

# Student Achievement

# Authentic Platforms



National Schools Games



Singapore Youth Festival



School Concerts



P2 CCA Fair





"Failure is an opportunity to grow"

# GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

# FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"      "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

# How can you support your child?

- **Talk to your child about their CCA experience**
- **Time Management:** Support your child in managing the longer school days
- **Commitment:** Encourage your child to attend CCA sessions regularly
- **Responsibility:** Inform the CCA teacher in advance if your child is unable to attend CCA sessions



Tuition

Enrichment  
Lessons

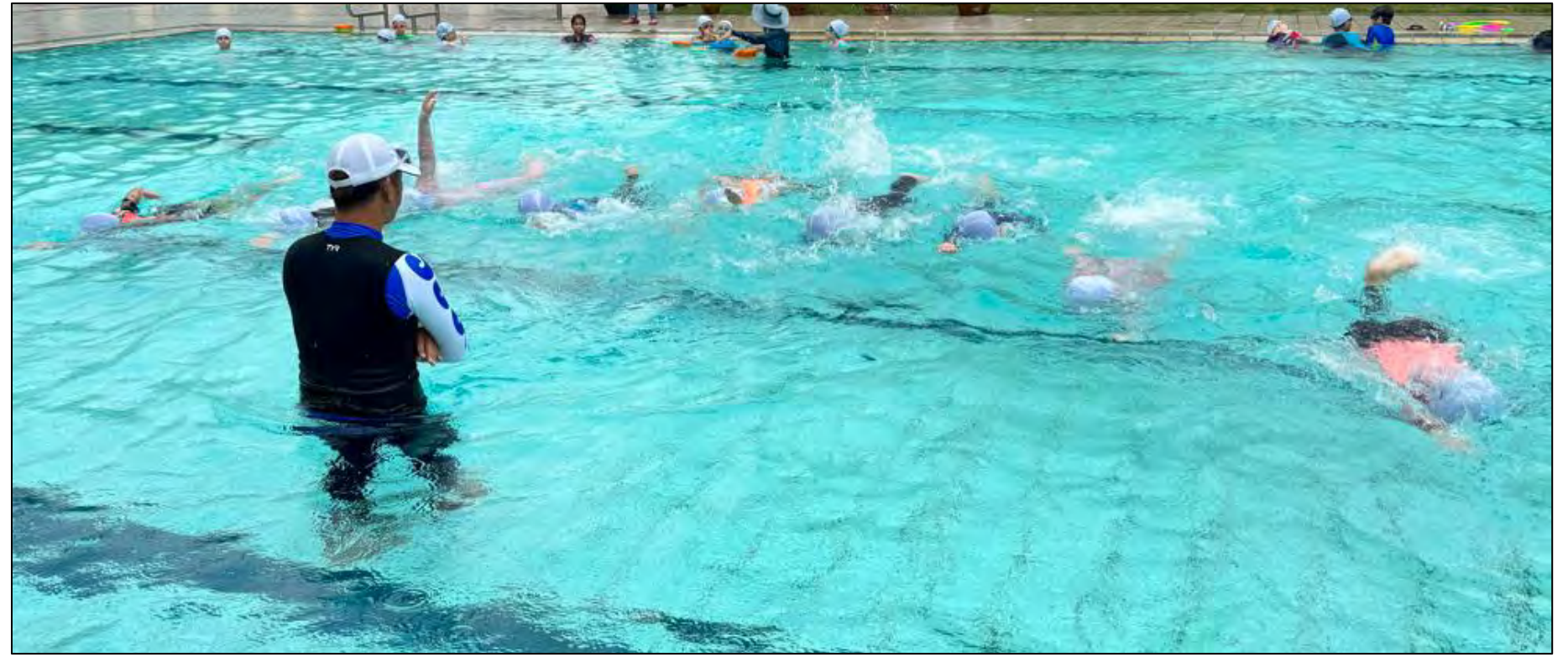
External  
Activities



# SwimSafer









# About SwimSafer

It is a National Water Safety Programme in Singapore designed to teach participants how to stay safe around aquatic environments.

The programme aims to teach swimming proficiency and water survival skills in a fun manner.



# There are 6 progressive levels

Level  
**1**

Introduction to  
Water Skills

Level  
**2**

Fundamental  
Water Skills

Level  
**3**

Personal &  
Stroke  
Development  
Skills

Level  
**4**

**Bronze**  
Personal Survival  
& Stroke  
Improvement Skills

Level  
**5**

**Silver**  
Intermediate  
Personal Survival  
& Stroke  
Refinement Skills

Level  
**6**

**Gold**  
Advance Personal  
Survival &  
Swimming Skill  
Proficiency

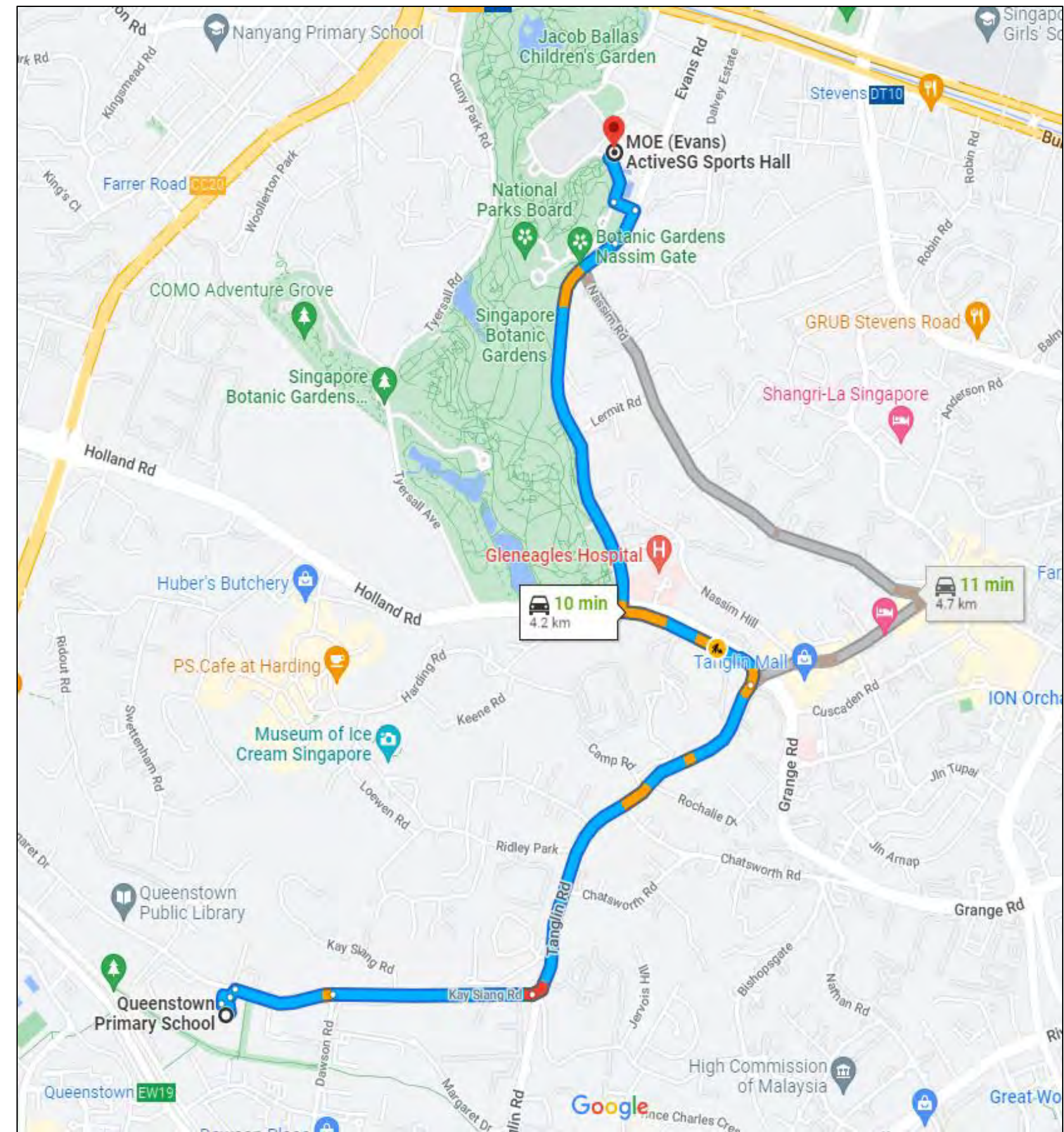
**Parents will need to inform the school of their child's current swimming certification.**





The SwimSafer Programme will take place in **Term 3** at **MOE (Evans Rd) Swimming Pool**

Each class will go **either** on **Tue, Thur or Friday**, from **10.30 am to 1.00 pm.**





# We are looking for Parent Volunteers!

- Meet in sch → Bus to pool → swimming lesson → Bus to sch
- Assist PE teachers in ensuring students' safety and wellbeing
- Sign up through the Parents Gateway Message in Term 2
- Briefing for Parent Volunteers before the start of programme





# National scheme launched to get kids to adopt healthy habits, kick digital and junk food dependence



While most children in Singapore are in good health, many have already picked up poor habits. ST PHOTO: LIM YAQHUI



Joyce Teo

UPDATED JAN 22, 2025, 11:16 AM -



SINGAPORE – All children from Primary 1 to 3 will get a personalised health plan from 2025, as part of a new strategy to help them make healthy choices a way of life, and stave off illnesses as they get older.

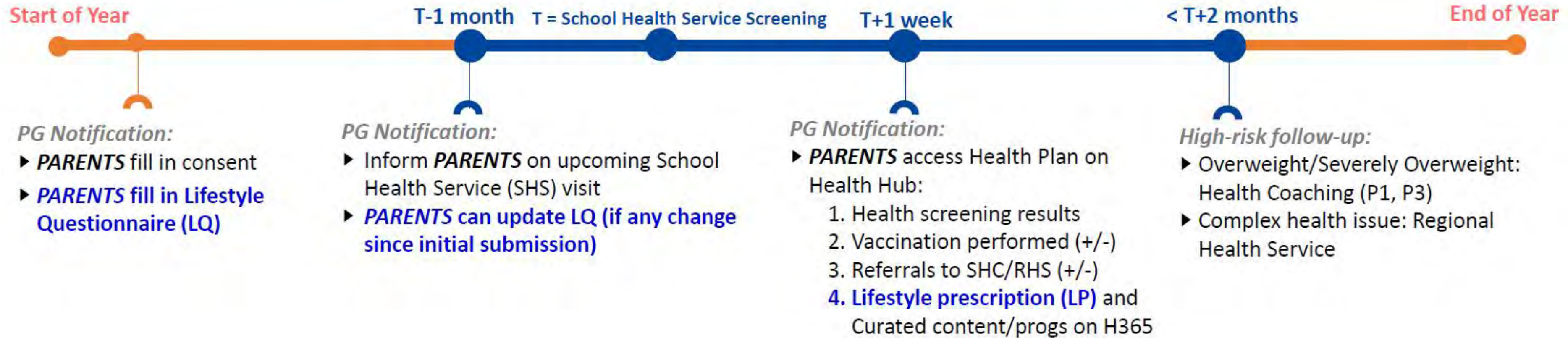
## Focus on 4 Areas

- 1) Screen Time
- 2) Physical Activity
- 3) Nutrition
- 4) Sleep



# P1-P3 Health Plan Journey (Parents' Perspective)

Leveraging existing touchpoints through the year to promote healthy habit formation





# Resources for Parents: Access to Information

## Given after the School Health Screening


Parents can access HPB's HealthHub to retrieve information on

- Health screening results such as myopia and hearing tests,
- Vaccination performed,
- Referrals to specialists in the Student Health Centre or Regional Healthcare System, if any, and
- **Lifestyle prescription**



**CONFIDENTIAL**

**SCHOOL HEALTH SERVICE**  
Youth Preventive Service Division



**Sample**  
**HEALTH PLAN**

Name: [REDACTED]  
BC/NRIC/FIN: [REDACTED]

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Date of Assessment: 23/08/2024

**Lifestyle Prescription:**  
Dear Parent,


Aiden has agreed to the following lifestyle changes during screening:

- In addition to his current activities, he wants to ride scooter and cycle regularly, for an extra 2 days a week for 30 minutes per session. Regular exercise can improve strength, memory and thinking! He should try to do more activities outdoors! Outdoor play protects eyesight and can keep myopia away!
- He also wants to cut down his intake of sweet drinks to 2 days a week! Limiting his sugar intake and having a well-balanced diet can improve his attention in class and support his growth! Remember to keep mealtimes screen-free to help him be more mindful of his choices!
- To help him grow well and concentrate in class, he should aim for about 9 hours of sleep every night. Try to limit screen use 1 hour before bedtime for quality sleep!

These habits are important for your child's overall well-being and development. Your support and encouragement will play a crucial role in helping him stay consistent with these changes. Let's cheer him on!

Note: If your child is on follow-up for any medical condition or allergy, do check in with your doctor to ensure these are safe for him to do before starting lifestyle changes.

**How you can support your child:**  
Scan the QR code for resources and activities to assist in your child's health journey.





# Resources for Parents: Curated Content and Programmes

## Parents to access H365 after the School Health Screening

### Curated Content

**Good sleep habits at a young age are linked to:**

- Optimal brain function, especially in memory
- Better mood and self-regulating of behaviours
- Better metabolic health and growth

**Not enough sleep, or poor quality sleep are associated with:**

- Difficulty with attention

**Healthy Sleep Habits in Children and Adolescents**  
Why do they matter and what can we do?

[Learn More](#)

**Healthy Meals for a Healthy Child**

How healthy is outside food for your child (and you)? Here are some tips on opting for healthier out-of-home meals to cultivate your child's healthy eating habits from young.

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#### Healthy and Delicious Meals in School Canteens

Schools now serve healthier canteen food to help students kick start a healthy eating lifestyle.

### Programmes

**DECEMBER 2024 MOVE IT WITH ACTIVE FAMILY**

All parents and children are expected to participate in the registered session(s). Registration starts 30 mins before session start time. Please note that parents and children will need to be in appropriate sports attire & covered sports shoes (no slippers, sandals or crocs) to participate in the programme.

WHERE	ACTIVITY DETAILS
<b>NETS</b> Blk 761 Yishun St 72 (Basketball Court)	Every Thursday, 9:30am to 10:30am Netball
HomeTeamNS Khatib (Level 4 Roof Garden)	Every Friday, 6am to 7pm NETS Badminton
Northland Primary School (NSH)	Saturday, 7 Dec, 14 Dec & 28 Dec, 5pm to 6pm Badminton
Mukit Canberra (Lawn)	Every Saturday, 9:30am to 10:30am Archery Badminton Jr
Canberra Plaza	Sunday, 8 Dec, 15 Dec, 22 Dec & 29 Dec, 10am to 11am NETS Fun Shot
<b>ROCKPAST</b> Northshore Plaza (Community Plaza)	Every Friday, 7pm to 8pm Skateboarding
Pasopond Town Square (Side of Pasopond Waterway)	Every Sunday, 10am to 4pm Kick-ball
One Punggol (1.5 next to Lift Lobby A)	Every Sunday, 1pm to 4pm Archery Badminton Jr
<b>CLUBS</b> 44 Ang Mo Kio Avenue 4 Courtyard	Every Saturday, 9:30am to 10:30am Archery Badminton
Bishan Junction 8 (Level 3, Garden Area)	Every Saturday, 10am to 11am Inline Skating
308 Bishan @ 11 Amphitheatre	Every Saturday, 6pm to 7pm Inline Skating
Singapore Sports Hub (Gate 14 - Running Track)	Every Sunday, 3pm to 4pm Skateboarding
Vivacity @ Marina Square (Level 1, Outdoor Court)	Every Sunday, 5pm to 6pm Inline Skating
112 Bishan St 12 Shalwood Basketball Court	Every Sunday, 5:30pm to 6:30pm Floorball
<b>LEAF</b> Sonic Bowl @ Tampines Hub, #01-08	Every Saturday, 11am to 12pm Bowling
Tampines Mall (Level 4, Open Plaza)	Every Saturday, 9:30am to 10:30am Family Obstacle Challenge
Tampines Central Park, Tampines Street 84 (Amphitheatre)	Every Saturday, 5pm to 6pm Tennis
Angkasa Primary School (NSH)	Every Sunday, 10am to 11am Badminton
HomeTeamNS Bedok (Promenade Level 1)	Every Sunday, 1pm to 4pm Tchoukball, Floorball
Rampang Chai Chee (Heartbeat at Bedok, Function Room, Level 3)	Sunday, 1 Dec, 8 Dec, 22 Dec & 29 Dec, 3pm to 4pm Archery Fun Shots
General Sport Centre	Every Saturday, 9:30am to 10:30am Pool Walkway : 1 Dec Outside Sport Hall : 14 Dec, 21 Dec & 28 Dec Archery Mission
<b>WYF</b> Blk 216 Boon Lay Ave NSCP MPH	Every Saturday, 3pm to 4pm Inline Skating, 7 Dec Skateboarding, 21 Dec & 28 Dec
IMM (Level 3 Garden Plaza)	Every Sunday, 10am to 11am Archery Mission, Skateboarding
Westwood Bowl @ CSC (Bukit Merah)	Every Sunday, Bowling 1 Dec, 15 Dec, 22 Dec, 29 Dec, 1pm to 2pm
Labrador Primary School (NSH)	Every Sunday, 7pm to 8pm Badminton

Register via healthy app

- Parents sign up for community programme with their child.
- To get to the site, search “active family” on H365





# Resources for Parents: Parenting for Wellness Website

## Empower and equip parents in building strong parent-child relationships

- A strong parent-child relationship forms the foundation for parents to build and sustain healthy habits in their children.
- **Parenting for Wellness** is an initiative jointly developed by MOE, MSF and HPB
- Seeks to empower and equip parents in
  - Building strong relationships with their children
  - Strengthening their children's mental well-being and emotional resilience
  - Parenting effectively in the digital age.

The image shows a screenshot of the 'Parenting for Wellness' website. The top navigation bar includes 'About Us', 'Helpline', and a 'Login for Personalized Experience' button. The main heading is 'WELCOME TO PARENTING FOR WELLNESS', followed by a sub-heading: 'A resource library for parents with children age 7-19 years old, filled with tips and strategies to enhance your child's mental well-being and navigate the digital world.' Below this is a call to action: 'Empower your parenting journey and monitor your growth' with a 'Sign up now' button. A section titled 'Dive Into Our Modules' lists four modules: 'Understanding Yourself as a Parent', 'Developing and Strengthening Your Parent-Child Relationship', 'Guiding Your Child's Behaviour', and 'Helping Your Child Develop Independence and Social Skills'. The main content area features 'MODULE 10: Empowering Your Child to Manage Their Use of Digital Technology'. It includes an illustration of a family on a sofa and text explaining that as technology becomes more prevalent, the time spent on digital devices has increased. It offers topics like 'Supporting your child in managing their screen use' and 'Guiding your child in creating a positive presence online'. A sidebar on the right lists sub-topics: 'i) Differentiating between screen use and screen time' and 'iii) Understanding balanced and excessive use'.



# Resources for Students: Health Plan Booklet

## Given after the School Health Screening

### Health Plan Booklet

Contains comic strips with health messages, the Health Goals page which is filled in by the Healthcare Professional during the consultation, and Home Challenges which include “jumping activities” and “toss-catch the ball activities” to encourage students to be physically active.



**01 'S HEALTH GOALS**

WHICH ACTIVITIES DO YOU ENJOY? CIRCLE THE 2 YOU LIKE THE MOST!

FOOTBALL, DANCING, BICYCLING, CYCLING, ROLLERBLADING, JUMPING JACKS, HURDLE, RACKETBALL, FLYBOYLINE, SWIMMING, SKIPPING, BASKETBALL

WHAT ARE YOUR FAVOURITE FRUIT AND VEGETABLES? CIRCLE 3 FRUITS AND 3 VEGETABLES YOU ENJOY THE MOST!

APPLE, ORANGES, BANANA, SPINACH, CELERIAC, BROCCOLI, PEARS, MANGOES, PEACHES, LADY'S FINGER, CARROTS, CABBAGE, PAPAYA, ONIONS, WATERMELON, ONIONSKIN, PEAS, SOY BEANS

**02 MY HEALTH GOALS ARE TO...**

DO MY FAVOURITE ACTIVITIES: 2 EXTRA DAYS, 3 EXTRA DAYS, 4 EXTRA DAYS, 5 EXTRA DAYS

DO MY FAVOURITE FRUITS TO: DAYS PER WEEK

DO MY FAVOURITE VEGETABLES TO: DAYS PER WEEK

IF YOU ARE ALREADY ACHIEVING WHAT YOU SHOULD, THE NURSE WILL GIVE YOU A TICK HERE!

Keep eating fruit and vegetables daily and eat sweet of food. Keep being active and exercise for 1 hour daily.

Health Goals

**08 JUMP-A-THON MISSIONS**

Hop and jump your way to better health! Here are four jump-a-thon missions for you to try each week along with your health goal missions!

Put a sticker on each mission after you complete it!

Remember to complete your health goal missions each week!

**Health Goal Missions**

Keep your eyes on the price of a healthier life! Complete the health goals that you have set on page 1 each week. Put a sticker on each mission after you complete it!

**09 Get started on your weekly Jump-A-thon Missions here!**

WEEK 1: 20 times Jump on the spot, 10 times Hop on each leg, 10 times Hop on each leg, 20 times Hop on each leg

WEEK 2: 20 times Jump on the spot, 20 times Jump on the spot, 20 times Hop on each leg, 20 times Hop on each leg

WEEK 3: 20 times Jump on the spot, 10 times Jump on the spot, 10 times Hop on each leg, 20 times Hop on each leg

WEEK 4: 20 times Jump on the spot, 20 times Jump on the spot, 20 times Hop on each leg, 20 times Hop on each leg



Besides achieving your weekly health goals, complete the four Jump-A-thon missions for each week too!

Be careful! These activities safely at home because there is enough space, go at your own pace, and drink lots of water after!

Home Challenges



# Summary of resources for Parents & Child

Resources	Timeframe	Remarks
Lifestyle questionnaire and consent form	At the beginning of the year	Sent through schools via Parents Gateway
1. Health Plan Booklet 2. Starter's Kit	At the end of the school's health screening exercise	Disseminated through the Form Teacher
The Health Plan for their child on HealthHub: 1. Health screening results 2. Vaccination performed (+/-) 3. Referrals to SHC/RHS (+/-) 4. Lifestyle Prescription	Available 2 weeks after school's health screening exercise	Available on HealthHub 
Curated content and programmes by HPB which includes those of sleep habits, healthy eating, etc.	Available anytime  Restricted (Non-Sensitive)	Available on Parenting for Wellness website and Parent Hub 



**Science**

**&**

**School-based Assessment**

**Mrs Chia Su Sze [HOD/ Science]**







# Learning of Science





# Vision

A Community of Learners,  
sharing the Joy of Inquiry Science





# Vision

Students enjoy learning

A Community of Learners, Sharing the Joy of Inquiry Science.

Students collaborate and build knowledge together by engaging in productive discussion

Be fascinated about things happen around them and ask questions



**Critical  
Thinker**



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**Problem Solver  
Reflective**



# Teaching & Learning Through Inquiry

- Investigation
- Demonstration
- Field trip
- Questioning
- Projects
- Co-operative learning
- SLS( Student learning Space)





## Skills

- Observing
- Comparing
- Classifying
- Using apparatus and equipment
- Communicating
- Inferring
- Formulating hypothesis
- Predicting
- Analysing
- Generating possibilities
- Evaluating

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## Processes

- Creative problem solving
- Decision-making
- Investigation



# Values, Ethics and Attitudes in Science



## Curiosity

Desiring to explore the environment and question what is found.

## Open-mindedness

Accepting all knowledge as tentative and suspending judgment. Tolerance for ambiguity. Willingness to change views if the evidence is convincing.



## Creativity

Seeking innovative and relevant ways to solve problems.



## Resilience

Not giving up on the pursuit for answers / solutions. Willingness to take risks and embrace failure as part of the learning process.



## Integrity

Handling and communicating data and information with honesty.



## Responsibility

Showing care and concern for living things and awareness of our responsibility for the quality of the environment.



## Objectivity

Seeking data and information to validate observations and explanations without bias.



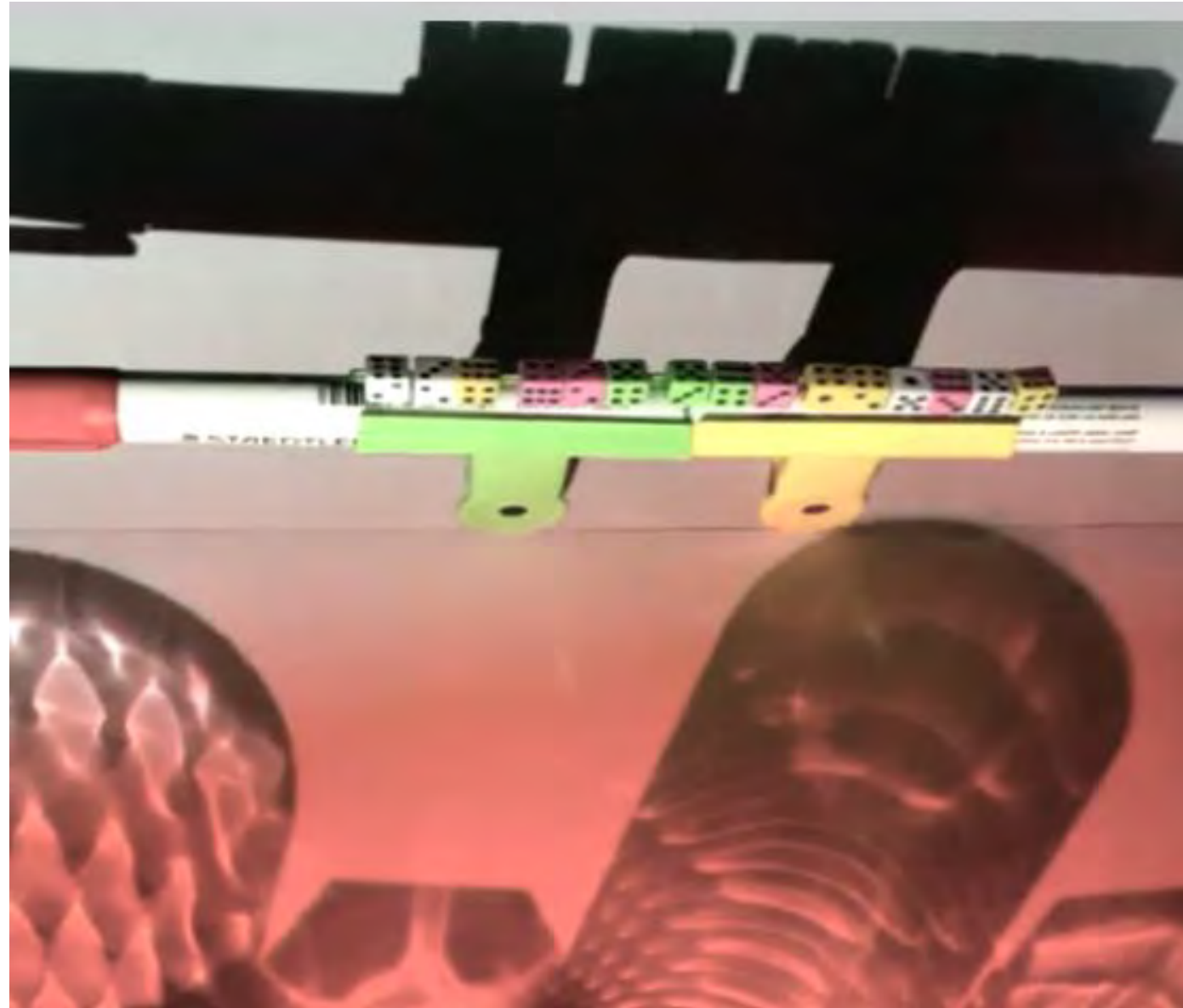
## Healthy Scepticism

Questioning the observations, methods, processes and data, as well as trying to review one's own ideas.





# Shadow Art



The Crystal City



The Hungry Crocodile



Themes	Topics	Level
Diversity	<ul style="list-style-type: none"> <li>• Diversity of living and non-living things</li> <li>• Diversity of materials</li> </ul>	P3
Interactions	<ul style="list-style-type: none"> <li>• Interaction of Forces</li> </ul>	P3
Cycle	<ul style="list-style-type: none"> <li>• Cycles in Plants &amp; Animals</li> <li>• Cycles in Matter &amp; Water</li> </ul>	<ul style="list-style-type: none"> <li>• P3</li> <li>• P4</li> </ul>
Energy	<ul style="list-style-type: none"> <li>• Energy Forms &amp; Uses</li> </ul>	P4
System	<ul style="list-style-type: none"> <li>• Human System</li> <li>• Plant System</li> </ul>	P4





## to raise a Science lover

- See science everywhere
- Lead family discussions on science-related topics
- Do science together



# Ask questions

**Observing:** Invite young eyes and fingers to notice small details.

- What shapes do you see in that spider web?

**Classifying:** Put things in groups based on their characteristics.

- Let's sort the socks by colour.
- Can you think of a way to group your toys according to a property/ characteristics?"

**Comparing:** Look for similarities & differences

- How are the balls similar/ different?



# School-Based Assessment





# Learn for Life

A value, an attitude and a skill

Inculcating a greater joy of learning

Reducing the over-emphasis of academic results

Nurturing lifelong learners with stronger intrinsic motivation to learn



# How are P3 assessments different from P1 & P2?

- Formative assessments such as classwork, homework, discussion
- Weighted assessments



# P3 Assessment Weighting

<b>Term 1 No weighted Assessment</b>	<b>Term 2 Weighted Assessment</b>	<b>Term 3 Weighted Assessment</b>	<b>End-of-Year Examination</b>
-	15%	15%	70%



# Gifted Education Programme Briefing

Ms Lee Yee Hueh

[Assistant Year Head – Mid Pri]





# Gifted Education Programme

- Programme seeks to develop the intellectually gifted to their full potential in an intellectually-stimulating environment.
- GEP pupils sit the Primary School Leaving Examination [PSLE] together with pupils in the mainstream.
- 2 Stages of identification in Primary 3
  - Screening Stage – English Language and Mathematics
  - Selection Stage – English Language, Mathematics and General Ability
- **No preparation is needed**
- More information can be found at

<https://www.moe.gov.sg/education-in-sg/our-programmes/gifted-education>





# Gifted Education Programme

Stage	Date	Participants	Papers
<b>GEP Screening Exercise</b> [July Notification]	21 August 2025	Primary 3 students enrolled in government and government-aided schools	<ul style="list-style-type: none"><li>English Language</li><li>Mathematics</li></ul>
<b>GEP Selection Exercise</b>	14 and 15 October 2025	Only shortlisted students will be invited to the Selection stage	<ul style="list-style-type: none"><li>English Language</li><li>Mathematics</li><li>General Ability</li></ul>





# Thank You

