

Primary to Secondary School Transition



Parent Kit

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Ministry of Education
SINGAPORE

Congratulations! Your child has reached yet another milestone in their life!

Read on to find out how you can support your child and make the transition to Secondary 1 a smooth one for them.



Changes to expect when your child enters Secondary 1



What are some changes to expect when your child enters Secondary 1?

1

Longer school hours

A typical school day in a secondary school ends later than in a primary school. In secondary schools, students should take greater responsibility in organising their schedule as they may have after-school activities such as CCAs and project work.

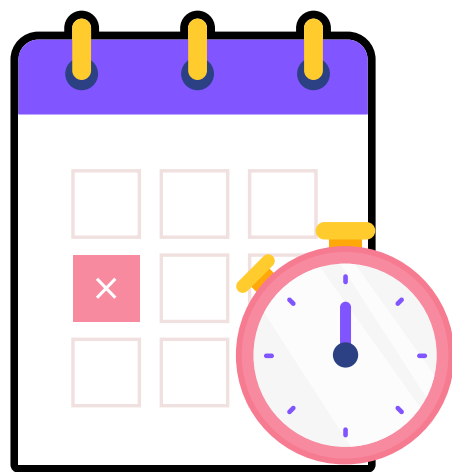
Unlike primary school, consent forms may not be given for such activities.



What are some changes to expect when your child enters Secondary 1?

1

Longer school hours



TIP

- Establish an understanding that your child should always inform you if they need to stay back in school for extra activities or work on projects with their friends, and help them understand that you are simply concerned about their safety and whereabouts.
- Allow them to plan their own schedule. With the increased commitment in school, it is important that they manage their time well by setting aside time for school, rest and leisure.



Get your child to share their thoughts behind how they plan their schedule, and prompt them to consider various options.

What are some changes to expect when your child enters Secondary 1?

2

More subjects and school programmes

Your child would be taking more subjects in secondary school to enable them to have a broad-based education. They will learn new subjects like Social Studies, Literature, Geography, Food & Consumer Education, and Design & Technology.

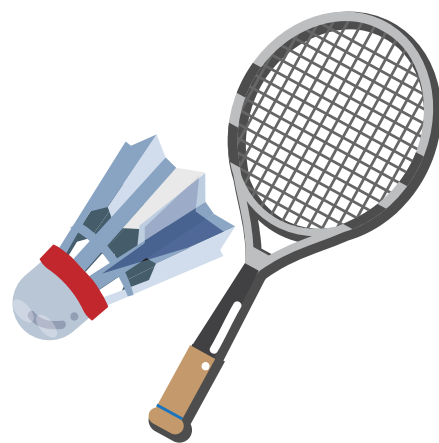
Such a broad-based education provides them with a strong foundation for learning and enables them to discover what they are interested in and are good at.



What are some changes to expect when your child enters Secondary 1?

3

Increased commitment to CCAs



- CCAs not only allow students to explore their strengths and interests, it also brings students from diverse backgrounds together. By learning and interacting with one another, students develop friendships and deepen their sense of belonging to the school and community.
- There will be a wider range of CCAs for your child to choose from and participate in. CCA is compulsory for all secondary school students and they can choose from any of these 4 categories:
 - o Clubs and societies
 - o Physical sports
 - o Uniformed groups
 - o Visual and performing arts



Visit the school website for more information.

What are some changes to expect when your child enters Secondary 1?

**More
subjects,
school
programmes
and CCAs**



TIP

With a busier schedule, your child might feel overwhelmed. Having regular conversations to find out how they are managing not only serves as a form of support for them, it also strengthens your relationship with your child and helps you understand their perspectives.

- Consciously set aside time (e.g. during meals, over weekend family activities, before bedtime) for these conversations.
- Show interest in your child's experiences by asking them to share their thoughts:
 - What are some activities you enjoy in school?
Why do you enjoy them?

What are some changes to expect when your child enters Secondary 1?

**More
subjects,
school
programmes
and CCAs**



TIP

- Encourage them to ask for help when needed. Let your child know that it is okay to ask for help even though they are older. They can approach their teachers, friends or any trusted adult in the school environment when needed.
- Acknowledge and praise them for their good effort when trying out new activities to discover their strengths and interests. Praising them is a way to communicate your support and care.

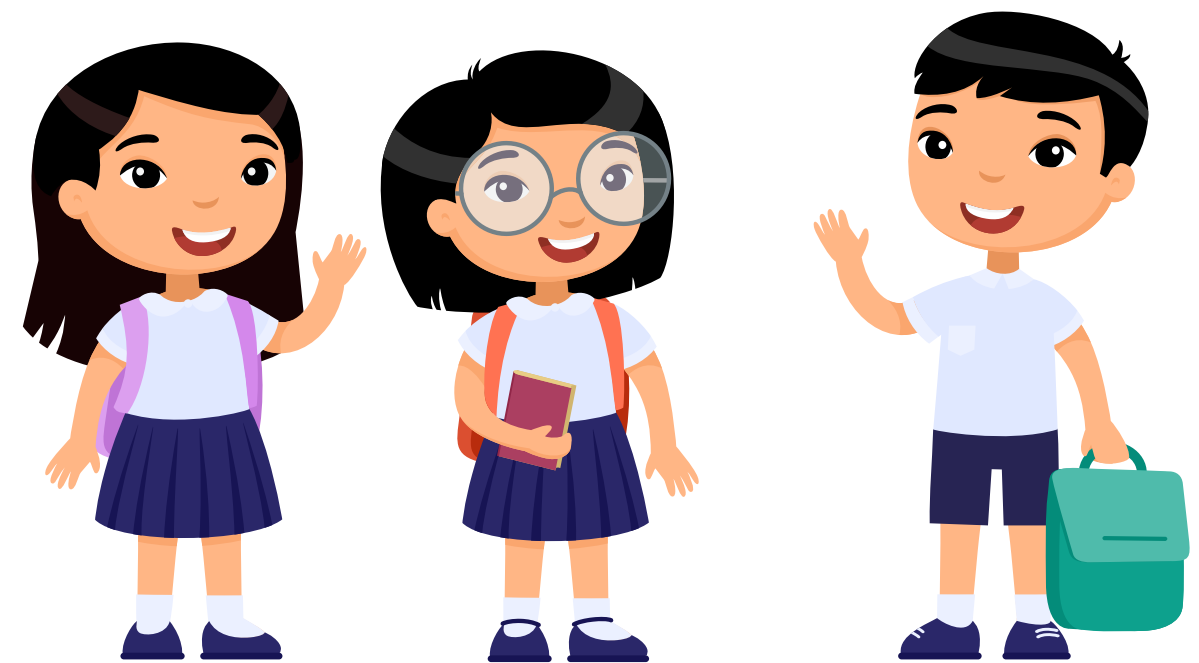


What are some changes to expect when your child enters Secondary 1?

4

Different environment with new people

After spending six years in a primary school that they are familiar and comfortable with, and where they have forged good friendships, they will now be going to a new environment and will meet new people.



What are some changes to expect when your child enters Secondary 1?

4

Different environment with new people



TIP

- You can find out how your child is coping with the new environment and making new friends, by asking them about their day in school. Try these questions:
 - o What did you do during recess today?
 - o Can you tell me about one new person you managed to talk to today?
 - o What are some interesting experiences or challenges you have?



When your teens give you the infamous and singular 'ok' to all your questions, gently probe further or let them have "me time". For instance, ask them "When you say ok, what do you mean? Could you give me some examples of what you mean by ok?"

What are some changes to expect when your child enters Secondary 1?

5

Greater peer influence and independence

As your child grows older, they may choose to share more with their peers and be less forthcoming in sharing about their daily lives with you. They may also want to spend more time with their friends. This is normal and is part and parcel of growing up.

They will also start spending more time on their devices for school work and on social media. They will need to know what their boundaries are as they navigate these transitions.



What are some changes to expect when your child enters Secondary 1?

5

Greater peer influence and independence



- Encourage your child to share about their lives by taking the lead in sharing about your lives.
- As your child spends more time on their devices, instead of 'forcing' your child to stop using their devices, agree on the amount of time spent on digital devices together. Engage your child in meaningful activities to ensure a balance between offline and online activities too.



What are some changes to expect when your child enters Secondary 1?

As your child goes through changes and challenges upon entering a new school, it is important to:

- Encourage them to share their thoughts and feelings.
- Acknowledge these thoughts and feelings.
- Assure them by teaching them ways to cope and manage their emotions and anxieties.



For more tips on developing your child to be independent learners, [click here](#).



Ultimately, your support is important for your child's transition to a new environment in secondary school. The sooner they adapt, the better their schooling and learning experience will be.

Click on the following links below for more resources.

- [Support your child in transiting smoothly to secondary school \(page 3\).](#)
- [Support your child's social and emotional development and wellbeing.](#)
- [How to have conversations with your child?](#)
- [How to give praise effectively?](#)
- [Cyber Wellness](#)
- [How to help your child get ready for school starting with sleep?](#)
- [What constitutes a healthy and nutritious breakfast for your child?](#)

Parent Kit

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