



Ministry of Education
SINGAPORE

Here's to a Great Start to Primary School!



Overview

1. What is Primary School about?

2. Smoothing the transition to Primary 1

3. School-Home Partnership

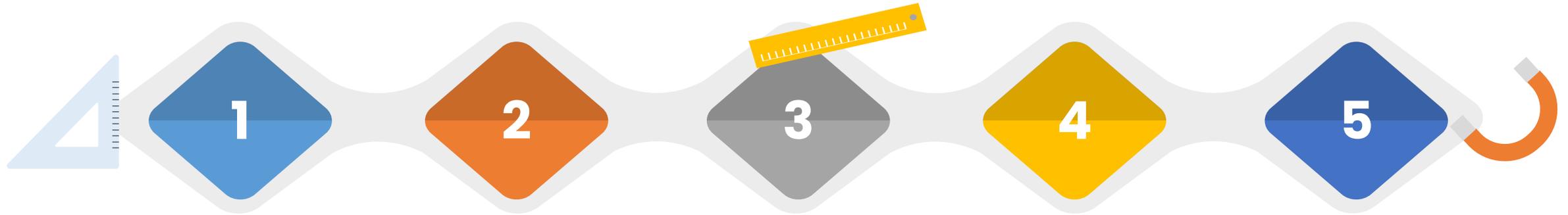


Developments in Primary Education



You may access the video via:
<https://youtu.be/9paLbNR2zWg>

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.

Smoothening 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

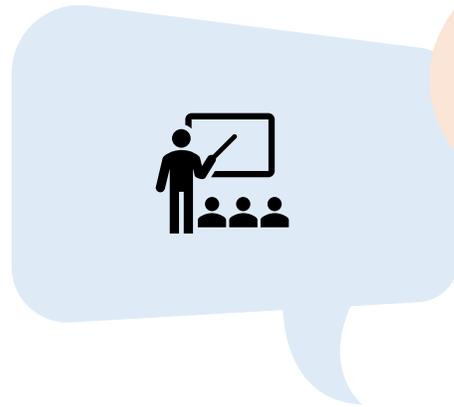
How can you prepare your child for Primary 1?

You can start talking to your child about the following:



You may access the video via:

<https://go.gov.sg/transition-to-primary1>



Adjusting to a larger learning environment



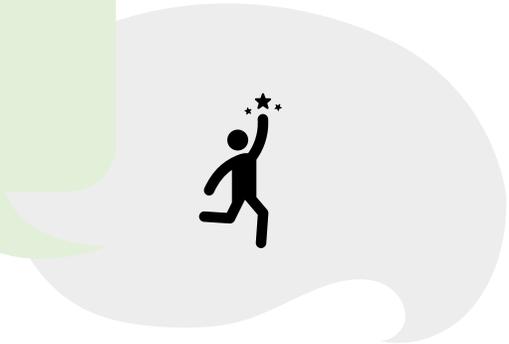
Interacting with more peers and teachers



Adapting to longer school hours and new routines



Taking the initiative to ask for help



Becoming more independent and responsible

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

- Carve out 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; kind teachers and chatty classmates you had.

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

Discuss
Discuss together what can be done if he/she has worries at school.
E.g. Explain how people deal with conflicts.

QUICK TIPS

- Listen without interrupting.
- nod your head and ask questions to show interest and affirmation.

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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

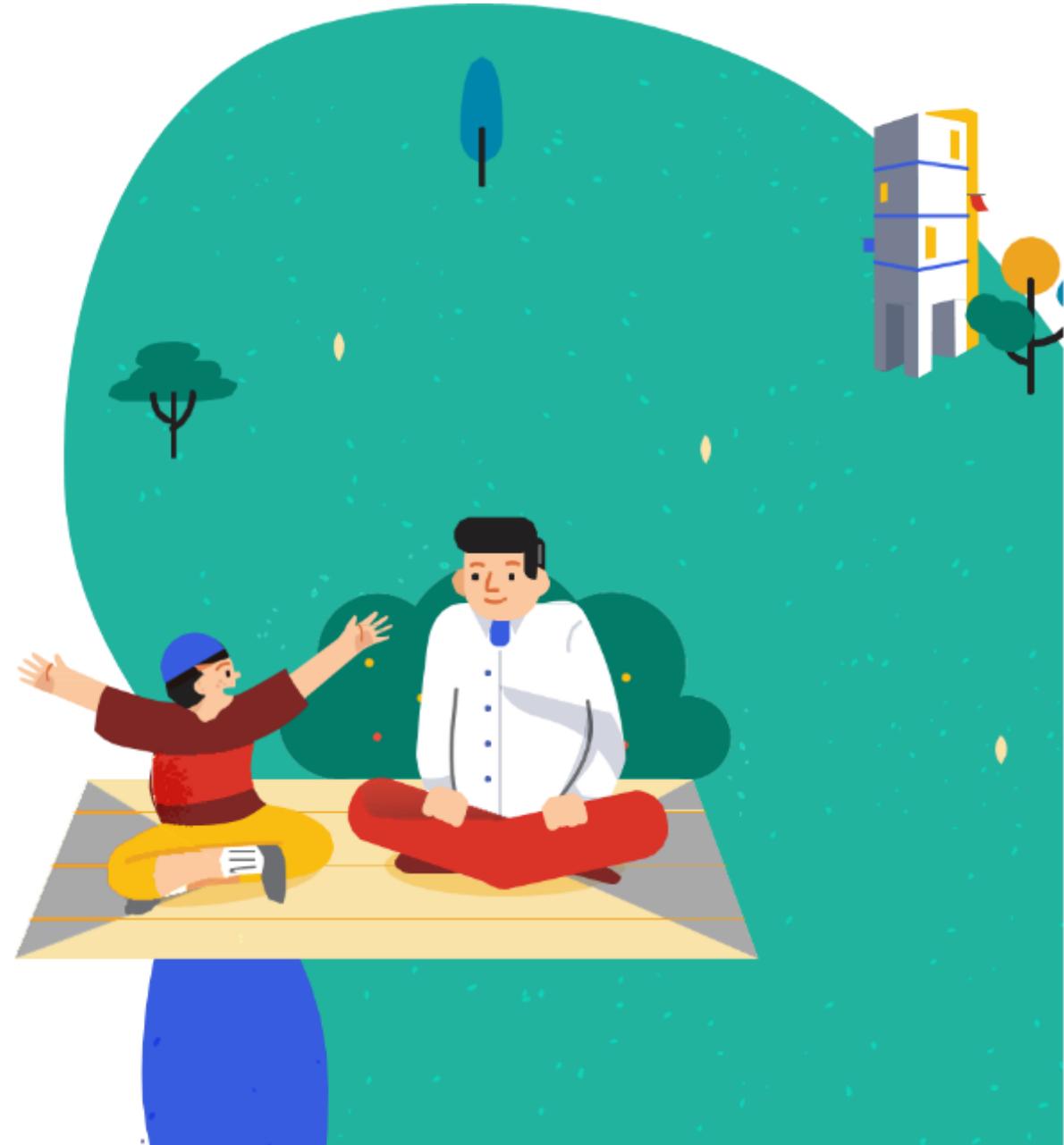
"May I please..."

"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

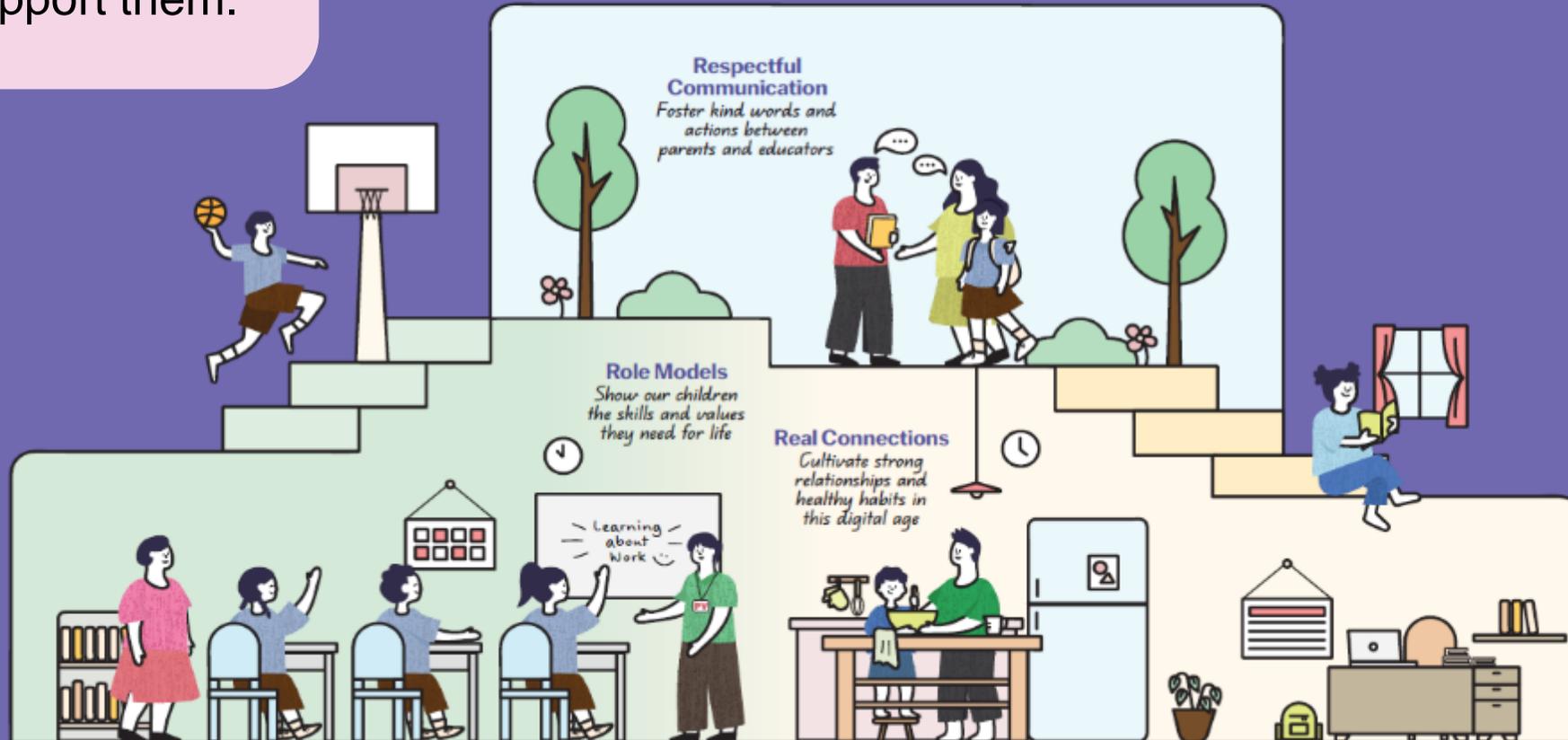
- Enjoy Physical Activities
- Display Coordination in Motor Tasks
- Demonstrate Awareness of Healthy Habits and Safety

School- Home Partnership

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

Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together



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



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



Some questions you may have...



You can encourage your child for efforts in learning to read. Most importantly, reading should be a fun learning process.

Reading is a habit that we can build.

Interest your child in reading

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work

Some questions you may have..



Children pick up time management at a different pace and can improve with help.

Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them. Try breaking the task down into smaller steps
- If you notice any learning issues, do reach out to the school early

Be specific about how much time they should spend on the work, and offer a set time that they should complete the work.

Some questions you may have...



Practise with your child when and how to ask for help. Remember to affirm them for their efforts.

Asking for help may not seem obvious to a child.

Teach your child how to ask for help:

Step 1: Look for someone who can help

Step 2: Check if that person has the time to help; if not, look for another suitable person

Step 3: Share what the problem is and how they feel

Step 4: Listen carefully to the advice given

Step 5: Thank the person for the help

Some questions you may have..

I'm worried my child won't eat at recess. He'll go hungry!



Remind your child that eating during recess is important as it helps them with the physical energy to continue focusing and learning in class.

Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat
- If you worry that your child is not eating at all, discuss with your child's teacher

We get you ready for your primary school journey

SCHOOLBAG
PARTNERING YOU ON YOUR EDUCATION JOURNEY

Hear from fellow parents, MOE educators and more on how your child can get more out of their primary school experiences. Subscribe to [Schoolbag.edu.sg](https://schoolbag.edu.sg) today!

SCAN TO SUBSCRIBE

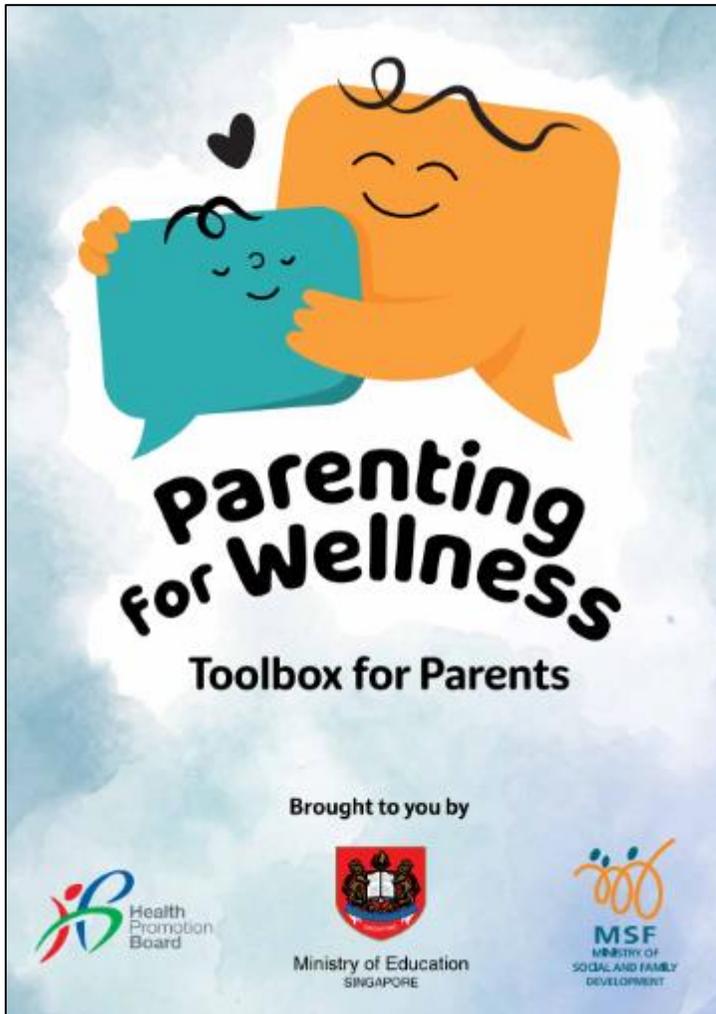


go.gov.sg/schoolbag-newsletter



Brought to you by
MOE Communications
and Engagement Group

Latest Resource: Parenting for Wellness Toolbox



An initiative to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience, and parent effectively in the digital age.

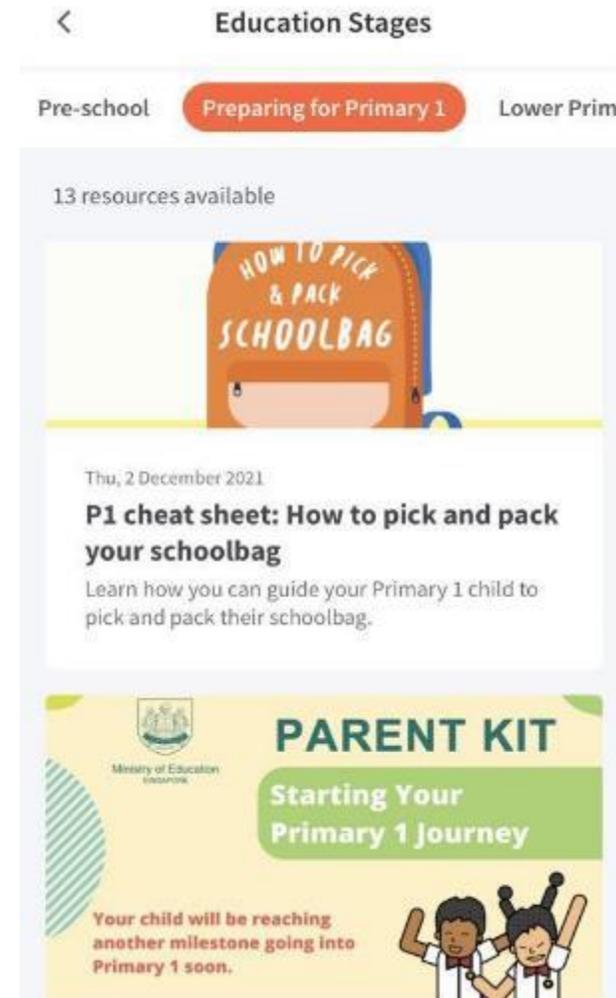
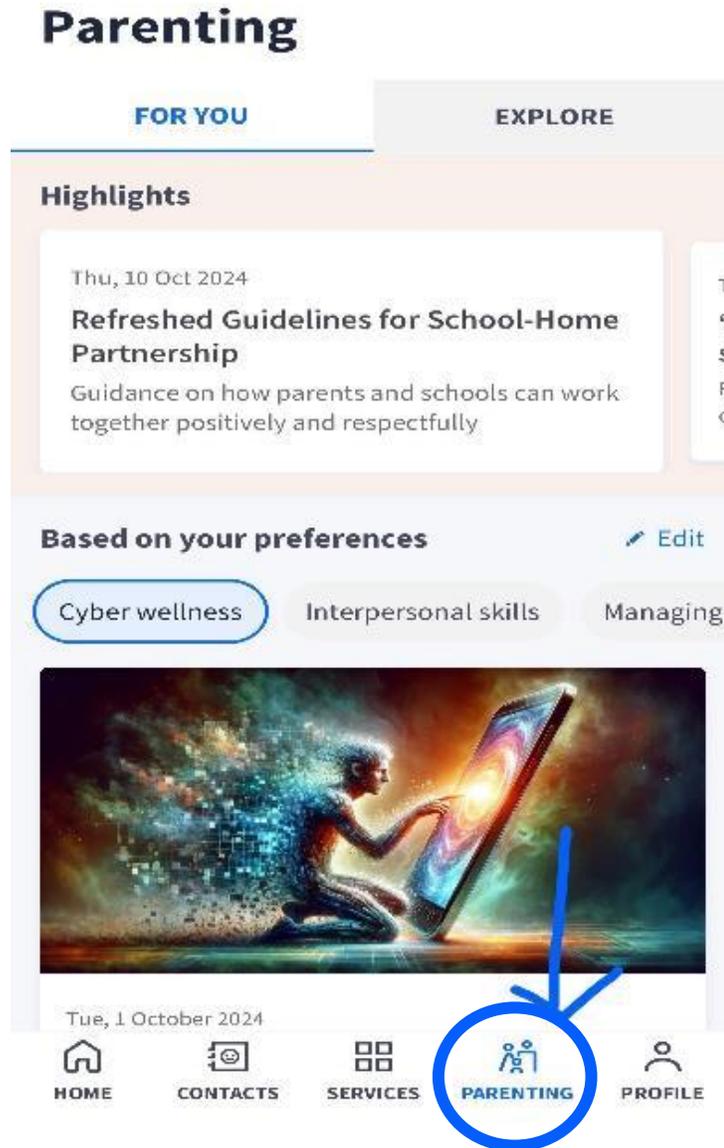
The Toolbox for Parents **comprises bite-sized practical tips and strategies for parents**, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.



Check out Parenting Resources on Parents Gateway (PG)

Repository of parenting resources

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



Find out more about Parents Gateway here.

Resources in PG for every educational stage



Fri, 23 September 2022

[Preparing for P1 - PDF] Supporting Your Child Through the Primary 1 Journey

Click to download or view this issue on preparing your child for P1.



Mon, 18 October 2021

[PDF] Social skills to prepare your child for Primary 1

Click to download or view this resource to learn how you can help your child learn social skills.



Mon, 23 August 2021

Are you over-preparing your child for P1?

Learn how overpreparing your child may hinder learning.



Wed, 15 December 2021

[NLB] LearnX Reading - Primary

Create fun experiences for your child to discover the joy of reading.

Find out what your child really needs for Primary 1.

Help develop your child's social and emotional skills by referring to this infographic.

Are you over-preparing your child for primary school?

How to cultivate the love for reading? Check out resources from the National Library Board.

Check out more resources from MOE

Parent Kit



Parent Kit

www.moe.gov.sg/parentkit

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.

MOE Social Media Platforms



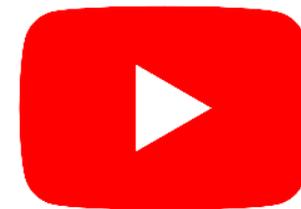
www.instagram.com/parentingwith.moesg



www.facebook.com/moesingapore

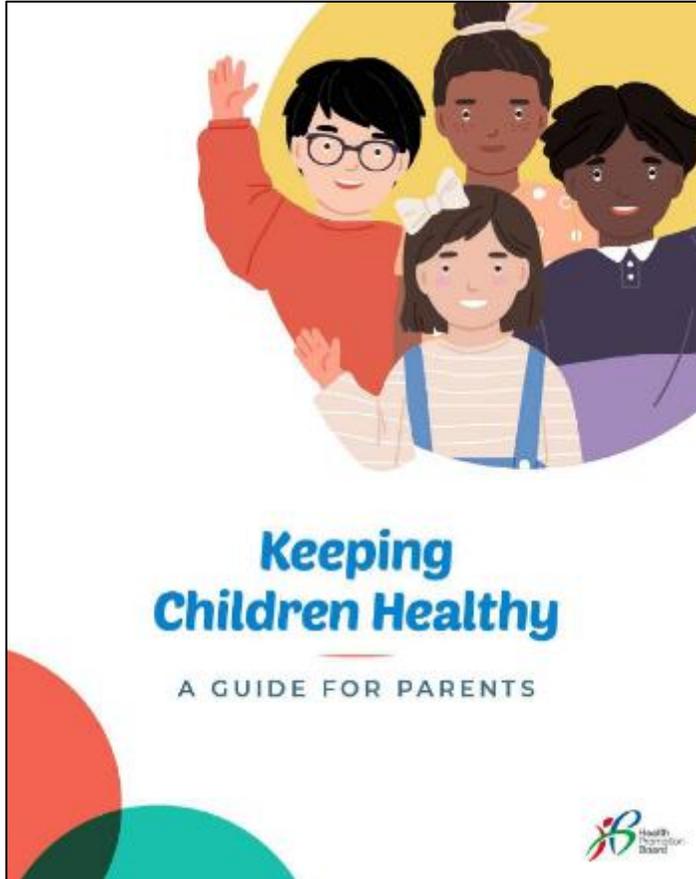


www.instagram.com/moesingapore



www.youtube.com/moespore

Keeping Children Healthy



Is your child transitioning to P1?

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- a) Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:



Edition 1



Edition 2



Edition 3

Family Values Card Game

Families for Life, in partnership with the Ministry of Education

- Designed for parent-child bonding and provide opportunities to discuss about family values as a family
- Families can learn how to play the game by scanning the QR code on the game box
- Parents are encouraged to make use of the conversation starters included in the rulebook to engage children in understanding and demonstrating the family values of **love, care and concern, commitment and respect**



Parent- Child Activity Book is readily available online:

10 TIPS FOR PARENTS to help you navigate your child's first year in primary school.

- Chat with your child
- Boost their confidence
- Practise various scenarios
- Create something interesting
- Thank others for their help
- Pledge to do things together



Parent- Child Activity Book is meant for both parent and child's use:

How To Use This Book?

Primary school is an exciting time for all – not just for the kids, but for parents, too!

In this book, you'll find 10 tips for parents – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!



This hand tells your child what to do



Use an application and allow your child to doodle on it!

2

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Activities Inside Include:

Pledge
Make promises and keep them

Boost
Every child needs encouragement

★Thank★
Show gratitude. It's a great habit.

Create
Make something awesome together

(Practise)
Get familiar with new routines

Show-and-Tell★
Keep that conversation flowing

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page.

3

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Parent- Child Activity Book contains practical tips, tap on it!

Great Ideas For A Great Adventure

Paste a sticker after you complete each tip!
Stickers can be downloaded from <https://www.moe.gov.sg/parentkit>

Before school starts!

Tip 1: Get Ready For School
Pg 9 - 16
Dec-before school starts!

Tip 2: Practise Routines
Pg 17 - 28
Dec-before school starts!

During term time!

Tip 3: New Places, New Faces
Pg 29 - 38
Jan-first week of school!

Tip 4: We Can Do This Together!
Pg 39 - 48
Feb-when learning gets more serious!

Tip 5: Show Interest In Your Child
Pg 49 - 56
Mar-holidays!

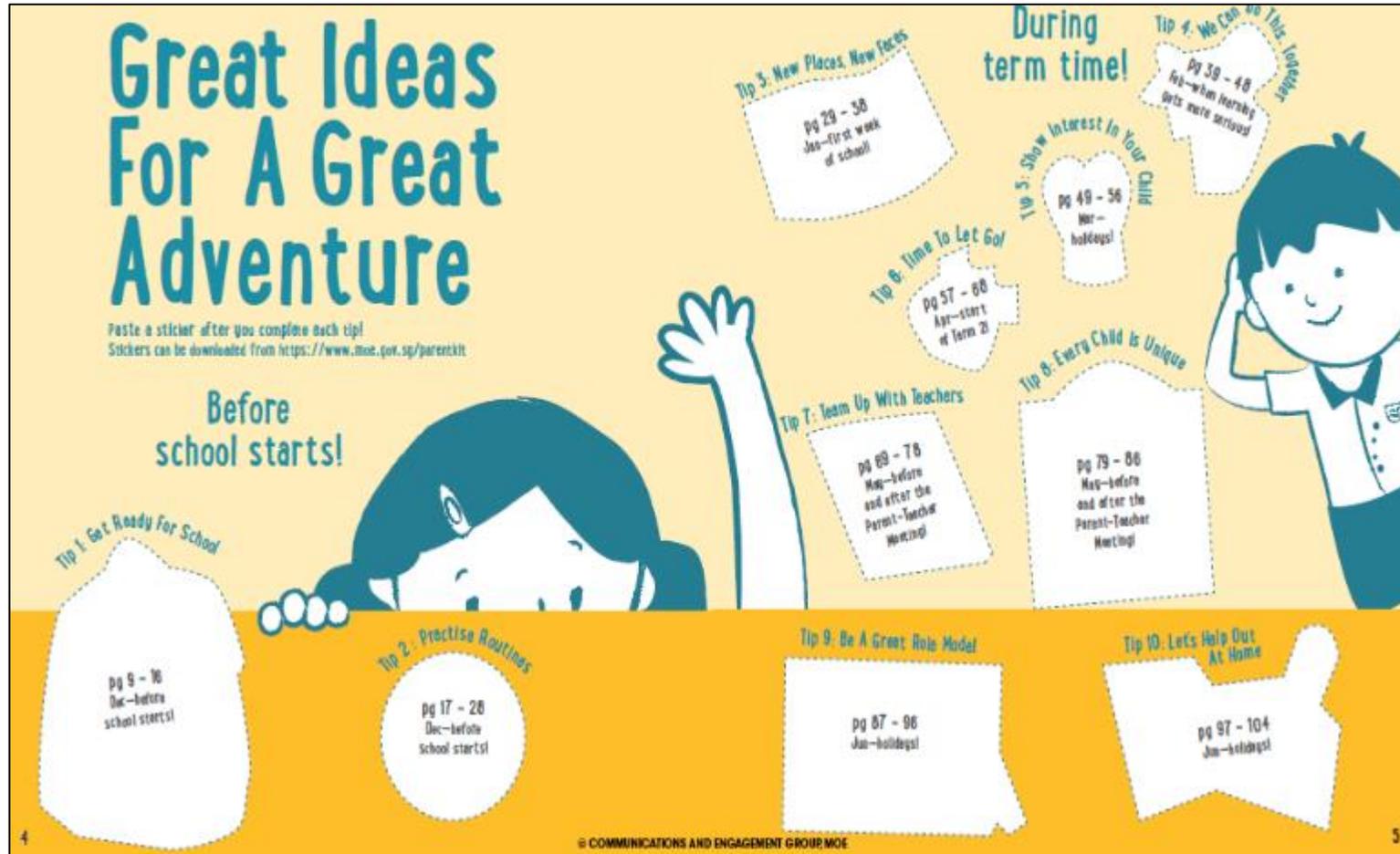
Tip 6: Time To Let Go!
Pg 57 - 66
Apr-start of Term 2!

Tip 7: Team Up With Teachers
Pg 69 - 78
May-before and after the Parent-Teacher Meeting!

Tip 8: Every Child Is Unique
Pg 79 - 86
May-before and after the Parent-Teacher Meeting!

Tip 9: Be A Great Role Model
Pg 87 - 96
Jan-holidays!

Tip 10: Let's Help Out At Home
Pg 97 - 104
Jan-holidays!



TIP 2



Practise Routines

Building good habits helps your child cope with the many new things they will encounter this year.

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

