



Welcome to Jurong West Primary School

Keeping in
touch with
latest
updates



JWPS Website

01

<https://www.jurongwestpri.moe.edu.sg/>



JWPS Facebook

03

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



Parents' Gateway App

05

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





Jurong West Primary School P1 Orientation

15 November 2024





Our School Vision, Mission & Values

Our School Vision



Learner

Lifelong Learner



Thinker

Critical & Adaptive
Thinker



Leader

Leading self
before others

Our School Mission



To develop ...

01

A Confident Person

Believe in oneself

A Concerned Citizen

Others before self

03

02

An Active Contributor

Always giving selflessly

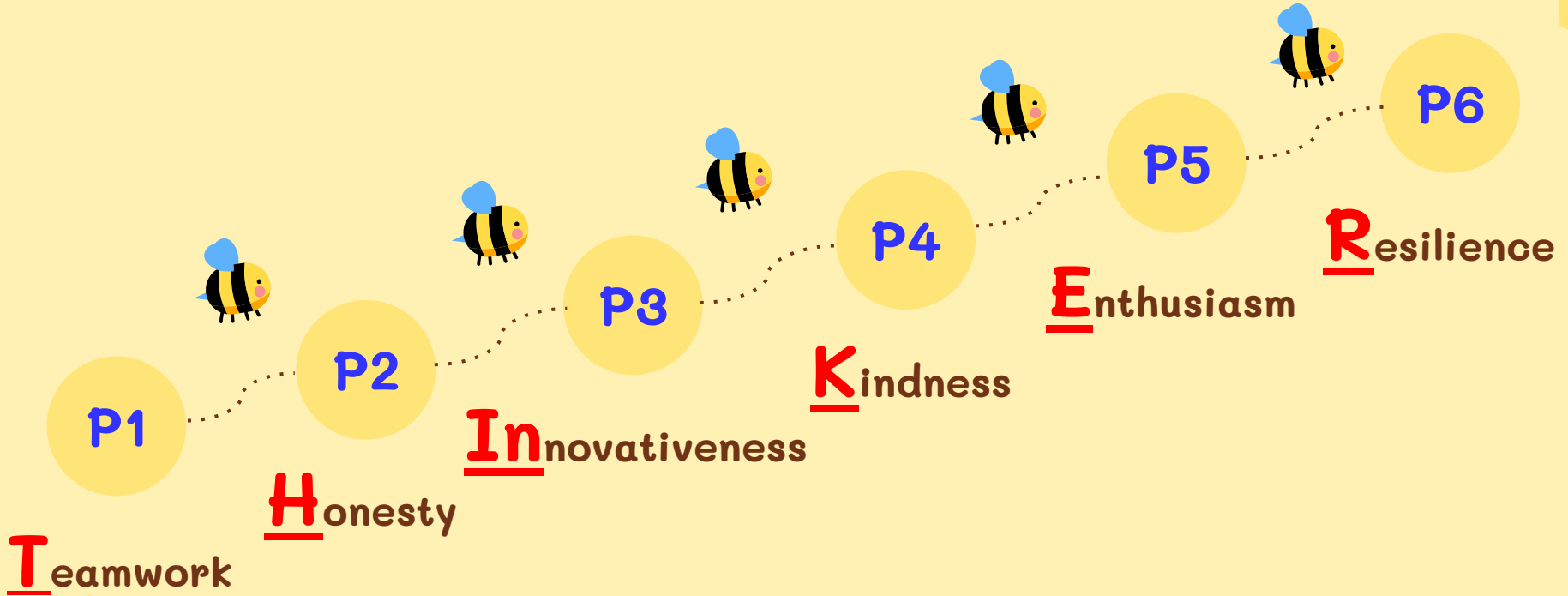
A Conscientious Learner

Love for Learning

04



Our School Values



02

Our People



Our School Management Team



Mrs Christina Tan
Principal



Ms Tan Wan Kheng
Vice Principal (Academic)



Mdm Patricia Sim
Vice Principal (Academic)



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 May
HOD Student
Management



Mdm Nor Hazilah
HOD CCE



Ms Carol
Cheong
HOD ICT



Mr Benson Pang
LH EL



Ms Esther Neo
LH Math



Mrs Seng-Liu
Hong Ping
LH Science



Mdm Pua Chia Wei
SH CL



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 Ng
OM

Our YHs & AYHs

Lower Primary



Ms Lau Chin Yong
Year Head (Lower)

Middle Primary



Ms Wen Hui
Year Head (Middle)

Upper Primary



Mrs Tan-Tan Mei Ching
Year Head (Upper)



Ms Tay Siew Hwee
Assistant Year Head
(Lower)



Ms Yvonne Chew
Assistant Year Head
(Middle)



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

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 CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

Parents may not be aware of the online risks

Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

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

*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



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 Page 1 of 2

Helping Your Child Manage Device Use & Stay Safe Online



Develop a Family Screen Use Plan

- A family screen use plan consists of a screen use rules, their consequences and screen-free 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 these rules clearly.

Your screen use rules can include:

 Device-free times and places	 Time limit for devices
--	--

- "What are some suggestions on when and where devices should not be used?"
- "What should we do if we break our agreement?"
- Discuss as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
- "What screen-free activities do you think we can do together?"
- Engaging your child in the process of creating screen use rules and inviting them to suggest activities to do together helps increase their ownership of the whole family screen-use plan.
- "What do you think of our screen use rules?"

Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
 - 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?"



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Parenting for Wellness is a service provided by the Department of Education, Western Australia. For more information, please visit <https://www.education.wa.gov.au/>.

you've got this

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

- It can be challenging to grapple with uncomfortable feelings and negative thoughts.
- Children may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.
- **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.**

Role modelling respectful conversations

- When your child learns to engage in respectful conversations, they become a better communicator and friend.
- **Parents are in the best position to role model these skills** through daily interactions with your child.
- **Listen to understand**, instead of listening in order to give advice and offer solutions.

Have regular and open conversations

- **Have regular conversations** to better understand what your child does online.
 - Is it school work or are they engaging in recreational activities?
 - For example:
 - 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?”
- **Communicate your actions and rationale.** Let your child know you care for them and want them to be safe online.

Set expectations before meals

Consistency

Role-Model Desired Behaviours

Establish a routine

Engage in Conversations

Nurture & Encourage



03

Important Things to Note



Be a HERO



Here

Everyday

Ready

On Time

Reporting to School



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

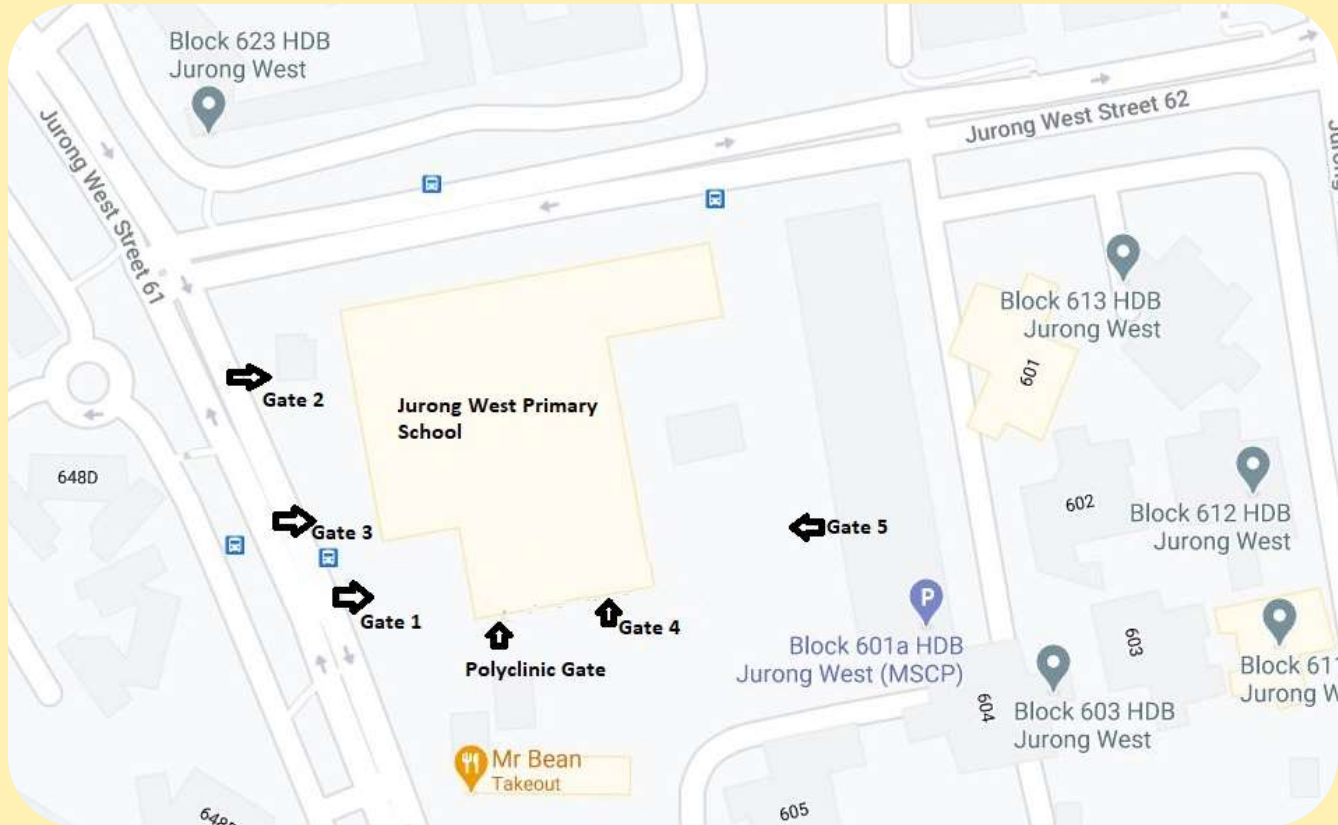
Attendance in School



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

- Not sheltered
- In operation in the morning during good weather



Gate 2
(opens at 7:00am)



Gate 4
(opens at 7:00 am)



Side Gate 3
(opens at 7:00am)



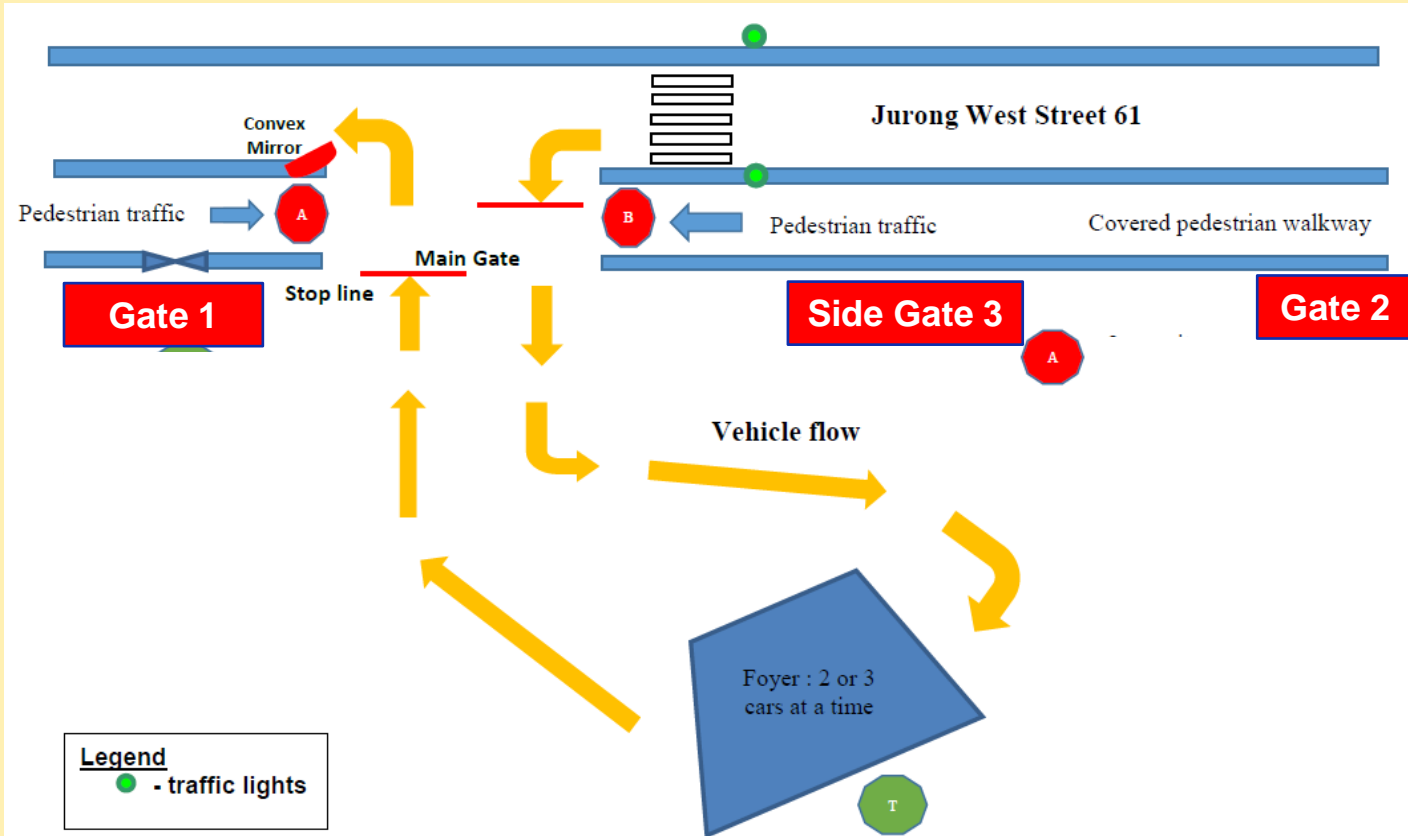
Gate 1
(opens at 6:30am)

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

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



04

Preparing Your Child for School



Preparing your child for school

New Teachers & Friends



TRANSITION
TO PRIMARY 1



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



Preparing your child for school

New routines

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



Preparing your child for school

Meet new people on their own

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



Preparing your child for school

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



Preparing your child for school

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

01

Relating well to others

02

Developing good habits

03

Nurturing positive learning attitudes

04

Encouraging them to learn from their mistakes

Preparing your child for school

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

Preparing your child for school

Developing

GOOD HABITS

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.

GOOD HABITS



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.

Tick what you have 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



Before I leave the house,
I should...

What is the order of
these activities?



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.

I Know How To:

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



GOOD HABITS

Be independent – attire & appearance

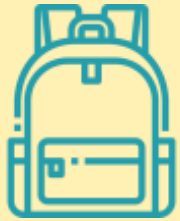
- Students are to put on the prescribed uniforms. Modification to the school uniform is not allowed.
- Students are expected to have their name tags ironed/sewn on the school uniform, above the school crest.
- **Jewellery/ Ornaments/ Accessories**
 - 1 pair of small and simple ear-studs for girls only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





GOOD HABITS

Pack their own school bag



- Guide your child with simple questions when packing their bag.

“What are some items you will need?”

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?”

GOOD HABITS

Pack their own school bag

- Items to bring to school everyday



✓ 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:

What should you bring to school every day?

- My pencil case
- School Diary
- _____
- _____

Which books should you bring?

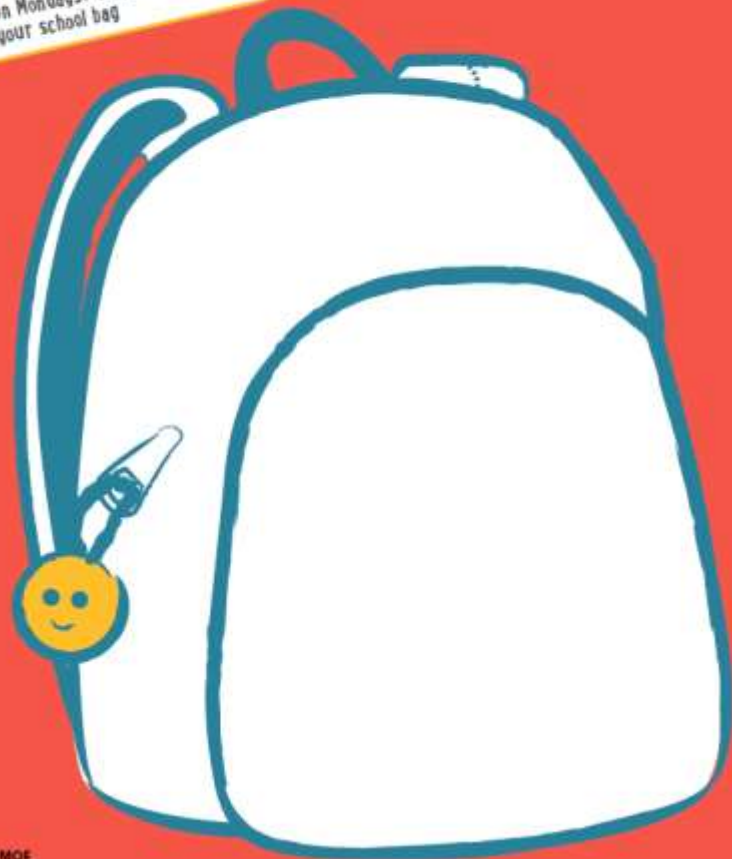
- Have you checked your timetable?

Anything else?

- Have you checked your School Diary?
- Have you packed your homework?
- Did your teacher give you any forms for me to read or sign?



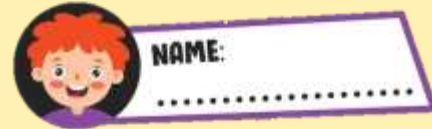
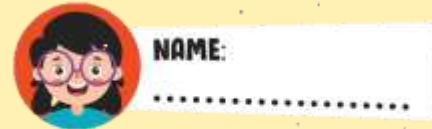
What should you bring to school on Mondays? Draw the items in your school bag



GOOD HABITS

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



Preparing your child for school

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

05

Support for the Students



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 General Office.
- For parents applying for FAS, please do not make any purchases from the school vendors before you are advised on the application outcome.



06

Building Partnership with the School



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 non-academic 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



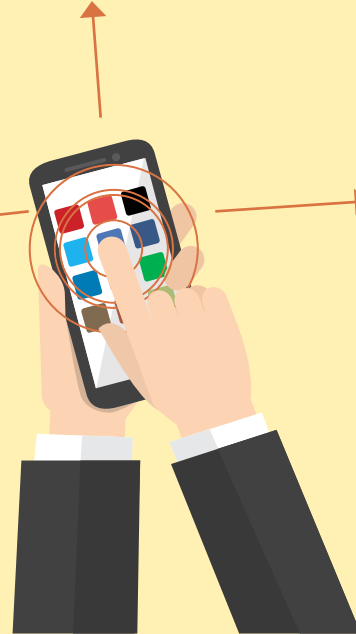
Real Connections

**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.”



—Jane D. Hull



Question & Answer

