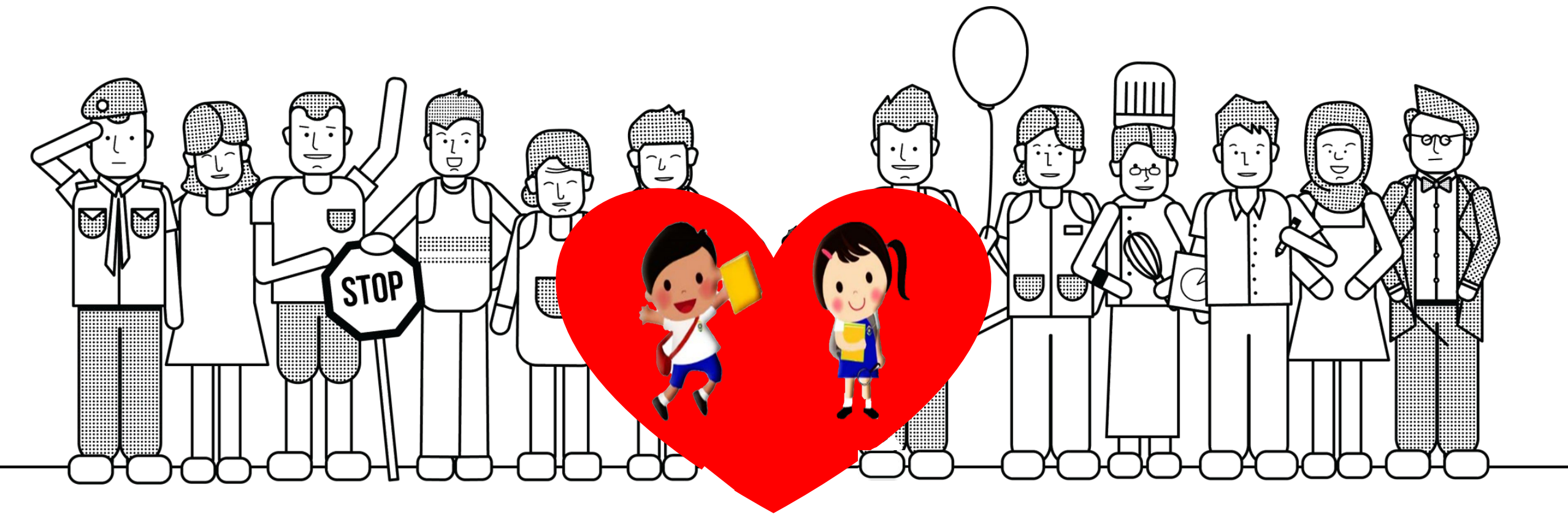
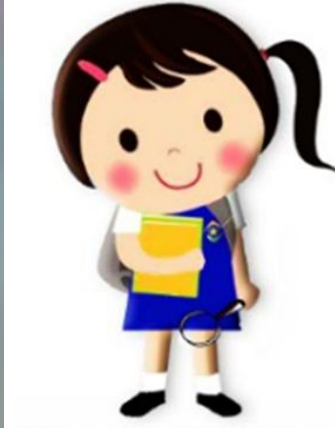




Ministry of Education  
SINGAPORE

# A GREAT START TO PRIMARY SCHOOL





# Preparing Your Child for Primary 1

**Monday 20 November 2023**



Ministry of Education  
SINGAPORE



# HOW CAN I PREPARE MY CHILD FOR PRIMARY 1?

**In primary school, your child will be equipped with skills to:**

- adjust to a larger learning environment
- interact with more peers and teachers
- adapt to longer school hours
- become more independent and responsible



**Schools may access the video via:**  
**<https://go.gov.sg/transition-to-primary1>**

# OVERVIEW

## 1 Developments in Primary Education

## 2 What Is It Like in Primary School?

## 4 School-Home Partnership

## 3 Transition to Primary 1





# WHAT IS IT LIKE IN PRIMARY SCHOOL?

- Laying a strong foundation
- Nurturing well-rounded individuals and passionate lifelong learners
- Providing learning opportunities that recognise their strengths and develop their full potential
- Preparing our children for the future



# TRANSITION TO PRIMARY 1

- Transition is the process when a child encounters a move into a new environment, for example when a child moves from pre-school to primary school. It requires a child to adapt to an unfamiliar setting.
- A smooth transition is made when your child:
  - feels safe and comfortable in their new environment
  - is able to manage the daily challenges of school life



# TRANSITION TO PRIMARY 1

When your child enters primary school, they will experience:



# TRANSITION TO PRIMARY 1

**What are the tasks that your child should be able to do independently?**

- Personal hygiene eg. going to the toilet, hand washing, tying shoelaces, buttoning their shirt/blouse/uniform
- Looking out for traffic
- Organising school bag
- Counting money and receiving change
- Asking for permission



# RELATING TO OTHERS

**Build your child's interpersonal skills by:**

- **Modelling the use of friendly and polite phrases**
  - "Hello! My name is...What is your name?"
  - "May I please..."
- **Providing opportunities for your child to share and take turns during playtime with other children**





# DEVELOPING GOOD HABITS

**Routines help your child build confidence and learn to manage themselves.**

**Guide your child to do the following independently:**

- Dress themselves
- Buy food at the canteen
- Make healthy food choices
- Pack their bag
- Wash their hands
- Take their temperature using a thermometer



# NURTURING POSITIVE LEARNING ATTITUDES

**Developing the right learning attitude will help your child learn better.**

**You can encourage your child to:**

- Ask questions about their experiences and the world around them
- Express their thoughts and feelings and discuss what can be done if they have worries
- Practise life skills independently like buying food and drinks on their own and asking for permission



# Agenda for Today

Preparing your child for Primary 1

- **First Few Days of School**
- **Things to bring**
- **Other Information**





First few days of  
school

Punggol View Primary  
School





**START IT RIGHT!**  
**2 Jan to 4 Jan**

**Punggol View Primary  
School**





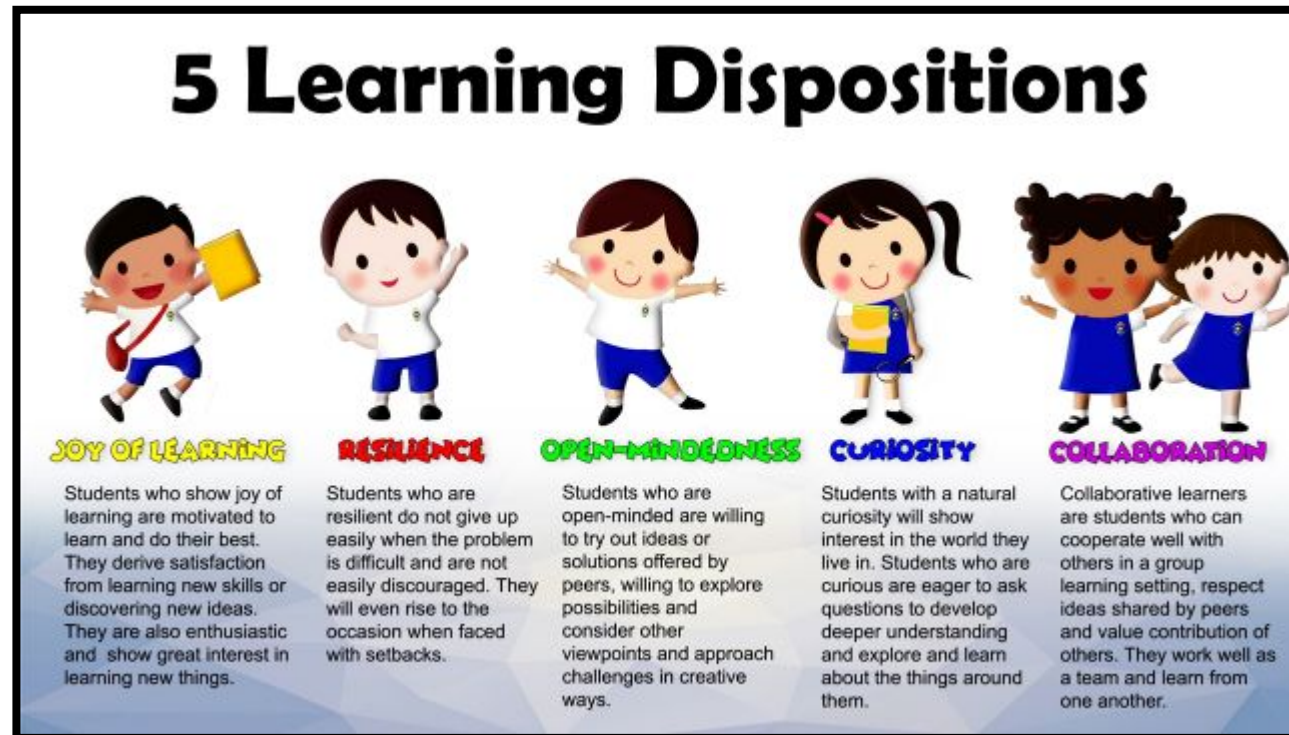
# WHAT EXPERIENCES WILL MY CHILD GO THROUGH IN PRIMARY 1?

## Holistic Assessment

- Focuses on building greater confidence and nurturing a stronger intrinsic motivation to learn so as to develop your child's potential
- No examinations and weighted assessments at Primary 1 and Primary 2 to ease your child into formal schooling
- Use of appropriate assessment modes to provide useful information to support students' learning and holistic development

# WHAT IS IT LIKE IN SCHOOL?

- Strengthening efforts to nurture well-rounded individuals
- Moving away from over-emphasis on grades



# WHAT IS IT LIKE IN SCHOOL?

## Subjects taken at P1

1. English Language
2. Mother Tongue Language
3. Mathematics
4. Social Studies
5. Art
6. Music
7. Physical Education
8. PAL



# PREPARING FOR SCHOOL

- Providing a structured and supportive environment
- Providing greater support for students with special educational needs ( Transition meetings for selected students )



# 2 January, Tuesday

- Your child will wait in the canteen according to the assigned class.
- Teachers will walk to the classroom with your child when it is time to assemble.





# PREPARING FOR SCHOOL

## Snack Break

- 5 mins snack time at 11.55 am to 12.00 pm
- Prepare a simple dry snack eg. bread, fruits, biscuits
- Try to use fork or spoon
- Try out “snack time” at home!



# PREPARING FOR SCHOOL



## P1 Reporting and Dismissal Time

	<b>Tuesday 2 Jan</b>	<b>Wednesday 3 Jan</b>	<b>Thursday 4 Jan</b>	<b>Friday 5 Jan</b>
<b>Reporting Time</b>	8.00 am			7.25 am
<b>Recess</b>	9.25 am to 9.55 am (TBC)			
<b>Snacks</b>	11.55 am to 12.00 pm			
<b>Dismissal Time</b>	12.30 pm	1.00 pm	1.00 pm	1.00 pm

Students to report to school at 7.25 am from 3 Jan, Wednesday.

# PREPARING FOR SCHOOL

## First day of school

What to pack	What to wear
<ol style="list-style-type: none"><li>1. Pencil case</li><li>2. Colour pencils</li><li>3. Student handbook</li><li>4. Water bottle</li><li>5. Pocket money (\$2)</li><li>6. A story book</li><li>7. A healthy snack</li></ol>	<ol style="list-style-type: none"><li>1. School uniform</li><li>2. Black school shoes</li></ol>



- To consider
- Is your child ready?
- Will this benefit?



# Tap & pay

inside and outside of school



# PREPARING FOR SCHOOL

For other books, please check the website from 28 Dec, Thursday.

Daily book collection

**Monday eg: Exercise book for EL**

**Tuesday eg: Math Workbook 1A**

**Wednesday eg: Mother Tongue books**

**Thursday eg: Art materials**

**Friday: Form Teacher Guidance  
Activity Book**





# Recess

Time : **9.25 am to 9.55 am** ( TBC ) (staggered recess)

Teachers to support students during the first few days of school.

- Students to sit at assigned tables.
- Students to conduct wipe down. ( Before and after food )
- Students may buy from stalls.
- Parents may also pack food from home.



# Recess



Time : **8.55 am to 9.25 am**





# Recess: First week with Tampines Meridian Junior College Student Leaders



Time : **8.55 am to 9.25 am**



# Things to bring

- The list of things that your child is required to bring for the first four days of school will be reflected at the website on 28 December 2023.
- **Label all the books and files** with your child's name clearly written/printed on it and pack the items together with your child.
- **Write/print your child's name and class** on all his/her books, files and other belongings (e.g. wallet/purse, water bottle, lunch box, colour pencils, shoes, bag etc.)



- He/She should bring these items to school every day:



- at least 2 sharpened 2B pencils,  
(Mechanical pencils are strongly discouraged.)
- an eraser,
- a ruler,
- a sharpener,

**\*\* Trolley bags are strongly discouraged.**



# Homework File

- To help your child keep track of the homework given by the teachers, please use his/her **Homework File**. ( Purchase from bookshop )
- Teach him/her to slot in all the homework he/she gets from his/her teacher every day.
- **Label** the file with his/her name and class.





# Timetable

- Your child will receive his/her confirmed timetable on the first day of school.
- He/She should pack his/her bag every day and bring only the books required for that day starting from **5 Jan Friday 2024**.

Time/ Day	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am-7.55am	HAPPY HALL Assemble in HALL	Assembly P1 Assemble in HALL	HAPPY HALL Assemble in HALL		MASS PE Assemble in class
7.55 am- 8.25 am	MA MATHEMATICS	MTL MOTHER TONGUE	MA MATHEMATICS	FTGP FORM TEACHER GUIDANCE PERIOD Assemble in class	PE PHYSICAL EDUCATION
8.25 am - 8.55 am	MA MATHEMATICS	MTL MOTHER TONGUE	MA MATHEMATICS	FTGP FORM TEACHER GUIDANCE PERIOD	PE PHYSICAL EDUCATION
8.55 am - 9.25 am	Recess ☺	Recess ☺	Recess ☺	Recess ☺	Recess ☺
9.25 am - 9.55 am	MTL MOTHER TONGUE	MA MATHEMATICS	EL ENGLISH/LSP	SPELLING	MA MATHEMATICS
9.55 am - 10.25 am	MTL MOTHER TONGUE	MA MATHEMATICS	EL ENGLISH	EL ENGLISH	MA MATHEMATICS
10.25 am - 10.55 am	MTL MOTHER TONGUE	EL ENGLISH	MTL MOTHER TONGUE	EL ENGLISH/LSP	EL English
10.55 am - 11.25 am	MUSIC	PE PHYSICAL EDUCATION	CCE MOTHER TONGUE	PAL Prog for Active Learning	MTL MOTHER TONGUE
11.25 am - 11.55 pm	MUSIC	SNACK	SNACK	SNACK	SNACK
11.55 am - 12.00 pm	EL ENGLISH	PE PHYSICAL EDUCATION	CCE MOTHER TONGUE	MTL MOTHER TONGUE	MTL MOTHER TONGUE
12.00 pm - 12.30 pm	EL ENGLISH/LSP	ART	SS/ICT	PAL Prog for Active Learning	EL ENGLISH/LSP
12.30 pm - 1.00 pm	EL ENGLISH	ART	SS/ICT	PAL Prog for Active Learning	EL Library
1.00 pm - 1.30 pm					

# Other Information: Students' Attire



## PUNGGOL VIEW PRIMARY UNIFORM & PE ATTIRE



# Other Information: Students' Attire



- All P1 students should wear their school uniform on the first day of school.
- Physical Education (PE) attire should only be worn on the days when there are PE lessons.



- Girls with long hair should tie it up neatly with blue or black elastic bands or hairclips. Fanciful hairclips are not allowed.
- Boys should keep their hair short and neat.

# Important Information



Your child will be given a lanyard with a temporary name tag on the first day of school

For the first month, all P1 students will be required to put on the lanyard with name tag at all times in school.

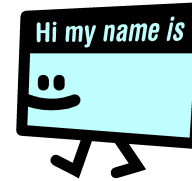
**Write** at the back of the name tag for easy reference.

- contact numbers ( Mother's Hp/ Father's Hp)
- school bus number (if any) or
- which pick up point your child will be picked up from



# Important Information

1 AMETHYST	
<b>Dismissal arrangement:</b>	
School Student Care: (please tick <u>✓</u> )	<input type="checkbox"/> School Bus: (please tick <u>✓</u> ) <input type="checkbox"/>
School Bus Number: _____	
Other Student Care: _____ (please specify)	
Car: <input type="checkbox"/> (please tick <u>✓</u> )	Back Gate: <input type="checkbox"/> (please tick <u>✓</u> )
Gate number: _____ (teachers to fill in)	



<b>Emergency Contact</b>	
_____	(Father)
_____	(Mother)



**Colour is different  
for each class.**



Lanyards



# 8 Classes in 2024





1 Amethyst  
(blue)



1 Diamond  
(pink)



1

Emerald  
(yellow)





1 Jade  
(green)



1 Opal  
(orange)





1 Pearl  
(grey)



# 1 Ruby (red)



1

Sapphire  
(purple)



Please ensure that  
your child wears  
his/her lanyard on  
2 Jan Tuesday.

Please wear for a  
month.





# Dismissal points- Back Gate

- Step 1: Walk with your teacher to respective gates
- Step 2: Spot your parent
- Step 3: Wave to your parent
- Step 4: Inform your teacher
- Step 5: Say “Goodbye”



# Dismissal Gates

<b>Gate 3 Near IBC (Widened)</b>	<b>Gate 4 Near Field</b>	<b>Gate 5 Near MOE Kindergarten</b>
<b>1 Amethyst</b>	<b>1 Jade</b>	<b>1 Ruby</b>
<b>1 Diamond</b>	<b>1 Opal</b>	<b>1 Sapphire</b>
<b>1 Emerald</b>	<b>1 Pearl</b>	

**Parents to wait at the correct gates.**





**Gate 3**  
**1 Amethyst**  
**1 Diamond**  
**1 Emerald**





Gate 4  
1 Jade  
1 Opal  
1 Pearl





Gate 5  
1 Ruby  
1 Sapphire

# Dismissal points- SCC

**Wait at IBC**



**Walk to venues with  
SCC teachers**

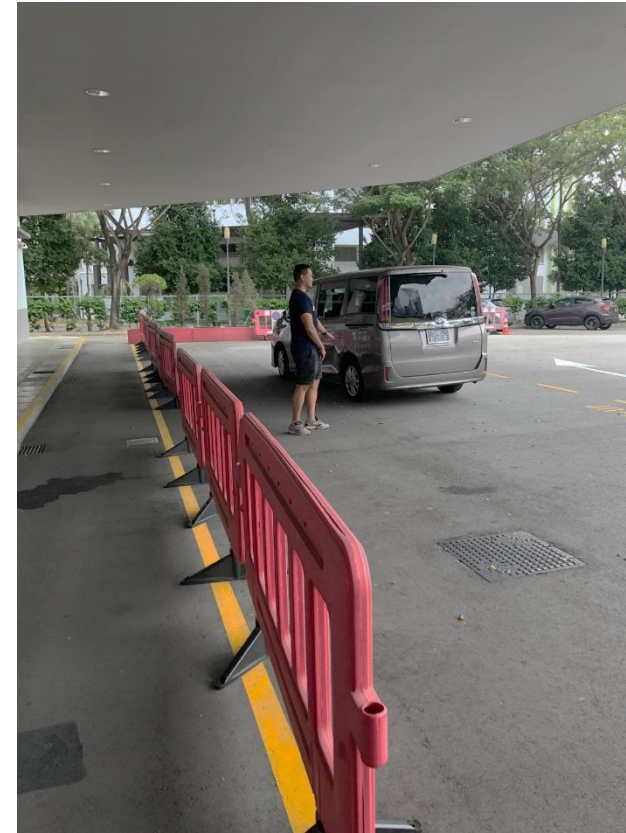
- Wait for SCC teachers
- Mark attendance
- Walk to SCC venues

# Dismissal points- School bus/Car

**Wait at school foyer**



**Wait at car/ school bus**





# Absence from School

- Medical Certificate or a Letter of Excuse is to be produced the day following the absence.  
(Please note that it is our school policy to contact you if your child is absent to find out the reason for his/her absence.)
- Inform the Form Teacher in advance if your child will be absent from school for more than two days.



# PARENTS GATEWAY RESOURCES



Schools may access the video via:  
<https://youtu.be/PCM5o8jAncc>



Schools may access the video via:  
<https://youtu.be/tW9jwyuovOo>

**SCHOOLBAG**  
THE EDUCATION NEWS SITE

Search **GO**

HOME EDUCATION FEATURES TEACHERS' DIGEST MULTIMEDIA FAQ

Home > [Every Parent's Buddy: The Parents Gateway app](#)

## Every Parent's Buddy: The Parents Gateway app

23 AUG 2022

5 reasons to sign up for the Parents Gateway app if you haven't done so already.

**Related**

- Every Parent's Buddy: The Parents Gateway app >
- Strengthening Community Ties Through Social Media >

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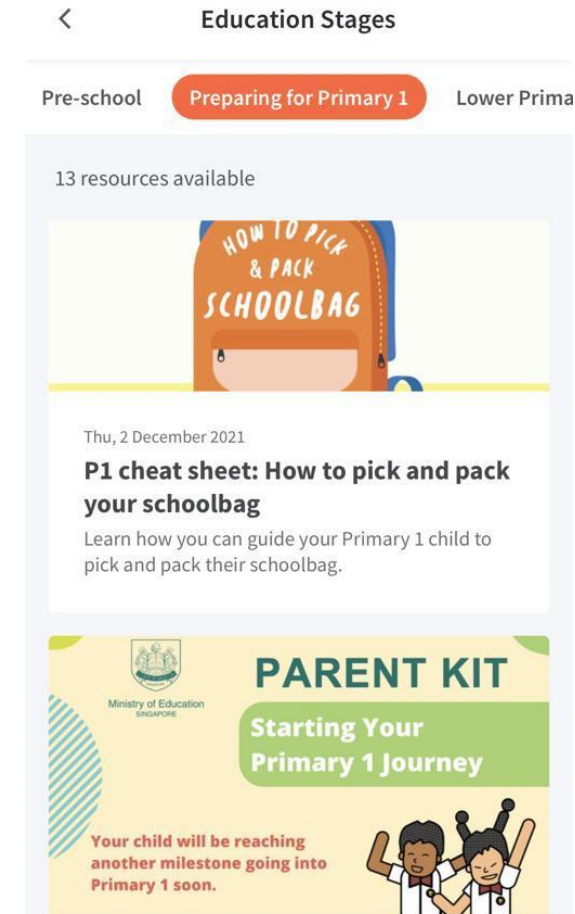
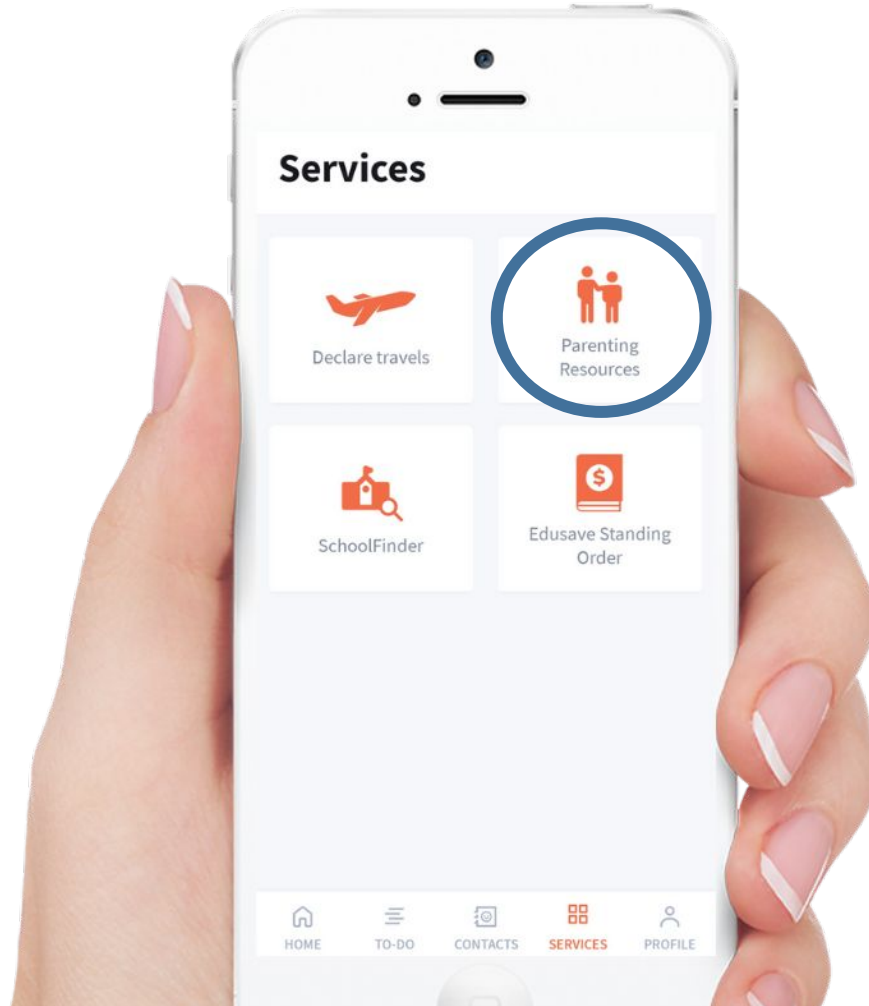
Let's get started  
We'll be retrieving your child's information

<https://go.gov.sg/every-parents-buddy-the-parents-gateway-app>

# ONLY ON PARENTS GATEWAY! A ONE-STOP PORTAL OF RESOURCES

## Parenting Resources repository

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



Find out more about  
Parents Gateway here.

# WHAT'S AVAILABLE ON THE REPOSITORY?

## Supporting your child through the Primary 1 journey



Fri, 23 September 2022

### [Preparing for P1 - PDF] Supporting Your Child Through the Primary 1 Journey

Click to download or view this issue on preparing your child for P1.

**Find out what your child really needs for Primary 1.**

## Teach Your Child Social Emotional Skills

BE READY FOR LEARNING

What your child may learn in school



What you can do at home



Mon, 18 October 2021

### [PDF] Social skills to prepare your child for Primary 1

Click to download or view this resource to learn how you can help your child learn social skills.

**Help develop your child's social and emotional skills by referring to this infographic**



Mon, 23 August 2021

### Are you over-preparing your child for P1?

Learn how overpreparing your child may hinder learning.

**Are you over-preparing your child for primary school?**



Wed, 15 December 2021

### [NLB] LearnX Reading - Primary

Create fun experiences for your child to discover the joy of reading.

**How to cultivate the love for reading? Check out resources from the National Library Board.**



# WE ARE HERE TO SUPPORT YOU!

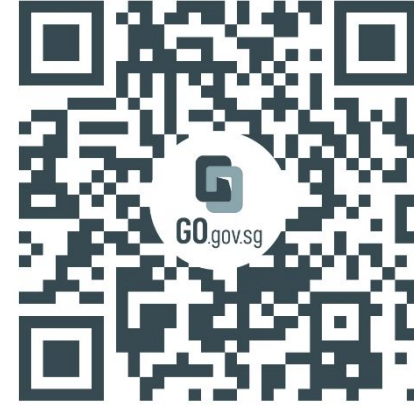


## Parent Kit

[www.moe.gov.sg/parentkit](http://www.moe.gov.sg/parentkit)

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.

Parent Kit



**SCHOOLBAG**  
THE EDUCATION NEWS SITE

## Schoolbag.edu.sg

[www.schoolbag.edu.sg](http://www.schoolbag.edu.sg)

Through articles and multimedia content, Schoolbag provide parents and general public with information and insights related to education, tips for parent involvement and features on school programmes.



# WE ARE HERE TO SUPPORT YOU!



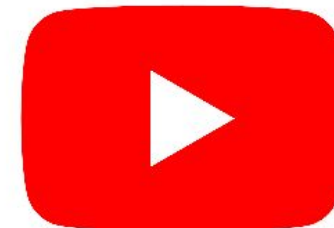
[www.instagram.com/moesingapore](https://www.instagram.com/moesingapore)



[www.instagram.com/parentingwith.moesg](https://www.instagram.com/parentingwith.moesg)



[www.facebook.com/moesingapore](https://www.facebook.com/moesingapore)

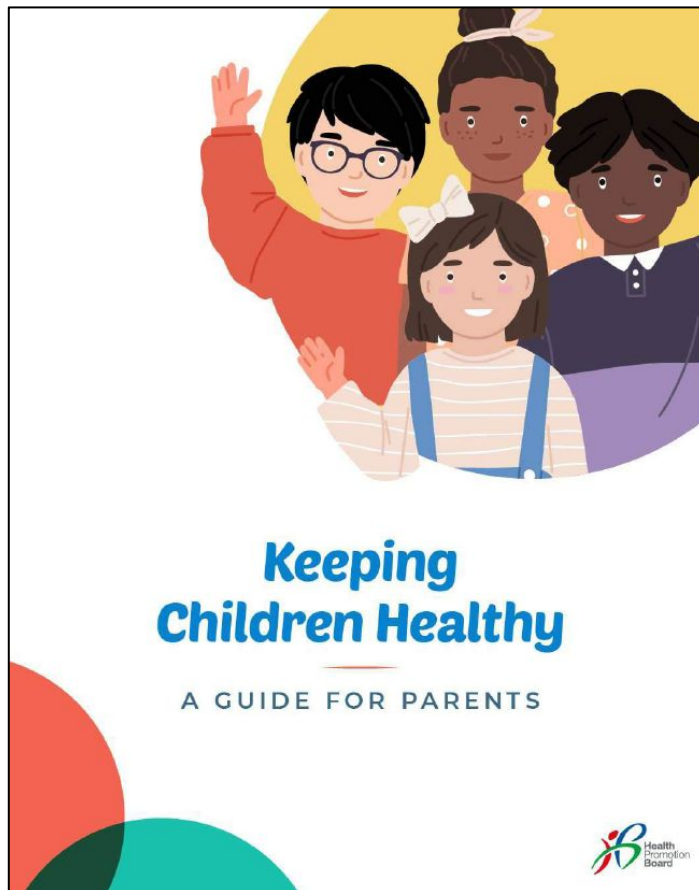


[www.youtube.com/moespore](https://www.youtube.com/moespore)

# WE ARE HERE TO SUPPORT YOU!



## KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



Edition 1



Edition 2



Edition 3

# WE ARE HERE TO SUPPORT YOU!

NEW

## FAMILY VALUES CARD GAME

*Developed by Families for Life, in partnership with the Ministry of Education*

- Designed for parent-child bonding and provide opportunities to discuss about family values as a family
- Families can learn how to play the game by scanning the QR code on the game box
- Parents are encouraged to make use of the conversation starters included in the rulebook to engage children in understanding and demonstrating the family values of **love, care and concern, commitment and respect**

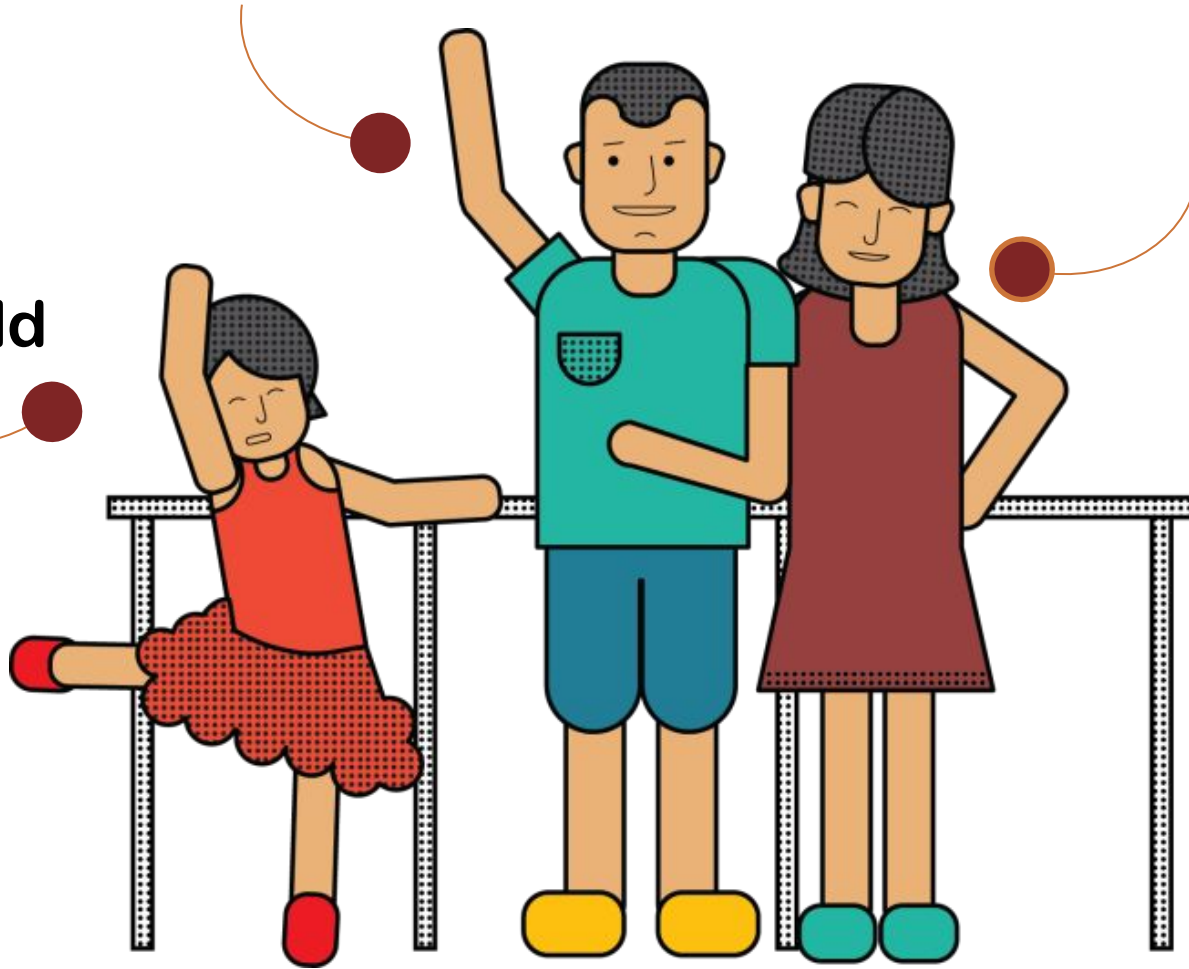


# SCHOOL-HOME PARTNERSHIP

## 2 Developing your child

### 1 Knowing your child

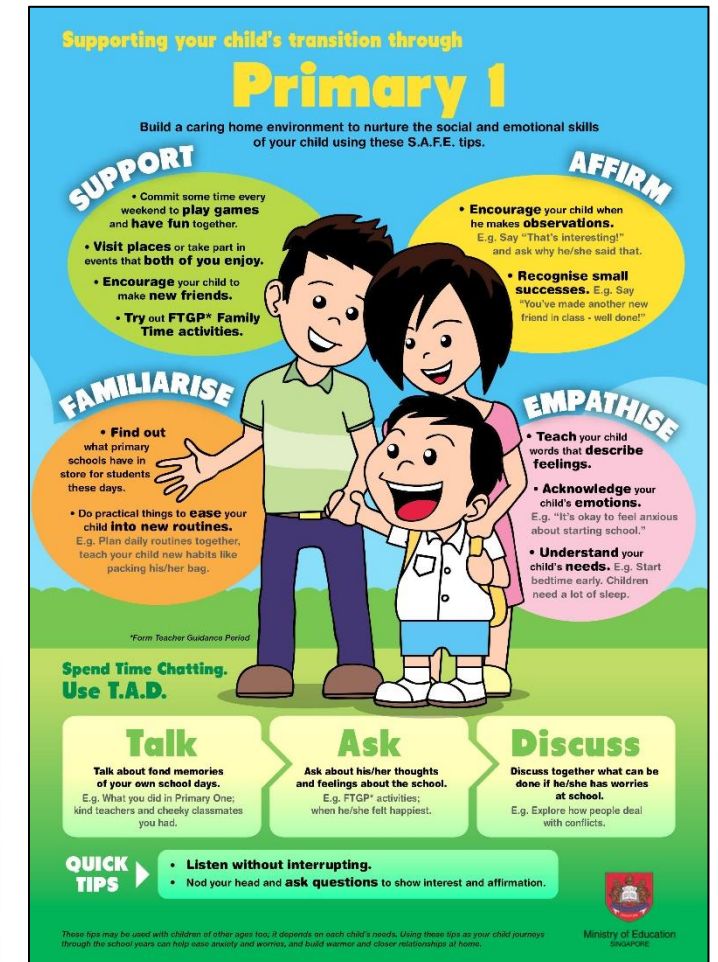
### 3 Building partnership with the school





# HOW CAN I SUPPORT MY CHILD THROUGH THE TRANSITION?

- **Support** your child and encourage them to overcome challenges with you
- **Affirm** your child by recognising small successes and praising their efforts
- **Familiarise** your child by easing them into new routines and sharing with them your experiences in primary school
- **Empathise with** and acknowledge your child's feelings



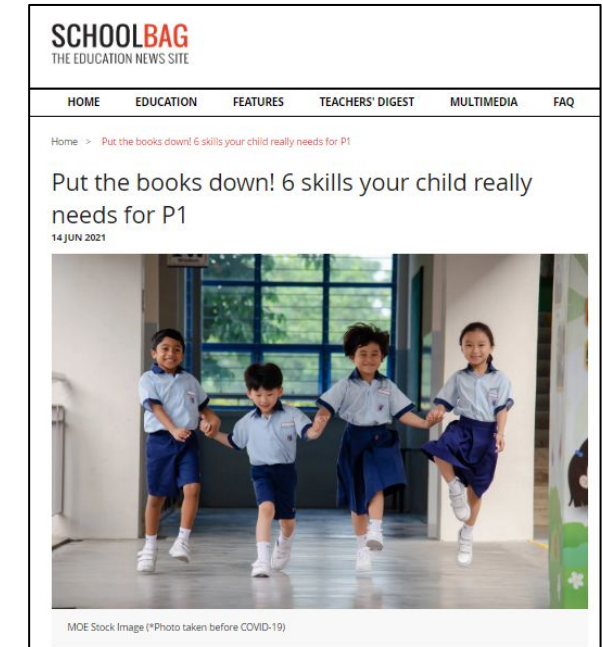


# WHAT DOES MY CHILD NEED AT PRIMARY 1?

NEW

Every child develops at a different pace. We will continue nurturing the knowledge, skills and dispositions that your child has developed at preschool:

Values, Social-Emotional Competencies, Citizenship Dispositions	<ul style="list-style-type: none"> <li>• Understand and Care for Oneself</li> <li>• Show Care and Respect for Others</li> <li>• Make Responsible Decisions and Act on Them</li> </ul>
Art	<ul style="list-style-type: none"> <li>• Enjoy Participating in Art</li> <li>• Express Ideas and Feelings through Art</li> <li>• Demonstrate Awareness of Art from Different Cultural Groups</li> </ul>
English Language	<ul style="list-style-type: none"> <li>• Listen and Speak for Enjoyment and Information</li> <li>• Read with Enjoyment and Understanding</li> <li>• Communicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes</li> </ul>
Mathematics	<ul style="list-style-type: none"> <li>• Basic Understanding of Numbers Up To 10</li> <li>• Recognise Simple Patterns</li> <li>• Compare Quantities Between Two Groups of Objects</li> </ul>
Mother Tongue Languages	<ul style="list-style-type: none"> <li>• Enjoy and Show an Interest in Learning Mother Tongue Language.</li> <li>• Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.</li> <li>• Demonstrate Awareness of Local Ethnic Culture</li> </ul>
Music	<ul style="list-style-type: none"> <li>• Enjoy Participating in Music and Movement Activities</li> <li>• Express Ideas and Feelings through Music and Movement Activities</li> <li>• Demonstrate Awareness of Music and Movement from Different Cultural Groups</li> </ul>
Physical Education	<ul style="list-style-type: none"> <li>• Enjoy Physical Activities</li> <li>• Display Coordination in Motor Tasks</li> <li>• Demonstrate Awareness of Healthy Habits and Safety</li> </ul>



# WHAT DOES MY CHILD NEED AT PRIMARY 1?

- Learning at Primary 1 should be exciting and fun for your child.
- Some skills that parents can support children in developing are:
  - Relating to others
  - Developing good habits
  - Nurturing positive learning attitudes
  - Encouraging children to learn from their mistakes

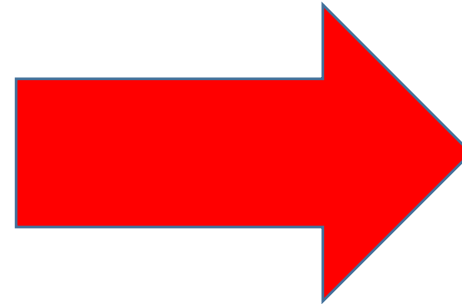


*Refer to Tip 6 of Parent-Child Activity Book for an activity to encourage children to learn from their mistakes.*

# SCHOOL-HOME PARTNERSHIP

## Join the Parent Support Group (PSG)!

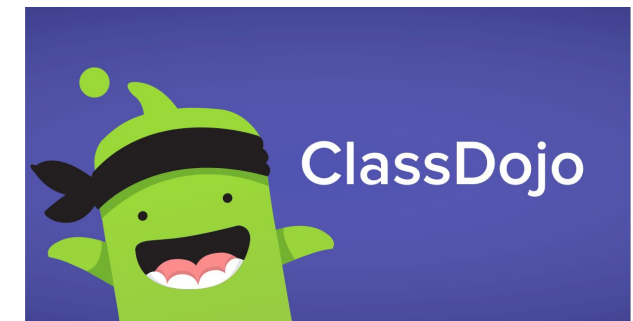
- The PSG consists of a group of dedicated parents who partner the school to support fellow parents in nurturing their children.
- It is a platform for parents to network, share, learn and support each other in this parenting journey.
- Some of the initiatives of the PSG include:
  - Parenting Workshops
  - Career Talks for P5 and P6 students



# SCHOOL-HOME PARTNERSHIP

## Communicating with your child's teacher

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



# SCHOOL-HOME PARTNERSHIP

Our children do best when schools and parents work hand in hand to support them.

*Help your child succeed in life*

Our children do best when schools and parents work hand in hand to support them. Here are some tips to make this happen...

**Work with the school to know and support your child**

- Have regular conversations with teachers in both academic and non-academic areas – this will help you better guide your child's development.
- Check the teachers' preferred mode of communication – they are not required to share their mobile numbers.
- Understand that teachers may not be able to respond to your queries immediately.

**Help your child relate to others**

- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident before taking action to ensure a fair, objective outcome for all parties.

**Help your child develop good habits**

- Create a conducive home environment for your child to enjoy reading and to finish his/her homework by himself/herself.
- Encourage your child to live a healthy, balanced life with time for sleep and play.

**Help your child manage himself/herself**

- Guide your child in managing his/her time.
- Encourage your child to help out with household chores.

Our children succeed when parents and schools work hand in hand.

Ministry of Education  
SINGAPORE





# TRANSITING TO PRIMARY 1

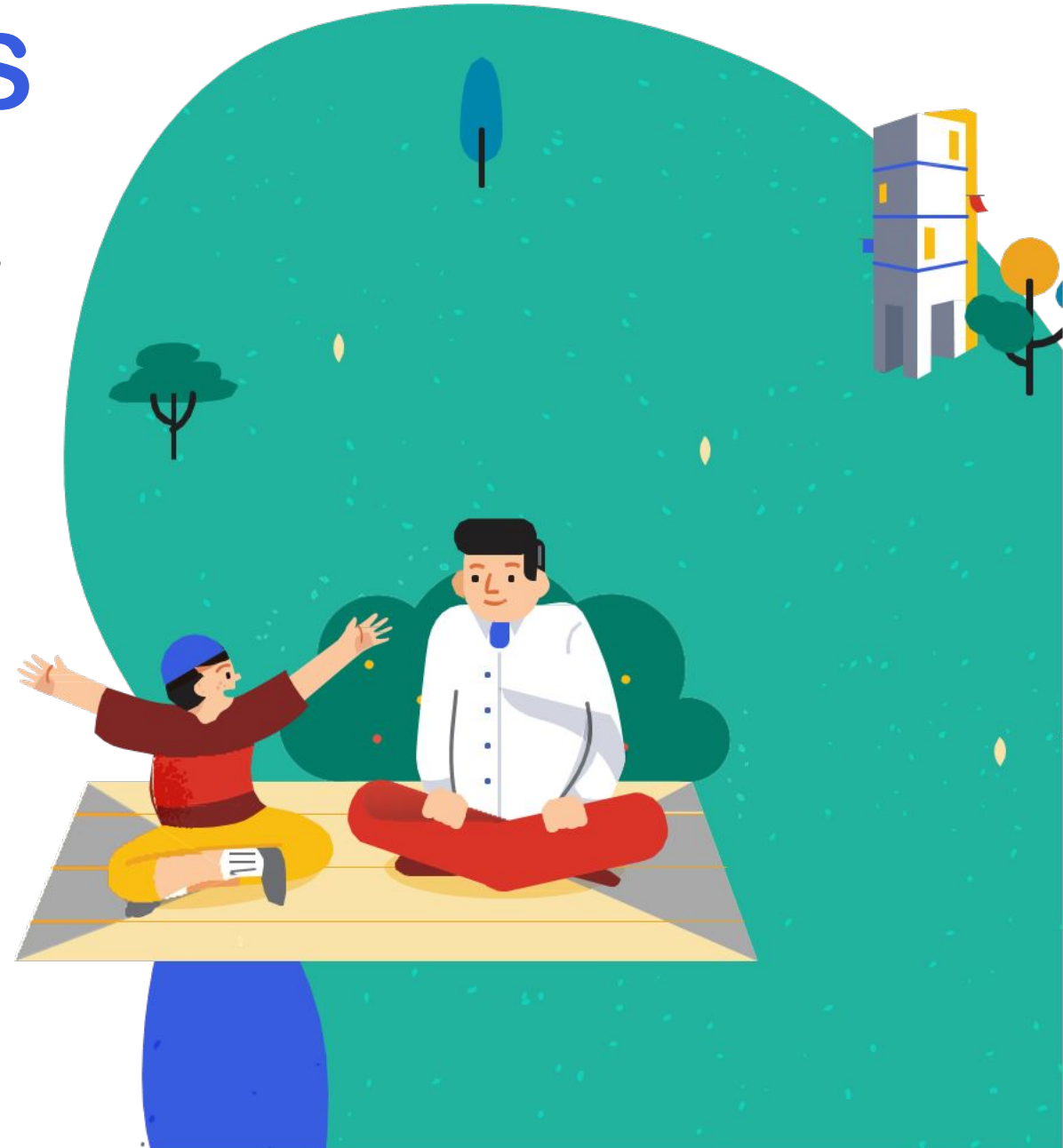
- A smooth transition is made when your child:
  - feels safe and comfortable in their new environment.
  - is able to manage the daily challenges of school life.
- ✓ You may go through the Videos with your child again to familiarize the school environment.
- ✓ Do talk about school.
- ✓ Do talk about friends that they will have.

**YOUR CHILD IS READY.  
ARE YOU?**

# RELATING TO OTHERS

**Build your child's interpersonal skills by:**

- **modelling the use of friendly and polite phrases**
  - "Hello! My name is...What is your name?"
  - "May I please..."
- **providing opportunities for your child to share and take turns during playtime with other children**



# DEVELOPING GOOD HABITS

**Routines help your child build confidence and learn to manage themselves.**

**Guide your child to do the following independently:**

- Practise pre-bedtime routines to have at least 9 hours of sleep
- Dress themselves
- Buy food at the canteen
- Make healthy food choices
- Pack their bag
- Wash their hands
- Take their temperature using a thermometer





# NURTURING POSITIVE LEARNING ATTITUDES

**Developing the right learning attitude will help your child learn better.**

**You can encourage your child to:**

- ask questions about their experiences and the world around them
- express their thoughts and feelings and discuss what can be done if they have worries
- practise life skills independently like buying food and drinks on their own, and asking for permission



# KNOWING YOUR CHILD

## Understand your child's strengths and interests.

- Work with your child's teachers to understand their strengths, interests and development in academic and non-academic areas
- Ask your child about their thoughts and feelings regarding school



# DEVELOPING YOUR CHILD

**Partner the school in the social-emotional learning and holistic development of your child.**

- Allow your child to develop independence
- Encourage your child to participate in school activities
- Talk to your child regularly about values and nurture their interest in learning
- Affirm your child by recognising their efforts
- Teach your child effective ways to manage their challenges and stressors



*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*

# BUILDING PARTNERSHIP WITH THE SCHOOL

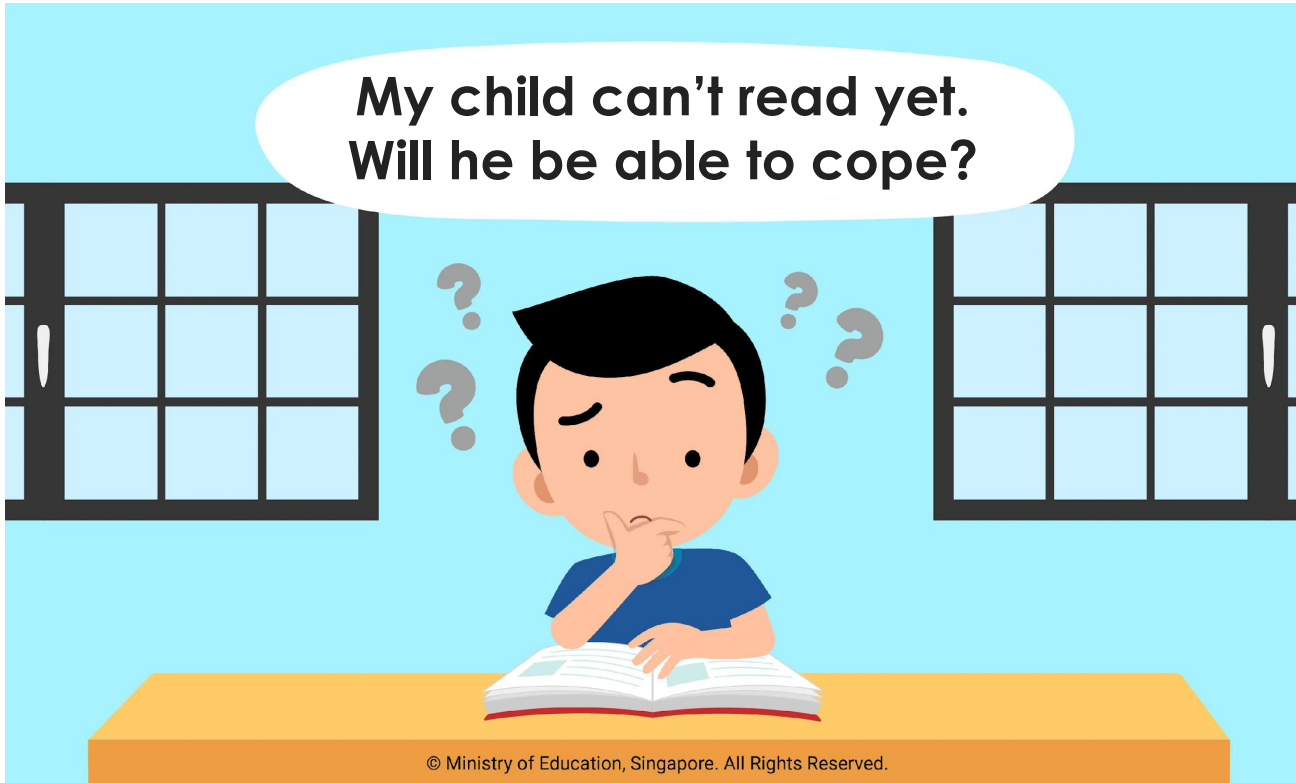
**Maintain regular communication through official school channels.**

- 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





# SOME QUESTIONS YOU MAY HAVE...



Reading is a habit that we can build.

## Interest your child in reading

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work

**You can encourage your child for any effort in learning to read. Most importantly, reading should be a fun learning process.**

# SOME QUESTIONS YOU MAY HAVE...

**My child takes so long to complete her work. Will she fall behind?**



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Children pick up time management at a different pace and can improve with help.

## Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them
- If you notice any learning issues, do reach out to the school early

**Be specific about how much time they should spend on the work, and what time they should complete the work.**

# SOME QUESTIONS YOU MAY HAVE...



Asking for help may not seem obvious to a child.

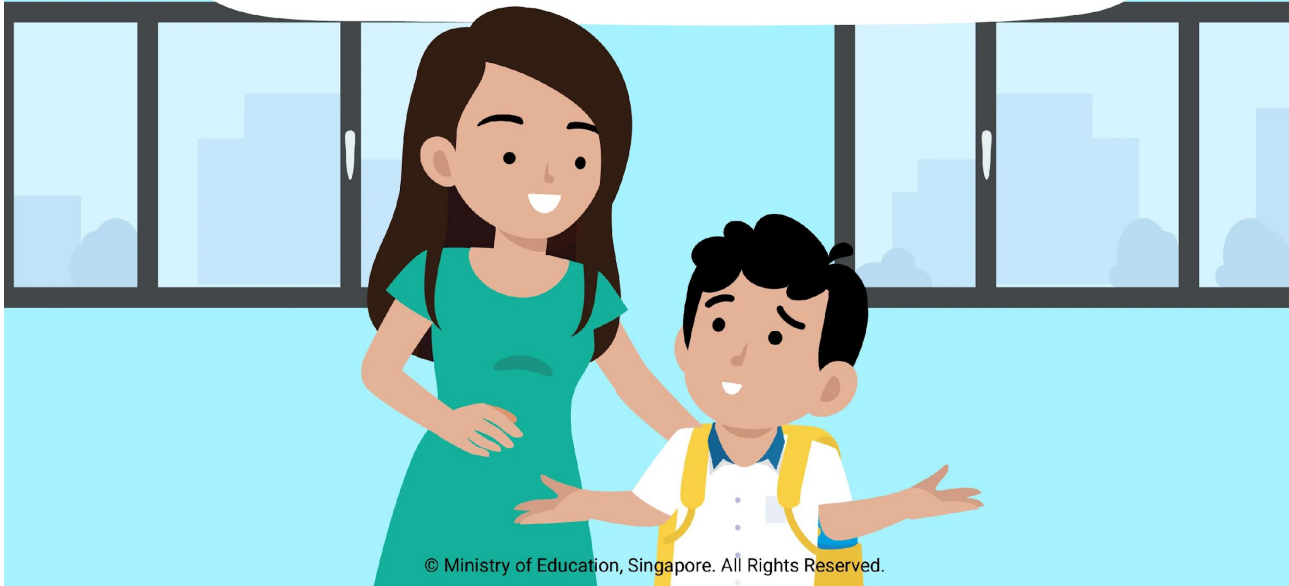
## Teach your child how to ask for help

- Here are some steps you may teach your child:
  - **Step 1:** Look for someone who can help
  - **Step 2:** Check if that person has the time to help; if not, look for another suitable person
  - **Step 3:** Share what the problem is and how they feel
  - **Step 4:** Listen carefully to the advice given
  - **Step 5:** Thank the person for the help

**Practise with your child how to ask for help. Remember to affirm them for their efforts.**

# SOME QUESTIONS YOU MAY HAVE...

**I'm worried my child won't eat at recess. He'll go hungry!**



Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

## Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat
- If you worry that your child is not eating at all, discuss with your child's teacher.

**Remind your child that eating during recess is important as it helps them with the physical energy to continue focusing and learning in class.**

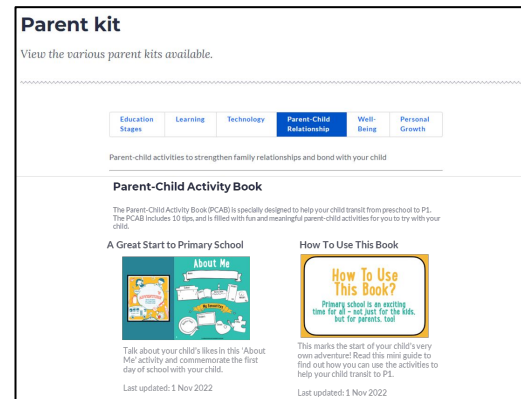


# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## PARENT-CHILD ACTIVITY BOOK (DIGITAL)

**10 TIPS FOR PARENTS** to help you navigate your child's first year in primary school.

Chat with your child  
Boost their confidence  
Practise various scenarios  
Create something interesting  
Thank others for their help  
Pledge to do things together



# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## How To Use This Book?

Primary school is an exciting  
time for all – not just for the kids,  
but for parents, too!

In this book, you'll find **10 tips for parents** – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!



Use an application and allow your child to doodle on it!

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## Activities Inside Include:

**Pledge**

Make promises and keep them



Every child needs encouragement



Show gratitude. It's a great habit.



Make something awesome together



Get familiar with new routines



Keep that conversation flowing

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page.



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