

P5 Parent Engagement 2025



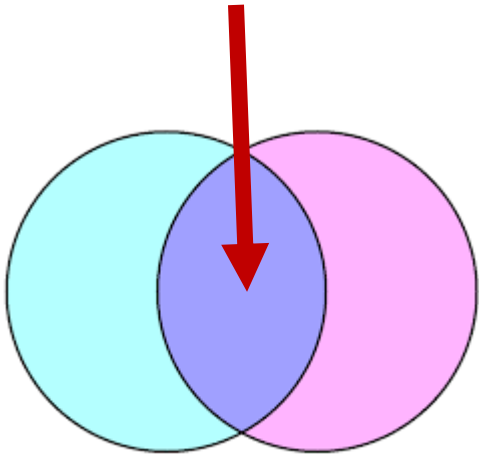
'The P5
Experience'

Agenda

Home-
School
Partnership

Important
Information

Our common interest: your child / ward, our student



Let's work together to support our P5 students in their journey:

1. Towards holistic development
2. Finding their strengths and interests

Engaging Parents/Guardians



- Higher self-esteem
- More motivated
- More disciplined
- Academic success

Engagement opportunities

Activity	Date / Period
P5 Parent Engagement Session	Term 1, 17 Jan
Parent-child-teacher Conference (PCTC)	Term 2, 30 May
Termly letters to parents	Termly

'The P5
Experience'

Agenda

Home-
School
Partnership

Important
Information

Holistic Development of Students

- Well equipped (knowledge, skills and values)
- Well supported
- Well prepared
- Confident
- Success: best version of oneself



Total curriculum

Social Emotional Learning & Values Inculcation



Success is seen very evidently like
the tip of the iceberg

What is often not seen is the
amount of effort and resilience that
is a required for success to happen
just as the majority of the mass of
the iceberg is submerged under
water

CCE 2021

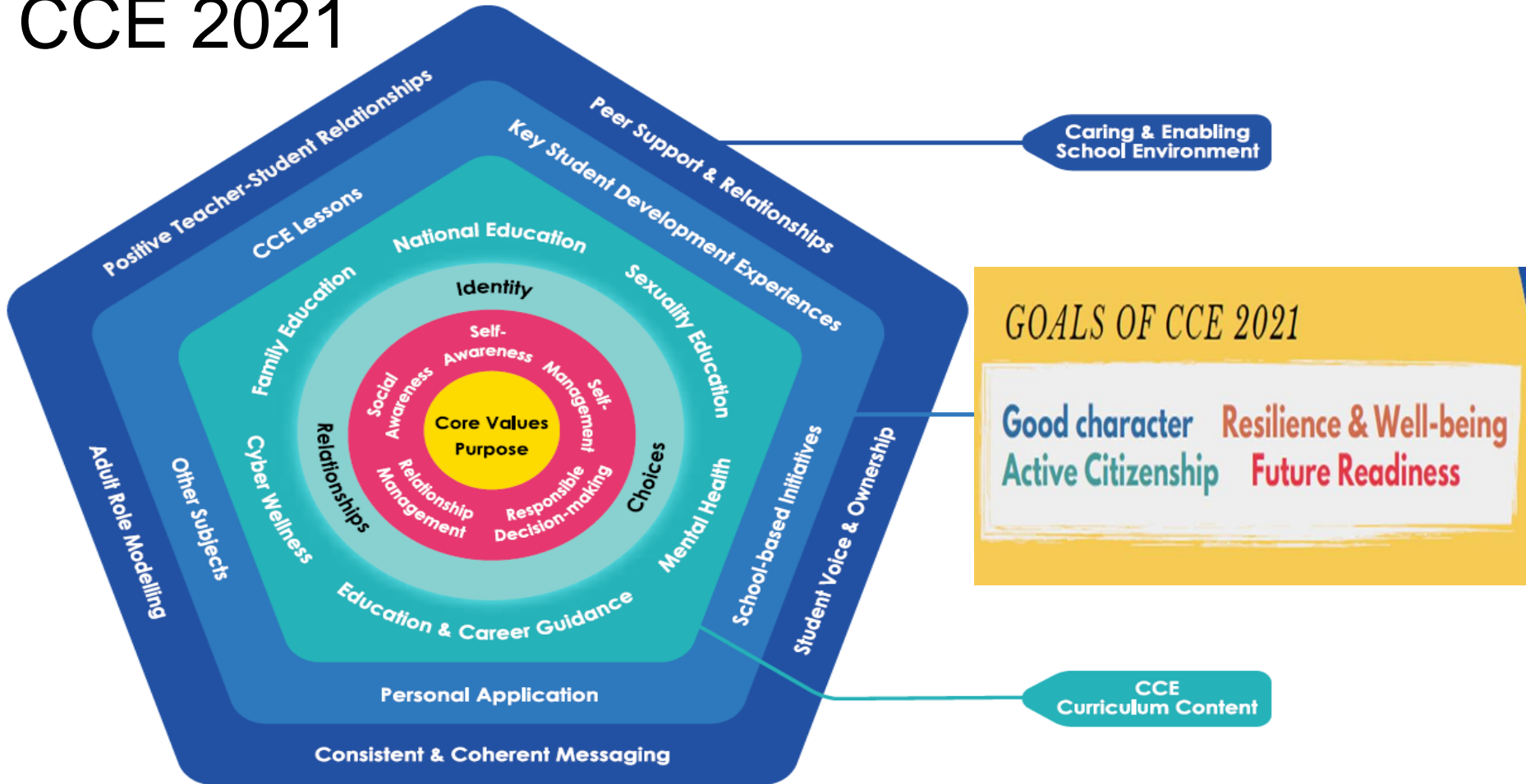
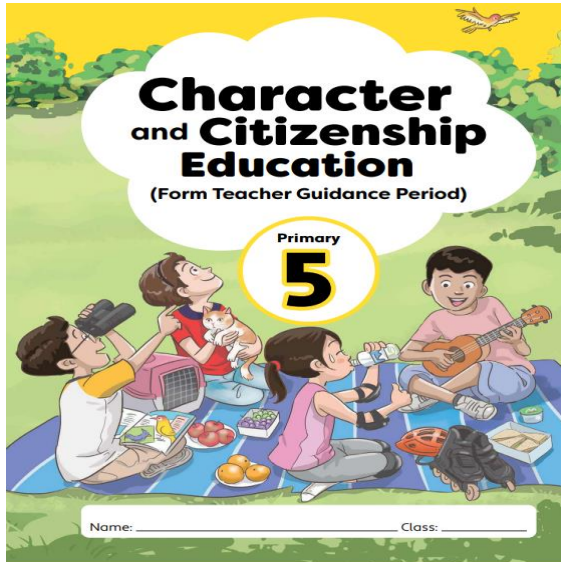


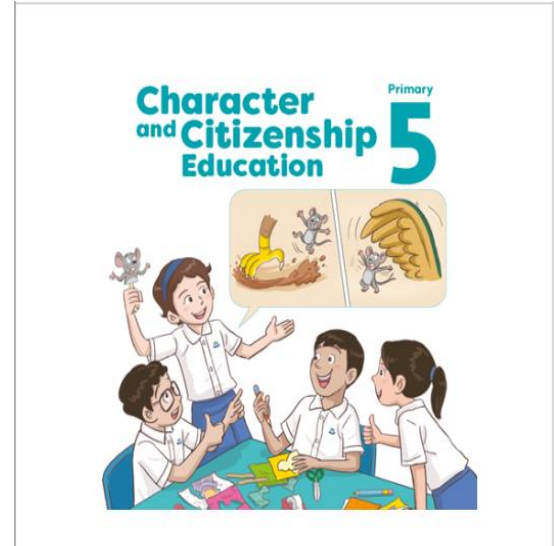
Figure 1: CCE Curriculum Frame

CCE Form Teacher Guidance Period (FTGP)

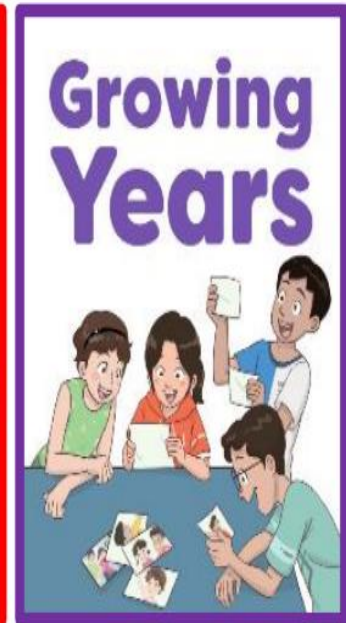
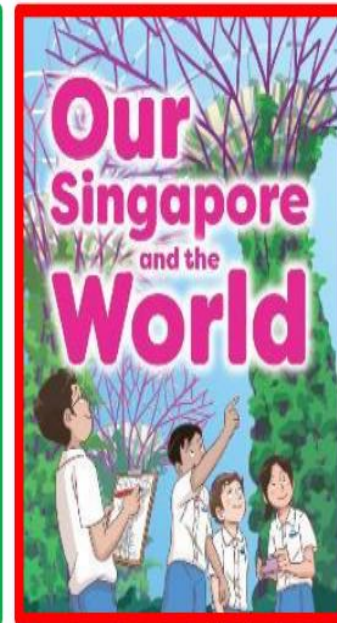
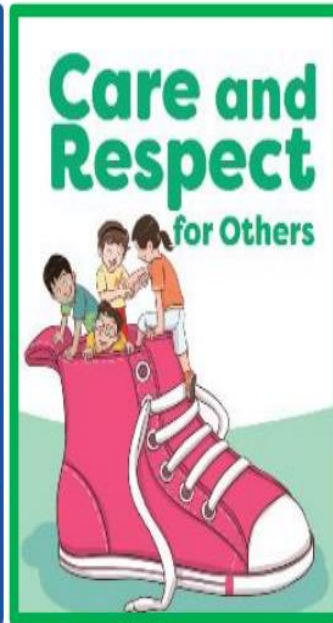
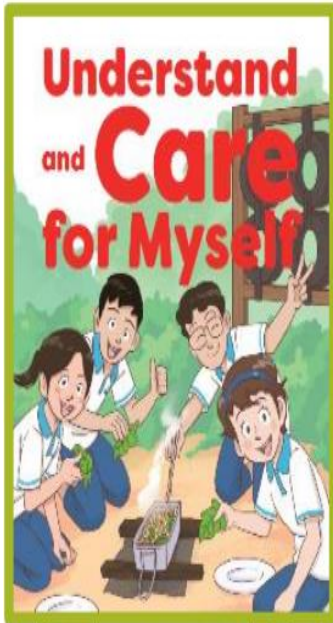
*New Syllabus



CCE MTL Lessons



Key Themes



CCE (FTGP) will include topics related to National Education



- Lessons for the four National Education commemorative Days:
 - Total Defence Day
 - International Friendship Day
 - Racial Harmony Day
 - National Day
- Lessons for Values in Action


Family Education

Explicit content in CCE lessons

My Family and I 1


Every Family is Unique

List some examples that show how your family loves, cares for, protects and guides you.



	Family Member	How does this family member show his/her love, care, protection or guidance?
Example: Guidance	My elder sister	She helps me with my homework.
Love, Care		
Protection		
Guidance		

Family Time Activities



Family Activities

Find out how each family member shows love and contributes to the family.

Learn more about the different roles they play, e.g., bringing in the income for family expenses, taking care of the various household chores, etc.

Share how you show your love and contribute to your family.

We did it together!

Parent's / Guardian's signature

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Level Focus



Social Emotional Competencies:

- ❑ Self Awareness and Management (Lower Primary)
- ❑ Relationship Management and Social Awareness (Mid Primary)
- ❑ **Responsible Decision Making (Upper Primary)**

Skills:

- ❑ Self motivation
- ❑ Study skills
- ❑ Stress Management

Starting it Right!



Back to School (BTS)
Programme

Uniquely for our students...



CCA



Growing Years Series



Goals

SMART Goals



P5 Camp



Environment Education



World of Work

Discover the World of Work and learn about the different job roles and industries.

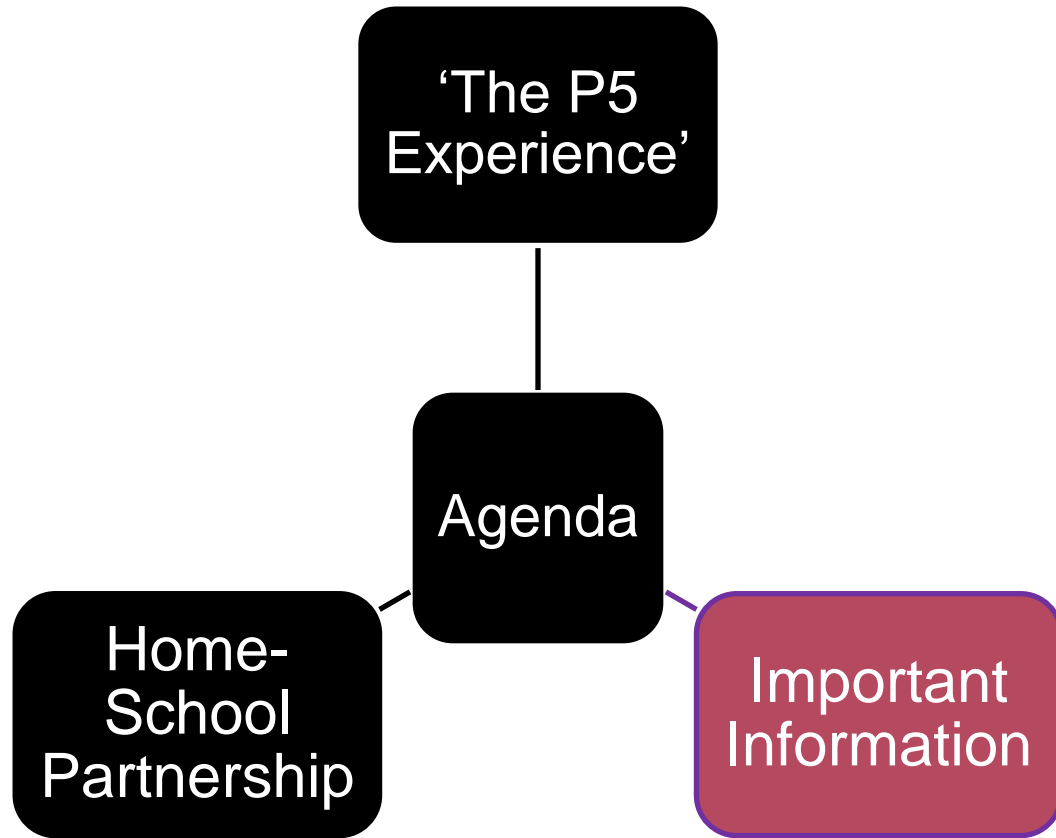
Education Guide

Explore the different education options and schools available.

Education and Career Guidance



P5 NE Show



School-based Assessment

Assessment	Timeframe
Weighted Assessment 1	Term 1
Weighted Assessment 2	Term 2
Weighted Assessment 3	Term 3
End of Year Examination	Term 4

Changes in our P5 Students

- **Relationships challenges** between peers and even family members
- **Physiological changes** as a result of puberty
- **Struggle with cognitive demands** of Upper Primary – academic load and demands of assessment



Some observations

- Managing emotions and stress
- Cyber wellness



Enhancing Mental Health and Cyber Wellness Education



- Mental Health messages will be explicitly taught in the CCE (FTGP) and CCE (MTL) lessons for Upper Primary
- More CCE (FTGP) lessons will include Cyber Wellness content

What can we do to support our students?

Express Care & Concern

Provide positive reinforcement to your child i.e. praise and recognise their effort

Reduce anxiety and stress by ensuring child has time to study and play



IS YOUR CHILD TOO STRESSED?

CHILDREN WHO ARE NOT COPING WELL WITH STRESS TEND TO BEHAVE OUT OF CHARACTER. LOOK OUT FOR SOME OF THESE SIGNS.

01.



STOMACH ACHE

Feeling anxious can result in physical discomfort.

02.



SUDDEN OUTBURSTS

Your child may be irritable, frustrated and even throw temper tantrums.

03.



OVERTHINKING

Overanalysing problems can lead to a spiral of negative emotions.

04.



PROBLEMS SLEEPING

A mind full of thoughts and worries can lead to difficulties sleeping.

05.



SOCIAL WITHDRAWAL

Your child may isolate and close up from family and friends.

06.



HOPELESSNESS

Your child may feel helpless and that life is out of his/her control.



**Building
Resilience
and
Supporting
your child's
well-being**



Ministry of Education
SINGAPORE



THE RESILIENCE SOUP

What does it take
to face a challenge?
Here's a taste.

AS WE SET OUT TO
ACCOMPLISH OUR GOALS...



SOMETIMES,
PROBLEMS ARISE



FEELING OVERWHELMED?

ACKNOWLEDGE UNCOMFORTABLE EMOTIONS,
DON'T SUPPRESS THEM



Is it
just the
onions,
or...

SELF-HELP TIP

Take a deep breath in
and slowly breathe out
after 10 counts

TAKE STOCK

RECOGNISE AND PLAY TO YOUR STRENGTHS



SELF-HELP TIP

Think about how you can apply your strengths to tackle your current challenge

WHATEVER THE CHALLENGE, THERE'S ALWAYS A TAKEAWAY



SELF-HELP TIP

Think about what
you can learn from
the experience

CONNECT WITH OTHERS
A LOT OF POWER COMES FROM
PEER SUPPORT



SELF-HELP TIP

Talk to trusted adults
and friends who can
be there for you

WHAT DOES IT TAKE TO BREW THE RESILIENCE SOUP?



WE CAN BUILD RESILIENCE THROUGH TAPPING ON:

Our values, beliefs and attitudes

I AM

- grateful
- confident in myself
- learning from failure
- improving with practice
- hopeful for the future
- living out my values

Our skills and strategies

I CAN

- think flexibly
- problem-solve
- manage my emotions
- cope positively
- seek help



Care and support from trusted adults and peers

I HAVE

- parents / family / caregivers
- teachers
- school counsellors
- friends



Healthy snacks for snack break



Fruits such as apple, banana



Trail mix

Students are encouraged to bring healthy snacks for snack break.

SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

WHOLEMEAL SANDWICHES

- *Peanut Butter & Jam
- Cucumber and Tomato
- *Grilled Cheese

(wrapped in aluminium foil to retain freshness)



PIZZA

- Wholemeal bread pizza with vegetable toppings

(wrapped in aluminium foil to retain freshness)



VEGETABLES

- Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers



FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts



WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips"
(store in air-tight bag/ container to maintain crisp)



WHOLEMEAL PANCAKES, MUFFIN & CAKES

- Banana Pancakes
- Homemade with reduced sugar



POPCORN/ CRACKERS

- Homemade without additional toppings like salt, butter
- Wholegrain or HCS variety



Useful websites

MySKILLS**Future**

<https://www.myskillsfuture.sg/content/student/en/primary.html>

<https://www.moe.gov.sg/microsites/ecg-parent-guide/#p=1>



<https://www.moe.gov.sg/docs/default-source/document/education/programmes/social-emotional-learning/whatsnextafterpsle.pdf>

SCHOOLBAG
THE EDUCATION NEWS SITE

<https://www.schoolbag.sg/Schoolbagportal>

<https://www.moe.gov.sg/education/national-examinations/>



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