

# P3 Parents' Briefing

**23 Jan 2026**



# Overview

- Introduction of Year Head, Assistant Year Head & Level Guardian
- Discipline
- Cyber Wellness
- Home-School Partnership
- Level Highlights



# Introduction of Year Heads & Level Guardian



**Mrs Jaslyn Lim-Cai Yuyu**  
Year Head



**Ms Mary Archana**  
Assistant Year Head



**Mr Kwang Yu Fung (Frank)**  
Teacher

**Supporting P3 and P4 Student Matters**

**P3 & P4  
Discipline Level Guardian**



# Together We THRIVE

*Creating a Caring and Enabling  
School Environment for All*





# Discipline is an Educative Process

## Educative Discipline Philosophy

Discipline teaches responsibility, empathy, and self-regulation within a safe, caring environment where students thrive.

## Promoting Positive Behavior

Discipline helps students build good habits and social-emotional skills for thoughtful, respectful behavior.

## Restorative Consequences

Disciplinary consequences are educative, measured, and restorative to help students learn from mistakes.

## Customised Support for Growth

Enhanced disciplinary consequences are tailored to support individual student development effectively.

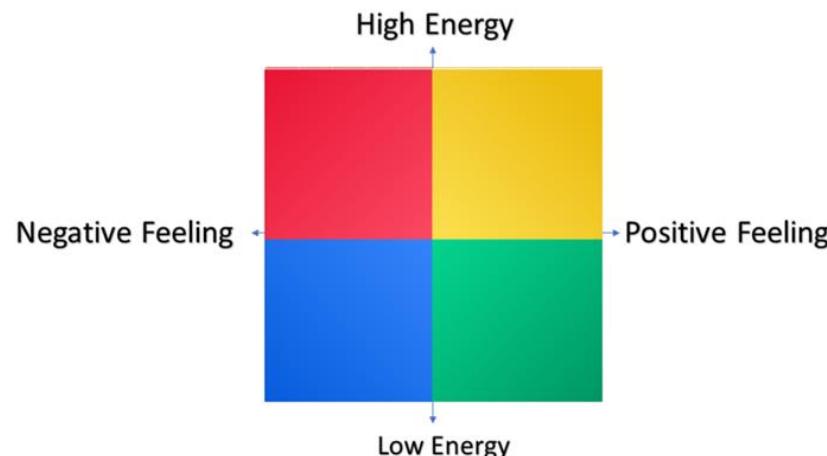
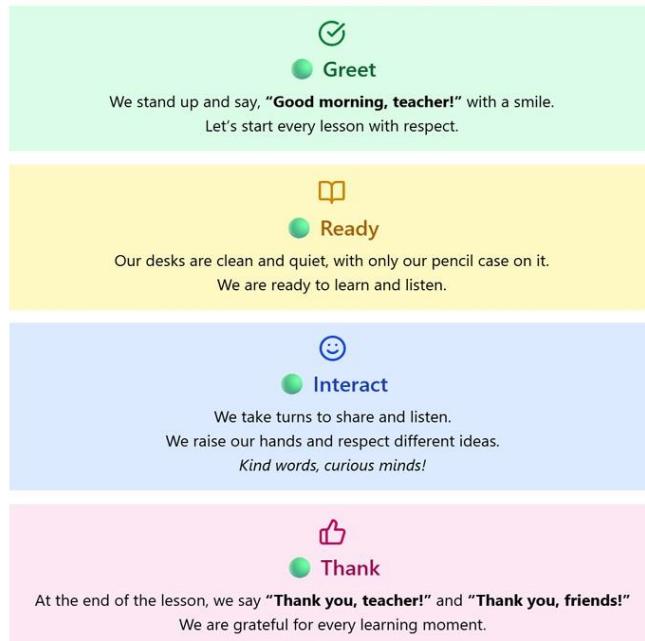
# Encouraging Positive Behaviour

## *In the classroom*

- Classroom Routines
- Mindful Breathing
- Mood Meter
- Whole Body Listening

### GRIT Routine

We show grit by being **Ready**, **Respectful** and **Thankful**



# Encouraging Positive Behaviour

*During school hours*

- Empowering our children to experience a lively recess
- Embracing a range of activities (e.g. Recess buddy programme)



# Encouraging Positive Behaviour

*Peer support leaders leading our students in anti-bullying and campaign and Special Education Needs (SEN) week*



# List of Offences

## Serious Offences

- Truancy
- Vandalism
- Cheating in assessments
- Theft
- Bullying
- Fighting
- Vaping
- Sexual Harassment

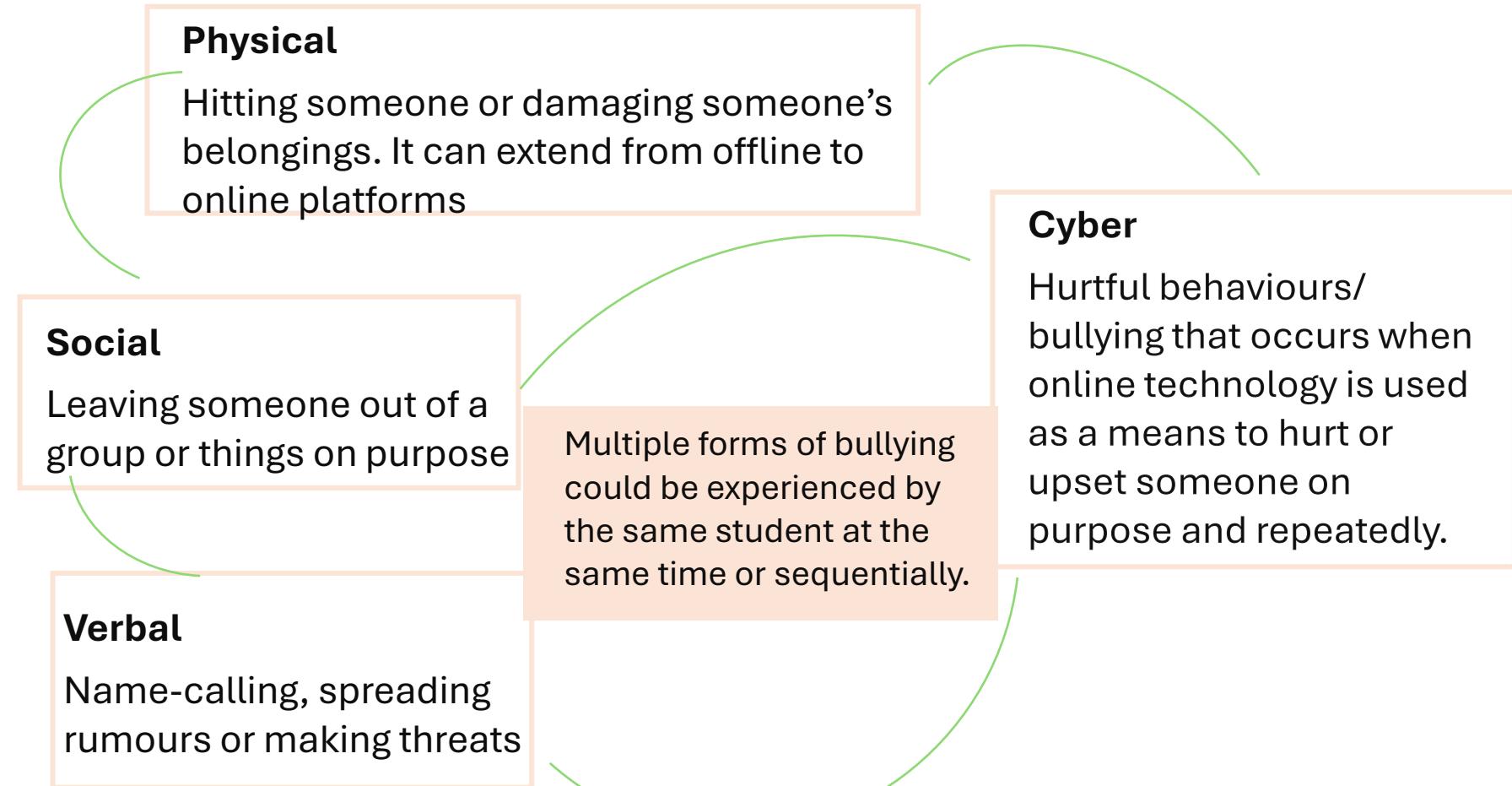
## Minor Offences

- Latecoming
- Skipping classes
- Improper attire and grooming
- Littering
- Not doing assignments
- Using vulgar language
- Insensitive acts/remarks

Full list of disciplinary offences and measures are found on Pg 12 of Student Handbook.

# Hurtful Behaviours & Bullying

# What are hurtful behaviours and bullying?



# How can I guide my child to be kind and respectful?

Ask your child if what they are about to say or is... **Truthful, Helpful, Inspiring, Necessary, and Kind (T.H.I.N.K.)?**



# Our Firm Stance on Hurtful Behaviours and Bullying

Any form of hurtful behaviour is **wrong** and **unacceptable**.

We will take action when informed of such cases.

- Students, staff and parents can report offences/incidents in these ways:
  - **Verbal**
    - Tell any teacher in the vicinity of the incident
    - Report directly to Discipline Master/Year Head/Form Teacher/Subject Teacher
    - Report directly to School Leaders/General Office
  - **Written/Email**

The school will treat the information with sensitivity. **The identity of the person who reported the case will be kept confidential.**

# What happens when an incident is reported?

Address	Correct	Replace	Restore
<ul style="list-style-type: none"><li>• <b>Conduct investigations</b></li><li>• <b>Inform parents</b> of both parties in a timely manner</li><li>• Put in safety measures <b>for all parties</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Disciplinary consequences</b> and <b>Demerit Points</b>, where necessary</li></ul>	<ul style="list-style-type: none"><li>• Guide students to self-manage and <b>promote positive behavior</b></li><li>• Provide <b>support</b> for student(s) involved, with external parties if necessary (e.g. Counselling, referral to REACH)</li></ul>	<ul style="list-style-type: none"><li>• <b>Repair</b> relationships</li><li>• <b>Resolution</b> of conflict between parties</li></ul>

# Demerit Point System: Strengthening Discipline Management in SDPS

# Demerit Point System

*Why?*

- Promote consistency and fairness in the handling of discipline matters
- Provide early monitoring and timely support for students who may need guidance
- Strengthen students' awareness of expectations and consequences
- Support a positive and conducive learning environment for all students

Parents will be **informed via Parents' Gateway** when an offence is recorded.

# Demerit Points

## General Guidelines of issuing Demerit Points

Minor offences = 1-2 demerit points

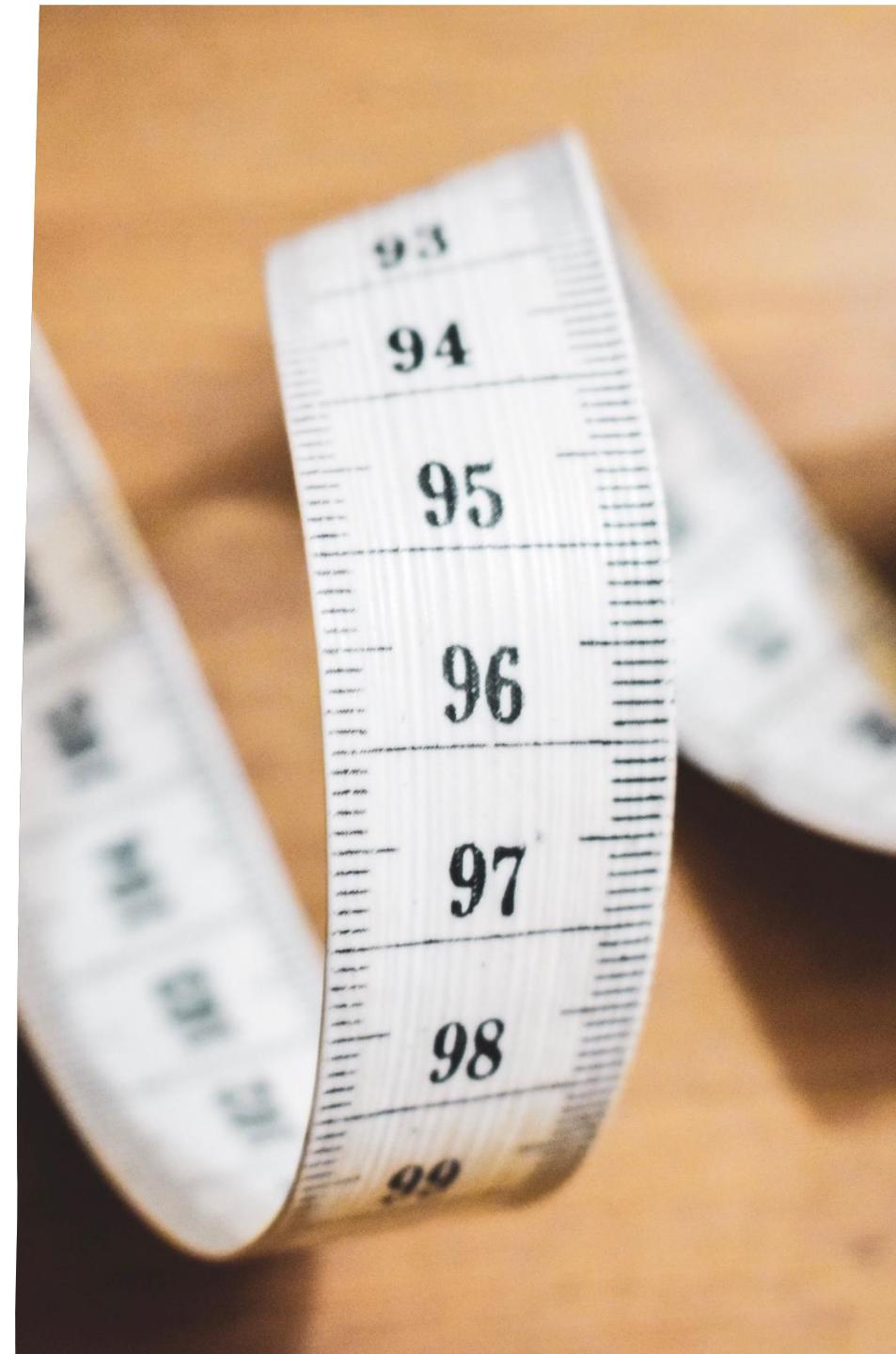
Serious offences = 3 or more demerit points

## Considerations

- Age of student, intent of action, impact of actions, number of prior offences

## Important points to note

- Parents will receive a Parents Gateway announcement if student commit any offence
- Accumulation of demerit points will provide useful information to assign the student's semestral conduct grade.
- Students will start every semester (half year) with zero demerit points
- Appropriate consequences will be meted out in accordance to nature of offence and demerit points issued



# Effective Discipline Requires School-Home-Community Partnership

## Teachers

- Teach **values** and provide opportunities for students to **exercise and reinforce good behaviour in class/CCA/student development experiences**
- Guide students to **manage their behaviour** and restore **affected relationships**
- Work with parents to **reinforce desired outcomes**

## Parents

- Provide a **safe, caring and supportive** home environment
- Work with school to guide their children and **reinforce desired outcomes**
- Role model desired behavior

## School Leaders, Student Development Team Key Personnel and Specialised Personnel

- Lead and **put in place structures, processes and programmes** for effective student management
- Address **underlying needs and issues** to strengthen protective factors and mitigate risk factors
- Work with Teachers and Parents to guide students and **reinforce desired outcomes**

## Effective Discipline

## Peers

- Provide **positive influence and support**
- **Seek help from significant adults** (e.g., school leaders, teachers) if peers need support

## Other community stakeholders

- **Work with schools** to help students learn and grow

# Cyber Wellness

# What is Cyber Wellness?

**Cyber Wellness** is the ability of our children and youth to navigate the cyberspace safely.

This is done through our **Character and Citizenship Education (CCE) 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**.

Through the curriculum, your child learns knowledge and skills to have **balanced screen use, be safe online, and exhibit positive online behaviours**.

## Resources

Scan here to find out more about MOE's Cyber Wellness curriculum:



<https://go.gov.sg/moe-cw-education>

# Primary 3 and 4

During  
CCE(FTGP)  
lessons,  
students will  
be taught:

## Balanced use of digital devices

- Time management and spending time on screen-free activities

## Netiquette

- Show respect to others online
- Be considerate when posting opinions online
- Reflect on how our interactions can affect others online

## Stand up against cyber bullying

- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

## How to stay safe online

- Steps to take to determine if an online friend is trustworthy

**My Healthy Screen Time Pledge**

I, \_\_\_\_\_ (my name) pledge to be responsible and practise self-control when it comes to using the computer or the mobile phone.

Tick (✓) 3 things you would like to start practising. I pledge to:

- set aside time to complete my homework, rest, exercise and spend time with my family.
- stop my screen time when having my meals and practise the 20-20-20 rule\*.
- put my devices away at least 60 minutes before bedtime.
- stop my screen time when I have reached the time limit my parents/guardians have set for me.
- set the alarm for 30 minutes and stop my screen time when it goes off.
- stop my screen time when I am feeling tired.
- seek help from my family when I need support/reminders to manage my screen time responsibly.
- Other(s): \_\_\_\_\_

**REMINDER TO SELF!**

Paste this pledge at a place where I can see it every day.

\* 20-20-20 rule: Look at something 20 feet (approximately 6 metres) away for 20 seconds after 20 minutes of screen time.

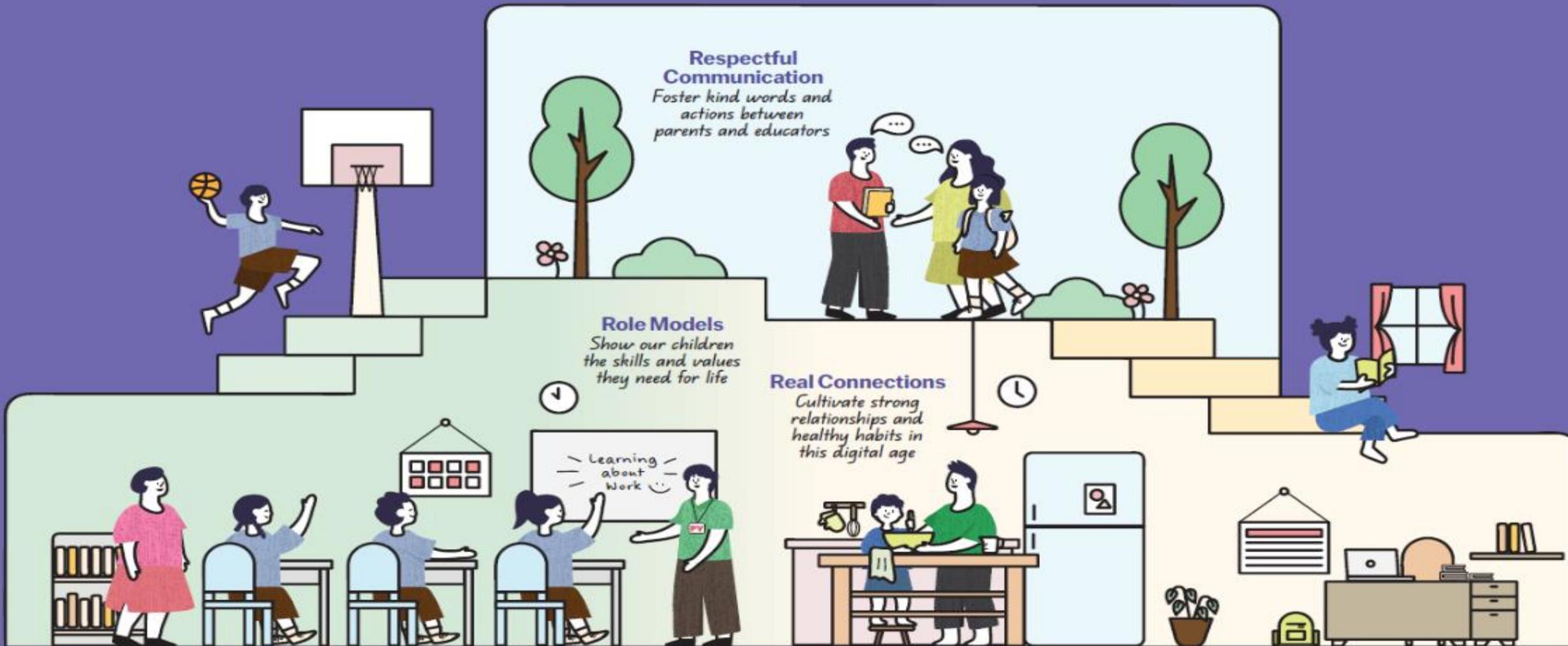


Discuss your child's healthy screen time pledge at home and cultivate accountability.

# How Can We Partner Up?

Together, we can raise happy, kind and confident children, ready to thrive in the digital world.

# Raising a Happy, Confident, and Kind Generation Together



## Respectful Communication

Foster kind words and actions between parents and educators



- Listen to and understand each other's perspectives and concerns regarding each child.
- Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers.
- Respect each other's time by communicating during working hours.

## Role Models

Show our children the skills and values they need for life



- Practise gratitude and find joy in everyday experiences with our children.
- Instil confidence by encouraging responsibility and believing in each child's abilities.
- Model good values in words and actions, at school and at home.

## Real Connections

Cultivate strong relationships and healthy habits in this digital age



- Build strong bonds through shared experiences and meaningful conversations.
- Establish good habits for our children to stay confident and in control of their technology use.
- Provide a balanced mix of engaging online and offline activities, at school and at home.

# Let's Work Together

**Save the Date**  
**2026 Parent Child Teacher Conference**  
**Thu, 28 May 2026 (F2F)**

## Communication Channels

- **Email, Student Handbook, Parent's Gateway**
- **Phone Call:** If parents would like to speak to teachers over a phone call, please arrange for a suitable time before calling as teachers might be engaged in class or meetings.
- **Timing**
  - Teachers will not be able to respond outside of working hours (7.30 a.m. – 5 p.m)
  - For urgent matters, parents should call the General Office during school hours



# Begin your parenting journey with us

**@parentingwith.moesg**

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



# Follow us on Instagram



Welcome back to school!

**springdalites** 

Springdale Primary School

112 posts 1,142 followers 8 following

Education

Official account of Springdale Primary School  
"Every Springdalite is a Thriving Learner and a Compassionate... more

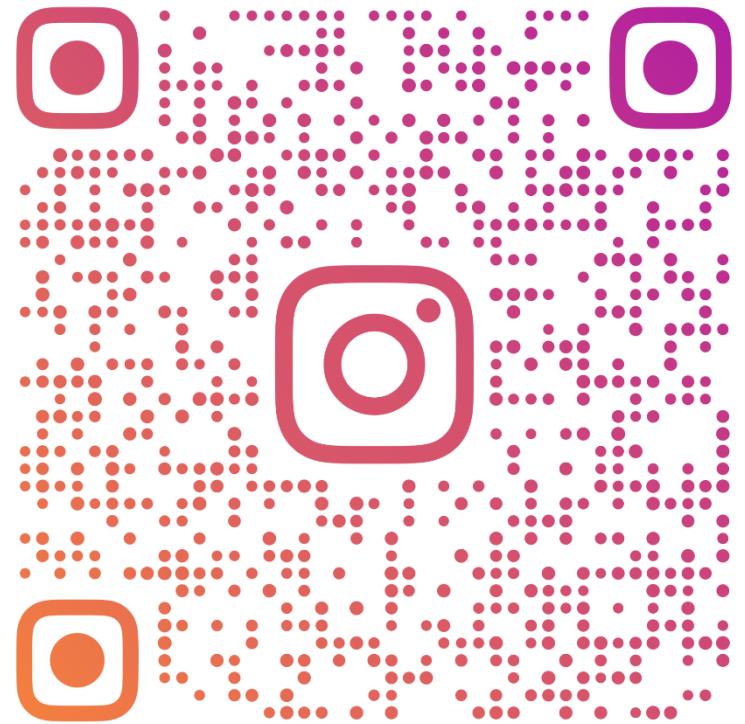
71 Anchorvale Link, Singapore 544799

[www.springdalepri.moe.edu.sg](http://www.springdalepri.moe.edu.sg) and 3 more

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P5 Camp 2025 National Day NE SHOW '25 PEN'25 NSG2025 Recess Assembly



## SPRINGDALITES

[instagram.com/springdalites](https://instagram.com/springdalites)

# P3 Level Highlights





## P3 Learning Journeys

- Cohort Learning Journeys
- Subject Specific Learning Journeys



# **P3 SwimSafer & Co-Curricular Activities (CCA)**

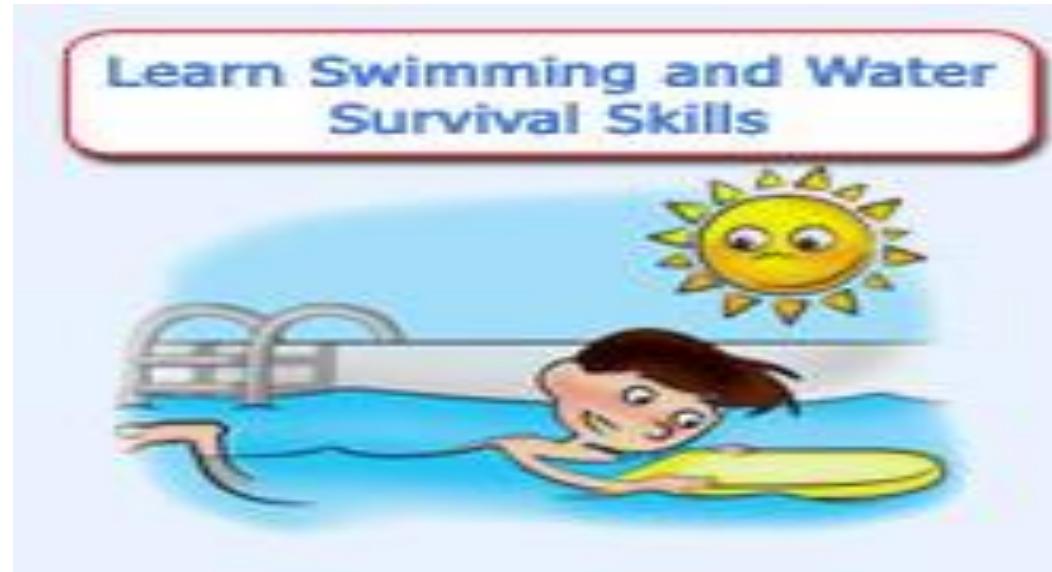


# Briefing for P3 Parents on P4 SwimSafer 2.0



# Lesson Objectives

- Develop water confidence
- Learn about water safety



# Who & Why

- Non-swimmers
- A course of 8 sessions
- Balloting + Swimming capacity

# Timeline

- Swimsafer Interest Survey  
(Sem 2 2026)
- Schedule (Sem 1 2027)
- Starts in Primary 4



# P3 Co-Curricular Activities (CCA) 2026 & CCA Experience

# Purpose of CCAs

Platform to:

- discover their **interests & talents**
- develop **character, specific attitudes, skills, and knowledge**
- build **friendships &**
- foster **social integration**

# CCAs Available

## Clubs

- Inno-T(h)inkers Club
- Green Club
- Media Club

## Aesthetics

- Choir
- International Dance
- Ukulele
- Art Club

## Sports

- Floorball
- Basketball
- Gymnastics
- Badminton

## Uniform Groups

- Scouts

CCA Day	Monday	Tuesday	Thursday
<b>School Dismissal</b>	1.30 pm	1.30 pm	1 pm (P1 to P3) 1.30 pm (P4 to P6)
<b>Lunch</b>	1.30pm – 2.30pm	1.30pm – 2.30pm	P3: 1pm – 1.30pm P4 to P6: 1.30pm – 2.15pm
<b>Lunch Arrangements</b>	<b>Home <u>or</u> school canteen</b>		<b>School canteen</b>
<b>CCA Timing</b>	<b>2.30pm – 4.30pm</b>	<b>2.30pm – 4.30pm</b>	<b>2.15pm – 4.15pm</b>
<b>CCAs</b>	<ul style="list-style-type: none"> <li>- Multisports</li> <li>- Badminton</li> <li>- Dance</li> </ul>	<ul style="list-style-type: none"> <li>- Gymnastics (School team)</li> <li>- Floorball (School team)</li> <li>- Basketball (School team)</li> </ul>	<ul style="list-style-type: none"> <li>- Badminton (School team only)</li> <li>- Dance (School team only)</li> <li>- Scouts</li> <li>- Green Club</li> <li>- Media Club</li> <li>- Innothinker</li> <li>- Art Club</li> <li>- Choir</li> <li>- Ukulele</li> <li>- Gymnastics</li> <li>- Floorball</li> <li>- Basketball</li> <li>- Outdoor Adventure</li> </ul>

# CCA Schedule

- CCAs start from the week of **29 June**
- **Students will choose CCA in T2W7**
- **Results will be sent by T2W10**

Any updates will be:

- Sent via PG by TIC of CCA

# CCA Guidelines

1. Students are strongly encouraged to participate in Co-Curricular Activities (CCAs) as they form an important part of the holistic education. Regular attendance at CCA sessions are essential.
2. Students are encouraged to **remain in their CCA** to deepen their skills, knowledge and friendships in the CCA.

# CCA Guidelines

3. Each student will only be allocated 1 CCA.
4. Students' participation in external activities for the purpose of self-enrichment or social interaction (including those offered in school) is not considered as CCA.

# Student Development in CCAs

- School Team Representatives may have additional trainings sessions.
- CCA Leaders would be identified from P4 onwards to assist with CCA and school duties.

# Contact

- In case of queries or questions during CCA hours, please contact **the General Office**.

## School Contact:

- General Office Tel No.: 63157600
- Mr Leonard Toh, Subject Head (CCA)
- Email: [toh\\_jia\\_bin\\_leonard@moe.edu.sg](mailto:toh_jia_bin_leonard@moe.edu.sg)

# Contact Detail

**Mrs Jaslyn Lim(Year Head / Middle Primary)**

Email address: [cai\\_yuyu@moe.edu.sg](mailto:cai_yuyu@moe.edu.sg)

**Ms Mary Archana (Assistant Year Head / Middle Primary)**

Email address: [mary\\_archana@moe.edu.sg](mailto:mary_archana@moe.edu.sg)



# Thank You

