# Welcome to Jurong West Primary School

Keeping in touch with latest updates



o1 https://www.jurongwestpri.moe.edu.sg/



https://www.facebook.com/ JurongWestPrimarySchool/

### 😕 Parents' Gateway App

An initiative by MOE to enable parents with SingPass to interact with schools on administrative matters.





15 November 2024







## Our School Vision









**Thinker** 

Critical & Adaptive Thinker



## Leader

Leading self before others

## Our School Mission



### To develop ...

A Confident Person

02

Believe in oneself

A Concerned Citizen

Others before self

03

An Active Contributor

Always giving selflessly

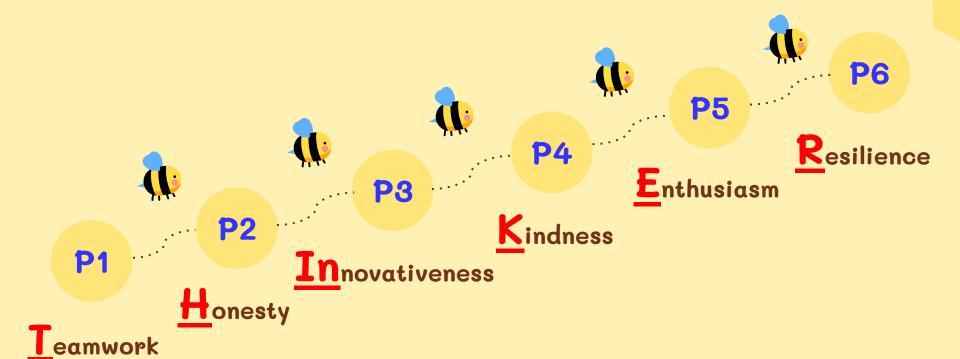
A Conscientious Learner

Love for Learning

04

## Our School Values







# Our School Management Team



Mrs Christina Tan Principal



Ms Tan Wan Kheng Vice Principal (Academic) Vice Principal (Academic)



**Mdm Patricia Sim** 



Mr Lim Chin Guan Vice Principal (Admin)



Ms Rena Tan School Staff Developer



Mr Md Irwan HOD EL



Mdm Radin Anita **HOD Math** 



**Mdm Patricia** Goh **HOD Science** 



Ms Wong Sheau Yun HOD MTL



Ms Lim Tien Juan **HOD PAM** 



Ms Wai Lai Mav **HOD Student** Management



Mdm Nor Hazilah Ms Carol **HOD CCE** Cheona HOD ICT



Mr Benson Pang LH EL



Ms Esther Neo LH Math



Mrs Seng-Liu Hong Ping LH Science



SH CL



Mdm Pua Chia Wei Mdm Norliah Abdul Latif SH ML



Ms Jamie Gu SH PE & CCA



Ms Tan Chee Keng SH CCE



Ms Seah Hui Yan SH ICT



Ms Sharifah Ali AM



Ms Tan Chiaw Chiet AM



Mr Chris Na OM

## Our YHs & AYHs

# Lower Primary



Ms Lau Chin Yong Year Head (Lower)



Ms Tay Siew Hwee Assistant Year Head (Lower)

### Middle Primary



Ms Wen Hui Year Head (Middle)



Ms Yvonne Chew Assistant Year Head (Middle)

### Upper Primary



Mrs Tan-Tan Mei Ching Year Head (Upper)



Ms Emily Lim Assistant Year Head (Upper)

## Form Teachers

Teamwork 1

Mdm George Sudha

Mdm Margaret Lim

Teamwork 2

Ms Nuraznita

Mdm Toh Lay Har

Teamwork 3

Ms Adriana

Ms Wang Xiaosong

Teamwork 4

Mrs Cindy Fong

Ms Sahira

Teamwork 5

Ms Noraisha

Ms Tan Li Ping

Teamwork 6

Mdm Lalitha

Ms Pauline Hui

### Note:

We seek parents' understanding that there is a possibility that the child's form class may change, if the child is identified for support programmes.



How can I support my child's learning & development? SLEEP SCREEN TIME THESTRACISTIMES

May 20, 2024



ABCDEFGHI

KLMNOPQ

Minor Issues

### More sleep makes for smarter and healthier kids

Research has found that sleep is critical in children's neural development and too little of it can be detrimental



equibated.

In the last IV server, the streament for each server was ablested as an extraction of convergence and abbested aspects on the TBTMs. The first and colors given, poople on getting two clarge than before.

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Aug.

June 6, 2024

THE STRAITS TIMES



### Kenny Pang

One of my patients, a student, told me recently."I study at might because I think I focus better. Har during the day I are so tred that I can't seem to rocall what I

Many parents and educators will be facultar with comments No: this. The student, like many young people, had been burning the enduishe oil studying because

exams were country up. bronaually, before that, he had been staying up late garning for the past few months; anglecting his studies like many young people do.

Sleep is a very basic barran fundamental need - especially for enowing adules - and set it is often neglected and not falls Dootstabau

Some believe that sleep is habitual, meaning that we can train curwives to sleep less, as we may have different sleep requirements, patterns or cycles.

Hosewer, studies have sharen that alway is more than a habit. The lack of it - either in terms of quality or quantity - con lead to excessive daytime deeptoess. poor reflexes, poor concentration. mood changes, icritability depression and other feelth towers reall as high blood pressure, erroben and heart arrantos.

It's a common right - students scated at 24-beer coffee some lane at night with their large. drinking stugs, hoge headphones playing menic o flick stack on the table as they read internely and make notes. They are hoping to craim in will the knowledge they can, with an added boost from the Resid eriospant, caffeing But is this the currect or most efficient method to endy?

It is a common misconcyption that one can sacrifice sleep in reder to study into the night and still obtain that top grade. Regular, full sleeping hours are essential for the mind to stay sharp and alert. With consecutive or many nights of little sleep, the brain's mental ability, chargeness and capacity also slows down. Memory is also affected and any meall function decreases that to cognitive impairment.

### SLEEP AND MEMORY

Sleep is on artise process. involving complex interactions with increased metabolic functions and activities within the

There are two main types of sieep - dozore sleep (REM, rapid) ety mesonany) and ren-dram

Metabolic brain seams have

# For youth, is it worth sacrificing sleep for study?

Constant late-night cramming can affect memory and cause cognitive impairment.



vital, as the body and

rhythm that is finely

and other factors

happy, feel-good

including the stress

hormone, seratonin.

brain follow a circadian

controlled by melatonin

hormone cortisol, and the

With this prolonged sleep deprivation, the body builds up a sleep debt, and it becomes harder to focus and concentrate. Memory recall is also slowed down; mood is affected, irritability surfaces and productivity reaches a point of diminishing return.

shown that thirting dream sleep the despess form of sleep - brain activity is more intense and active

congusted with non-dream sleep and in the swake state. Dream sloop to important in repostution, repair and memory rebelding of the brain - so the more one dreams, the more refreshed one will be

A study by NU5-Duke Medical School on over 39,000 understationes showed that early morning classes were associated with lower grades and attendance. This can be postly arrethmed to the fact that some students study lore tests the right and are unableto concentrate early is the

to addition, with the adversi of social modia and gaming, the express arranges of bike-light - the light from sensors of diental devices - that our children's eyes and faces are exposed in is phenomenal. The blue-light exposure affects their sleep quality and also stimulates ocumes in the linun and might be associated with slastilescreet

With this prolonged sleep deprivation, the body builds up a alway date, and it becomes harder to focus and concernate, Memory recall is also slowed down mood

is affected, trittability surfaces and productivity washes a point of diminishing congra-No amount of cramming will

help score corru confits and grades when your mental capacity has reached betteen

hydred, many of my patients admit that they study lets into the eight for months on end to occupiete an assignment, but find that their productivity is affected and that they inevaubly "crash" izno sleening for a whole day, just to play sleep catch-up.

The quantity of sleep that a hornan regulate varies with ago. Tournamers record earlier to name hours. For an adult, it is an average of six to seven hours a

The sleep harmone melatonic produced in the pinest gland of the bosin extraorily causes drownings and enhances deeper and more patienal divep. It is: awaylly produced at about them at eight and peaks at about last to 2mn, dwindling after that. So it is crucial to skeep during this period to experience otherand sleep.

This escore regular sleeping hours are vital, as the body and brain follow a circudian clerthre that is finely controlled in melatonis and other factors including the stress hormone contient, and the hoppy, feel-good

bermutae, serotonin On the extreme side, being secsleep-deprised can lead to the erind going lete involuntary 'reicro-siour' sweets. What this eroons is that the brain dozes off for a few seconds, for example while driving or operating mochinery, which can persurially he fatal.

It would be better to get as eruch work door as possible, but sleep by managht and wake up. earlier in the morning to continue the tesk, where productivity is

battor after a might's eleep. For youth who are regularly bons for regarden shi grammed throwing coffeine into the min. cognitive and mental performance during the exam and the day's tack can be severely affected.

Sum, a student might pull the Regular sleeping hours are secusional long-sighter close to exam season or specific polargraphs or work codes, and be akay, However, recurrent expension all-nighters for recettly on end are yes reconnected. Don't make it the

> Principling deep is of arrest importance for on to function well is the day. The youth need to understand the impact of

perpenually samificing sleep + Dr Kenny Flerey is an eur. Hose and throat (ENT) specialist at Asia-Sleep Carrier, a apecial and sleep disorder

# SCREEN

THE VEHILLE TORSION

31



Children and



Prolonged screen time can affect overall development in young kids

their devices: How to strike the right balance

THESTRAITSTIMES



### August 14, 2024

Parents, don't hesitate to take that phone away from your child



31 1 1 1 A4v 2% 2024

About one in two S'porean youth has problematic smartphone

use: Study nor official flows times more blain.



S'pore to put in place measures to deal with screen time, device use



became part of our fluis. Six proving post to one them properly, to outside

### Screen time eating into physical playtime for pre-schoolers: Study



Lock up phones in schools, so that school time becomes protected time

August 17, 2024















# Did you know?

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

DEVICES USED	DAILY BY C	HILDREN	(%)			Age whe	n they sta	rted usi	ng socia	medi
Overall		Aged 7 to 9	Aged 10 to 12	Aged 13 to 16		Current age/	Overall	Age 7 to 9	Age 10 to 12	Age 13 to
Smartphone	84	67	85		98	Starting age		years old	years old	years
Personal laptop	32	13	30	51				oid	olu	Oic
Family laptop	36	44	37	27		3 years old or below	9%	17%	6%	4%
Tablet/iPad	52	65	51	40						
Others	5	7	5	5		4-6	25%	42%	24%	11%
						years old	2076	9270	2476	1136
Source: 2021	The Stro	its Tim	es, 7 Fe	eb		7-9 years old	39%	41%	46%	31%
						10-12 years old	22%	NA	24%	40%
						13-16 years	5%	NA	NA.	14%

## Parents may not be aware of the online risks



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

# What is Cyber Wellness?

- Cyber Wellness is about our students being able to navigate the cyber space safely.
- This is done through our curriculum which aims to
  - equip students with the knowledge and skills to harness the power of Information and Communication Technology (ICT) for positive purposes;
  - · maintain a positive presence in cyberspace; and
  - be safe and responsible users of ICT.

What will Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

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

- Basic online safety rules
  - Talking to only people you know
- Importance of a balanced lifestyle in exercise,
   sleep and screen time for health and well-being
- Protecting personal information
  - Understand the risks of disclosing personal information



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

<sup>\*</sup>Character and Citizenship Education(Form Teacher Guidance Period)

### What will Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

- Cyber Contacts
  - Understand that the profiles of strangers that we see online may not be their real identities
  - Recognise the dangers of chatting with strangers online
- Parents are strongly encouraged to participate in the "Family Time" activities in the CCE (FTGP) Journal with your children to reinforce the key cyber wellness messages at home



Share 'My Online Safety Code' with your parents/guardians, siblings and other

- · share with my family members how I can be safe in the cyberworld.
- · remind my family members to follow the safety rules together.



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

### How can parents help their child develop good digital habits?

- As parents/guardians, you play a significant role in helping your child establish healthy digital habits, and learn to use technology in a positive and meaningful way.
- Here are some ways:
  - Role model good digital habits for your child/ward (e.g. parents/guardians not using devices during mealtimes).
  - Have regular conversations with your child to better understand what they do online, how to stay safe and how to use technology in a responsible manner.
  - Discuss and develop a timetable with your child to moderate their time spent on screens.
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the Parenting for Wellness Toolbox for Parents.



Navigating the Digital Age

**Helping Your Child** Manage Device Use & Stay Safe Online







- A family screen use plan commits alf agreenuse rules, they comequences and spreamfree activities that the family can engage in
- As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking



- "What are some suggestions on when and
- "What should we do if we break our
- Details as a family what somers free activities you want to engage in. Kite going autobors, playing sports or playing board games together.
- "What screen-free activities do you think we
- Engaging your child in the process of creative screen use rules and traiting them to suppost activities to do together helps increase their ownership of the whole family screen use plan.
- "What do you think of our screen as erules?"



- Be consistent in rule modelling positive screen one beforecors and hobits.
- Engage your child in open conversations about their online activities, how to navigate the order space and its associated challenges
- State observation: "I noticed you have been spending a lot of time on your device."
- Ask open-ended questions: "What do you usually do on your device?"







# How can parents better support their child's digital habits?

### Achieving balanced screen time

- Screen time refers to the amount of time spent using devices each day. Having some screen time can be beneficial, such as when your child uses devices to learn and connect with others.
- However, it is important to be aware that spending an excessive amount of time using devices is unhealthy, as it is associated with insufficient good quality sleep, sedentary behaviours, increased obesity, and poorer mental health and well-being.
- Discuss and develop a timetable with your child to moderate their time spent on screens.
- Children aged 7 12 should have consistent screen time limits.

### Using parental controls to manage device use and stay safe online

- Parental controls refer to a group of settings that put you in control of what your child can see and do on a device or online.
- Such controls can allow you to supervise and monitor your child's online activities and protect them from inappropriate content, online sexual grooming, cyberbullying and other online risks.
- Parental control settings can be used to monitor and limit screen time as agreed with the child.

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.



# How can parents better communicate with their child on digital habits and matters?

Providing a safe space for conversations	<ul> <li>It can be challenging to grapple with uncomfortable feelings and negative thoughts.</li> <li>Children may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.</li> <li>You can let your child know that it is normal to feel or think the way they do, and that they can feel safe expressing themselves with you.</li> </ul>
Role modelling respectful conversations	<ul> <li>When your child learns to engage in respectful conversations, they become a better communicator and friend.</li> <li>Parents are in the best position to role model these skills through daily interactions with your child.</li> <li>Listen to understand, instead of listening in order to give advice and offer solutions.</li> </ul>
Have regular and open conversations	<ul> <li>Have regular conversations to better understand what your child does online.</li> <li>Is it school work or are they engaging in recreational activities?</li> <li>For example: <ul> <li>State observation: "I noticed you have been spending a lot of time on your device."</li> <li>Ask open-ended questions: "What do you usually do on your device?"</li> </ul> </li> <li>Communicate your actions and rationale. Let your child know you care for them and want them to be safe online.</li> </ul>



July 29, 2024

June 22, 2024

faring out with link

## Goodbye devices

manufacture in the



### THE STRAIGSTONES

July 29: 2024



expectations and being a role model

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**Samples emission** 

Setting



How parents can manage their children's screen time

### CHILDREN UNDER 10. MONTHS GLD

way without it in far charting Bedice. background acress use

### CHILDREN BETWEEN IS MONTHS AND SEE YEARS

- Lous passive screen use is recommended, and this should be balanced with active interactive and educational screen use. Total severa use: should be limited to less than one hope a dee
- Wash media with: children where possible Talk to them about who they or strains to keep them actively stanged.
- Carefully choose educational corners for stations and remain that the content is
- Aroug burnoful commo rech as those that contain references to violence, sexual behavious teicles self-horre, or .
- exhernallying. Arotal screen use during mode and one hour

### before bodrine. CHILDREN BETWEEN SEVEN AND 12 YEARS OLD

- Directop a screen-use plan or threstable for the family to help achteve a balance between scoon use and other activities, each as family bonding. huneral and recess
- Have regular convenutions with children in find our what they are doing
  - Effecte children alvest potential online risks. including suppropriate context, cyberhallying and speaking to strongers enline
  - · Consider seeing parental common services to months and entire children across oge appropriate

Eligha Yachara

urture & Encourage

ngage in Conversations

et expectations before meals

ole-Model Desired Behaviours

onsistency

Establish a routine



## Be a HERO



Here

Everyday

Ready

On Time

# Reporting to School



All students are to be in school by 7:30am

## Attendance in School



In the event that your child is absent from school, your child must submit the relevant documents to his form teacher upon his return to school.

E.g. Medical Certificates

# Coming to School



Walking to School





(opens at 7:00 am)



Driving to School

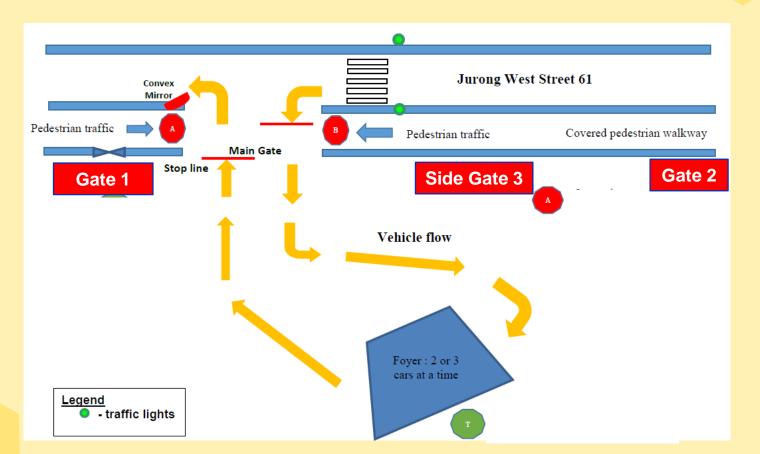
 You may drive into the school to drop off your child.

 Do not park along the main road.

• Gantry closes at 7:30am.



# Driving to School



## School Hours & Recess

### **School Hours**

7:30 am to 1:20 pm\*

### Recess

9:00 am to 9:30 am

### Snack Break

- About 12 noon
- Eat as lesson continues
- Bring healthy food suitable for 5 min break
- Pack food in container
- Bring wet tissue to wipe himself clean





## School Dismissal

 Please fetch your child punctually from the basketball court at 1:20pm.







## School Dismissal

To facilitate dismissal, please help to pin the name badge from school bus vendor or the respective student care centres on the students' bag for at least 1 month.

### Venues:

- Car porch
- Pavilions
- Basketball court
- Canteen





# Preparing your child for school

New Teachers & Friends















New Routines



New Learning **Environment** 



# Preparing your child for school

### New learning environment

- ✓ Adjusting to a larger environment
- √ Taking the initiative to ask for help
- ✓ Developing coping skills to manage stress and challenges of being in a new environment
- Reach out to teachers and peers

#### **New routines**

- ✓ Adapting to longer school hours and new routines
- ✓ Learning to be more independent and responsible
- · go to the toilet
- buy food



#### Meet new people on their own

- ✓ Interacting with new teachers and classmates
- ask for permission
- control their emotions and throw a tantrum



#### **S**upport

your child and encourage them to overcome challenges with your care

#### **A**ffirm

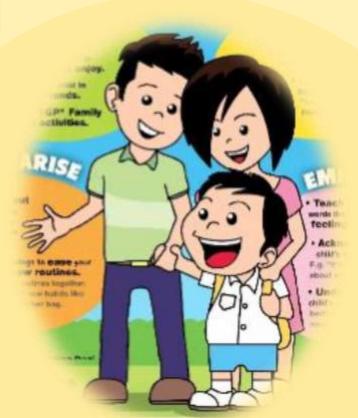
your child by recognising small successes and praising their efforts

#### **F**amiliarise

your child with new routines gradually and share your experiences in primary school

#### **E**mpathise

with and acknowledge your child's feelings



Help your child to enjoy the journey by developing these skills:

01

Relating well to others 02

Developing good habits

Nurturing positive learning attitudes

03 04

**Encouraging** them to learn from their mistakes

# Relating well WITH OTHERS

# RELATING WELL WITH OTHERS



Modelling the use of friendly and polite phrases

"May I please..."

"Hi! My name is...What is your name?"

"Could you help me with..."



Providing opportunities for your child to share and take turns during playtime with other children

# Developing GOOD HABITS

Source: Singapore Integrated 24-Hour Activity Guidelines for Children & Adolescents (7 to 18 years old) by KKH



#### Daily Recreational Screen Time:

Less than 2 hours

Daily recreational screen time of > 2 hours is associated with the negative health effects such as weight gain, poor motor & mental development, & poor psychosocial health



#### Recommended Hours of Sleep Daily:

9 hours (7 to 12 years old)

Achieving the recommended hours of sleep regularly is associated with better attention, learning, behaviour, emotional regulation, mental & physical health

Insufficient sleep increases the risk of obesity, hypertension, diabetes & depression in the long term.



#### Be independent

· Ask for permission & seek help when needed



• Clean themselves after using the toilet; Wash hands



Take their temperature using a thermometer

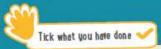


Buy food at the canteen; Make healthy food choices



#### Ready. Set. Go!

Discuss with your child how they can prepare for school. Talk about the order in which these tasks should be done.

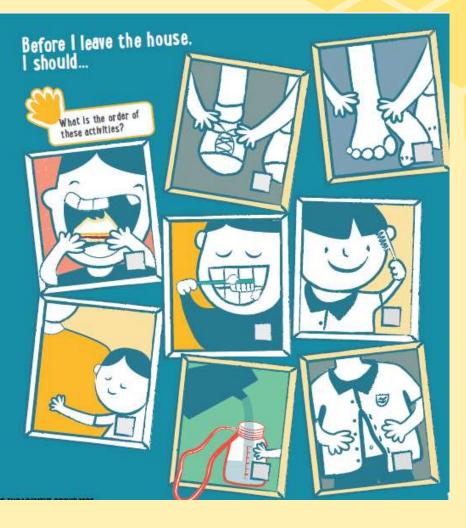


#### The night before school. I should...

- Check my homework
- Pack my bag
- Pack my snack for school
- Lay out my uniform, socks and shoes
- Set my alarm clock
- Give my parents a hug before bed
- Sleep before \_\_\_\_ pm









# Housework Can Be Fun!

Show your child how to carry out simple household chores, then ask them to try it out. When they have done it successfully, give them a pat on the back and tick it off this list.

#### Know How To: Sweep the floor Put litter in the dustbin Hang up the laundry Fold the clothes Wash the dishes Set the table Bring dishes back to the kitchen Wipe the table Tidy my bed Keep my study space neat



#### Be independent – attire & appearance

- Students are to put on the prescribed uniforms. Modification to the school uniform is <u>not</u> allowed.
- Students are expected to have their name tags ironed/sewn on the school uniform, above the school crest.
- Jewellery/ Ornaments/ Accessories
  - 1 pair of small and simple ear-studs for girls only
  - Black/Dark blue hair accessories are permitted.







# "What are some items you will need?"

## GOOD HABITS

#### Pack their own school bag

 Guide your child with simple questions when packing their bag.

I will need my pencil case, school diary, hand sanitiser, water bottle...

Tomorrow I have English lessons, I should bring my exercise book... "What lessons
do you have
tomorrow?
What books do
you need for
these lessons?"



#### Pack their own school bag







- √Water bottle
- √Student Handbook (distributed on 1st day of 🖇 🐧 school)



- ✓ Pencil case (with at least 3 pencils sharpened, an eraser and a ruler)
- ✓A suitable storybook for silent reading
  ✓File/ folder for keeping homework and letters

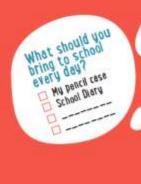




### What's In Your School Bag?

Help your child develop the good habit of packing their bag before school. Chat about what goes in each day and how to check that they have everything they need. When they are ready, let your child try packing their bag on their own.

Here are some questions you can ask:



#### Which books should you bring?

Have you checked your timetable?

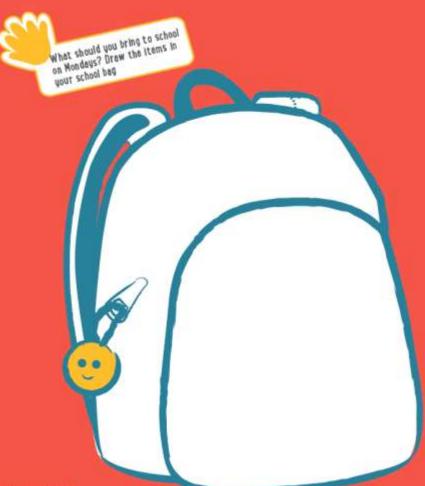


#### Anything else? Have you checked your

School Diary?

Here you packed your homework?

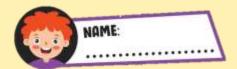
Did your teacher give you any forms for me to read



#### Pack their own school bag

- Ensure your child's belongings are labelled with a permanent marker/ waterproof sticker
  - √Water bottle
  - √Food containers (box and lid)
  - √ wallet







# Nurturing POSITIVE ATTITUDES

# Nurturing POSITIVE ATTITUDES

#### 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

# Nurturing POSITIVE ATTITUDES

- √ Attends school regularly and punctually
- √ Follows instructions
- ✓ Is ready for lessons
- √ Takes pride in his/her work
- √ Works on his/her own
- √ Works well in groups
- √ Participates actively in discussions
- ✓ Is enthusiastic about learning new things
- √ Does not give up easily
- √ Acts on feedback to improve performance



## MOE Financial Assistance Scheme (FAS)

- MOE provides financial assistance to needy Singaporean students in Government and Government-Aided schools.
- Application form is available from the <u>General Office</u>.
- For parents applying for FAS, please do not make any purchases from the school vendors before you are advised on the application outcome.



## Respectful Communication

- Maintain regular communication through official school channels.
  - ✓ Listen to and understand each other's perspectives and concerns regarding each child



- ✓ Have regular conversations with teachers in both academic and nonacademic areas - this will help you better guide your child's development
- ✓ Ask the teachers for the best way and time to contact them

### Role Models

- Show our children the skills and values they need for life by:
  - ✓ Finding joy in everyday experiences with our children
  - ✓ Instilling confidence by encouraging responsibility and believing in our children's abilities
  - ✓ Modelling good values in words and actions





### 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 "At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."



# Question & Answer



