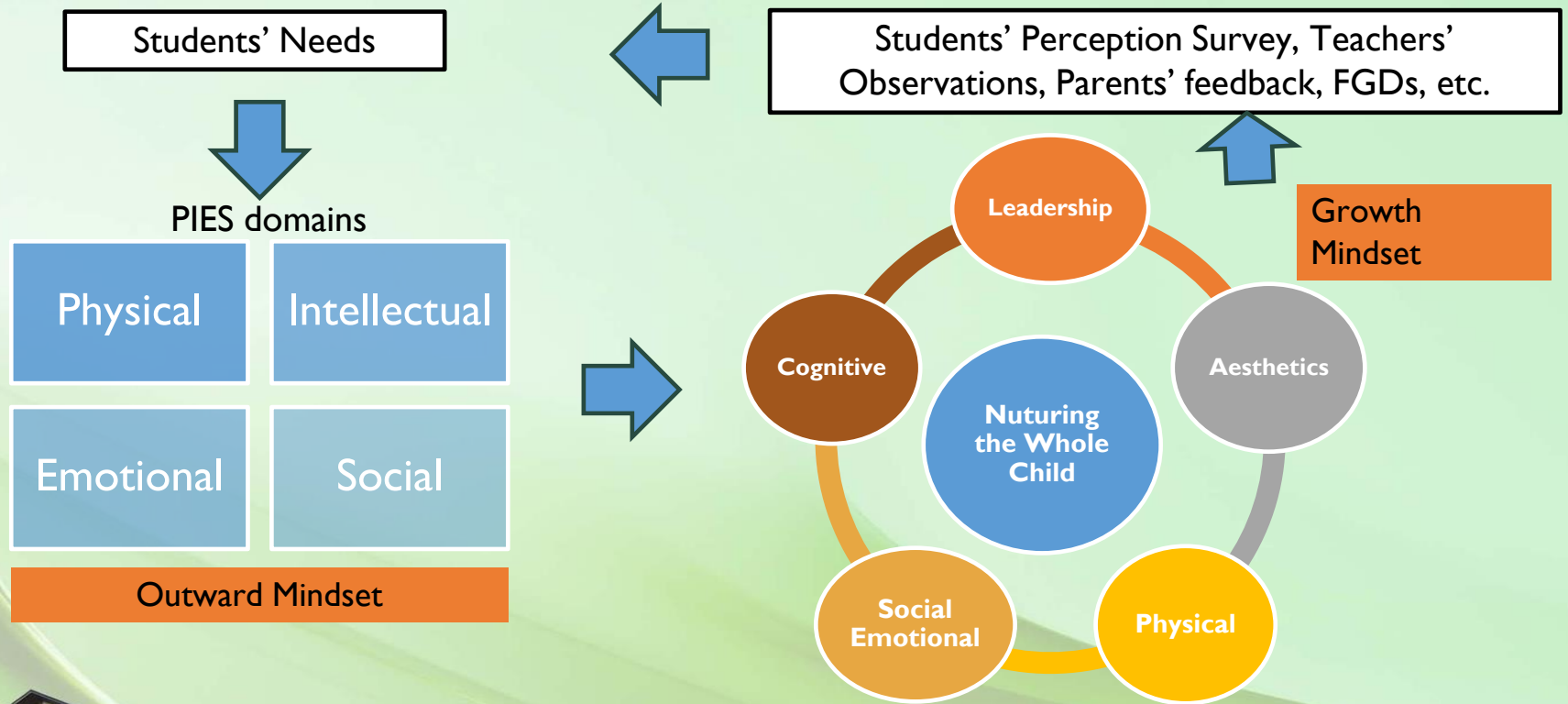
Well-being of Your Child



Students ;
our Focus

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Our Student Well-being Approach



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Daily and Termly Check-In

Fast kit



**Heart-to-Heart Talk with
Form Teachers**



**Termly Check-In Survey via All
Ears Form**

*Term 1: Understand students'
thoughts and emotions about
starting the school year*

Only for **SELECTED** students. Consent form will be issued via Parents' Gateway.

Programme	Level (Selected Students)	Focus Area	Frequency
SPARK CENTRAL	P5 & P6	Holistic Support	3 times a week
SPARK HAVEN (used to be called SAKURA)	P5 & P6	Behavioural and Social- Emotional Coaching	Fridays after school, about twice a month
CYBER SPARK (used to be called LEVEL UP)	P5 & P6	Cyber Wellness	Fridays after school, about twice a month
SPARK BLISS	P3-P6	Bridging Lessons <u>In</u> Social Skills	Fridays after school, every fortnightly



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Leveraging Partners in the Community

Fei Yue Families for Life @ Community



TRIPLE P
Positive Parenting Program

Our Programmes



Parenting Seminars



Grandparenting Seminars



1-to-1 Parent Consultations



Parents Group Work



Family Life Talks/Workshops



Marriage Enrichment



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Scan the QR code to
sign up or find out
more about Triple
P/Signposts:



Small changes,
big differences.



Indicate your interest by filling in the form
(scan the QR code or access <https://go.fycs.org/PSS>)

For further queries, email to parenting@fycs.org.



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OVERVIEW OF PROGRAMMES FOR PRIMARY & SECONDARY LEVELS

PERFORM IN SCHOOL DEPARTMENT			
	LOWER PRIMARY (Pri 1 – 3)	UPPER PRIMARY (Pri 4 – 6)	SECONDARY (Sec 1 – 5)
Academic Support Intervention	MENDAKI Tuition Scheme (MTS)		
	Math Coaching		#amPowered@MTS
	Math Booster for Young Learners		
	MENDAKI Homework Café (MHC)		
		MENDAKI Cyber Homework Ace (McHA)	
Education Partnership	Project ACE & Numeracy Enrichment Programme @ Big Hearts Student Care Centres		
		"Success in PSLE" Series	
Empowerment Programmes	Primary 1 Orientation	Exam Ready Campaign	
	Brunch with MENDAKI (for parents)		
	"Parents' Guide To..." Series (for parents)		
Financial Assistance	School Assistance Scheme (SAS)		
	Merchant Bursary		
	Subsidised Academic Programmes		



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Access Our Services Anytime Anywhere

<https://my.mendaki.org.sg/Home/ContactUs>



CONTACT US @ MENDAKI

To get the info that you need immediately, please use the search box above. If you're unable to find what you need, please use the form below and we will get back to you within 5 working days.

Do sign up for an account with us so that you can easily keep track of all your activities with us and save time on having to enter your particulars again!



EDUCATION

Maximising educational opportunities for all students



CHILDREN

Engaging parents to play an active role in their children's lives



YOUTH

Inspiring youths towards greater achievements



PARENTS

Engaging parents to play an active role in their children's lives



ASSISTANCE

Supporting the community's needs and aspirations



Call us : 1800 295 3333

Find out more @ : www.sinda.org.sg

Follow us on :    

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支持家庭 SUPPORTING FAMILIES



- 家庭资源计划
Family Resource Programme
- 家长教育
Parent Education Programme
- “准备上学咯！”活动
CDAC ‘Ready for School’ Project

经济与援助 FINANCIAL ASSISTANCE



- 家庭援助计划
Family Assistance Programme
- 华助会 - 宗乡总会贫困援助金计划
CDAC-SFCCA Hardship Assistance Fund Scheme

联系乐龄 CONNECTING SENIORS



- “陪你知天下”及乐龄加油站
News Sharing & Senior Learning Kiosk
- 康乐活动
Senior Health and Wellness
- 资讯科技课程
Information Technology Courses
- 讲解会
Information Sharing Session
- 跨代学习与互动
Intergenerational Learning and Interaction
- 传统节日庆祝活动
Festival Celebration



Hotline

6841 4889

Email

enquiry@cdac.org.sg

华社自助理事会

CHINESE DEVELOPMENT & ASSISTANCE COUNCIL



华社自助理事会
CDAC



[cdac.org.sg](http://www.cdac.org.sg)



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[/cdac_sg](https://www.instagram.com/cdac_sg)

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Holistic Development



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Moving away from overemphasis on academic grades

- **Removal of Mid-Year Exams** is part of MOE's ongoing efforts to **move away from an overemphasis in academic grades**
- More opportunities to help students to **develop their character and life skills** (e.g., self-directed learning), as well the joy of learning



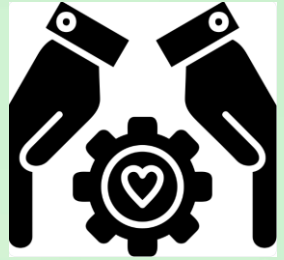
Discipline & Character Growth

- **Discipline is essential to character growth**
- **Educative** and not punitive
- **Meaningful** consequences
- Adopt **Restorative Practice (RP)** in managing behavioural issues that undermine character



Positive and Restorative Discipline

- Cultivate values and teach social-emotional skills
- Guide the child to make right decisions and be responsible for their actions
- Reinforce good behaviour
- Guide students who have made mistakes
- Restore relationships that may have been affected



We are partners in your child's character growth

IT TAKES A
VILLAGE
to raise
a child.



The Child, Our Common Goal

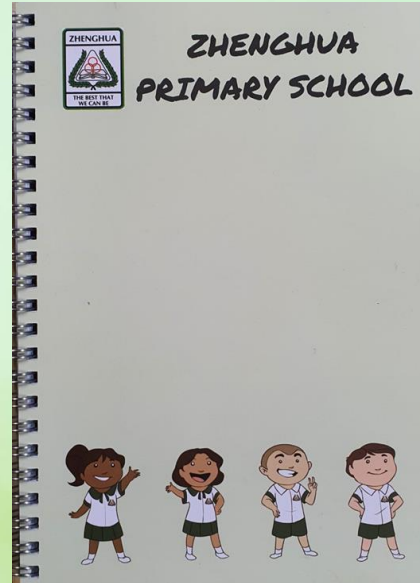
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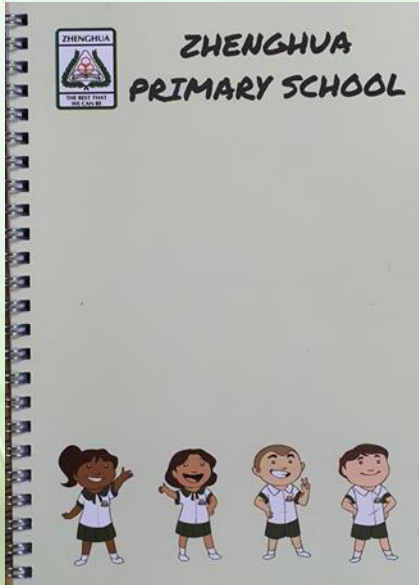
Partnering you to develop your child's sense of responsibility

2 key areas:

- Homework submission
- Attendance and punctuality to school



Roles in Homework Submission



Student's Role	Parent's Role
<ol style="list-style-type: none">1. Copy homework into Student Handbook and put homework into homework file.2. Check Student Handbook and homework file for homework is brought home.3. Once homework is completed, place the homework into homework file and into the bag.	<ol style="list-style-type: none">1. Check Student Handbook.2. Good habit to sign Student Handbook daily to acknowledge that his/her homework is completed.3. Note Teachers' communication with you in the Student's Handbook (if any).

Homework Submission

Benefits of Homework

- Develop **independent learning**
- Develop **time management skills**
- Allow students with different abilities and interest to learn at their own pace to **deepen conceptual understanding**
- Improve **retention of knowledge**

Term 1 Week 7

16 Thursday

Homework is not submitted

CIEL CMA ISC IMTL Others

Consequence: _____

Parent's Signature: _____

Remind your child to check the Student Handbook.

Acknowledge the homework non-submission stamp (if any).

61

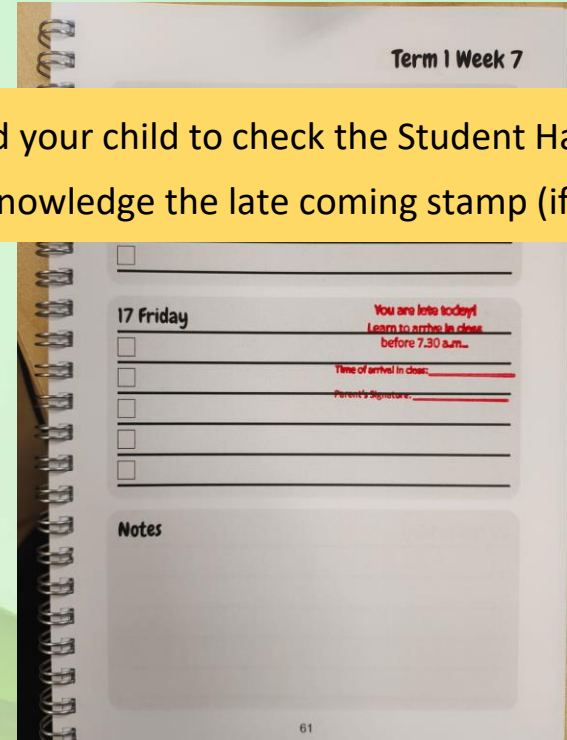
Punctuality to School

Benefits of Punctuality

- Builds a more self-confident child
- Builds discipline from a young age
- Builds mutual respect



Remind your child to check the Student Handbook.
Acknowledge the late coming stamp (if any).



School Policy for Late Coming and Late Homework Submission

	Late Coming (P1-6)	Late Submission of Homework (P2-6)
Stamp notification	Late stamp on student handbook for students who arrive in class/hall after the start of the National Anthem	Homework reminder stamp on student handbook for students who did not submit homework despite being given a reminder

Consequences:

- Recess detention
- After school detention
- Downgrade of conduct grade
- Notification letter to parents
- F2f engagement with parents
- Suspension from CCA/competitions
- Suspension of student leadership role
- Link up with external agencies to provide academic/mentoring support

Attendance in School is Important for Learning

- Please **do not** take your child/ward out of school for other purposes (e.g. vacation, visiting relatives) during term time. Such absence from school will be marked as **'Absent without Valid Reason'** in the attendance records. We strongly discourage students from going overseas without valid reasons.
- If your child/ward has a **valid reason** to leave Singapore during term time (compassionate reasons or the child is competing at an overseas competition), **please write to one of the school leaders for approval at zhenghua_ps@moe.edu.sg and cc the Form Teachers.**
- For **all other reasons** for overseas travel during term time, please **email the Form Teachers** the dates of travel for their information. Form Teachers will mark the absence as **'Absent without Valid Reason'**.



School Policy for Early Dismissal from School

- For safety reasons, students who need to leave our school during curriculum time **must be picked up from our General Office by a parent, an adult family member or a caregiver.**
- The adult picking up our student will have to complete an **“Early Dismissal” form** which must be signed by one of our General Office staff and presented to the security guard before the student is allowed to leave our school with the accompanying adult.



Drop Off at School Foyer

- If you are driving into the school, we strongly encourage you to do a quick drop off to ease traffic congestion

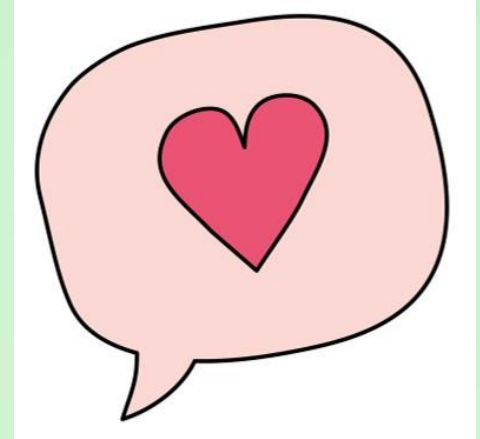


Communicate your concerns with us

Mdm Hazwani (Assistant Year Head)

Email: nor_hazwani_harun_rushid@moe.edu.sg

Phone number: 67697478 (extn: 578)



Your child could reach us via YH Mailbox @ Staffroom 3 (level 2)



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Overview of Our School Programmes

(CCE, ALP, LLP and PAM)

Segment 2



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**ZHENGHUA
PRIMARY SCHOOL**

The Best That We Can Be.

Character and Citizenship Education (CCE)

Mdm Lin Xiaojun
HOD CCE

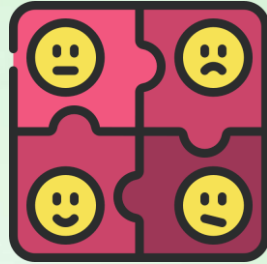
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Goals of Character and Citizenship Education (CCE)

CCE aims to develop in our students:



**Good
Character**



**Resilience and
social-emotional
well-being**



**Future
Readiness**



**Active
Citizenship**

Students become **leaders of character** who are able to lead themselves and others and are **active citizens** who contribute positively to the family, school, community and nation.

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6 Key CCE Curriculum Content Areas

The CCE curriculum content is premised on the three big ideas of **Identity, Relationships and Choices**, and anchored on the teaching of **core values and social-emotional competencies**.

They are taught and applied in the **6 key curriculum content areas**.

My Digital Footprints

Cyber Wellness (CW)

Family Education (FE)

My Support Network

What If I Fail

Mental Health (MH)

National Education (NE)

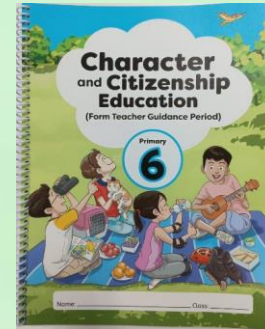
- Total Defence Day
- International Friendship Day
- Racial Harmony Day
- National Day

Education and Career Guidance (ECG)

Sexuality Education (SEd)

My Dreams and Hopes

Are we more than friends?



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Our Approach to CCE

Learn

- Explicit teaching and intentional integration of CCE across the curriculum and co-curriculum

Platforms include:

- CCE (Form Teacher Guidance Period)(**FTGP**)
- CCE (**Mother Tongue Language (MTL)**)
- **Start-It-Right** programme
- **Pre- Assembly and Assembly talks** on values, current affairs, etc

Apply

- Authentic platforms for students to live out school values, demonstrate social emotional competencies & leadership and serve the school, community & nation

Platforms

- Values-In-Action (**VIA**)
- **Student Leadership** Opportunities
- **Day-to-day lessons and interactions**

Making care packs for migrant workers

Making appreciation cards for healthcare workers

Everyday responsibilities –
Cleaning tables after use

Reflect

- Students' reflection on what they have learnt and how they have applied their learning

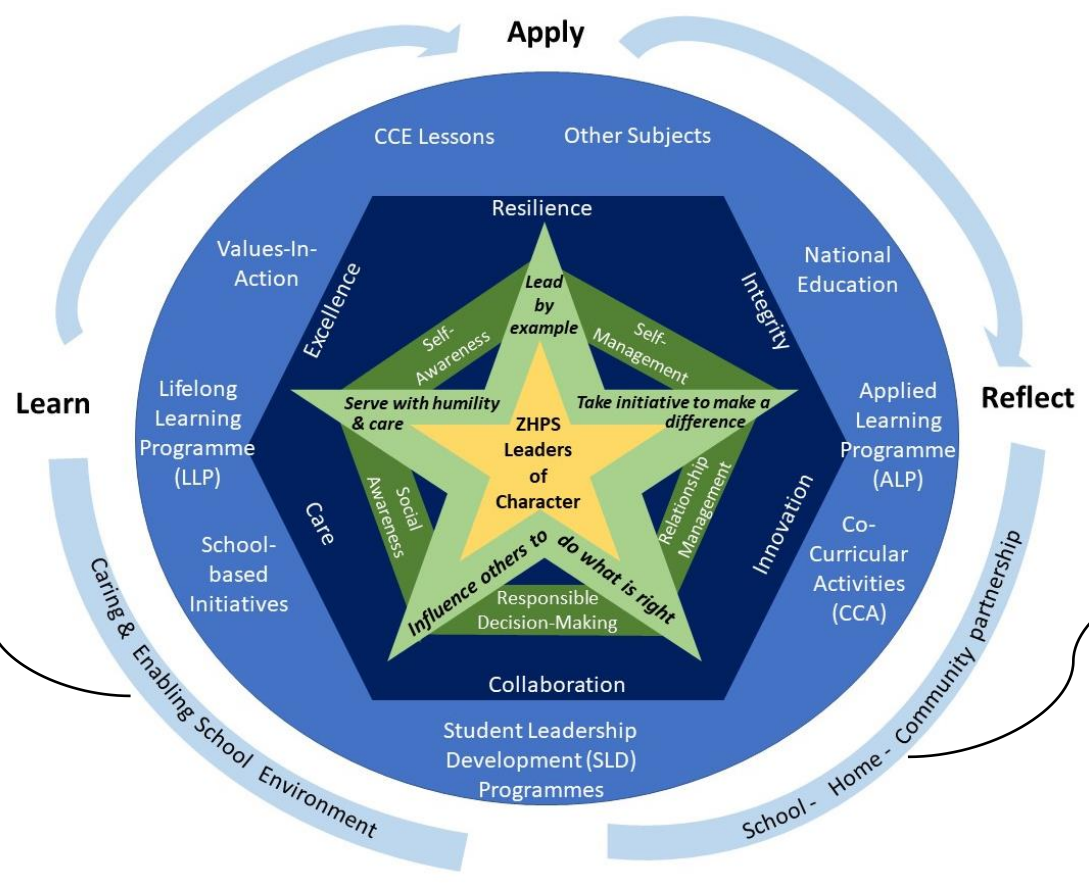
Platforms

- **Self-Assessment** of values & student leadership practices
- **Reflections**

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Caring & Enabling School Environment



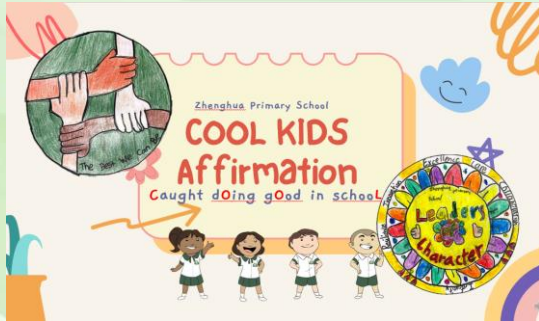
School-Home-Community partnerships

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A Caring & Enabling School Environment

• Affirmation

Monthly Leader of Character Award - to recognize students for their outstanding display of values



Termly "Caught doing good in school" kids affirmation

Adhoc COOL tickets



Termly Gratitude cards

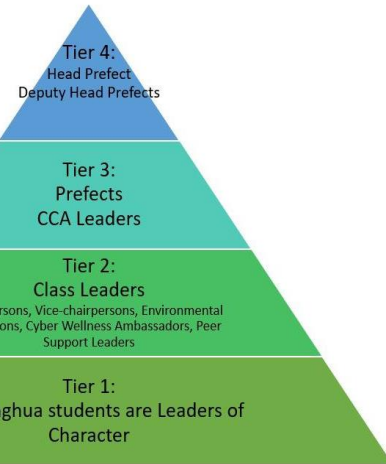


• Leadership Development

Developing students to become leaders of character who can:

- lead by example
- serve with humility and care
- take initiative to make a difference
- influence others to do what is right

All Zhenghua students are leaders of character.



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Partnering parents in our CCE efforts

- **Consistent & Coherent Messaging**

e.g. Discuss with your child about what he / she has learnt from the CCE experiences/ lessons (e.g. school values) and reiterate the key messages

- **Help your child grow**

e.g. Supporting our children with good digital habits

- Use **parental control settings** to monitor and ensure children access to age-appropriate content;
- Develop a **timetable or screen use agreement** to balance screen time and family bonding and;
- **Avoid screen use** during mealtimes and one hour before bedtime.
- **Co-viewing with your child** - Knowing what our children are viewing will create more opportunities for conversations

School's PG updates on CCE

2022 Term 1 Updates - Character and Citizenship Education (CCE) in ZHPS

In ZHPS, values and social-emotional competencies are explicitly taught and learnt during assembly talks and CCE (Form Teacher Guidance Period) lessons. These lessons, which include the use of stories and case studies discussion, also provide time for teachers to build positive relationships with your child/ ward. In addition, school leaders, staff and students share values-based stories and/ or current affairs during pre-assemblies. Every Friday, classes and CCA groups are rostered to conduct these **Lesson in Values Education (LOVE)** talks.

As Term 1 draws to an end, we would like to provide an update on the CCE efforts in ZHPS for Term 1.

(a) Project Hong Bao 2022

Our school had raised a total of \$4,140.20 towards Tan Tock Seng Hospital (TTSH) Community Fund, the charity arm of TTSH, via Project **Hongbao** 2022. We thank parents/ guardians for your support and generosity towards our school's Values-in-Action (VIA) initiative. The money raised will help the needy patients with their out-of-pocket medical expenses, and to support healthcare research and training to improve patient care.

Family Time in CCE (FTGP)

Staying Safe in the Cyberworld 2



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

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Partnering parents in our CCE efforts

• Active Role Modelling

- Role model positive behaviour, e.g. punctuality, cleanliness, digital habits



Parenting Instagram post on supporting our children to be responsible users of the cyber space.



Keeping the environment clean



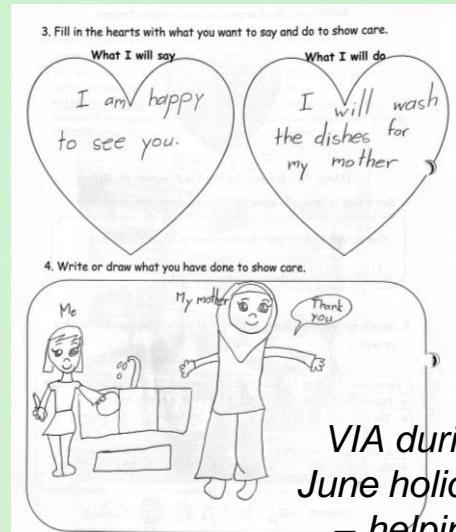
Heads Up:

As part of Safer Internet Day (SID) 2024, we will be encouraging your child to commit to a screen-free weekend on 3 and 4 Feb by:

- not playing video games.
- replacing the time spent online with something that he/she wants to do offline, e.g. spending time with family, playing sports

More details will be shared through PG.

• Encourage Values-in-Action (VIA) @ Home



VIA during June holidays – helping Mum to wash dishes

“It takes a village to raise a child.”



We thank you in partnering the school for your child's journey of CCE development.

For further queries, please contact me (HOD/CCE) at: lin_xiaojun@moe.edu.sg

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Zhenghua Primary School Applied Learning Programme (ALP)

Advocates and Innovators for Sustainable Living



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Overview

Students will:

- adopt an inquiry-based learning, design thinking approach in addressing real-life concerns
- investigate the issues and work together to build their collective understanding of the issues



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What students can look forward to in ALP

Students will:

- make observations about a selected environmental issue, collect and analyse data
- apply their knowledge and skills to create new value through advocacy and innovation
- be given choices for their advocacy and innovation projects as they move up the levels



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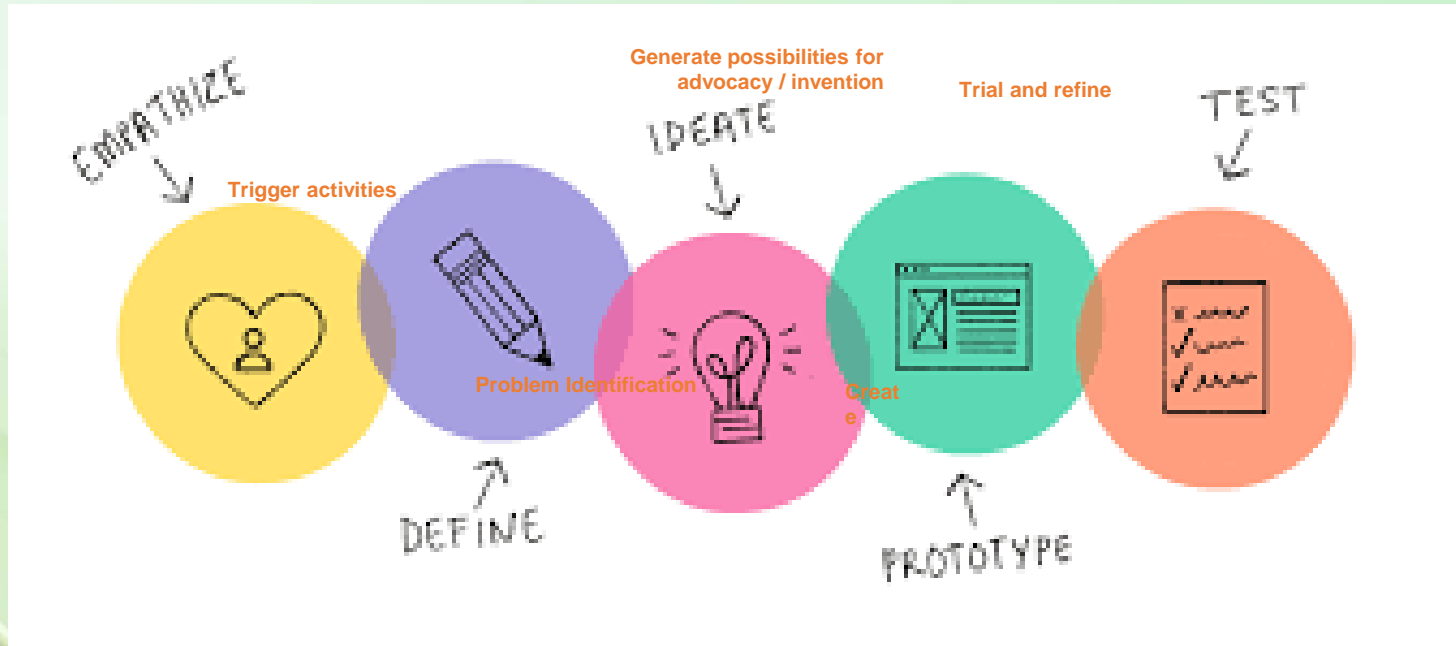
2024 Level	Timeframe / Format	Theme	Main activities at a glance
Primary 1	Term 4	Clean SG – Keeping our School clean	<ul style="list-style-type: none"> • Drama • In line with EL reader
Primary 2	Term 1	Clean SG – Keeping our Community clean	<ul style="list-style-type: none"> • Trigger activity – observation of clean plate SG phenomenon • Drama
Primary 3	Term 2 to Term 3	Green SG – Water and Us	<ul style="list-style-type: none"> • Trigger activities – Nautilus (marine sea creatures) + Artist talk • Value-creation – choice-based 3D marine creatures
Primary 4	Term 3	Green SG – Greenery and Us	<ul style="list-style-type: none"> • Trigger activities – Talk by Alumni and Community Garden Champions • Class planting in the gardens • Resources housed on google microsite
Primary 5	Term 2	Future Dream SG – Our wasteful ways	<ul style="list-style-type: none"> • Trigger activities – Sharing by start-up Founder • 'Expert Groups' – 3D pen or microbit • Resources housed on google microsite
Primary 6	Term 4 / Post-PSLE activities	Future Dream SG – Sustainable SG 2030	<ul style="list-style-type: none"> • Trigger activities – Interview individuals / organisations • Games for MK & Outreach with NWCDC • Resources housed on google microsite

School-wide programme



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Design Thinking Frame



Advocates & Innovators for sustainable living



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Some of our Partners & Stakeholders

- MOE Kindergarten
 - Stick 'Em
 - BPC
 - NWCC
 - NEA



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Creative Arts

@ZHENGHUA

Learning for Life Programme
(LLP)



Learning for Life Programme (LLP)

- initiative introduced by the Ministry of Education (MOE)
- exposes students to a wide range of experiences to **build their socio-emotional competencies** and to **acquire sound values**.
- instills in them a **sense of rootedness and responsibility for their community**, and an **appreciation of aesthetics, sports and outdoor education**.



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Creative Arts

@ZHENGHUA

Students learn about the art forms and develop an **appreciation of the arts and culture.**

Experiences in the arts enable them to develop **character and values.**

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Desired Outcomes:

Develop an appreciation of the arts

Creative Arts
@ZHENGHUA

Express your feelings, thoughts or ideas through the arts

Demonstrate confidence, creativity and empathy



**21ST
CENTURY
COMPETENCIES**

Areas of Focus:

Adaptive & Inventive Thinking

- understanding the variety of contexts, situations and environments one exposed to
- managing complexity and ambiguity more confidently

Communication, Collaboration Skills

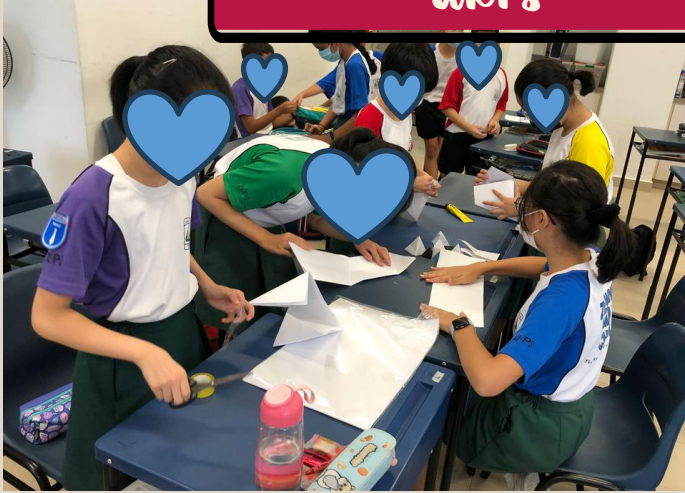
- effectively communicates information and co-constructs meaning
- engages empathetically with diverse perspectives

Cross-Cultural Literacy

- the awareness and understanding of social contexts
- displays socio-cultural and religious sensitivity and awareness

In Zhenghua, our school arts experiences are unique!

Learning in the
ARTS



ARTS APPRECIATION

MAKE CONNECTIONS



Learning through
the arts

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Creative Arts

@ZHENGHUA

Learning in the ARTS



Primary 5



MUSIC	ART	DANCE
Keyboard / Recorders / Ukulele / Pitched Percussion	Ceramics Interdisciplinary Museum-based Learning	Polynesia / Oceania Dance
Ethnic and global music	Digital Portfolio	

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Primary 5 STEAM Project Cuboid Towns

Learning through the arts help students make sense and see connections across disciplines and make connections to the real world.

Art
Mathematics
Science

PHYSICAL EDUCATION (PE)

ZHENGHUA PRIMARY SCHOOL



Curriculum Learning Areas

Outdoor
Education



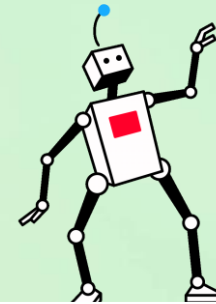
Gymnastics



Sports & Games



Dance



Physical
Health
& Safety



Swimming
Primary 3



Primary 4
onwards:

Athletics



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Curriculum Overview

DURATION

PRIMARY 3 TO 6: 5 PERIODS* PER WEEK

*(1 PERIOD – 30MIN)



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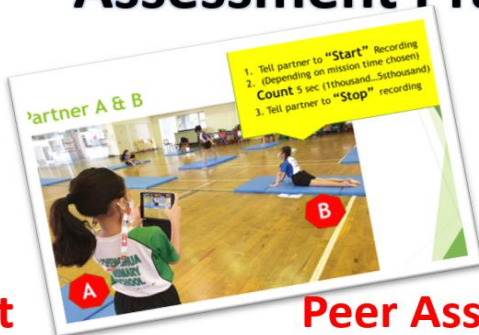


Assessment Practices

Form Teacher : MISS TAY JIA LIN		Co-Form Teacher : MADAM YEW CHOY LENG ANGELA	
SUBJECT	2nd Combined Mark Grade	OVERALL Mark Grade	
English Language	78 2	78	2
Mathematics	89 1	80	1
Science	79 2	82	2
Chinese Language	-	80	2
Social Studies	-	-	A
Art	-	-	A
Music	-	-	B
Physical Education	-	-	4 IN
OVERALL Attendance	183/190	Class for Next Year	

Summative Assessment

Semestral PE grades based on modular performances and student's learning attitude during PE (P3 –P6)



Peer Assessment

Peer Assessments and Coaching e.g via video recording and assessment checklists



ZHENGHUA PRIMARY SCHOOL NAPFA TEST CARD		Date	
Name	Class	Test 1	Test 2
1. 100m			
2. 200m			
3. 400m			
4. 800m			
5. 1600m			
6. 3200m			
7. 6400m			
8. 12800m			
9. 25600m			
10. 51200m			
11. 102400m			
12. 204800m			
13. 409600m			
14. 819200m			
15. 1638400m			
16. 3276800m			
17. 6553600m			
18. 13107200m			
19. 26214400m			
20. 52428800m			
21. 104857600m			
22. 209715200m			
23. 419430400m			
24. 838860800m			
25. 1677721600m			
26. 3355443200m			
27. 6710886400m			
28. 13421772800m			
29. 26843545600m			
30. 53687091200m			
31. 107374182400m			
32. 214748364800m			
33. 429496729600m			
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35. 1717986918400m			
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42. 219902325555200m			
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44. 879609302220800m			
45. 1759218604441600m			
46. 3518437208883200m			
47. 7036874417766400m			
48. 14073748835532800m			
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51. 112589990684262400m			
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Fitness Assessment

Through P4 & 6 NAPFA

Formative Assessments

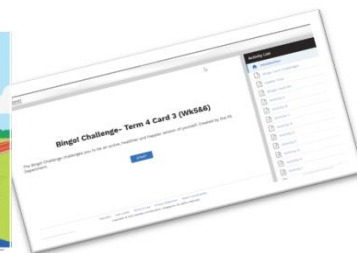
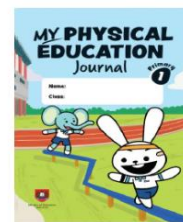
Termly & Semestral formative assessment based on modular performances and students' attitudes during PE (P1 – P2)

Formative Assessment Checklist		Date	
Item	Observed	Not Observed	Comments
1. Student's attitude towards PE			
2. Student's participation in PE			
3. Student's effort in PE			
4. Student's teamwork in PE			
5. Student's leadership in PE			
6. Student's communication in PE			
7. Student's problem-solving in PE			
8. Student's resilience in PE			
9. Student's innovation in PE			
10. Student's integrity in PE			
11. Student's care in PE			
12. Student's collaboration in PE			
13. Student's excellence in PE			



Teacher's Assessment

Assessment of student's learning by teachers



Cognitive Assessment

Through written and online assignments such as the PE Journals and customized SLS learning packages

SCHOOL-WIDE PROGRAMMES

HEALTH & WELLNESS PROGRAMMES

- Fruttie Veggie Bites/Healthy snacking
- Eye Care Week
- Dental Talks
- Assembly Talks on Healthy & Active Living



SCHOOL-WIDE & SIGNATURE PROGRAMMES

HEALTH & WELLNESS PROGRAMMES

- HEALTHY KIDS BINGO CHALLENGE

To inculcate healthy habits and an active lifestyle outside of curriculum time in a self-directed manner (via SLS) through a fun Bingo Game



SCHOOL-WIDE PROGRAMMES

SPORTS PROGRAMMES

PLAY @ RECESS

- Unstructured outdoor play during recess
- Cultivate an active lifestyle outside PE curriculum



SCHOOL-WIDE & SIGNATURE PROGRAMMES

SPORTS PROGRAMMES

AMAZHENGHUA RACE

- P1- P6 Annual Sports Carnival
- Enjoy a day of play through physical activities
- Opportunities to exercise school values through sports



SCHOOL-WIDE & SIGNATURE PROGRAMMES

SPORTS PROGRAMMES

- ENHANCING TSR THROUGH SPORTS

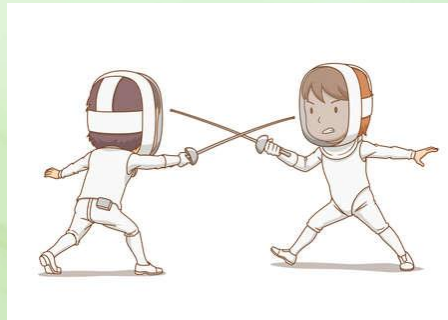
Promoting good rapport among class teachers and students through sports



LEVEL PROGRAMMES

SPORTS PROGRAMMES

- SPORTS EDUCATION PROGRAMME(SEP)
 - PRIMARY 4, 5 & 6
 - Experience a wider range of sports not covered in the PE syllabus

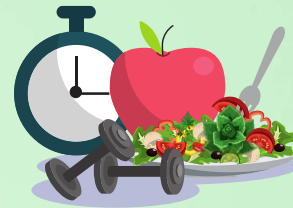


Reminder



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Healthy Lifestyle Tips



HANDBOOK

1 Stay Active

Exercise for at least 1 hour everyday!
Exercise helps keep your body and your mind healthy.



2 Eat Healthy

Eat according to My Healthy Plate.
My Healthy Plate helps ensure you eat a nutritious, balanced and healthy diet.
Refer to healthhub.sg for more information.



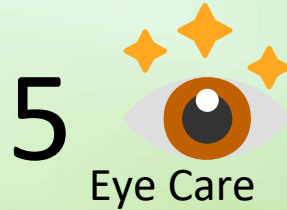
3 Drink water

Drink at least 8 glasses/4 bottles of 500ml, of plain water everyday (2 litres).



4 Reduce Junk Food/Snacks

Eat lesser junk food such as deep fried, oily, salty and sweet food and drinks. Eating too much can cause obesity and health problems. It is fine to eat them once in a while (e.g. once in a month), but not everyday!

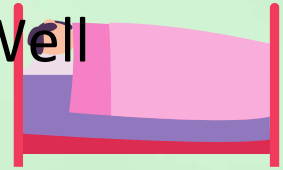


5 Eye Care

Have no more than 2 hours of screen time a day.
After 20 minutes of near work, take a 20 second eye break and look afar for 20 feet away (20-20-20).

6 Sleep Well

Have at least 9 to 12 hours of sleep everyday! Sleep helps keep your brain and body healthy.



Healthy Living

1 hour of
Exercise Daily
(or in parts)



Eat a
Healthy Diet
according to
My Healthy Plate



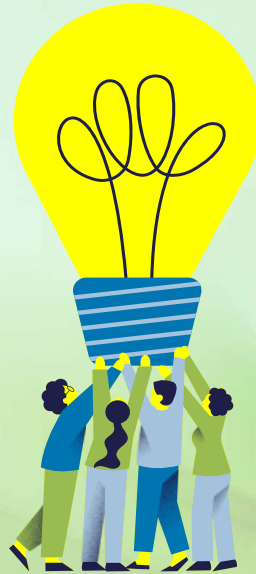
Reduce junk
food, sweet
food/drinks,
salt, oil intake



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Partnership

Your support is key to your child's growth!



CREATE
Healthy
HABITS!

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Resources to Help Students Choose Secondary Schools

Helpful information on our school website

- Secondary school posting process
- Direct School Admission for secondary schools (DSA-Sec)
- WEstories Flipbook
- ECG Parent Guide



<https://go.gov.sg/westories23>

Thank you

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