

WELCOME TO XINGNAN PRIMARY SCHOOL

Primary 1 Parents' Engagement Session

Xingnan Primary School

To provide a vibrant environment that
nurtures minds and builds character



A Self-directed Learner,
A Gracious Citizen

Character and Citizenship Education (CCE) @ Xingnan Primary School

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Department Vision and Mission

Vision

Citizens of Sound Values and Good Character

Mission

To build a learning environment that meets the social and emotional needs of the pupils and nurture them to be citizens of honour

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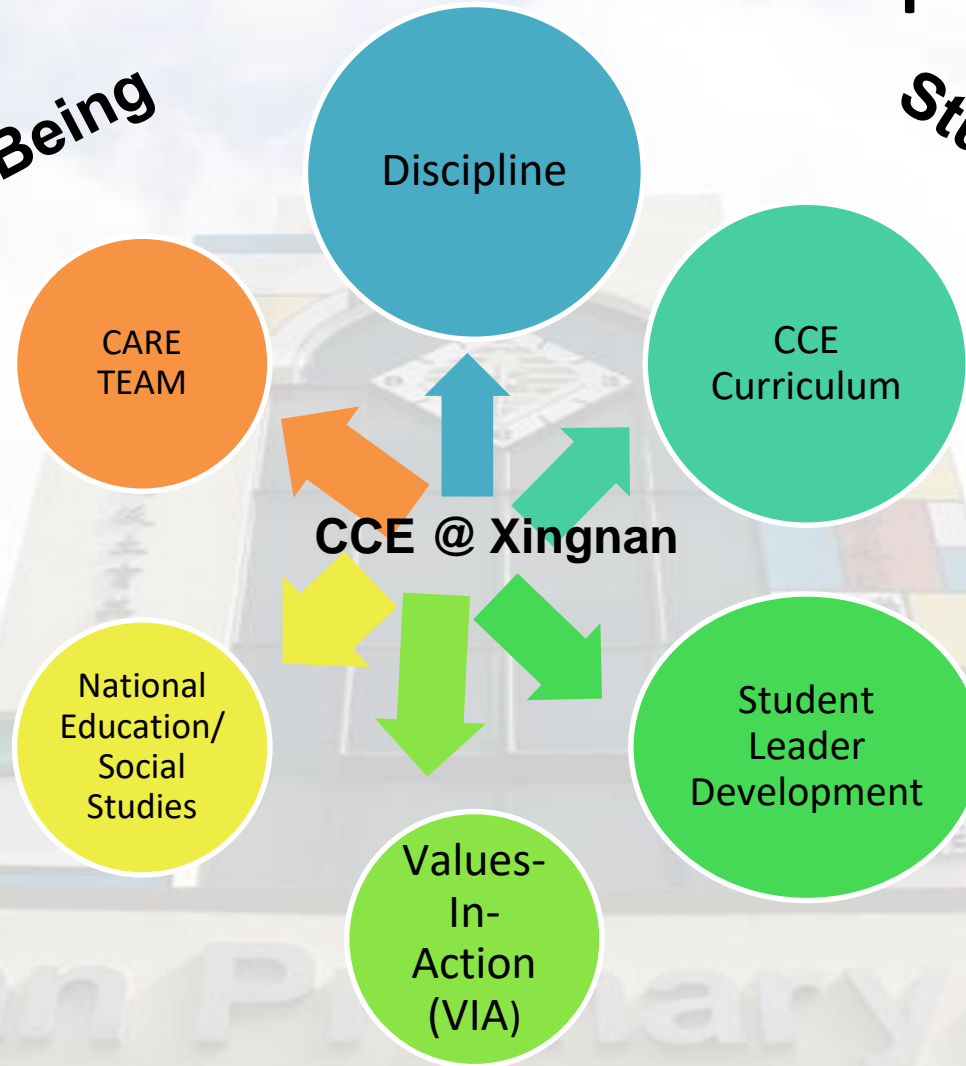


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What is CCE Made Up of?

Student Well-Being

Student Development



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Leaders Lead Leaders Programme

- “Leaders In Me” Programme by Franklin Covey
- Starts from Leading Self to Leading Others
- Anchoring on 7 Habits:
 - Habit 1: Be Proactive
 - Habit 2: Begin with the end in mind
 - Habit 3: Put First Things First
 - Habit 4: Think Win Win
 - Habit 5: Seek First to Understand Then Be Understood
 - Habit 6: Synergise
 - Habit 7: Sharpen the Saw

Leaders Lead Leaders Programme

Support from Parents

Pupils' Diary:

Sunday in the Diary has been replaced with “Sharpen the Saw”

Sharpen the Saw means preserving and enhancing the greatest asset you have—you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

Physical:	Beneficial eating, exercising, and resting
Social/Emotional:	Making social and meaningful connections with others
Mental:	Learning, reading, writing, and teaching
Spiritual:	Spending time in nature, expanding spiritual self through meditation, music, art, or service

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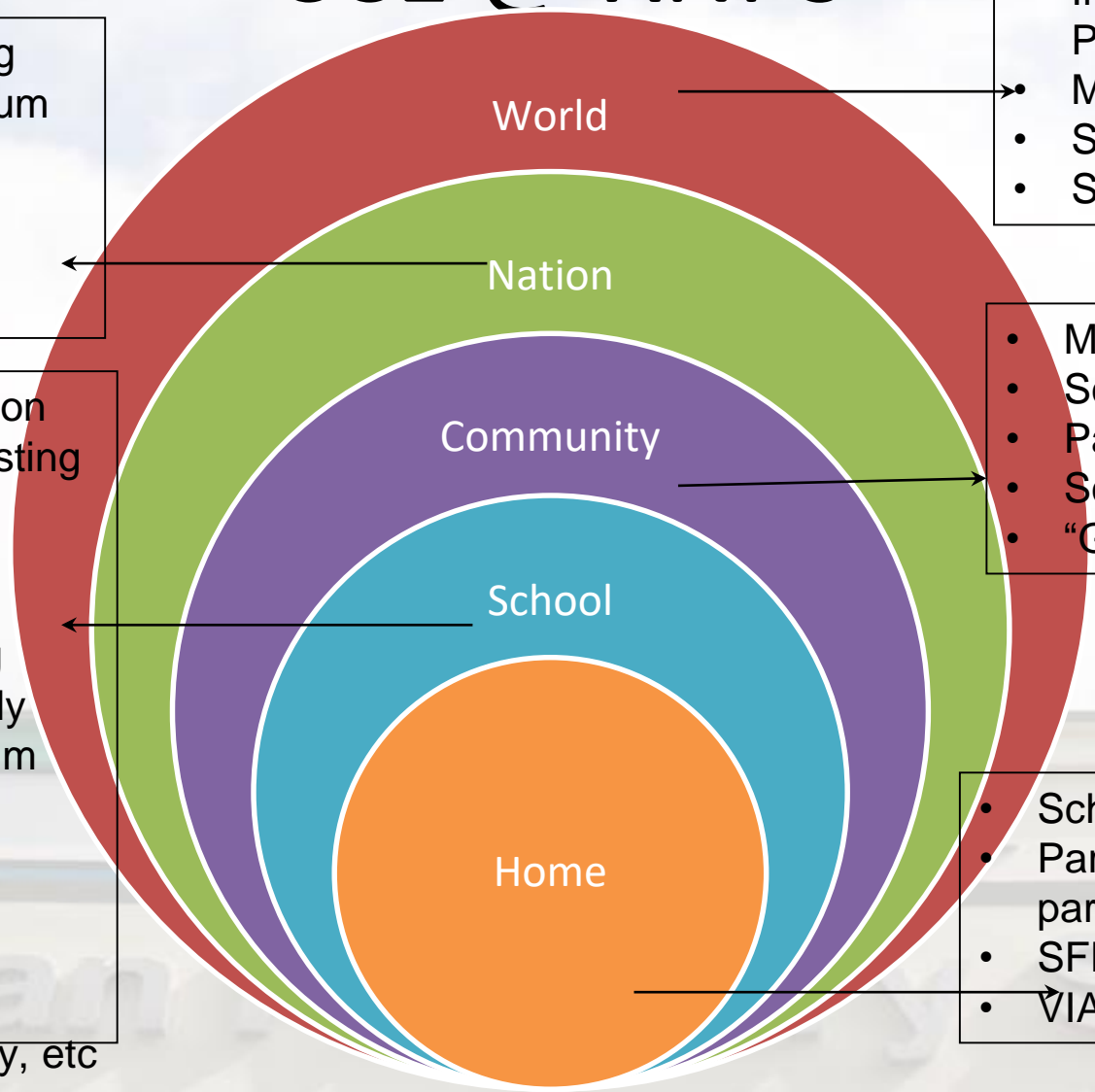


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CCE @ XNPS

- Morning Sharing
- School Curriculum
- VIA
- NE Events
- Skillfuture Readiness

- Internationalisation Programme (Hosting and IS Pupils)
- Leadership Programme
- Morning Sharing
- Weekly Assembly
- School Curriculum
- VIA
- Cyberwellness
- Connect Time
- Growing Years Series
- Learning Journey, etc



- Internationalisation Programme
- Morning Sharing
- School Curriculum
- Skillfuture Readiness

- Morning Sharing
- School Curriculum
- Partnership/ VIA
- School Curriculum
- "Green" Projects

- School Curriculum
- Partnership with parents
- SFE Programme
- VIA

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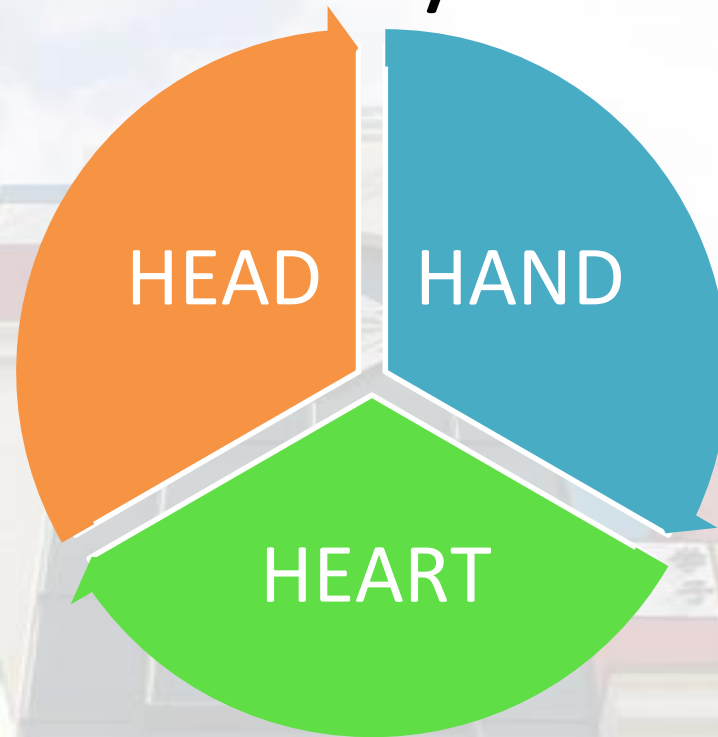


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National Education/ Social Studies



- 1) Total Defence Day
- 2) International Friendship Day
- 3) Racial Harmony Day
- 4) National Day
- 5) Field Based Learning at Heritage Sites

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Values-In-Action

Beyond Self,
Home, School
and Community



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Who Will Do It Now?



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Little Home Helper

www.channelnewsasia.com/news/singapore/daily-cleaning-by/2547644.html

ASIA PACIFIC SINGAPORE WORLD BUSINESS SPORT ENTERTAINMENT TECHNOLOGY HEALTH LIFESTYLE

Daily cleaning by students will be introduced in all schools

By Linette Lim and Chan Luo Er, Channel NewsAsia Posted 25 Feb 2016 13:25 Updated 25 Feb 2016 23:25



Primary one students at Xingnan Primary School doing a classroom activity called the "Little Home Helper" programme. (Photo: Linette Lim)

CAPTION

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It is not what we say but what we do that matters.

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Family Time is important ...

to be **involved** in your child's **learning experiences** to help him or her develop **social and emotional skills**



for **fostering** strong family **bonds** to support your child's **character development**

for **encouraging** your child to have **confidence and build resilience**

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Leadership Opportunities

- “Every Child A Leader”
- Class Committee Structure (P1-P6)
- Prefectorial Board (P3-P6)
- School Ambassadors

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Discipline Matters

- Seek to work closely with all parents
- Collaboration and co-operation between school and home for effective discipline
- Do contact your child's/ ward's form teacher for any discipline matters
- To make use of the pupils' handbook for ease of communication

CARE TEAM

Support for your child

- Anxiety
- School Refusal
- Behavioural issues, etc
- Please contact your child's/ ward's form teacher for further assistance
- AEDs (Allied Educators) as well as counsellor on standby to support your child/ ward
- Make use of the pupils' handbook for ease of communication

Sense of Responsibility

- Do encourage your child/ ward to pack their school bag the night before
- Do guide your children to check their school bags and teach them the responsibility of packing their bags daily
- Teach them to be independent and responsible for their own belongings

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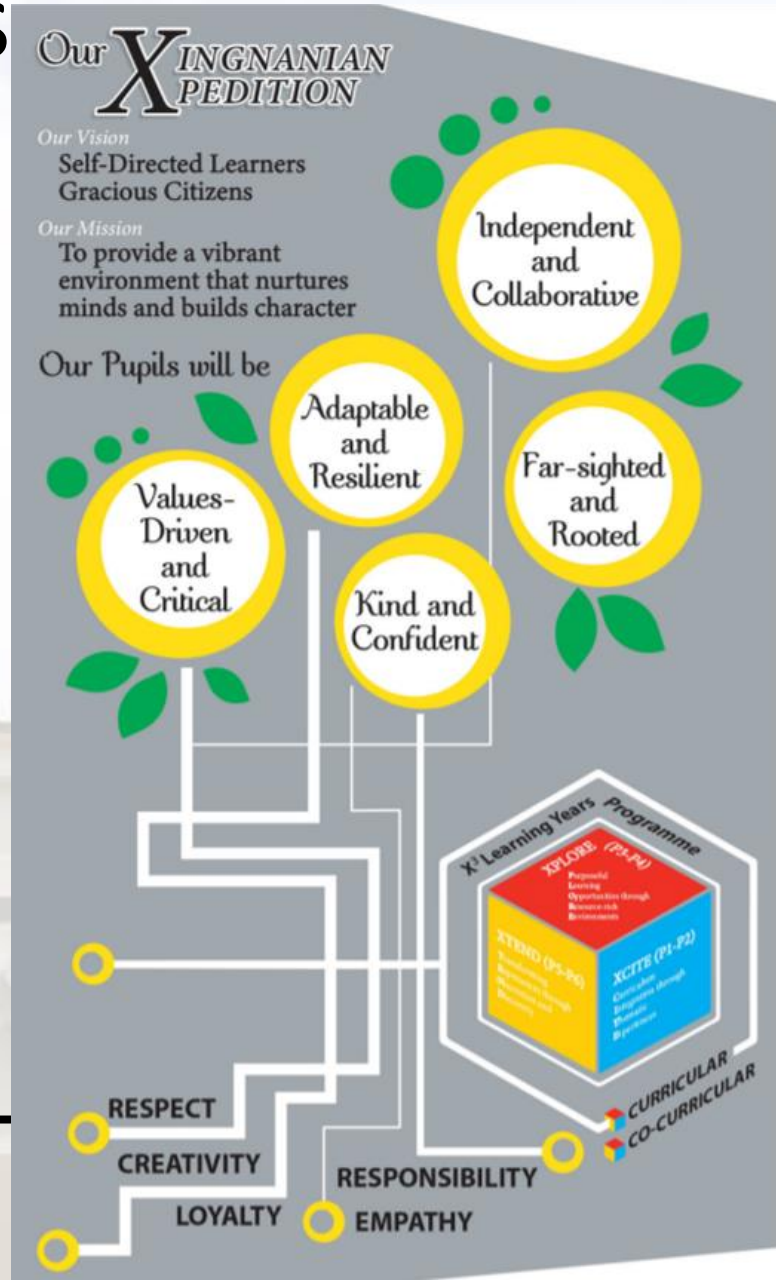


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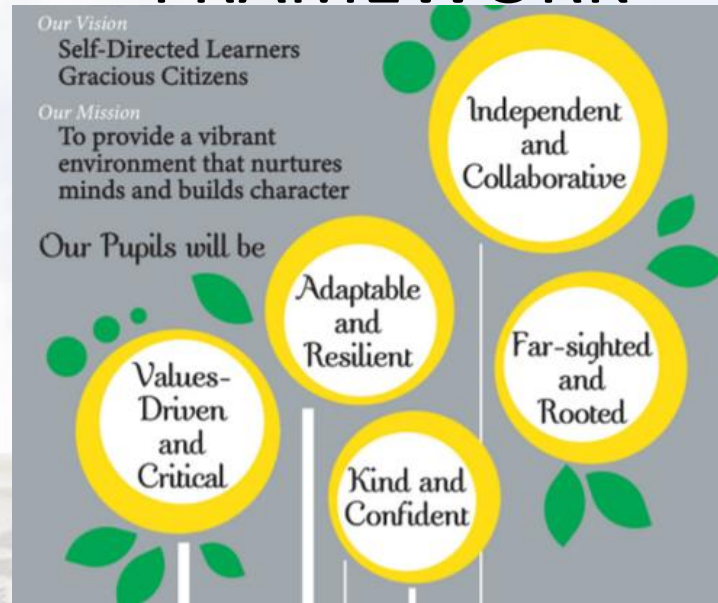
Learning Dispositions

- To shift away from assessing students on **academic** results only to assessing students holistically based on **key learning dispositions that the teachers observe**
- To allow young students to have a more positive start to their education, focusing on **discovery, joy of learning and holistic development**
- To provide **milestone checkpoints on the students' learning** at certain year in a primary school

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FRAMEWORK



Desired Outcomes of Education (DOE)

X ³ LYP	XCITE (P1 & P2)	XPLORE (P3 & P4)	XTEND (P5 & P6)
Bloom Taxonomy	Remember & Understand e.g. Light, Camera, Action!	Apply e.g.	Analyse, Evaluate & Create e.g. MOCCA Xtend, Entrepreneur Day
SEL	Self Awareness, Self Management, Social Awareness	Self Awareness, Self Management, Social Awareness, Relationship Management	SA, SM, SoA, RM, RDM


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Criteria for Edusave awards

- For P1 to P3 students, these learning Dispositions will be used as criteria to select the nominees of the following Edusave awards:
 - a) Edusave Merit Bursary (EMB)
 - b) Good Progress Award (GPA)



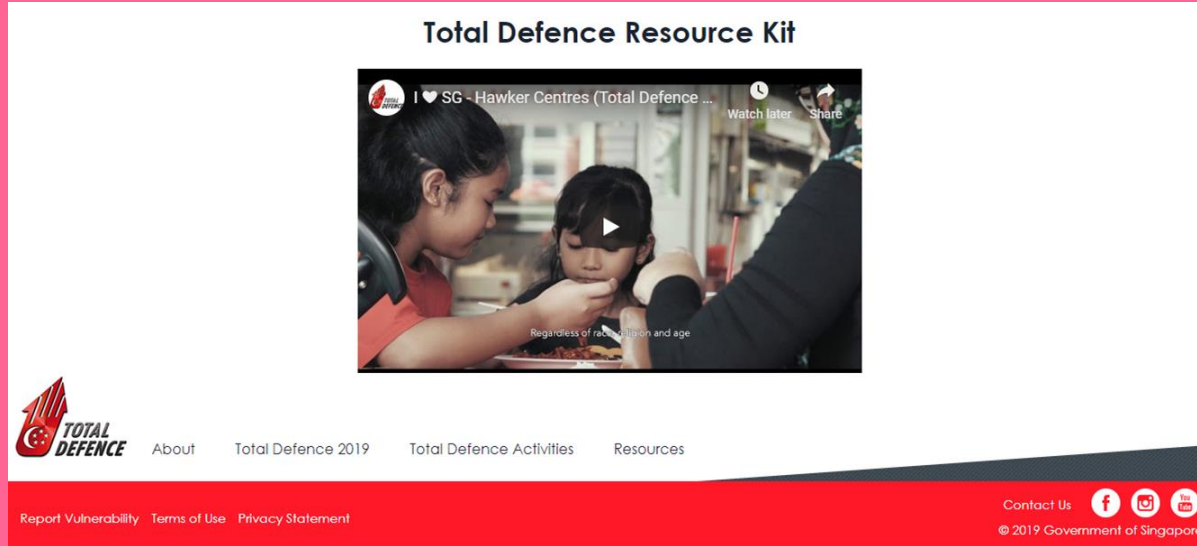
Let's Connect!

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Resources to Engage Your Child at Home



**Total Defence Resource Kit
by Parent for Parents
@ www.totaldefence.sg**



**4 Issues Yearly
(January, March, June,
September)**

<https://kindsville.kindness.sg/kindsville-times>

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Making Family Time S.A.F.E

Support your child through his/her transitions and nurture his/her social and emotional skills through these tips:

Support

Affirm

Familiarise

Empathise

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<https://tinyurl.com/support-in-transitions>

Supporting your child's transition through
Primary 1

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Commit some time every weekend to **play games** and **have fun** together.
- **Visit places** or take part in events that **both of you enjoy**.
- **Encourage** your child to make **new friends**.
- **Try out FTGP* Family Time activities**.

AFFIRM

- **Encourage** your child when he makes **observations**.
E.g. Say "That's interesting!" and ask why he/she said that.
- **Recognise small successes**. E.g. Say "You've made another new friend in class - well done!"

FAMILIARISE

- **Find out** what primary schools have in store for students these days.
- **Do practical things to ease your child into new routines**.
E.g. Plan daily routines together, teach your child new habits like packing his/her bag.

EMPATHISE

- **Teach** your child words that **describe feelings**.
- **Acknowledge** your child's **emotions**.
E.g. "It's okay to feel anxious about starting school."
- **Understand** your child's **needs**. E.g. Start bedtime early. Children need a lot of sleep.

**From Teacher Guidance Period*

Spend Time Chatting. Use T.A.D.

Talk
Talk about fond memories of your own school days.
E.g. What you did in Primary One; kind teachers and cheeky classmates you had.

Ask
Ask about his/her thoughts and feelings about the school.
E.g. FTGP* activities; when he/she felt happiest.

Discuss
Discuss together what can be done if he/she has worries at school.
E.g. Explore how people deal with conflicts.

QUICK TIPS

- **Listen without interrupting**.
- **Nod your head and ask questions** to show interest and affirmation.

These tips may be used with children of other ages too, it depends on each child's needs. Using these tips as your child navigates through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.



ESTABLISHED 1932



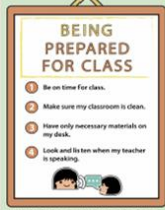
Ministry of Education
SINGAPORE

Teaching Social Skills

Teach Your Child Social Emotional Skills

BE READY FOR LEARNING

What your child may learn in school



In school, your child learns social emotional skills that help them to be ready for learning. Teachers may explain the skill steps or build them into daily class routines to help your child cultivate good habits.

Quick Info:

- Form Teacher Guidance Periods (FTGP) - Time set aside for Form Teachers to bond with students or teach values and social emotional skills.



What you can do at home



Have a discussion with your child on the checklist he/she will have to go through before bed and how to pack his/her school bag.

Help your child to develop responsibility and self-management skills by creating a checklist together with him/her to get ready for school!

You are starting P1 soon. Teachers will expect you to be prepared for class. What do you need to be prepared for class? What can you do at home to make sure you are prepared for class the next day?

Explain how creating a checklist of items to bring for school would help him/her to:

- Participate fully and enjoy the learning activities as he/she has the necessary materials
- Shorten time taken to get ready for school the next day, helping him/her to be on time

MAKE NEW FRIENDS

What your child may learn in school



Making friends will help your child to adapt quickly to the new school environment, as school becomes more enjoyable with their new friends. They can also learn and play well together.



Quick Info:

- The Programme for Active Learning (PAL) helps your child to discover his/her interests and how to relate and work with peers through Sports and Games, Outdoor Education, Performing Arts (Dance, Drama and Music) and Visual Arts.



Read more: <https://www.schoolbag.sg/story/how-to-help-your-child-ace-the-first-week-of-school>

What you can do at home

SAY HELLO AND SMILE



Practise skill steps with your child to help him/her make friends with others and make friends easily. Encourage them to say hello, greet good mornings and send their new friends and teachers. These greetings are a great way to connect with people.

Do a short role-play with your child to practise these steps for joining in activities:

- saying hello with a smile and introducing him/herself
- asking politely if he/she can join the group
- thanking them for choosing to include him/her
- saying and feeling okay even if they choose not to

Are you excited to meet your new friends? What do you do or say when you meet your new classmates or join them in group activities? Let's try it!

Explain how doing the above helps him/her to:

- make others feel comfortable
- prevent conflict with new classmates
- be confident

Helping your child develop social skills enables them to make friends, interact well with others and prepare for learning in school for the younger children.

Practise these specific skills to prepare your child especially when they start P1!

<https://tinyurl.com/Teach-Social-Skills>

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Further Resources

RESILIENCE BOOSTERS
Building the resilience muscle of our children to help them bounce right back

UNDERSTANDING RESILIENCE
As parents, we hope to strengthen the social and emotional skills and positive beliefs of our children so that they develop the resilience to persevere and adapt positively in the face of challenges. It is not impossible to build resilience in our children.

Qualities of a Child who shows RESILIENCE
A Child who is RESILIENT
• adapts positively, despite setbacks
• perseveres in the face of challenges

The ability to thrive despite challenges arises from the skills of resilience. The good news is that resilience skills can be acquired.

Move Towards Goals
Guiding our children to set and move towards realistic and meaningful goals, one step at a time focuses on what they can accomplish. This encourages them to move forward in the face of challenges and increases their likelihood of achieving their dreams.

Overcome challenges or obstacles
Facilitating the problem solving process in our children helps them to trust themselves to find alternative solutions for problems or find a way out of difficulties. This also builds their confidence to handle future challenges.

Have a Sense of Purpose
Developing a sense of purpose in our children provides the motivation and energy for them to persevere through challenges. It moves them to look beyond present circumstances and to contribute towards their desired future.

Make Connections
Building positive social skills in our children helps them to make friends and build relationships. Connecting with people provides the social support in times of need.

Emotion Self-Care
Teaching our children to acknowledge and manage their negative emotions is part of self-care. Only then can they find ways to deal with the problem.

Give our children Resilience-Fostering Interactions and builds their Resilience
S.P.A.C.E.
to Grow

Recognise Common STRESS SYMPTOMS in Your Child
If your child seems to be overwhelmed, you may consider turning to the school counsellor for guidance.

Raising Confident Children
When should parents be involved?
How can we provide appropriate guidance and support?

Praise Your Child
DO IT RIGHT. DO IT WELL.

Be specific. Avoid generic statements.

Focus on the efforts. Not the outcomes.

Use simple statements.

Do not overpraise.

Be genuine and sincere.

Give age appropriate praise.

Avoid comparisons.

Catch your child doing good.

How do you PRAISE your child?

Reference:
Dwyer, C. & Deek, C. (2010). Using Praise to Enhance Student Resilience and Learning Outcomes.
Muelier, C. M. & Deek, C. (1998). Praise for Intelligence can Undermine Children's Motivation and Performance. *Journal of Personality and Social Psychology*, 76(1), 33-52.

Gratitude
5 things any parent can do

- 01 Model it**
Thank your family, neighbours, or the people working around you - let your children see your gratitude. Spread the happiness!
- 02 Encourage it**
Suggest that your children write a note of gratitude and read it aloud to someone they appreciate. It'd make your children feel glad too!
- 03 Share it**
Start meal times by sharing something each one feels grateful for. The positive emotions shared builds bonds!
- 04 Praise it**
Spot grateful behaviour and praise them for it. Say, "You thanked your friend for sharing - good job! I'm sure he felt glad and it helped your friendship grow!"
- 05 Reminders for it**
Put notes on the fridge or in the room to remind them to be thankful for their health, siblings, etc. Or text them about a blessing you noted!

Reference:
Nurtured Association of School Psychologists (NASP), to sharing an attitude of gratitude. See for details: www.nasp.org

<https://www.schoolbag.sg>

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Thank You!



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