Address by HOD, CCE





Transition to Primary 1

When your child enters primary school, they will experience:

New friends and teachers





New routines



New learning environment

Pre-school

Play-based approach

Small group setting

Fixed routine

Transition

Primary school

Structured approach

Larger group setting

Longer school hours





Effective transition support helps children feel safe, build confidence, and develop a positive attitude toward primary school.

Preparing My Child for Primary 1

Let us work together to build good habits so that our children can Grow Well.

Bond Well

Learn Well

Sleep Well

Exercise Well

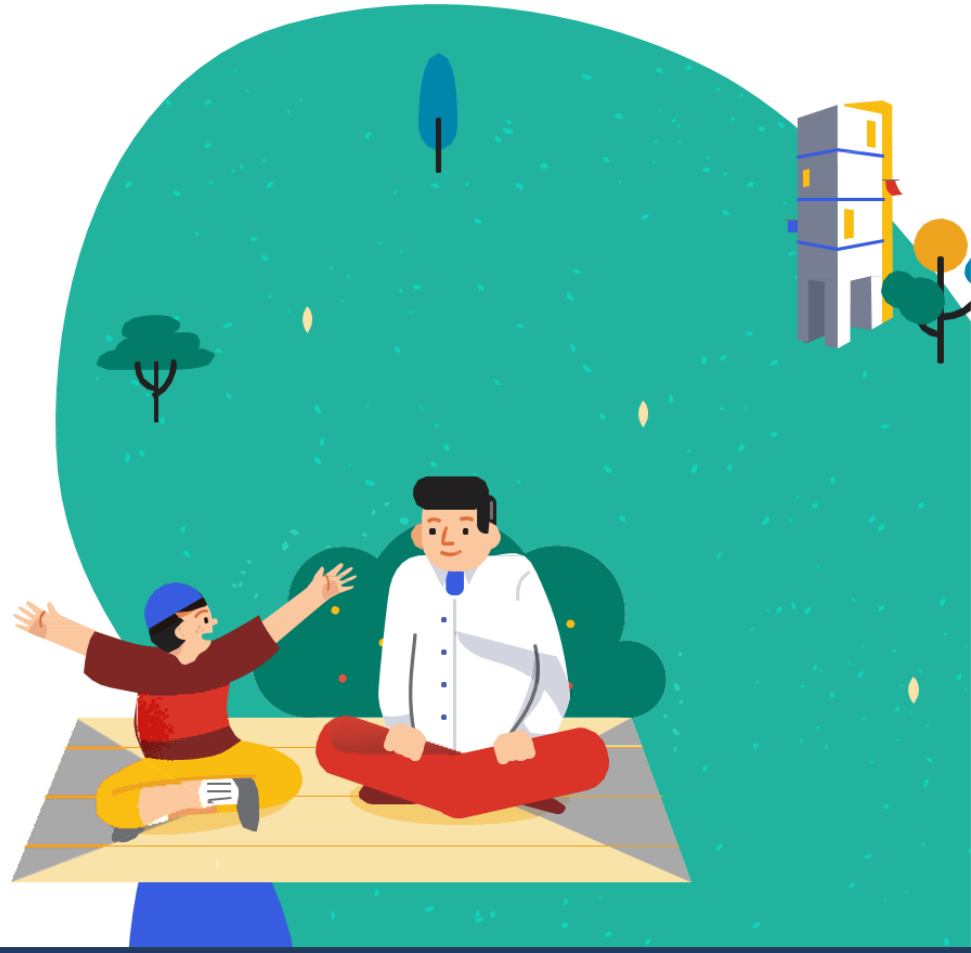
Eat Well



Bond Well: Relating to Others

- Model the use of friendly and polite phrases
  - “Hello! My name is… what is your name?”
  - “May I please…”

- Provide opportunities for your child to share and take turns during playtime with other children.



Bond Well: Relating to Others

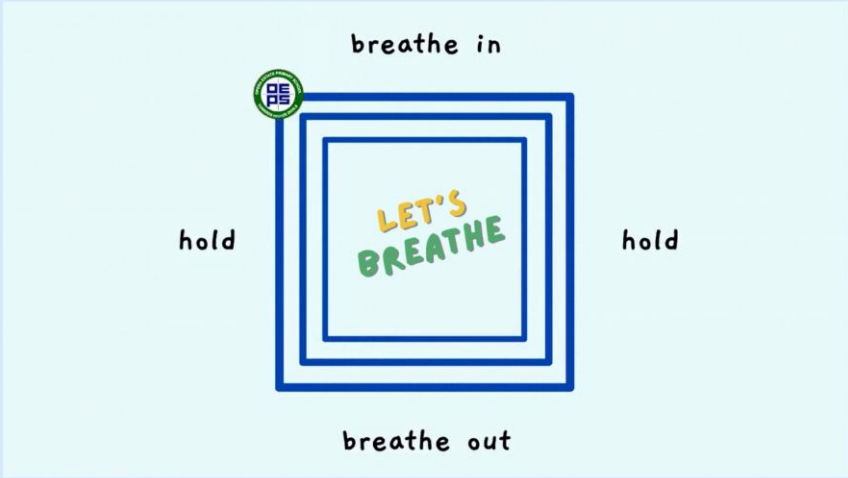
Practise different ways to cope with challenging emotions.

Seek permission to go to a quiet corner



Calming Corner in our P1 classroom

Practise deep beathing



Bond Well: Relating to Others

Practise identifying emotions.

I have many different feelings & emotions!

Sometimes I feel **happy** & **focused**.

Sometimes I feel **excited** or **nervous**.

Sometimes I might feel **mad**.

Sometimes I might feel **tired** or **sad**.

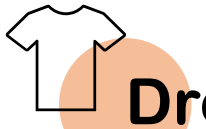
All of these feelings are OK to have! However, it's important to learn what I can do when my brain and body are feeling different emotions.

The ZONES can help me with this!



Learn Well: Developing Good Habits

Guide your child to do the following independently:



Dress themselves



Pack their bag



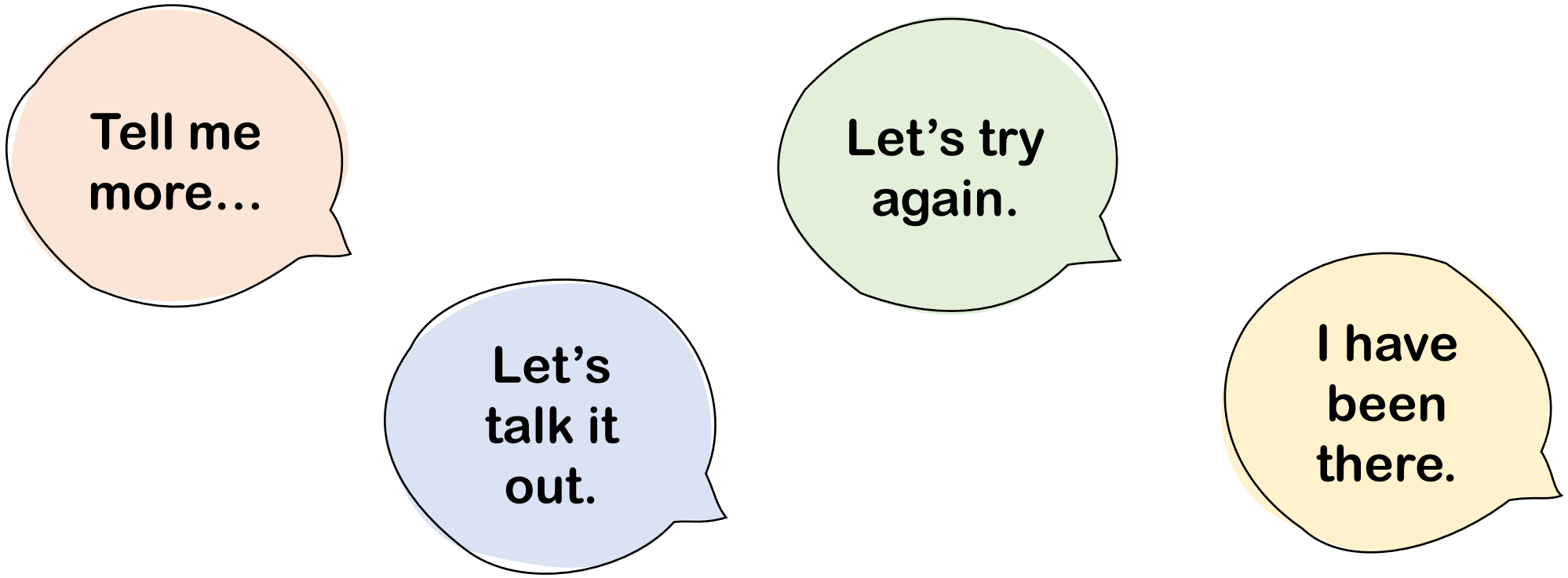
Keep to a regular bedtime



Buy food at the canteen

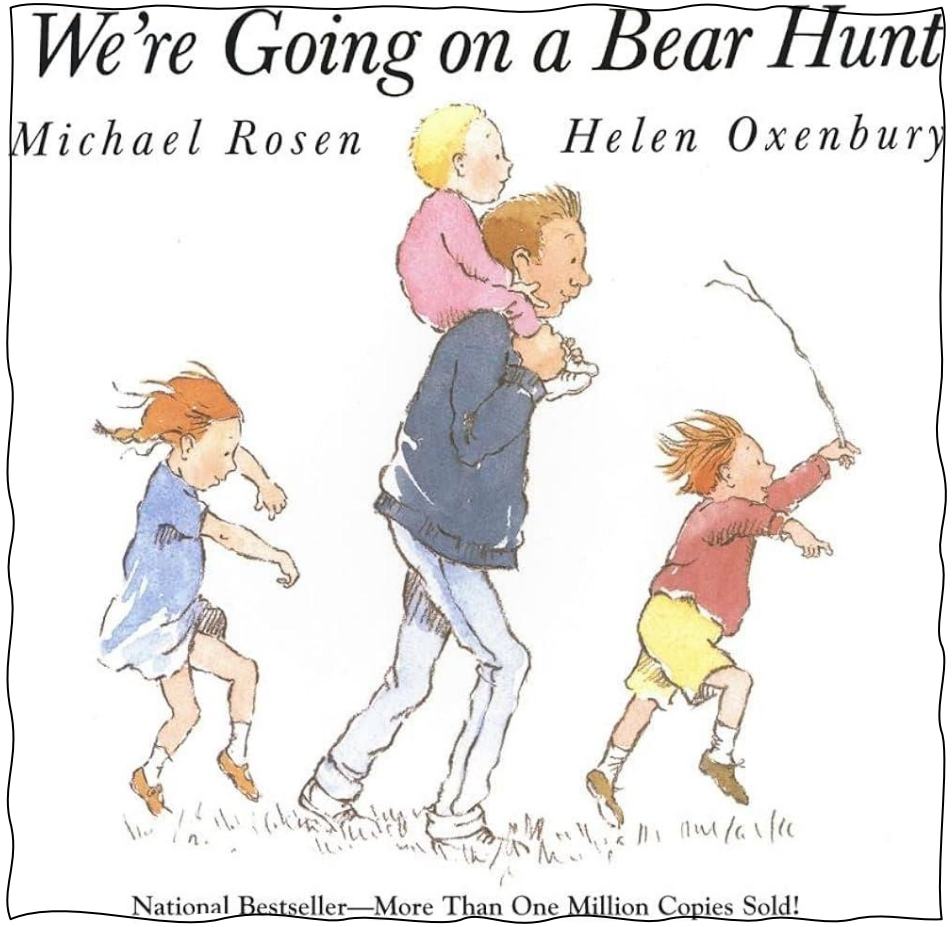
Learn Well: Nurture Positive Learning Attitudes

Developing the right learning attitude in your child will help them transit smoothly into the learning routines in school.



Learn Well: Nurture Positive Learning Attitudes

The power of story-telling



Key messages

- Challenges are a part of our life.
- We can overcome challenges despite fear.
- We can work through challenges together.

Learn Well: Create a Conducive Learning Environment at Home

Set up a conducive home environment so that your child can learn both at home and in school.



Sleep Well: Developing Good Habits

Encouraging your child to get enough sleep supports their learning and memory.

Different Types of Memory Need Sleep

Both fact-based knowledge (school subjects) and skill-based learning (sports or routines) improve with proper sleep.

Sleep Strengthens Memory

Good sleep is essential for remembering what kids learn during the day.

Sleep After Learning Helps Most

Sleeping soon after learning something new helps the brain store it better for the future.

How many hours of sleep does a Primary 1 child need?

9 to 11 hours!

Cultivating Positive Cyber Wellness Habits in School and At Home



What is Cyber Wellness?

Cyber Wellness is about our students being able to navigate the cyber space safely.



Netiquette tips by Health Hub Singapore.

Scan or click here:

Did you know?

New MOH guidelines on screen use for children under 12 (The Straits Times)

7 TO 12 YEARS

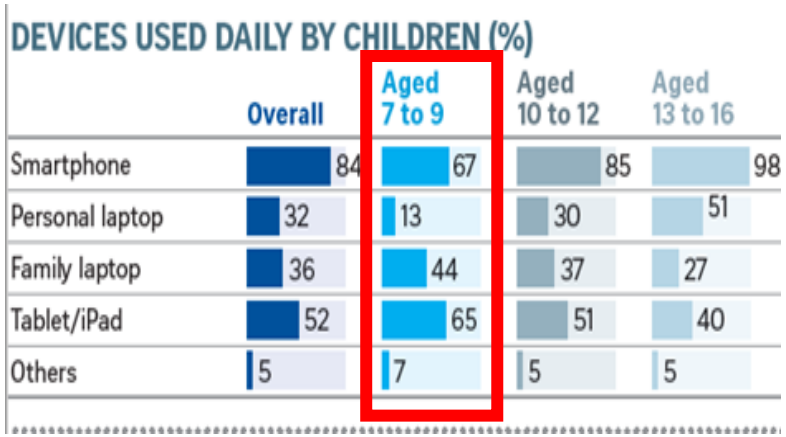


- Limit screen use to less than 2 hours a day, unless related to schoolwork
- Develop a screen use plan or timetable
- Have regular conversations with children to find out their online activities
- Do not give children mobile devices with unrestricted access
- Use parental control settings to ensure children access age-appropriate content and apps
- Do not give children access to social media services
- No screens during meals and 1 hour before bedtime

SOURCE: MINISTRY OF HEALTH

Did you know?

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



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



Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023

Let's replace screen time with we-time!

1. Set Clear Boundaries
- Tech-free zones (meals, bedtime, family time)
- Consistent routines and limits

2. Co-view & Discuss
- Ask what they are watching or playing
- Talk about online experiences regularly

3. Model Healthy Habits
- Be mindful of your own device use
- Prioritise conversations and connection

Scan or click here:

4. Create a Balanced Plan
- Replace online with offline activities: outdoor play, reading, chores
- Agree on rules together with your child

Real Connections

Cultivate strong relationships and healthy habits in this digital age

Check out the refreshed Guidance on Screen Use in Children by MOH.

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



P1 and P2 CCE (FTGP) Cyber Wellness lessons

During CCE(FTGP)* lessons, students will be taught:

1. Basic online safety rules
2. Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being
3. Protecting Personal Information
4. Cyber Contacts



E.g. Lower Primary Lesson on Staying Safe in the Cyberworld

*Character and Citizenship Education (Form Teacher Guidance Period)

P1 and P2 CCE (FTGP) Cyber Wellness lessons

You may also engage in "Family Time" activities in the CCE (FTGP) Journal with your children to emphasise the different cyber wellness messages at home.



E.g., Family Time in the lesson on Staying Safe in the Cyberworld

YOUR CHILD IS READY.
ARE YOU?