

**SECONDARY 1
PARENT-TEACHER MEETING
14 January 2023**

WELCOME

**Ms Fatimah Mohamed Ali, AYH/Sec 1
HOD room, Block A, Level 1: ext 124
fatimah_mohamed_ali@schools.gov.sg**

Outline

1. About the School
2. Student Development Experiences
3. Student Psychological Wellbeing
4. Crestian Handbook
5. New Subjects in Lower Secondary Curriculum
6. Partnership with Parents

School Vision

Our Caring Home.

Our CRESTian Leaders.

School Mission

A Choice School that nurtures
the Hearts and Minds of
Crestian Leaders to be the
pride of family, community
and nation.

School Values

- Care
- Resilience
- Excellence
- Self-belief
- Trustworthiness

School Motto

Pursue and Realise Challenges



THE CRESTIAN OVERCOMER
Effective
Communicator

Desired Student Learning Outcomes

P1: Active and Engaged Learner

P2: Innovative Problem Solver

P3: Effective Communicator

P4: Self-Disciplined and Responsible Leader

P5: Active and Concerned Citizen with Global Awareness

Desired Student Learning Outcomes : Secondary 1

P1: Active and Engaged Learner

P3: Effective Communicator



Student Development Experiences



RECAP OF WEEK 1: START-IT RIGHT PROGRAMME



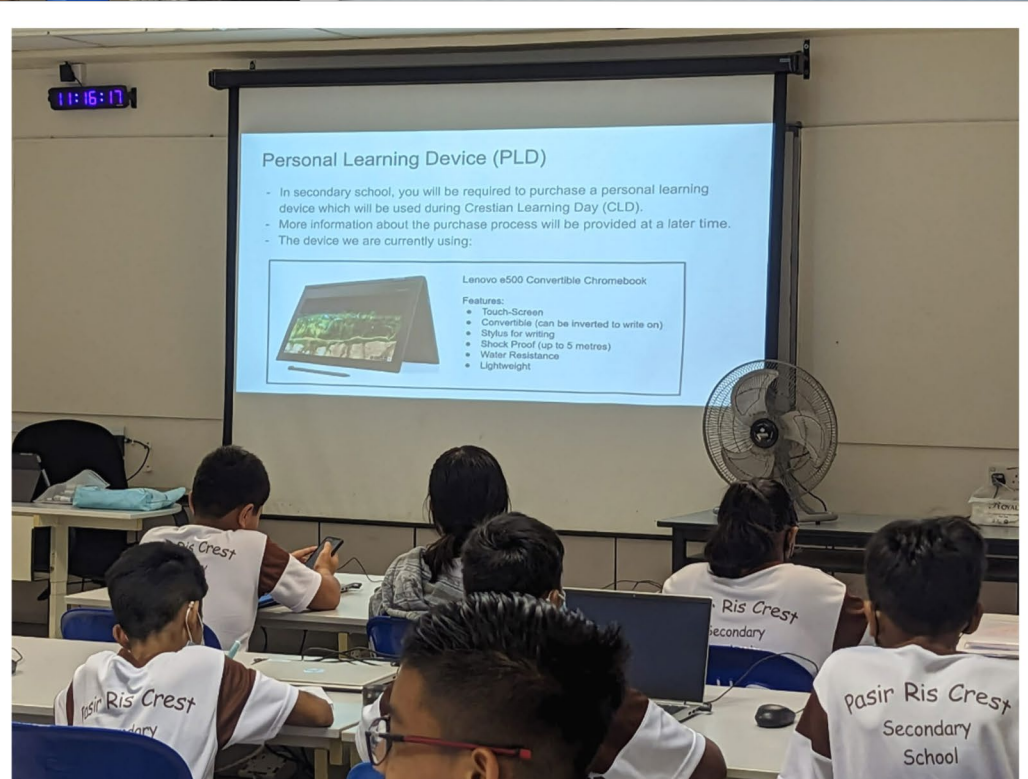
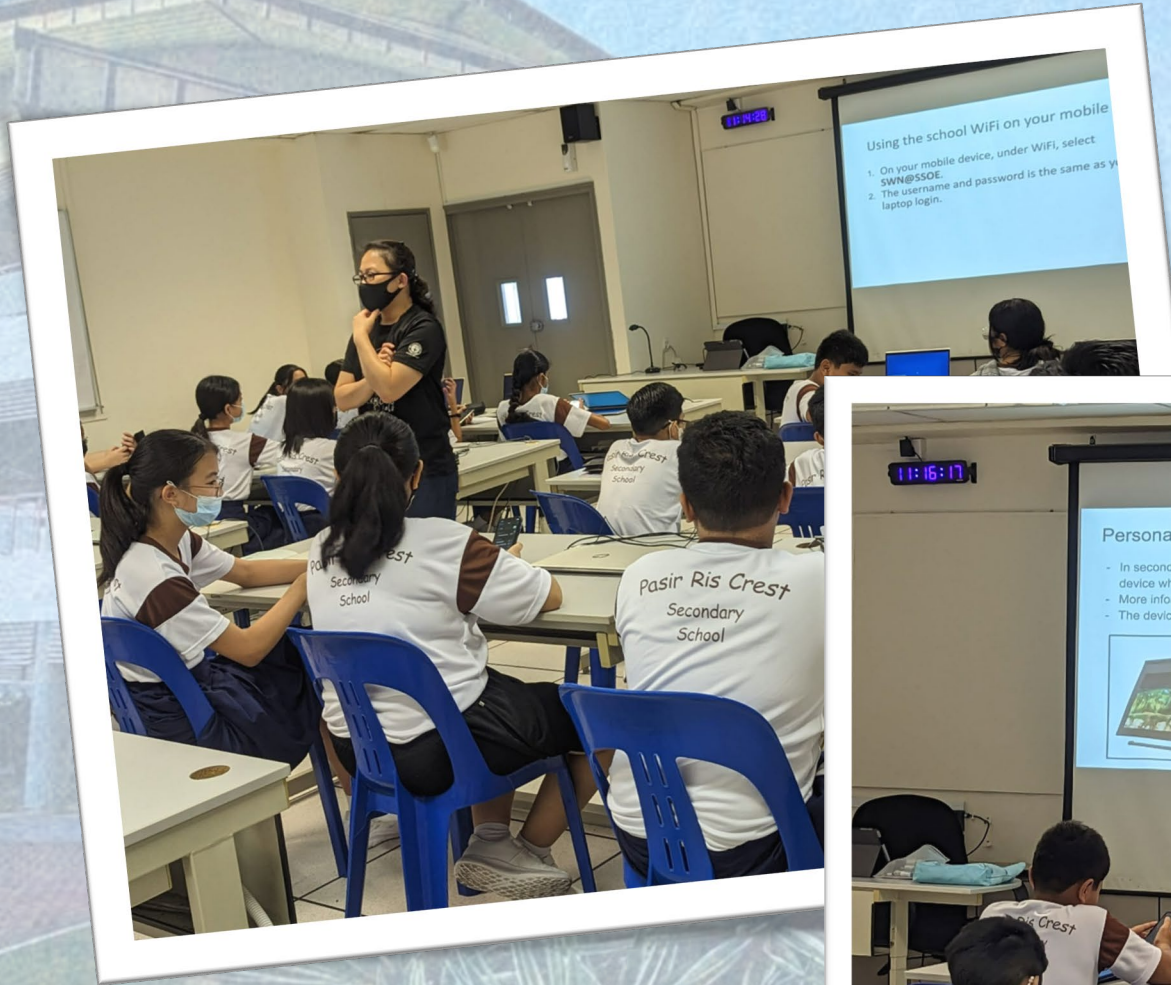
RECAP OF WEEK 1: START-IT RIGHT PROGRAMME



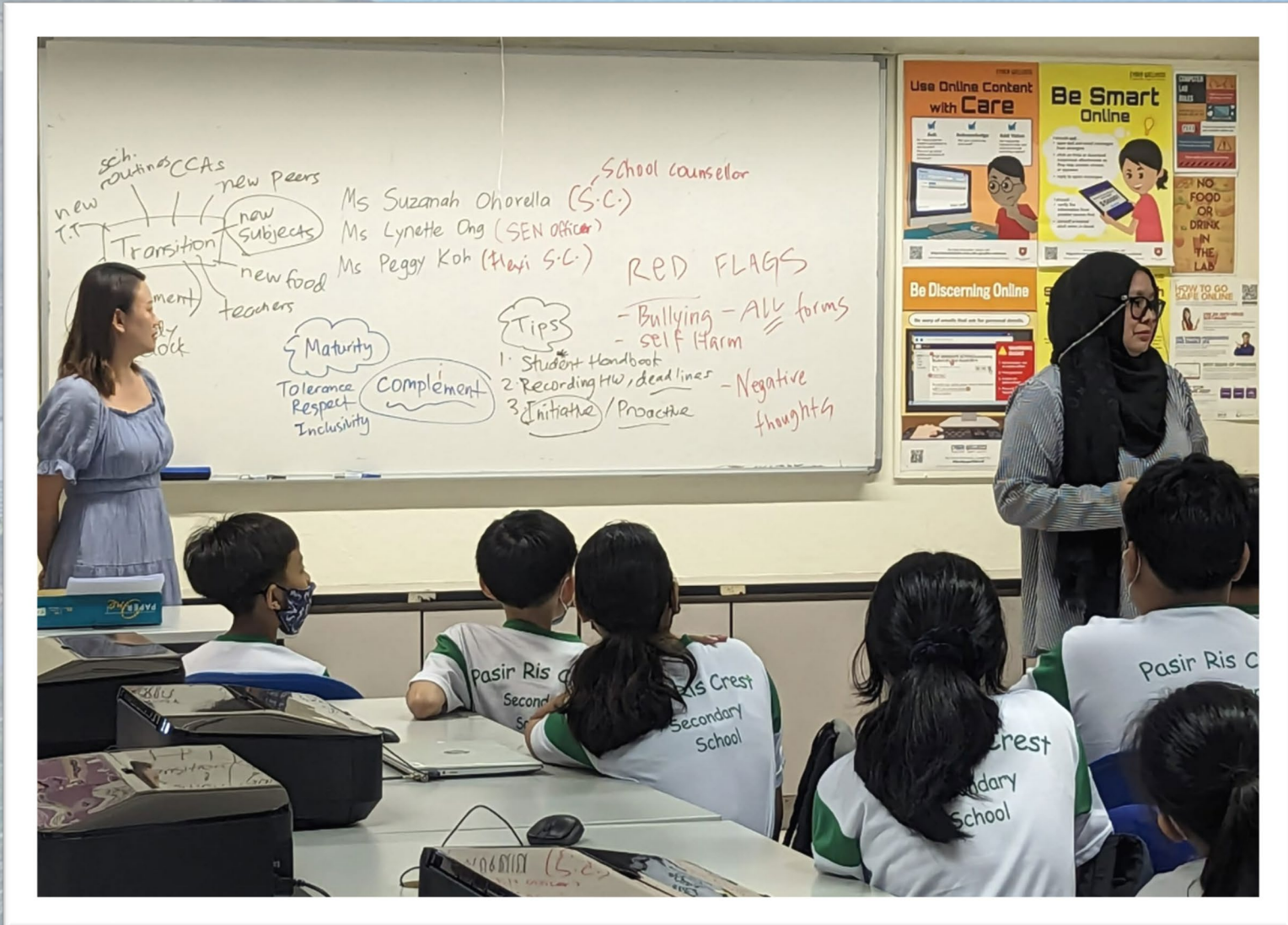
RECAP OF WEEK 1: START-IT RIGHT PROGRAMME



RECAP OF WEEK 2: ICT INDUCTION

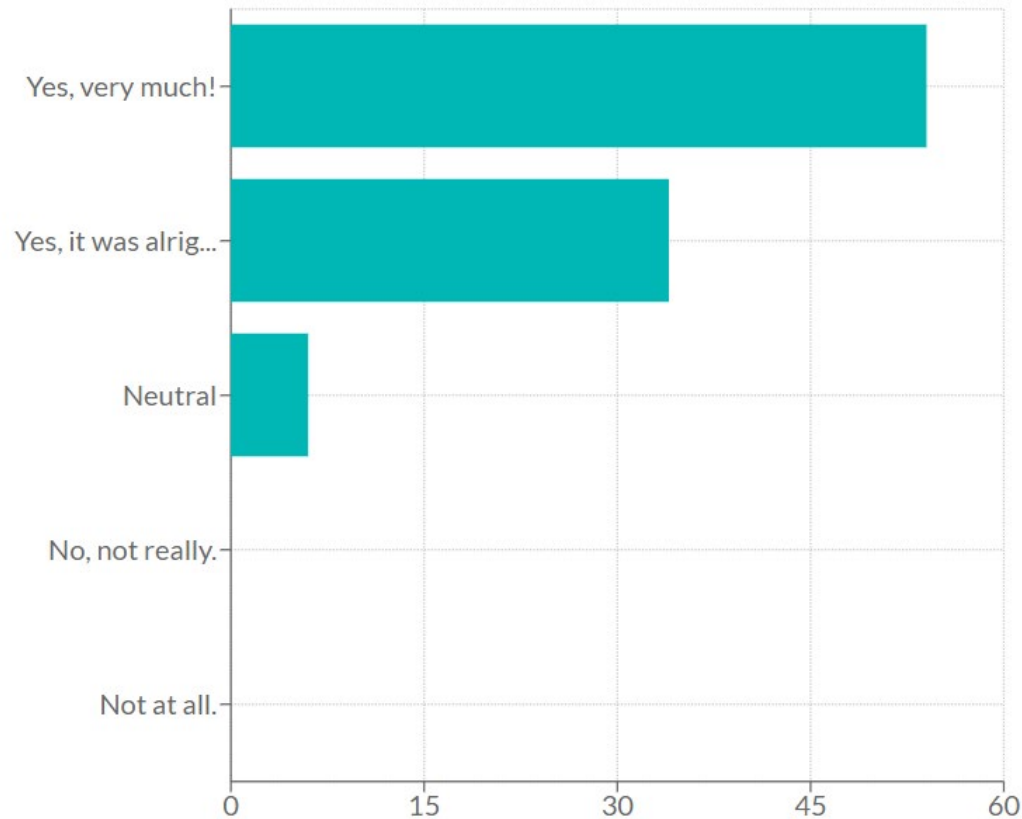


RECAP OF WEEK 2: INTERACTION WITH COUNSELLORS



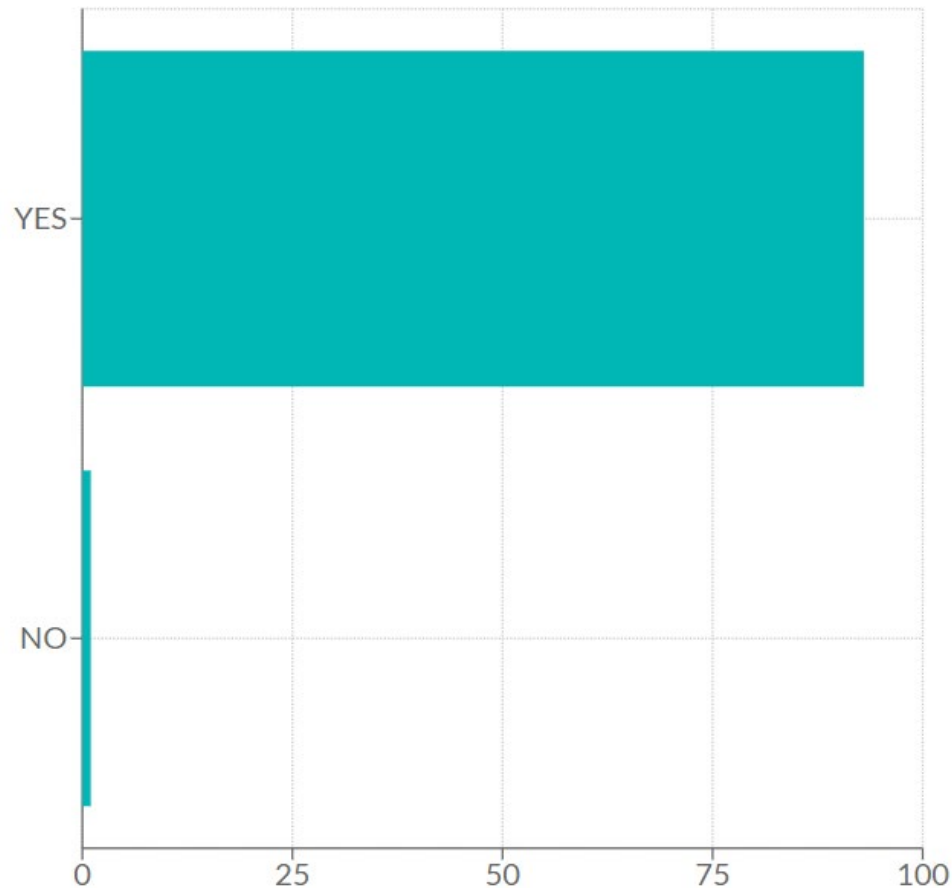
Feedback from Sec 1s

Did you enjoy the Start-It-Right programme?



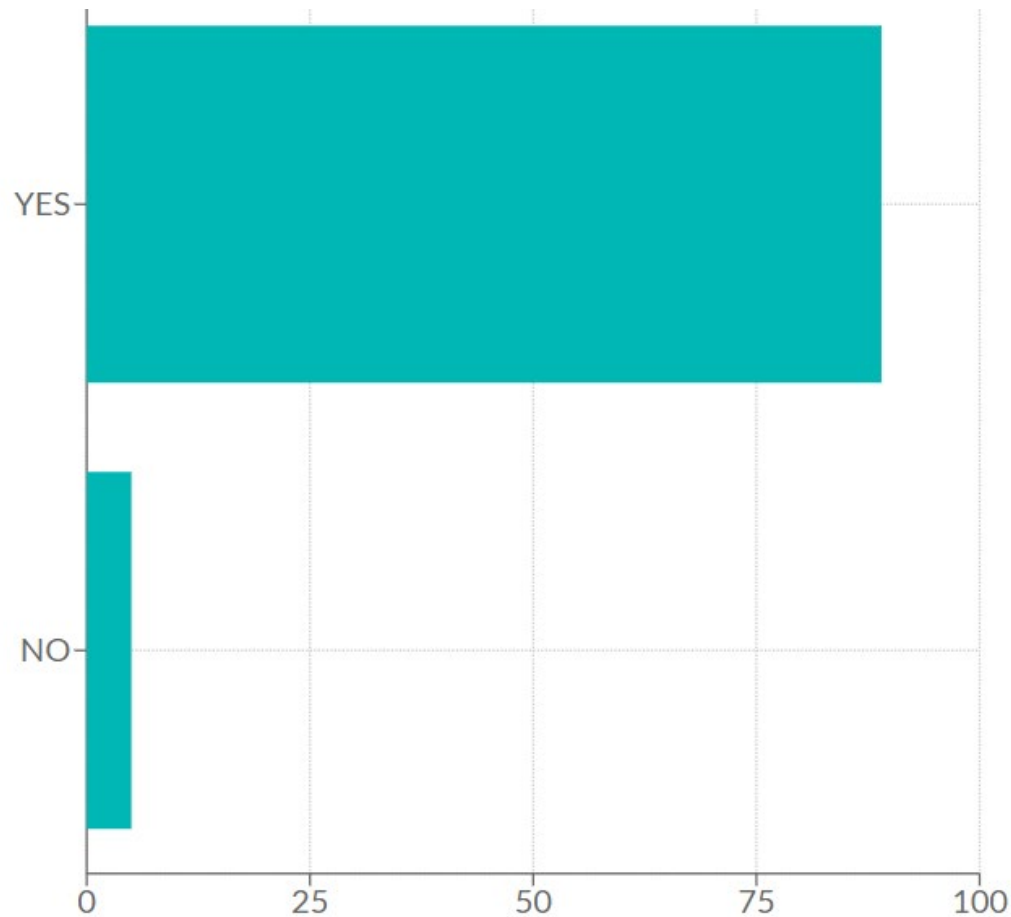
Feedback from Sec 1s

After the orientation, did you get to know your class better?



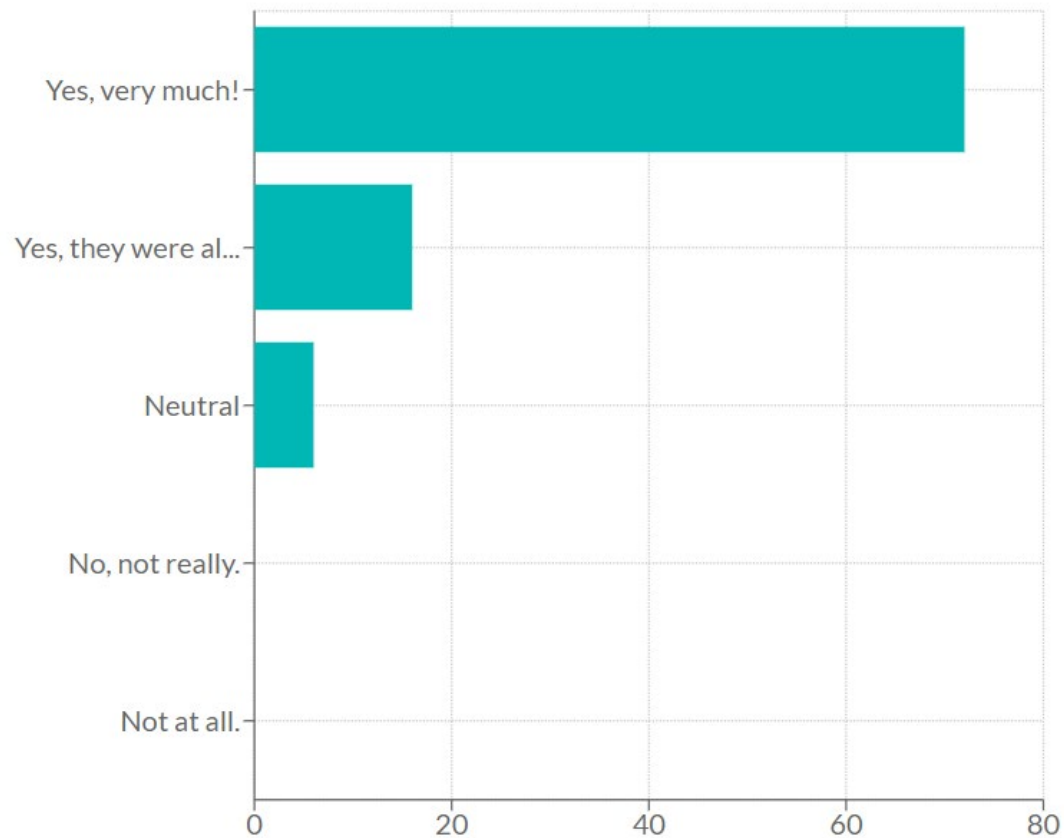
Feedback from Sec 1s

After the orientation, is your class more bonded?



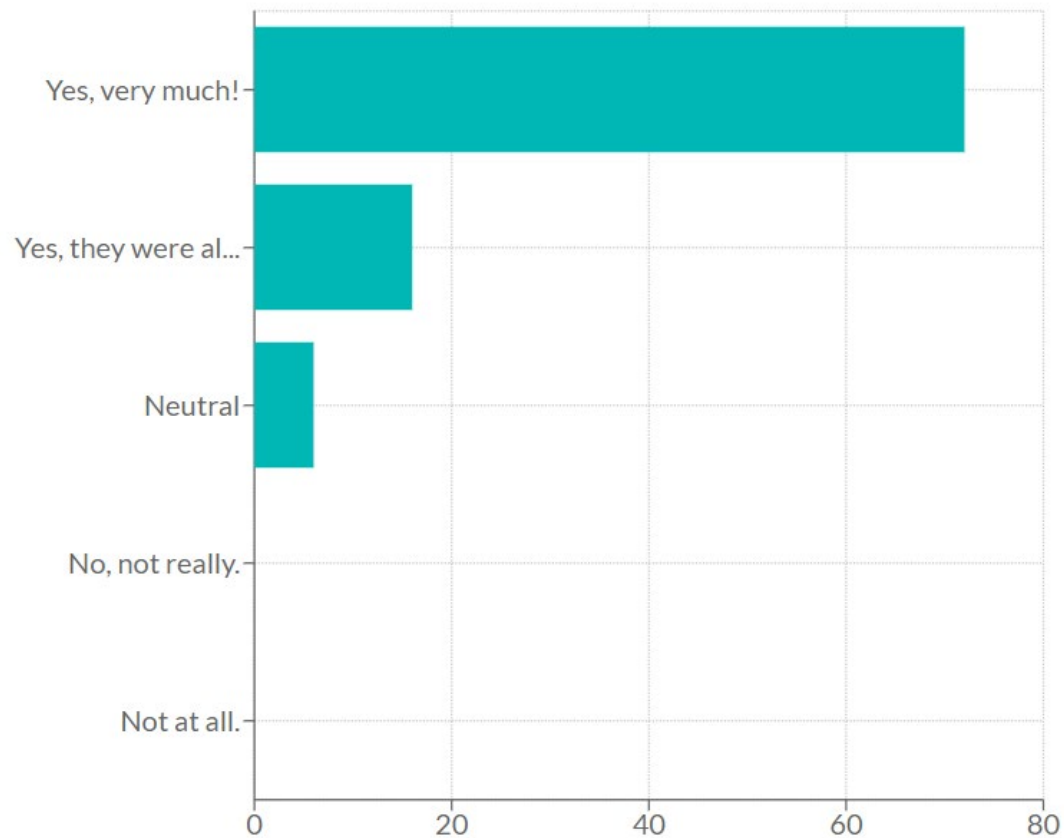
Feedback from Sec 1s

Did you like the group leaders who led your class?



Feedback from Sec 1s

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Feedback from Sec 1s

Did you like the group leaders who led your class?

I feel that they put up a great example of our school values.

Although its mainly scripted, i can see that the csl's enjoyed it and supported us.i am very impressed that they can handle us without the help of teachers. To me they are like my part-time parents

I loved my CSLs very much because they were kind, fun and they cared for my class.

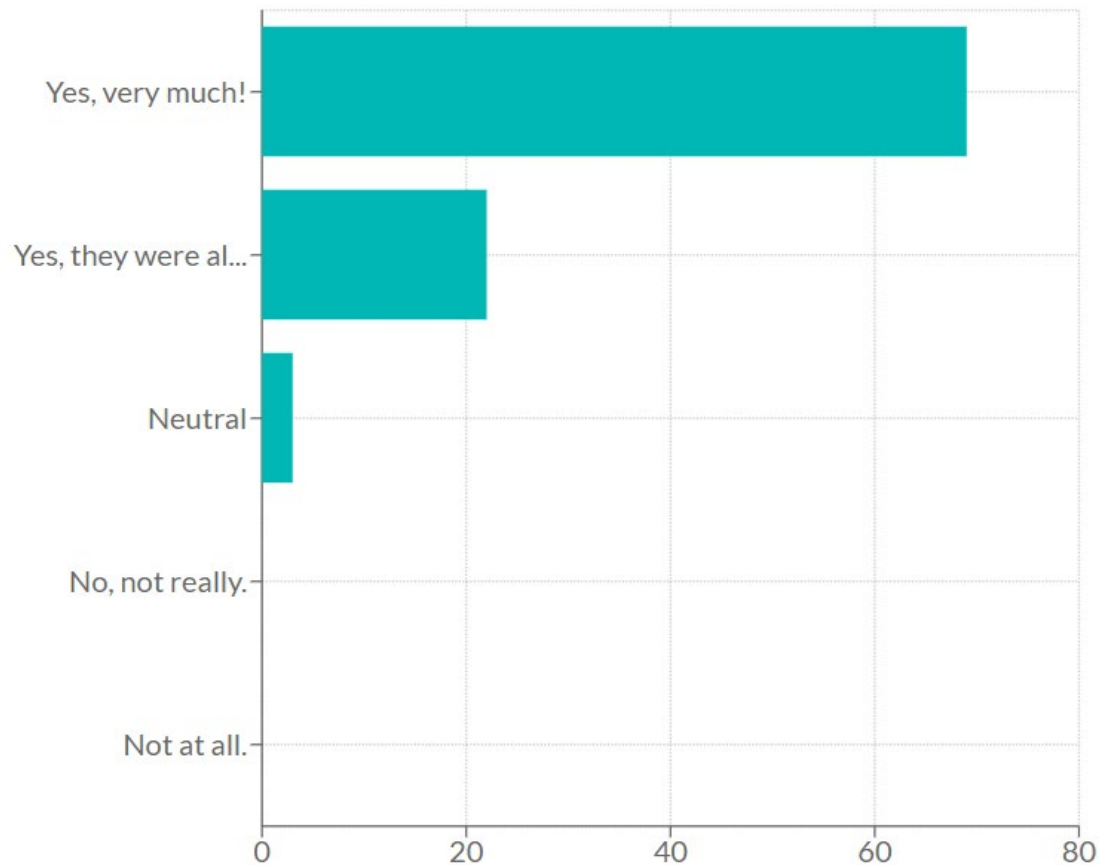
they were supportive of us

the group leaders were all very fun, friendly and outgoing.

Because they were kind and respectful

Feedback from Sec 1s

Were the Peer Support Leaders (PSLs) in your class helpful?



Feedback from Sec 1s

Were the Peer Support Leaders (PSLs) in your class helpful?

They made efforts to talk to us and was friendly

They supported us when we needed help and ensured there was no ruckus in our class . They helped the bond on our class to grow.

i bonded more with my class faster then i was expecting

They were very kind and funny. They are the main reason why I really enjoyed the orientation activities

They were very supportive of us and cheered for us! When we had not so good days, our PSLs would cheer us up!

I find the CSL and the PSL very fun to play games with and theyre very relatable in a sense that they know what makes people like me interested.

Student Psychological Wellbeing



COVID-19 & Mental Health Impact on Youths



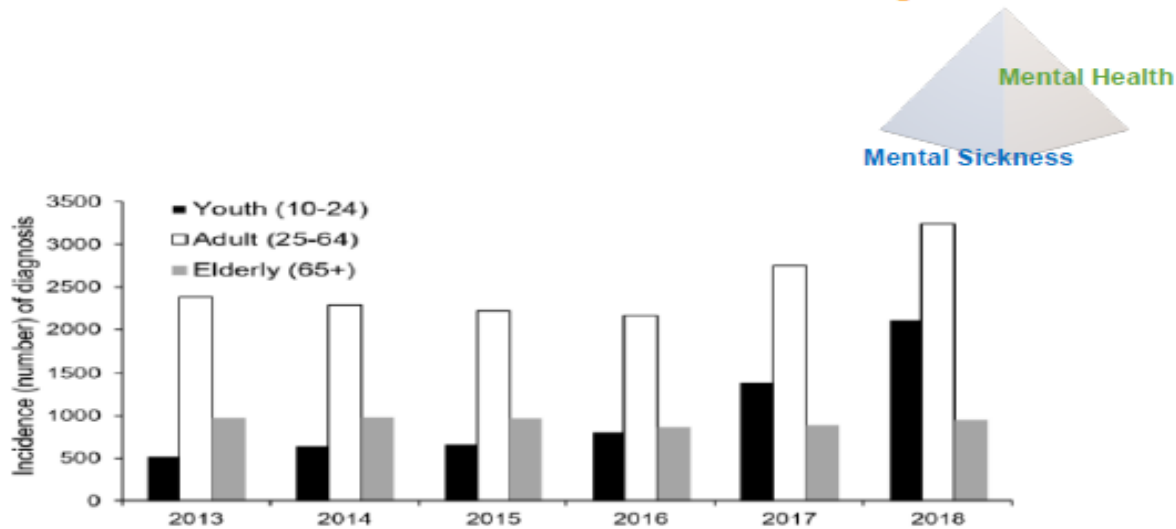
National Youth Council's regular polls on **Singaporean youths' challenges and sentiments on COVID-19**

Top stressors cited by **youth** were:

- >> Anxiety over the future (53%)
- >> Stress over finances (41%)
- >> Worries about academic or work performance (39%)

Student Psychological Wellbeing

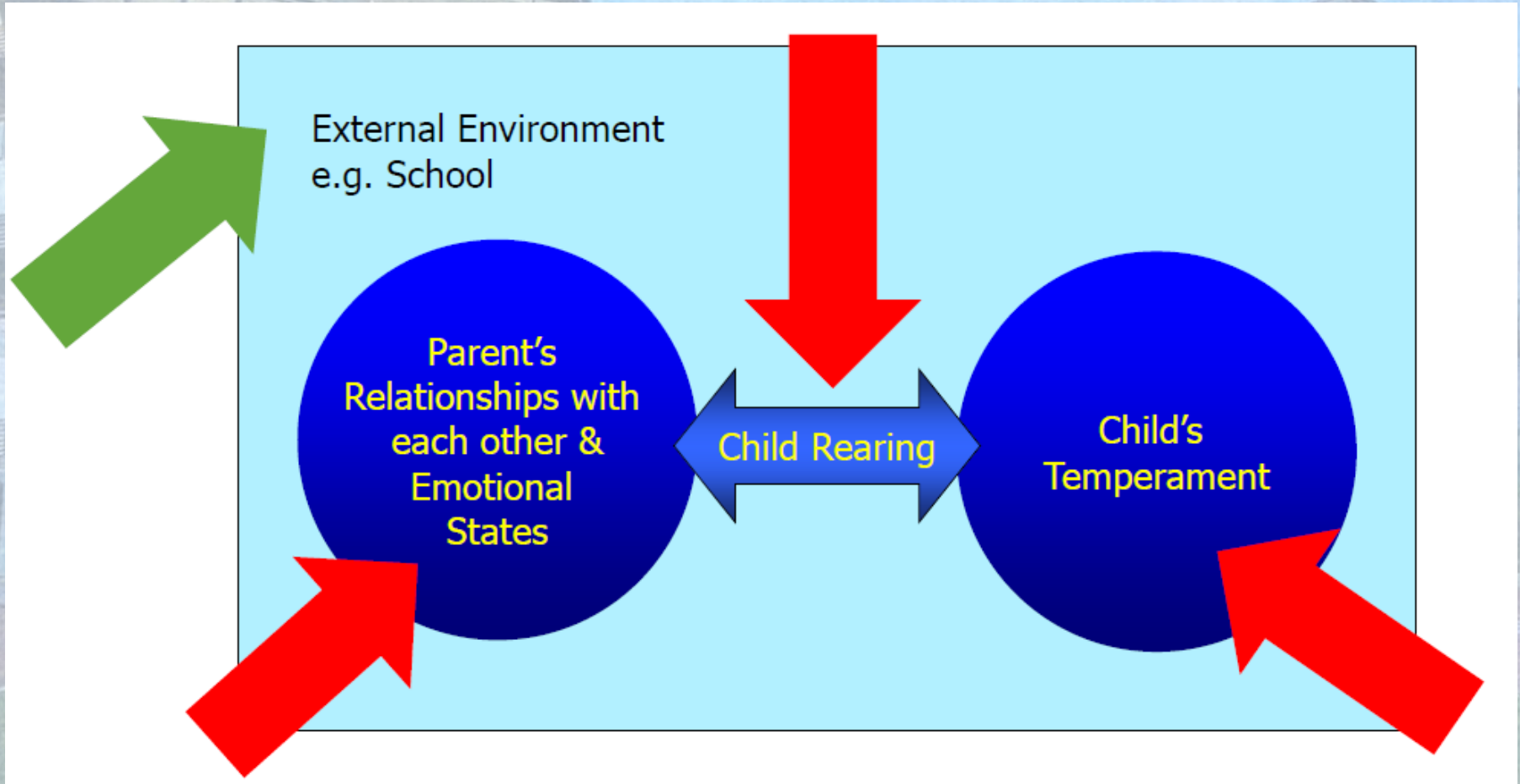
Youth Depression 2021



**I feel sad.
I cannot think well.
I feel that nothing is fun.
I do not feel like doing anything.
I often have headaches.
My body feels painful.**

**I feel that I can no longer make my parents happy.
I feel that my teachers do not like me anymore.
I feel that my friends are good and I am bad.**

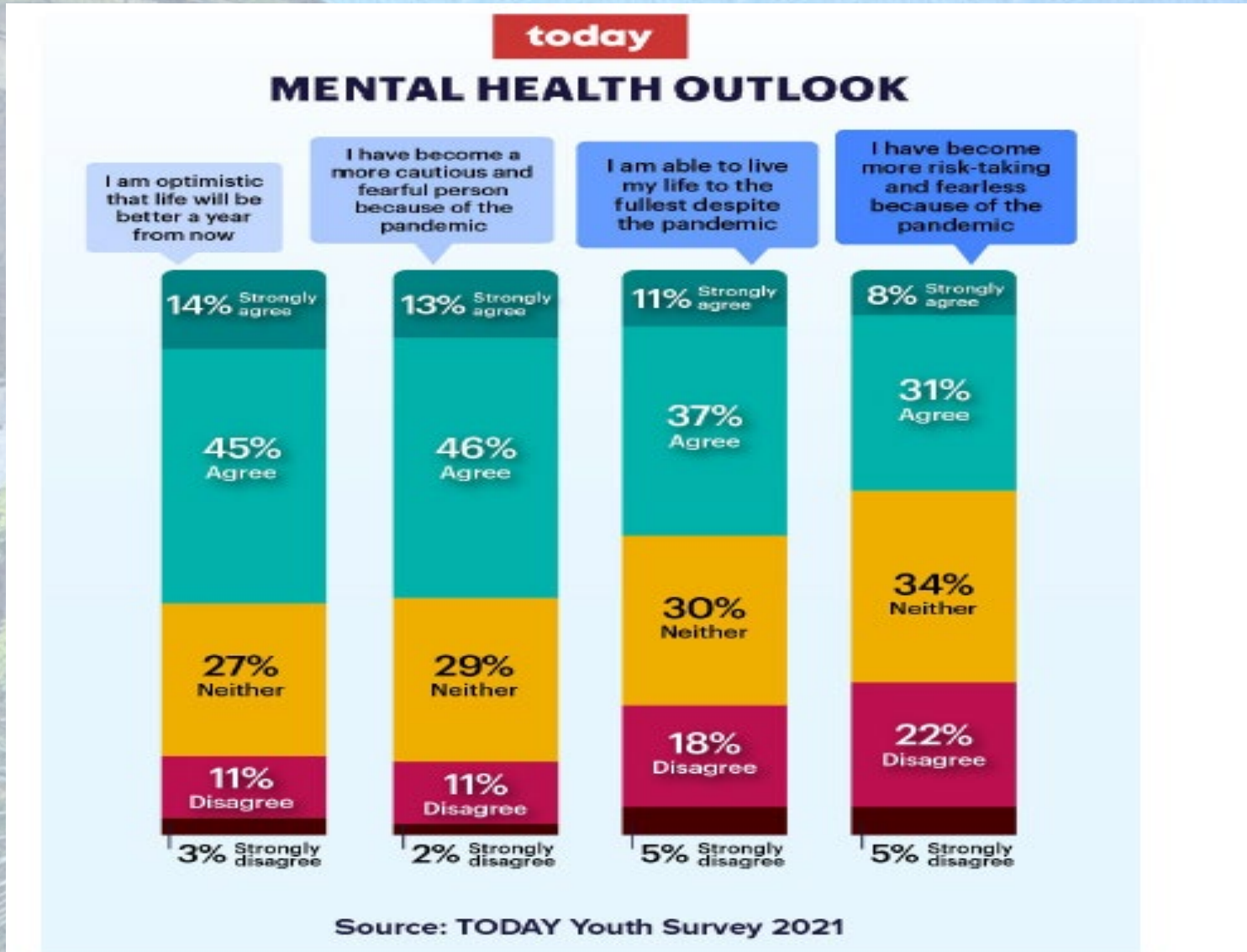
Parenting & Experiences



Report Card on Youths in Singapore

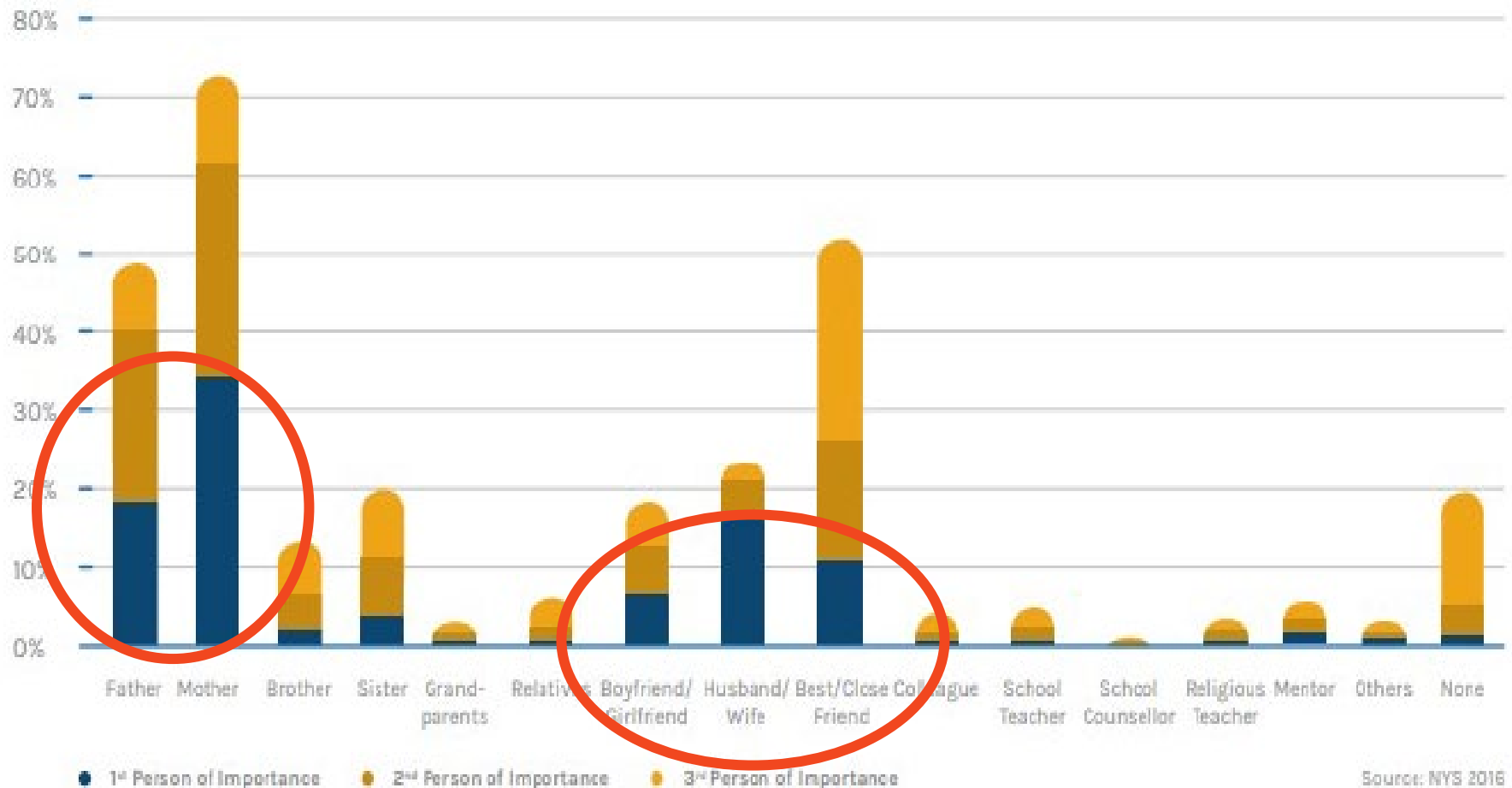
- **Do our Teens feel good about themselves?**
- **Do teens relate well with their peers and families?**
- **Are teens protected?**
- **Are teens getting into trouble?**
- **Are our teens under stress?**

Do our teens feel good about themselves?



Are Our Teens Relating Well?

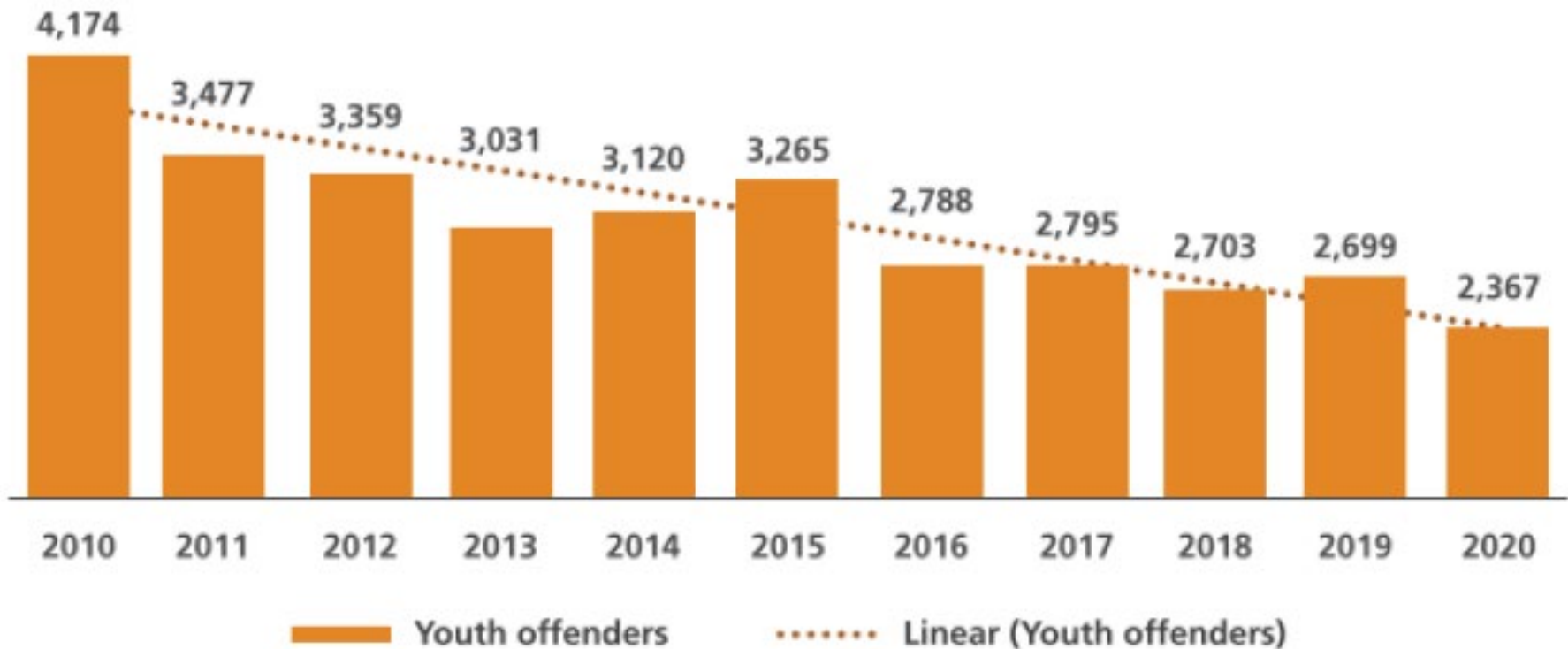
• CHART 5: IMPORTANT PERSONS YOUTHS TURN TO WHEN MAKING IMPORTANT LIFE DECISIONS



Source: NYS 2016

Are Our Teens Getting Into Trouble?

Figure 1.1: Overall number of youth offenders (2010–2020)



(Source: Singapore Police Force)

Are Our Teens Getting Into Trouble?

★ Commentary | Commentary

Commentary: Youth smoking is a problem, so is youth vaping

Instead of focusing on the potential harms or benefits of vaping versus smoking in debates on e-cigarettes, we should look more closely at the industry's preying on youth, say NUS Saw Swee Hock School of Public Health's Dr Yvette van der Eijk and Dr Jeong Kyu Lee.

SINGAPORE: Most scientists will agree that smoking is addictive, causes all sorts of health issues, and can kill. But when it comes to vaping there is no consensus.

Vapes, also known as e-cigarettes, are electronic devices that heat up a vapour solution ("e-liquid") and send it into the lungs much like a regular cigarette. Some look like regular cigarettes while others look more like fancy pens, flash drives or high-end tech gadgets.

★ Commentary | Commentary

Commentary: When pleasure turns into habit and abuse – Singapore's growing binge drinking problem

Addictions start as pleasure-seeking experiences, before they become habit, then abuse, says Dr Prem Kumar Shanmugam.



(Photo: Unsplash/Antonio Scarpa)

Concern over number of young gamblers

FEBRUARY 09, 2015 | PUBLISHED AT 6:30 AM
By JANICE TAI | THE STRAITS TIMES



Photo: ST

A teen playing games on her mobile phone.

Gaming used as platform to warn of dangers of addiction

Problem may arise from the lack of a sense of accomplishment in the real world. Expert



Full-time national defender Brandon Lee (in black) with police arrest him on his left hand. He participated in an esports competition at Sun Yat-sen University in Singapore. He used to spend around 10 hours a day playing video games, but he quit after his parents helped.

What is the Problem with Adolescence?

Mental Sickness

Mental Illness

Mental Health



- An adolescent **may not ask** for help
- Adolescent **expectations** may not mirror those of parents and teachers
- Adolescent may **function differently** in different settings
- The adolescent's functioning and problems must be approached from a **developmental context**
- There is a need to form **alliances**

Multidisciplinary Support

- Managing their environment is key, not a single approach
- Assess their problems properly (Understand adolescence, right situation, right person, right questions)
- Anticipate issues (eg: sexual behaviours, smoking, use of technology, healthy self and body image)

Teachers

Peers (Classmates,
PSLs, CSLs, Seniors)

Parents

Teen

Counsellors/Social
Workers



Purchase of Crestian Handbook

The Student Handbook serves to:

1. Inform parents about the school's rules and regulations;
2. Inform students and parents on the school's calendar of events for the year; and
3. Facilitate communication between subject teachers and parents.

The Crestian Handbook will be sold at \$4.20 a copy from the bookshop. It is **compulsory** for students to purchase the handbook as it contains information which are useful to students and parents. Please bring **\$4.20** by **14 January 2023** to make payment for the student handbook.

Use of devices and social media platforms

Types of platforms children use

	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
Instagram	50%	25%	46%	78%
Facebook	52%	41%	48%	65%
Twitter	14%	6%	11%	23%
WhatsApp	72%	43%	76%	94%
Telegram	18%	11%	13%	28%
Snapchat	13%	5%	13%	21%
TikTok	36%	22%	38%	46%
YouTube	65%	58%	62%	75%
Tumblr	2%	1%	2%	3%
Others	9%	14%	8%	6%

The Straits Times, Feb 25, 2021

Use of devices and social media platforms

Time spent on social media

	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
Under 1 hour	24%	43%	25%	4%
1-2 hours	29%	31%	37%	20%
2-4 hours	26%	15%	25%	38%
4-6 hours	10%	5%	5%	20%
More than 6 hours/Outside of school and besides sleeping, he or she is on social media all the time	7%	3%	5%	11%
I don't know	4%	3%	3%	7%

Use of devices and social media platforms

Parenting in the age of social media

A poll of about 600 parents showed that children in Singapore are immersed in the social media world at an ever-younger age. Parents are worried, but many are stuck trying to deal with the challenge. Here are some key findings.

- **Eight in 10** parents said they are concerned about their children's use of social media.
- **About 80 per cent** of parents monitor how much time their children spend online, and/or what platforms they use
- **About a third** of parents with children aged seven to 12 said they had Instagram accounts.
- **Nearly half** of parents with secondary school children fear that setting limits on social media use could affect their relationship

Information in Crestian Handbook

- Partner with us to manage our Crestians based on the school rules and regulations.
- For eg: School policies related to handphone usage
 - Confiscation of device for a week for first offence
 - Confiscation of device for a month for repeated offences
 - Unless teacher's permission is granted, students cannot use their devices during curriculum and CCA hours. Students can use their mobile phones only in designated places (eg: canteen).

Information in Crestian Handbook

- **Self-leadership**
 - Managing their assignments and school experiences (both academic and non-academic)
 - Being involved in their CCAs and committees that promotes holistic development



Lower Secondary Curriculum – New Subjects

- Design and Technology, Food and Consumer Education, Art and Music.
- Before embarking on their theme-related projects, students are first grounded in basics of their respective disciplines.
- Coursework aims to realise student potential in product design, visual art creations, nutritional science, and music compositions.

Lower Secondary Curriculum – New Subjects

- Humanities Department adopts the Inquiry-Based Learning (IBL) approach to engage our students in learning the Humanities.
- Experiential Learning is incorporated in the design of IBL lessons to provide authentic scenarios for students to acquire and apply their knowledge and skills.
- Geography Investigations
 - Sec 1: Studying the water quality in the school
- Historical Investigations
 - Sec 1: What was education like for the people in colonial Singapore before WWII?

Parent Support Group

Do you have questions about transiting your child to secondary school?

Speak to “senior” parents at Hangout@Crest
(canteen)!

10.30 – 11 am



Contact Details

Should you have any clarifications, you may send us an email at prcss@moe.edu.sg or contact the following personnel:

- **Ms Fatimah Mohamed Ali (Assistant Year Head, Secondary 1)**
- **Tel: 6581 1655 (Ext 124)**
- **Email address: fatimah_mohamed_ali@schools.gov.sg**
- **Ms Suzanah Ohorella (School Counsellor)**
- **Email address: suzanah_ohorella_yusope@schools.gov.sg**
- **Ms Lynette Ong (Special Educational Needs Officer @ SEN-O)**
- **Email address: ong_jun_yi_lynette@schools.gov.sg**



**THANK
YOU!**

*We look forward to be
partners with you in
educating our Crestians.*