



JURONG WEST PRIMARY SCHOOL

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Our Ref: JWPS/2025/040

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Dear Parents / Guardians,

RE: Students' Well-Being

Greetings from Jurong West Primary School!

1. First and foremost, we would like to extend my appreciation to parents for entrusting your children to the school during the P5 camp. It has been a pleasure to watch them demonstrate remarkable resilience, independence, and care towards both their peers and teachers. Throughout the camp, your children displayed a strong sense of teamwork, determination, and empathy—qualities that are vital for their personal and academic growth. We are incredibly proud of how they have embraced the challenges and opportunities the camp offered.
2. As part of our ongoing commitment to prioritizing the well-being of our students alongside their academic growth, we would like to share some updates with you.
3. Earlier this year, your child has completed their Term 1 Check-in survey as part of the school's *Start Right, Stay Bright and Succeed with Might Programme*. The purpose of this survey is to help teachers better understand the needs and concerns of students. From the data collected, we have found that many of our students are experiencing stress due to the pressures of upcoming examinations and the challenge of adjusting to new classmates. A significant number of students reported feeling overwhelmed by the increased demands of the P5 curriculum and the expectations placed on them, both by themselves and their parents. Some have expressed anxiety about making new friends and fitting into their new classes.
4. Additionally, observations from teachers have highlighted increased signs of stress, such as difficulty concentrating and heightened emotional responses. These findings underscore the need for ongoing support to help our students manage their well-being during this crucial period of their educational journey.
5. To support students' emotional well-being, we have implemented various initiatives, including the *Let's CHAT* platform. This platform provides an opportunity for teachers to have one-on-one conversations with students, fostering a caring and enabling school environment where every child feels supported. Each student will have the opportunity to engage with their Form Teachers twice a year during these dedicated CHAT sessions.

6. Moreover, during weekly *CCE FTGP* lessons for P5, Form Teachers guide students in developing key Social Emotional Skills such as self-regulation, resilience, and emotion management. These lessons also emphasize positivity, self-motivation, and help-seeking strategies, equipping students with the tools they need to manage academic demands and alleviate unnecessary anxieties.

7. We are also excited to share that in our upcoming *Life Skills – Time Management* workshop, students will learn valuable techniques to organise their tasks by importance and urgency. This will help them identify time-wasting habits and develop effective productivity skills. By prioritising tasks and scheduling wisely, they will be able to manage their time more efficiently and accomplish more. However, balance is key. Alongside their responsibilities, students must ensure that they make time for play and personal “me time”. Taking breaks and engaging in enjoyable activities promotes mental wellness, helping students to think clearly, maintain positive emotions, and establish healthy habits.

8. We encourage you to continue offering your child support and encouragement during this time, while being mindful not to add to their stress. Your positive reinforcement and understanding can make a significant difference in how they navigate their academic and personal growth. Here are some simple ways to **C.A.R.E.** for your child’s well-being:

- **C**reate a calm, organised space for schoolwork, free from distractions.
- **A**ctively listen and encourage open communication, to help your child feel heard and supported.
- **R**einforce effort and celebrate small successes, not just outcomes, to build confidence.
- **E**ngage in activities that promote balance, including hobbies and time for socialising.

9. Through these efforts, we hope that your child will feel supported, motivated, and prepared for both their studies and personal growth. We appreciate your partnership in fostering a positive and healthy learning experience for our students.

Thank you.

Yours sincerely,

Mrs Christina Tan
Principal

This is a computer-generated letter. No signature is required.