



Meet the Parent Session Primary 5 (2025)

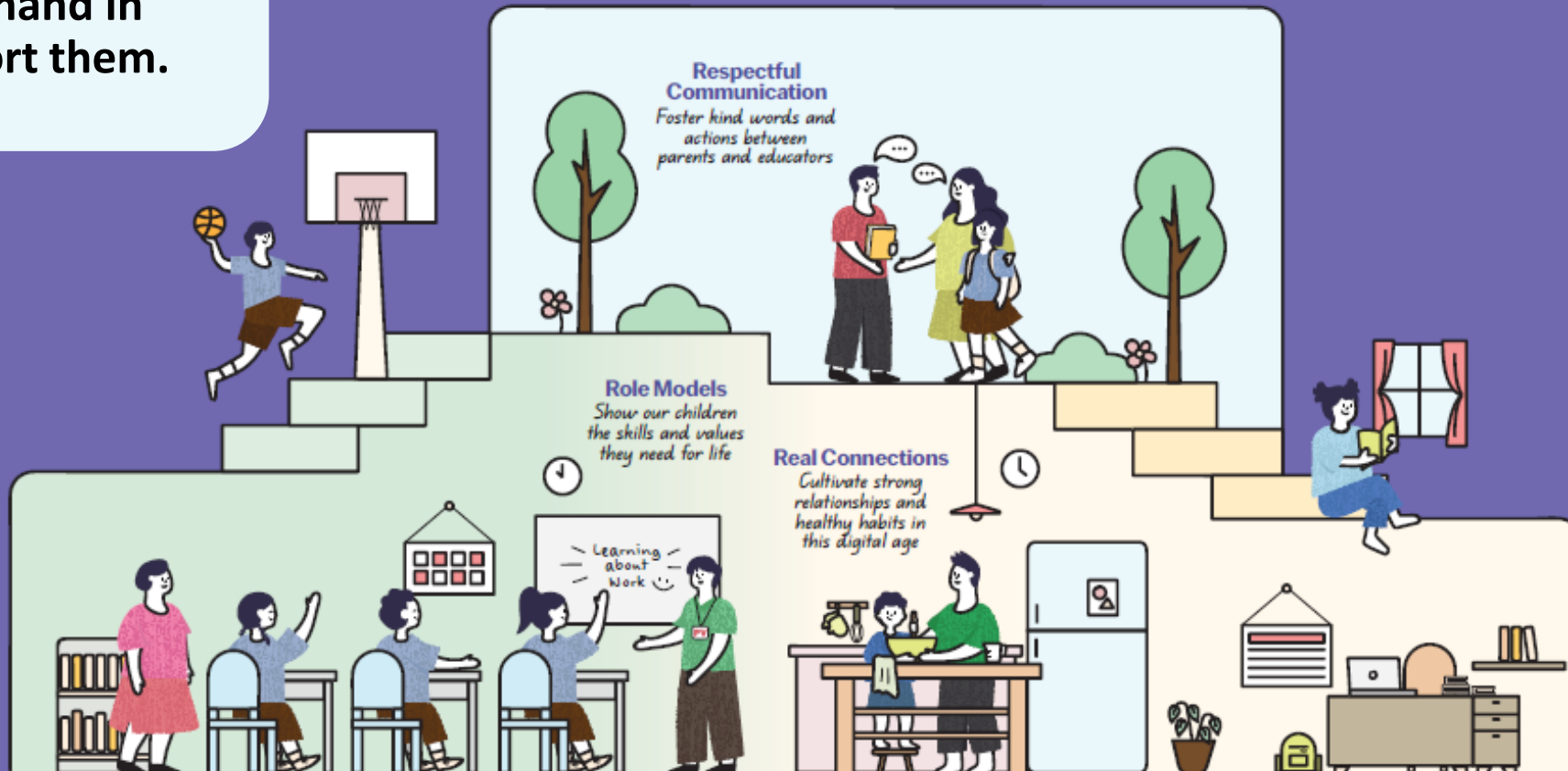


SCHOOL-HOME PARTNERSHIP

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

1 Respectful Communication

Foster kind words and actions between parents and educators



Listen to and **understand each other's perspectives and concerns** regarding child to better guide the child's development.



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



Respect each other's time by communicating during **working hours**. Please do not contact teachers on weekends/ public holidays, and after 5 pm on weekdays unless it is an emergency.



Official Communication Channels

Parents Gateway	School Website	Student Handbook	School Email	School Telephone
For sending out termly and ad hoc letters to keep parents informed of school matters	For information about the school programmes as well as resources for parents	For parents to find out child's daily homework. Teachers may also use the handbook to communicate to parents.	For enquiries which are not urgent. Please allow for 3 working days for us to get back to your enquiries.	For urgent matters, please call the school. Operating hours from 7.30 am to 5.00 pm (Monday to Friday).

School Website: www.tampinesnorthpri.moe.edu.sg

School Email: tnps@moe.edu.sg

School Telephone: 67854329

Include your **child's name and class** when you are emailing the school to facilitate a reply.

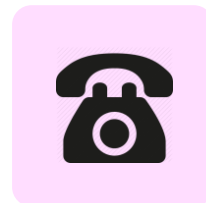
Contacting Your Child's Teacher



Teachers **may not be able to attend to your calls or meet you during school hours** as they may be having lessons.



If you wish to meet your child's teacher, **please make an appointment** before coming down to the school to ensure that the teacher is available to meet you.



If you wish to speak to your child's teacher, **please call the school and leave a message with the General Office staff.** Teachers will reply by the next working day.

2 Role Models

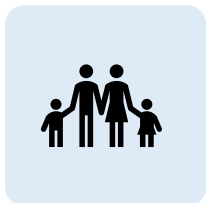
Show our children the skills and values they need for life



Find joy in **everyday experiences** with our children.



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



Model **good values** through our own words and actions.



Talking About Everyday Experiences



Have a conversation with your child about school each day.
Ask them about **1-2 things they enjoyed in school**.



Ask your child about their **thoughts and feelings regarding school**.
Share with teachers if there are notable things (both positive and less positive).



Find out from teachers the challenges your child face and how they overcome them.
Show your child **ways to manage challenges and stressors** they may face in school.

Encouraging Student Agency



Guide your child to **set their own SMART learning goals**.
(Specific, Measurable, Achievable, Realistic and Time-Bound)



Encourage your child to **create their own action plans** to work towards achieving their learning goals.



Invite your child to **reflect on their progress** at regular intervals and **make necessary changes** along the way.

Cultivating Important Values and Skills



Ensure your child's **regular school attendance** so that they do not miss the curriculum. Avoid taking your child away from school for overseas travel during the school term.



Ensure your child **come to school punctually** so that they can have a good start to the day and be in the right state of mind for learning to take place.



Ensure your child **complete their homework assignments** in a timely manner. Allow your child to attempt homework independently and encourage them to seek help from teachers if necessary.

Social and Emotional Learning Resources for Parents



Building Resilience in Our Children*

Resilience is the ability to adapt positively and persevere in the face of challenges. Here are some resources and activities you can engage in with your child to strengthen his/her resilience.

In this set:

- Qualities of a Child who shows Resilience
- Resilience-Fostering Interactions
- Recognise Common Stress Symptoms in Your Child
- Sense of Purpose
- Tips for Guiding Your Child in Setting Goals
- Tips to Guide Your Child in Problem Solving
- Character Strengths
- Tips for Developing Positive Thinking in Your Child
- Tips for Building Positive Social Skills in Your Child
- Emotional Strength Booster

*Available in English, Chinese, Malay and Tamil.

Raising Confident Children

A sense of competence and belonging is essential for helping children develop self-confidence. These resources provide some suggestions on how we can guide our children to develop a growth mindset, make good decisions, and build positive relationships.

In this set:

- Build Competence
- Develop a Sense of Belonging
- Promoting a Growth Mindset
- Building Positive Relationships
- Managing Challenging Situations Effectively
- Decision-Making

*Available in English, Chinese, Malay and Tamil.

A collection of Social and Emotional Learning resources for parents like supporting children through transitions, building resilience in children, raising confident children, and developing social skills in children.

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



3 Real Connections

Cultivate strong relationships and healthy habits in this digital age



Build **strong bonds** through shared experiences and meaningful conversations



Establish **good habits** for our children to stay confident and in control of their technology use



Provide a **balanced mix of engaging online and offline activities**, at school and at home



Developing Good Daily Habits



Ensure your child get the **proper nutrition** they need through a balanced diet. Limit unhealthy snacks and beverages with high sugar content.



Establish a **regular sleep routine** and healthy pre-sleep rituals for your child. Avoid screen use and other stimulating activity one hour before bedtime.

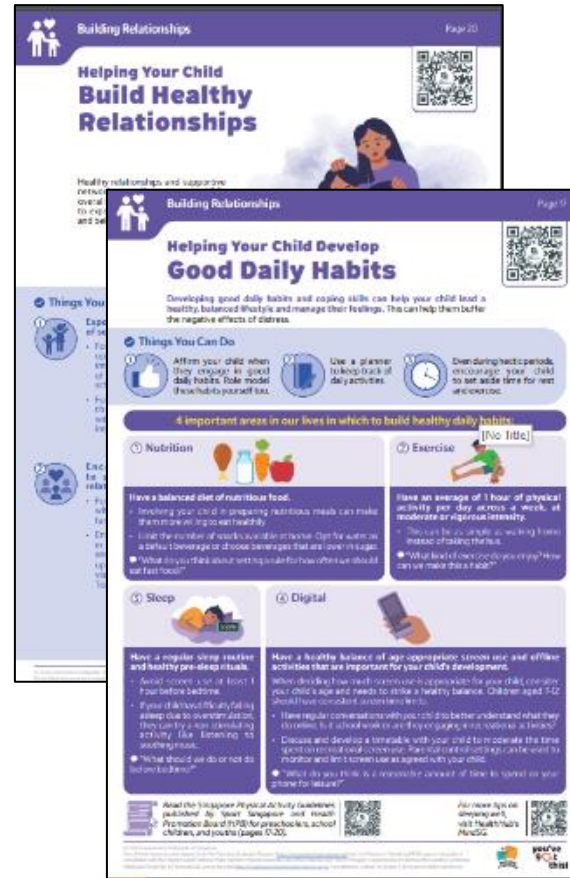
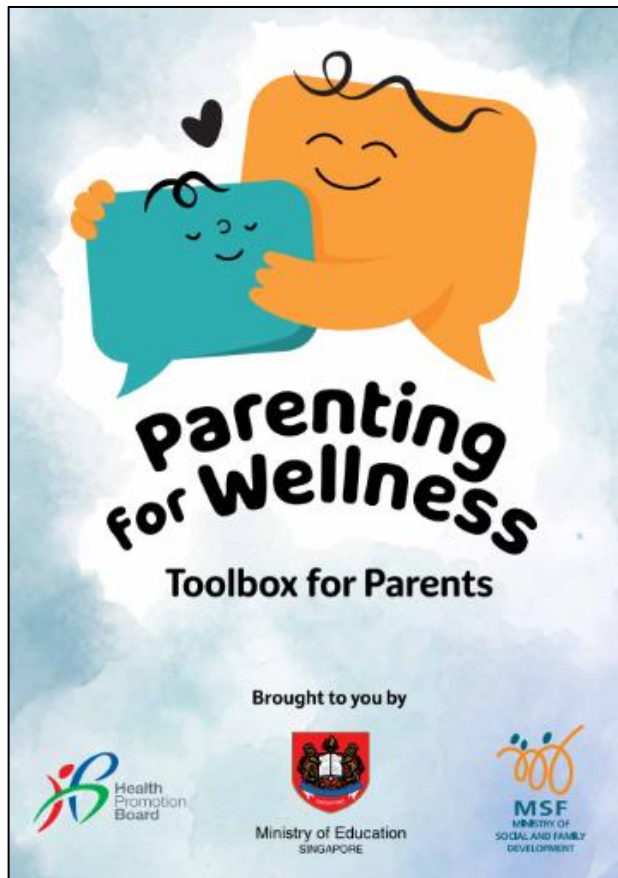


Encourage your child to **engage in physical activity** every day. This can be as simple as walking home or an exercise they enjoy.



Limit your child's **screen time** and ensure screen use is age appropriate. Develop a timetable with your child and use parental settings to monitor.

Parenting for Wellness Resource for Parents



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.

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



MOE Engagement Charter

As valued partners in education, the partnership between schools and parents is an essential one.

By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will benefit our children.



Ministry of Education
SINGAPORE

RESPECTING OUR STAFF

Our staff are committed to partner you with sincerity, integrity and professionalism.

By showing mutual courtesy and respect, **we set a positive example for our children.**

MOE values our staff and will take firm action to protect them against any unreasonable behaviour, harassment or abuse.

Valued Partners-in-Education

1

Respectful
Communication



2

Role
Models

3

Real
Connections