



Ministry of Education  
SINGAPORE

# A GREAT START TO PRIMARY SCHOOL



# OVERVIEW

## 1 What Is It Like in Primary School?

## 2 Transition to Primary 1



## 3 School-Home Partnership

# DEVELOPMENTS IN PRIMARY EDUCATION



Either opened up an opportunity or taught us some value,

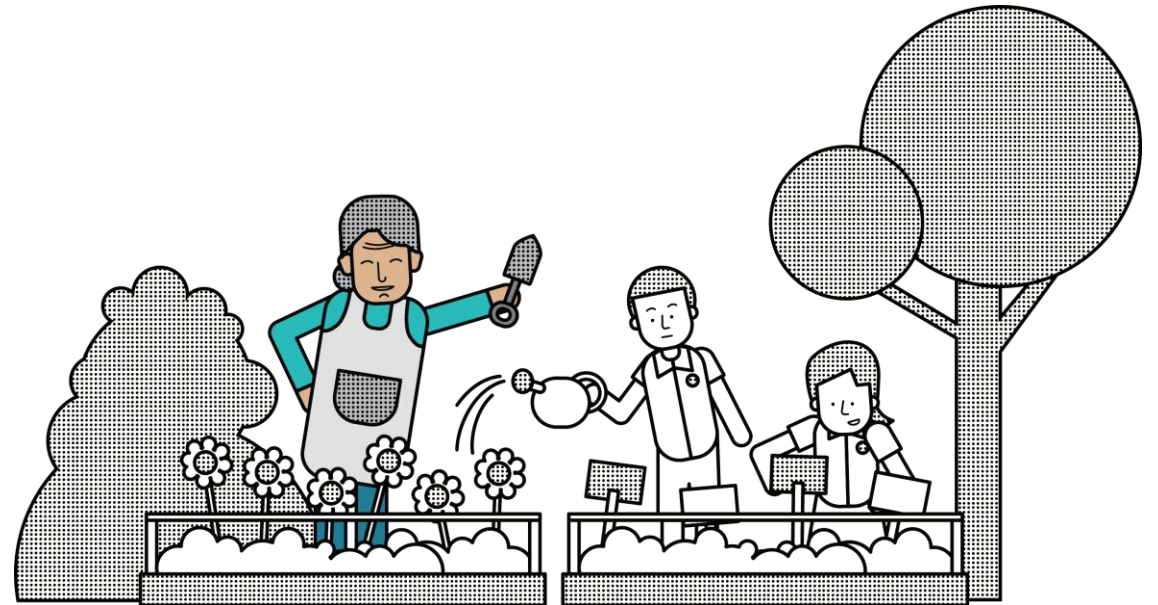


Parents may access the video via:

<https://youtu.be/9paLbNR2zWg>

# 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
- Providing a safe learning environment to support our children's well-being



# TRANSITION TO PRIMARY 1

- **Transition is the process in which a child moves into a new environment**
- **For example, when a child moves from preschool to primary school, a child has to adapt to an unfamiliar setting**
- **A smooth transition occurs when your child:**
  - feels safe and comfortable in their new environment
  - is able to manage the daily challenges of school life
  - can reach out to teacher and/or peers for support when needed



# TRANSITION TO PRIMARY 1

When your child enters primary school, their experience will include:



# 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



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

# HOW CAN I SUPPORT MY CHILD THROUGH THE TRANSITION?

- **S**upport your child and encourage them to overcome challenges with you
- **A**ffirm your child by recognising small successes and praising their efforts
- **F**amiliarise your child by easing them into new routines and sharing with them your experiences in primary school
- **E**mpathise with and acknowledge your child's feelings



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.

*\*Form Teacher Guidance Period*

**Spend Time Chatting. Use T.A.D.**

Talk	Ask	Discuss
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 about his/her thoughts and feelings about the school. E.g. FTGP* activities; when he/she felt happiest.	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 journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

Ministry of Education  
Singapore



# 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>


**SCHOOLBAG**  
THE EDUCATION NEWS SITE

HOME EDUCATION FEATURES TEACHERS' DIGEST MULTIMEDIA FAQ

Home > Put the books down! 6 skills your child really needs for P1

Put the books down! 6 skills your child really needs for P1

14 JUN 2021

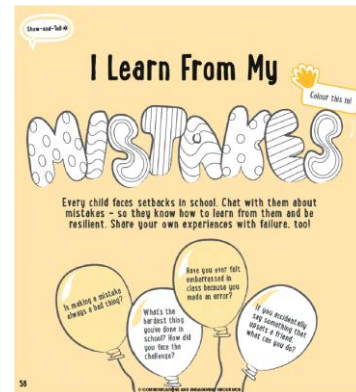


MOE Stock Image (\*Photo taken before COVID-19)



# 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.*

# 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





# 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.

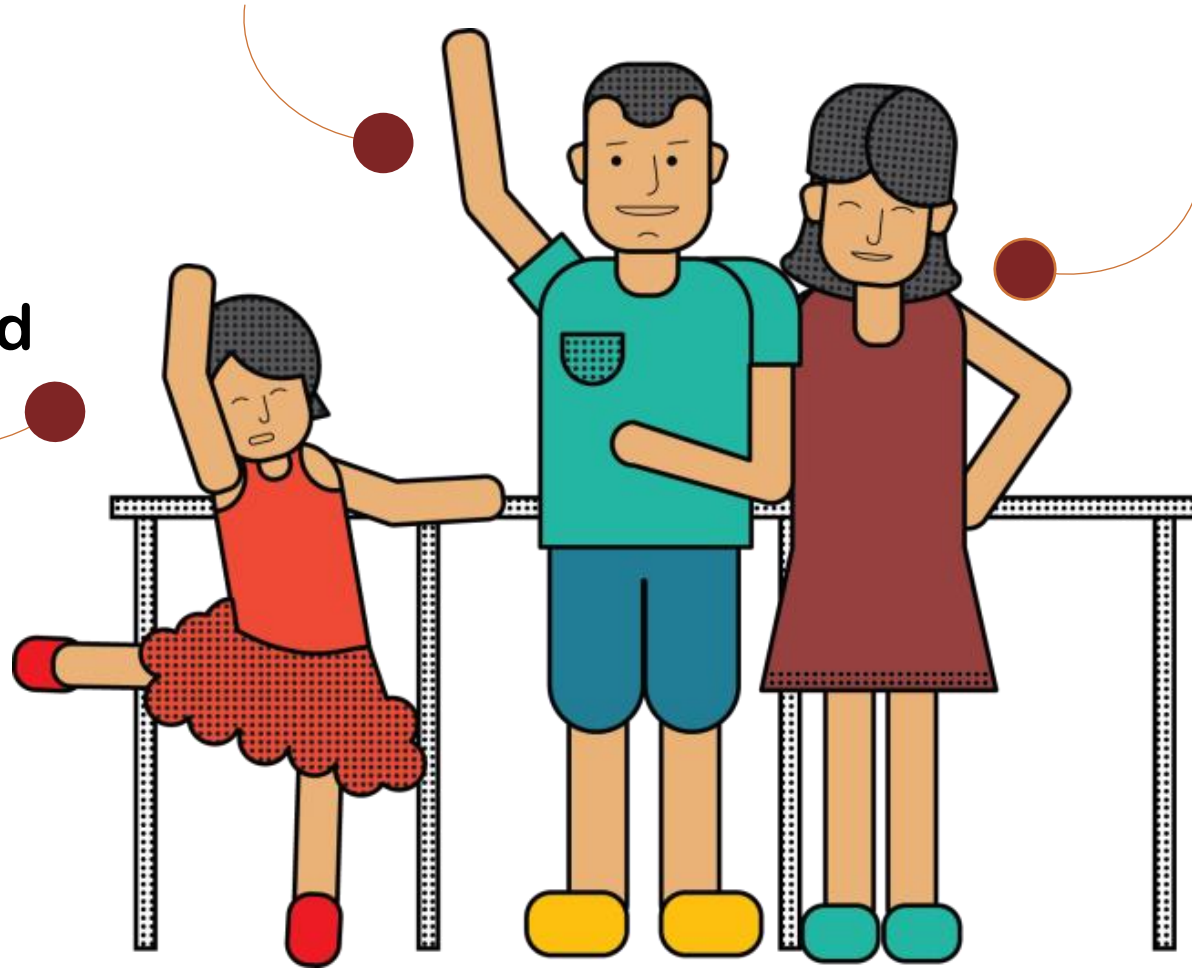
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Singapore



# SCHOOL-HOME PARTNERSHIP

## 2 Developing your child

### 1 Knowing your child



### 3 Building partnership with the school

# 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

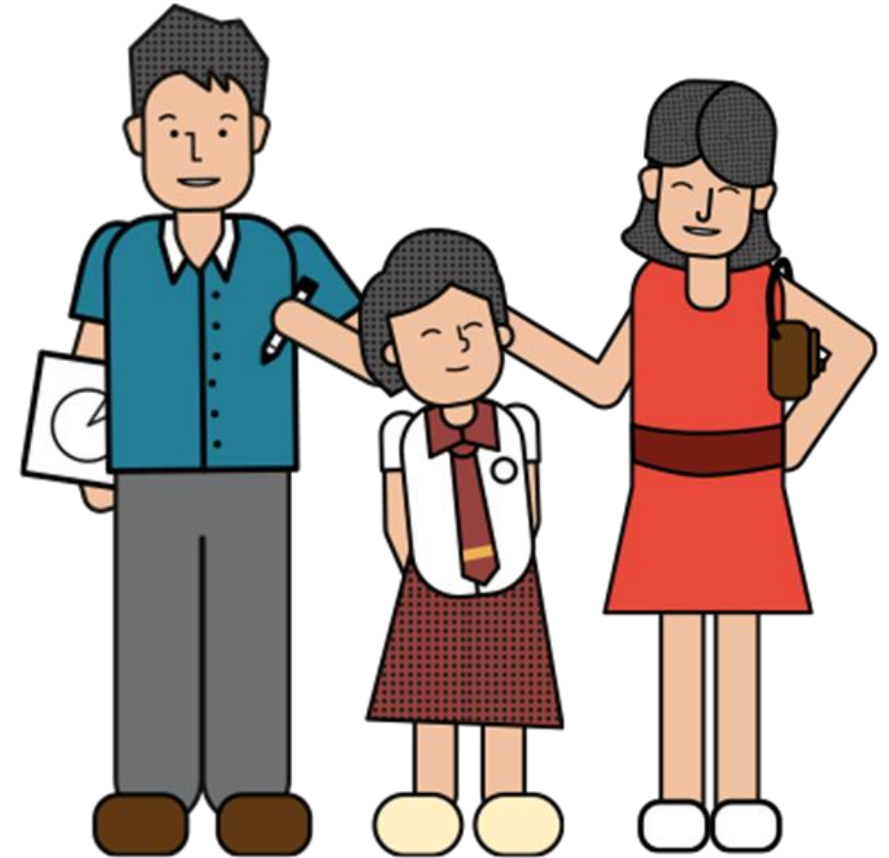


*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*

# BUILDING PARTNERSHIP WITH THE SCHOOL

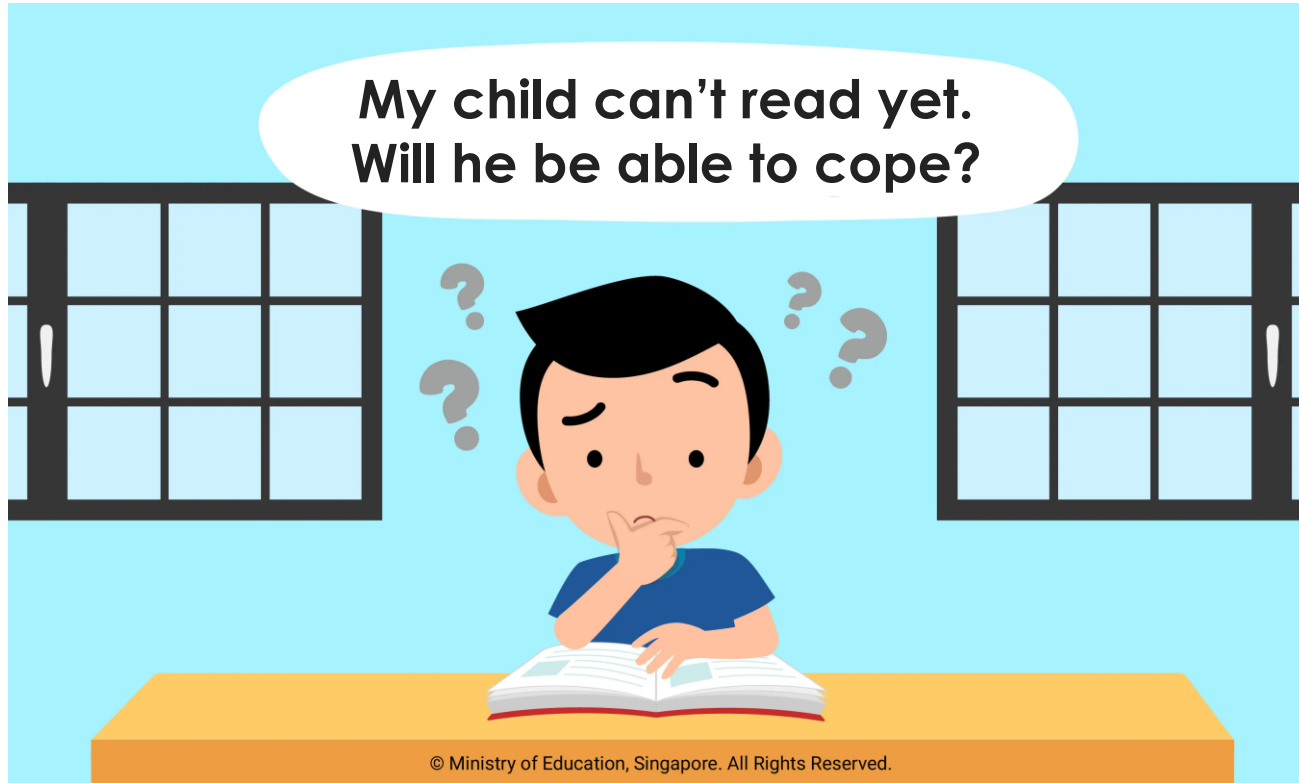
## **Maintain regular communication through official school channels.**

- 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.

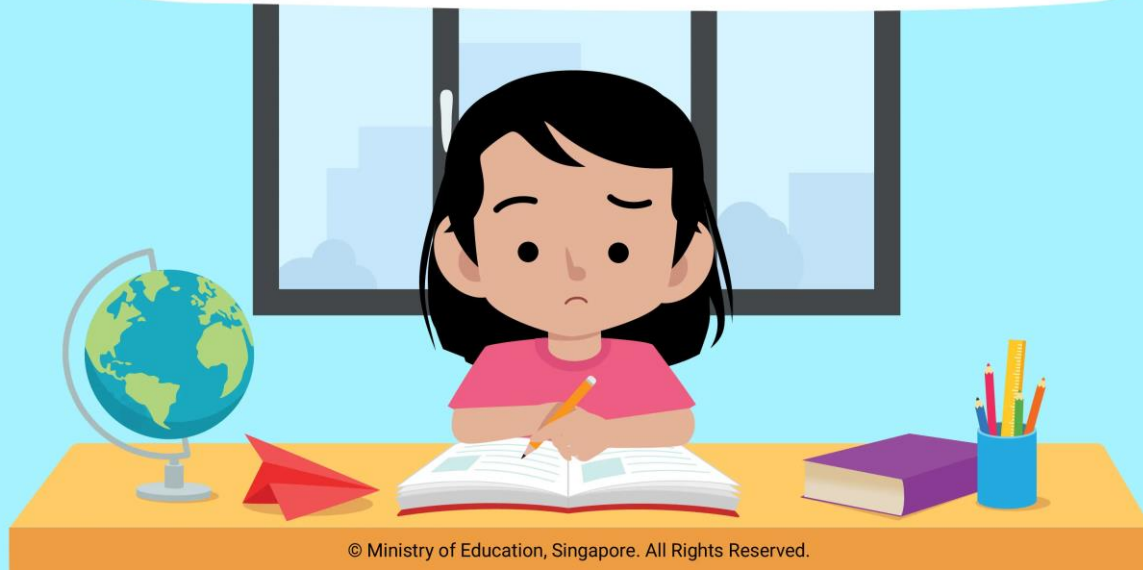
## Interest your child in reading

- 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?**



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.

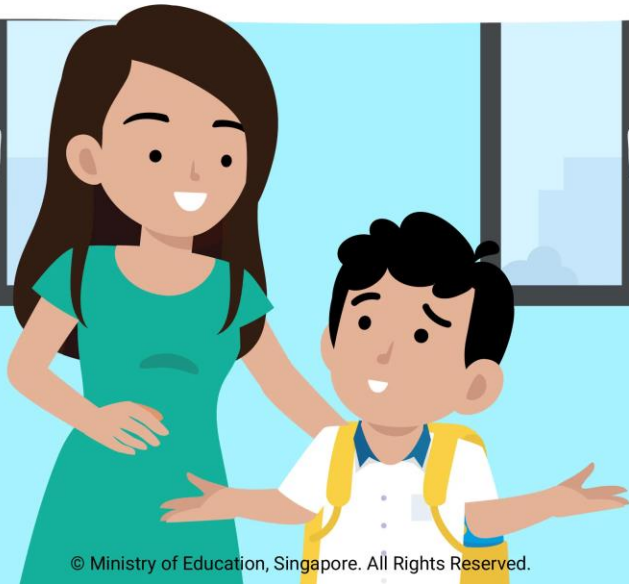
## Teach your child how to ask for help

- 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!**



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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.**

# PARENTS GATEWAY RESOURCES



Parents may access the video via:

<https://youtu.be/PCM5o8jAncc>



Parents may access the video via:

<https://youtu.be/tW9jwyuovOo>

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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.

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

GO.gov.sg

Related

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

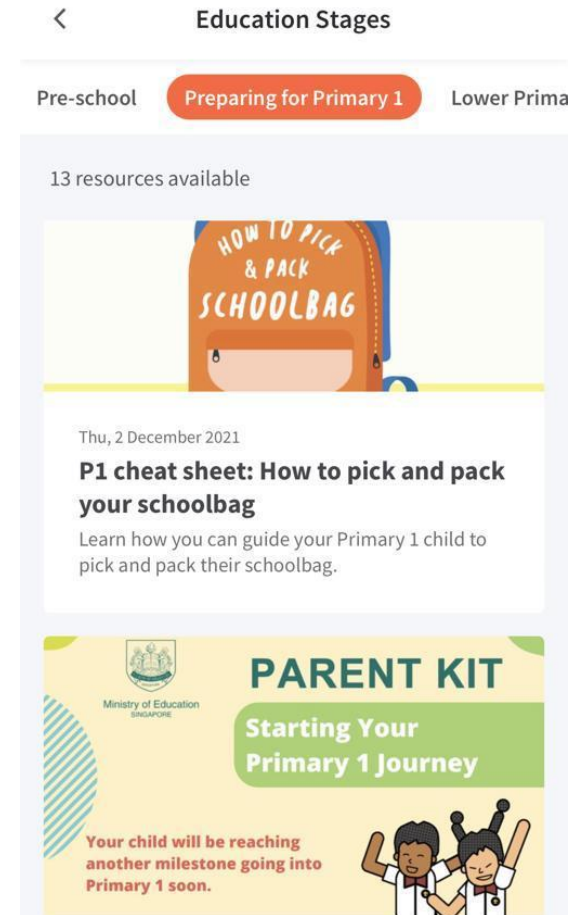
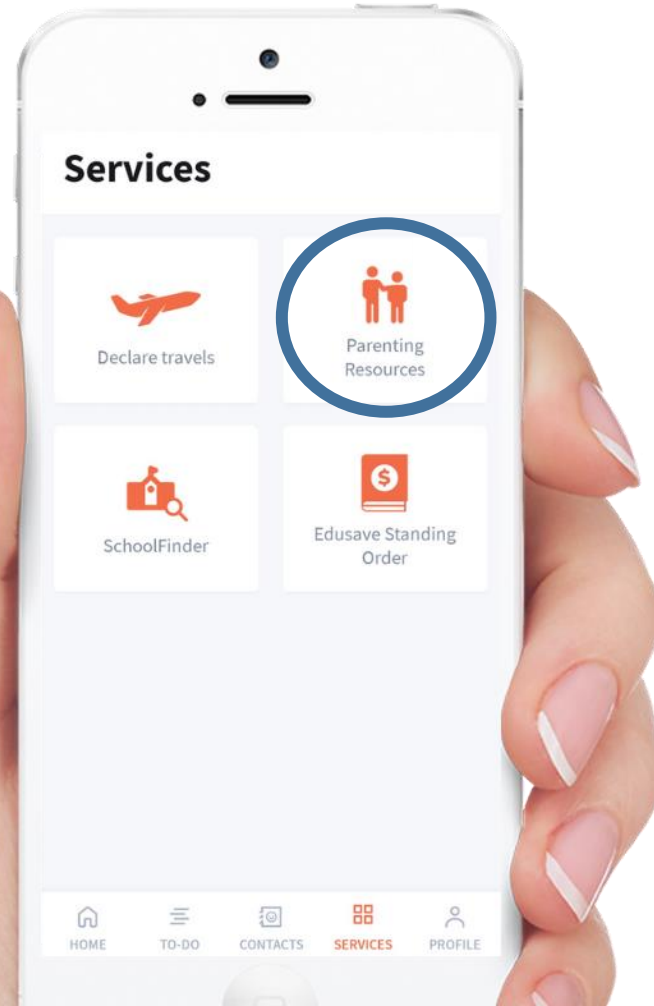
<https://go.gov.sg/every-parents-buddy-the-parents-gateway-app>



# 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**  
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## 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!



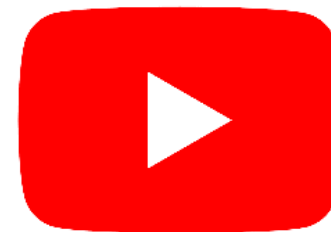
[www.instagram.com/moesingapore](http://www.instagram.com/moesingapore)



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



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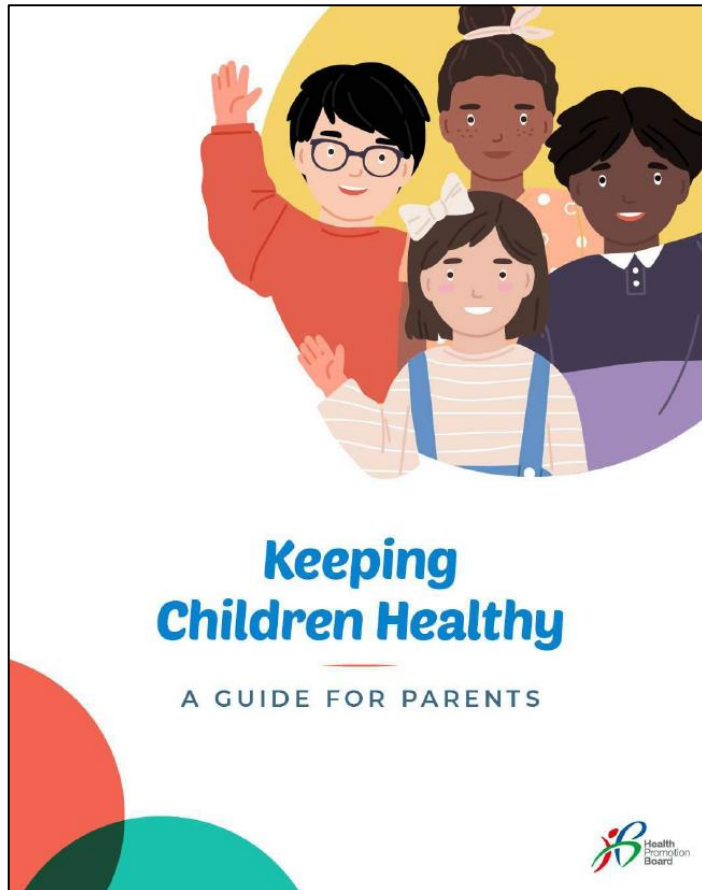


[www.youtube.com/moespore](http://www.youtube.com/moespore)

# WE ARE HERE TO SUPPORT YOU!



## KEEPING CHILDREN HEALTHY – A GUIDE FOR PARENTS



**Is your child transitioning to P1?**

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- a) Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:



**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**

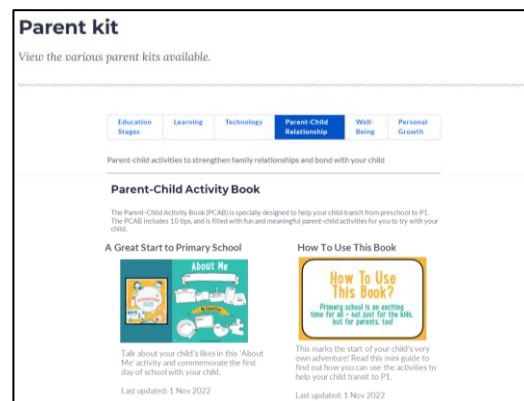


# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## 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!

2

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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.



3

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# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## Great Ideas For A Great Adventure

Paste a sticker after you complete each tip!  
Stickers can be downloaded from <https://www.moe.gov.sg/parentkit>

**Before school starts!**

**Tip 1: Get Ready For School**  
Pg 9 - 16  
Dec-before school starts!

**Tip 2: Practise Routines**  
Pg 17 - 28  
Dec-before school starts!

**During term time!**

**Tip 3: New Places, New Faces**  
Pg 29 - 38  
Jan-first week of school!

**Tip 4: We Can do This Together**  
Pg 39 - 48  
Feb-when learning gets more serious!

**Tip 5: Show Interest In Your Child**  
Pg 49 - 56  
Mar-holidays!

**Tip 6: Time To Let Go!**  
Pg 57 - 68  
Apr-start of term 2!

**Tip 7: Team Up With Teachers**  
Pg 69 - 78  
May-before and after the Parent-Teacher Meeting!

**Tip 8: Every Child Is Unique**  
Pg 79 - 86  
May-before and after the Parent-Teacher Meeting!

**Tip 9: Be A Great Role Model**  
Pg 87 - 96  
Jun-holidays!

**Tip 10: Let's Help Out At Home**  
Pg 97 - 104  
Jun-holidays!

## TIP 2

# Practise Routines

Building good habits helps your child cope with the many new things they will encounter this year.

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!