

# P1 Orientation Programme



Duration	Item
0930 - 1000	Registration
1000 – 1100	P's Address Sharing by AYH
1100 - 1115	Sharing by external vendors - PSG - Commit Learning School
1115	End of Session



# Principal

Mr Dennis Yap



# Vice Principals



Mr Ramesh  
Mukundhan  
(Academic)



Mdm Rahima Bte  
Abdul Rahman  
(Academic)



Mr Yong Wei Leong  
(Administration)





Ministry of Education  
SINGAPORE

# A GREAT START TO PRIMARY SCHOOL



# 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?



<https://go.gov.sg/transition-to-primary1>

# 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



# 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

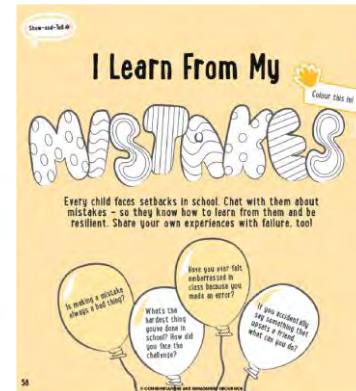


MOE Stock Image (\*Photo taken before COVID-19)



# 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



# 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 journey through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

Ministry of Education Singapore



# Establishing School Rules and School Expectations

# We establish school rules because

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- School is committed to nurturing a safe and supportive learning environment for every student
- Students must learn to make good choices so that they can make their own school experience and also that of other students a joyful and meaningful one.
- Students also develop self-discipline and sound decision-making skills which are essential for success in life.



We believe that

- Every student can make good choices
- Every student is responsible for their choice of actions
- Every student needs to understand that wrong choices may lead to misbehaviours which lead to learning consequences
- Every student has the right to learn without disruptions
- Every student has the right to feel safe in school
- Everyone must be respected at all times
  
- ***Details of School Rules can be found In the Pupil Handbook***

# Attire and Grooming

- Wear the prescribed school uniform and modification to the uniform is not allowed.
- Be neatly groomed at all times (hair and nails etc.).
- Personal or religious adornments, accessories or any jewellery pieces (rings, bracelets, necklaces, fancy watches and earrings etc.) are not allowed.
- Wear only plain full black canvas shoes without white or coloured trimmings or designs.
- Wear full black socks which are at least 3cm above the ankle.

# Attire and Grooming

- Students must be in school uniform at all times when reporting to school for lessons or for other activities organised by the school.



# Acceptable Black Shoes and Socks

- Students must wear **full black** canvas shoes and black socks



- Clean plain full black canvas shoes
- Designer black shoes are discouraged
- Clean full black socks (NO ankle socks) – 3cm above ankles

# Grooming (Boys)

- Be neat in appearance, clean-shaven and no facial hair is allowed.
- Keep hair short and evenly cut above the collar and ears. Outlandish hairstyles and coloured hair is strictly not allowed.
- Keep fringe short which should not touch the eyebrows or ears.

# Grooming (Girls)

- Keep hair short above the shoulders. Outlandish hairstyles and coloured hair is strictly not allowed.
- Keep fringe short which should not touch the eyebrows or ears.
- Plait or tie long hair neatly using only dark-coloured hairbands and ribbons.
- Hair pins or hair clips should be dark-coloured and have only plain designs.
- Only simple ear studs are allowed.

# School Hours

- Be in school preferably by **7.20 a.m.**
- Inculcate the good habit of punctuality
- Allow your child to settle in before lessons commence
- Inculcate the good reading habit, we have set aside time for students to read from **7.20 a.m. to 7.30 a.m.**
- Bring a storybook every day

<b>Morning Assembly</b>	<b>Recess (30 min)</b>	<b>In-Class Break (10 min)</b>	<b>School Ending Time</b>
7.30 a.m.	9.00 a.m. – 9.30 a.m.	11.30 a.m. – 12 p.m.	1.20 p.m.

# Recess (Buddying Programme)

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- First 2 weeks
  - assist your child in buying and handling their food, going to the toilet
  - getting around the school
- \* If your child has forgotten to bring their money, they can inform their class teachers







# In- class break

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- 10 min snack time between 11.30 a.m. to 12 p.m.
- Prepare a light and healthy snack e.g. biscuits, cut/dried fruits, bun
- can be purchased during recess

# Arrival and Dismissal Arrangements (Walk or by Public Transport)

## Arrival

- Main Gate (Gate 1), Gate 4 and Gate 7 are accessible for arrival in the morning.
- Gates close at 7.30 a.m. sharp when the morning flag raising ceremony begins

## Dismissal

- Arrange with your child the gate to meet him at dismissal. You may pick up your child from Gate 4 or Gate 7.
- Please be **punctual** to pick up your child. Your child will be dismissed at 1.20 p.m.
- Should you be late, and Gate 4 and Gate 7 are closed, please sign in at the security guard post located at the Main Gate (Gate 1) and proceed to the General Office to pick up your child.

# Arrival and Dismissal Arrangements (by private transport)

## Arrival

- If you drive, you may drop off your P1 child by 7.30 a.m. at the car porch latest via the Main Gate (Gate 1). Be early as there is usually congestion.
- The Main Gate is closed at 7.30 a.m. sharp.

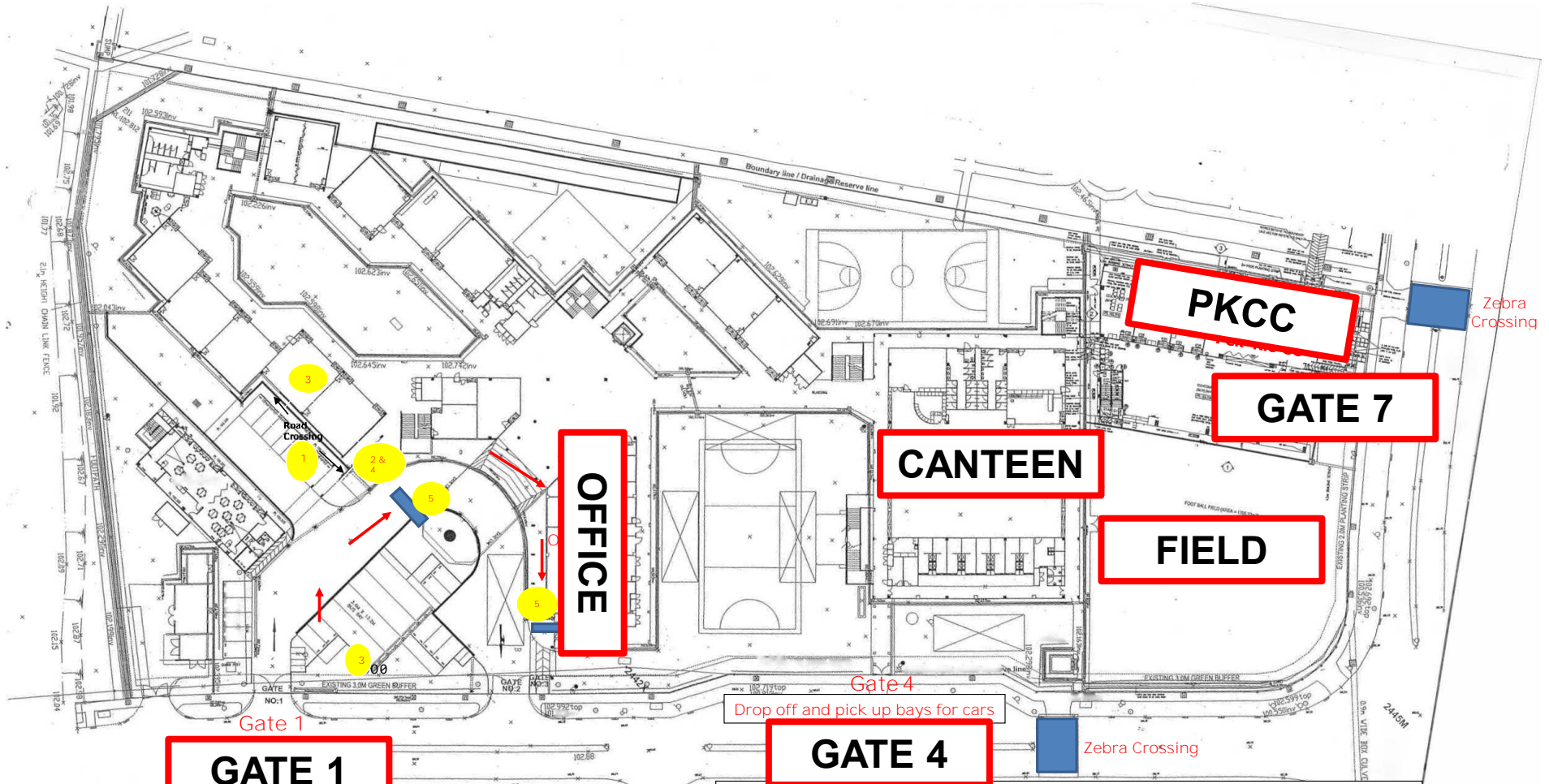
## Dismissal

- You should pick up your child at the car porch via Main Gate (Gate 1) or at Gate 7 at 1.30 p.m.
- If you use Gate 1, please be mindful that there will be school buses in the school compound. Look out for the yellow box. Drive with extra care.

# Arrival and Dismissal Arrangements (by private transport)



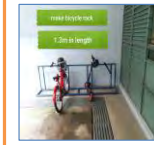


## **Additional Information**

- Gate 4 is a high human traffic point, and it is not advisable for drop off or pick up by car for younger children (P1 & P2).



FPPS TRAFFIC MANAGEMENT DIAGRAM

**Legend**

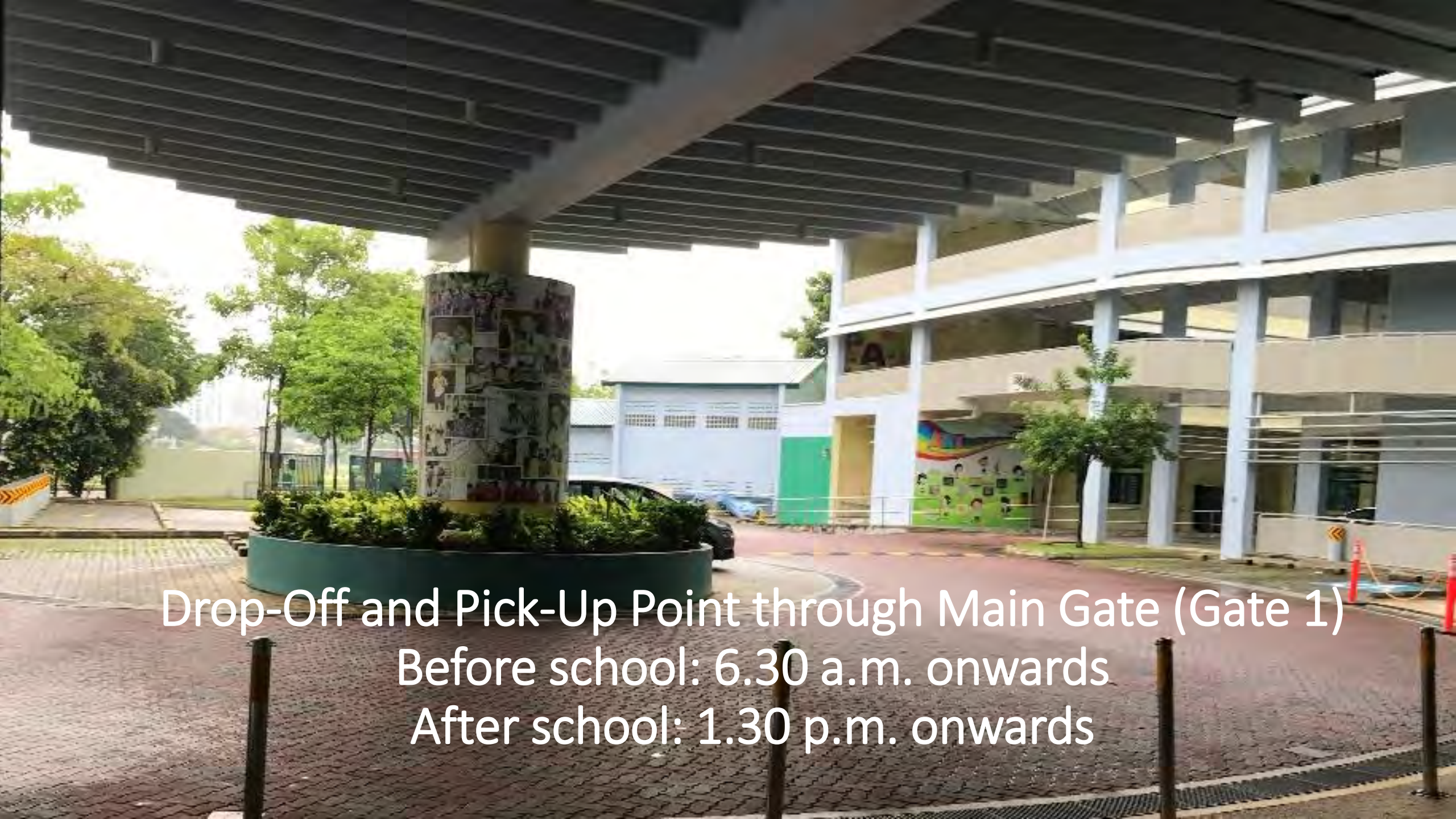
<p>1 LOOK sign</p> 	<p>2 Blinking Light &amp; Caution Sign</p>  <p>CAUTION Look Out for Pedestrians Crossing</p>	<p>3 Bicycle Rack</p> 	<p>4 Speed Limit Sign</p> 	<p>5 Road Hump</p>  <p>Auto Gate at Gate 2</p>
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Main Gate  
(Gate 1) along  
Farrer Park  
Road



SEKOLAH HENDAH FARRER PARK  
华 苑 小 学  
ஃபெர்ரர் பர்க் தொடக்கப் பள்ளி  
FARRER PARK PRIMARY SCHOOL





Drop-Off and Pick-Up Point through Main Gate (Gate 1)  
Before school: 6.30 a.m. onwards  
After school: 1.30 p.m. onwards



## Drop-Off/Pick-Up Point (Gate 4)

- Along Farrer Park Road
- Vehicle Drop-Off/Pick-Up Points available
- Before school: 6.45 a.m. – 7.30 a.m.
- After school: 1.20 p.m. – 2.00 p.m.





## Drop-Off/Pick-Up Point (Gate 7)

- Along Gloucester Road
- Vehicle Drop-Off/Pick-Up Points available
- Before school: 6.45 a.m. – 7.30 a.m.
- After school: 1.20 p.m. – 2.00 p.m.

# First 4 Days of School



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



## School Hours

7.30 a.m. to 1 pm

(8 Jan onwards, **dismissal is at 1.20 p.m.**)

## Recess

9.00 a.m. to 9.30 a.m.

- Pupils taking the school bus will only be dismissed at 1.30pm.



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# ASSEMBLY POINT SCHOOL HALL

# Things to bring on 2 Jan 2024

- Pencil case (at least 2 sharpened pencils, an eraser, a ruler, a container sharpener)
- A box of 12 colour pencils
- Snacks
- Water bottle
- Storybook
- Pocket money (when necessary)

Form teachers will be sharing the list of books to bring on the first day of school with the students.



Bank > Accounts > For Kids

## POSB Smart Buddy

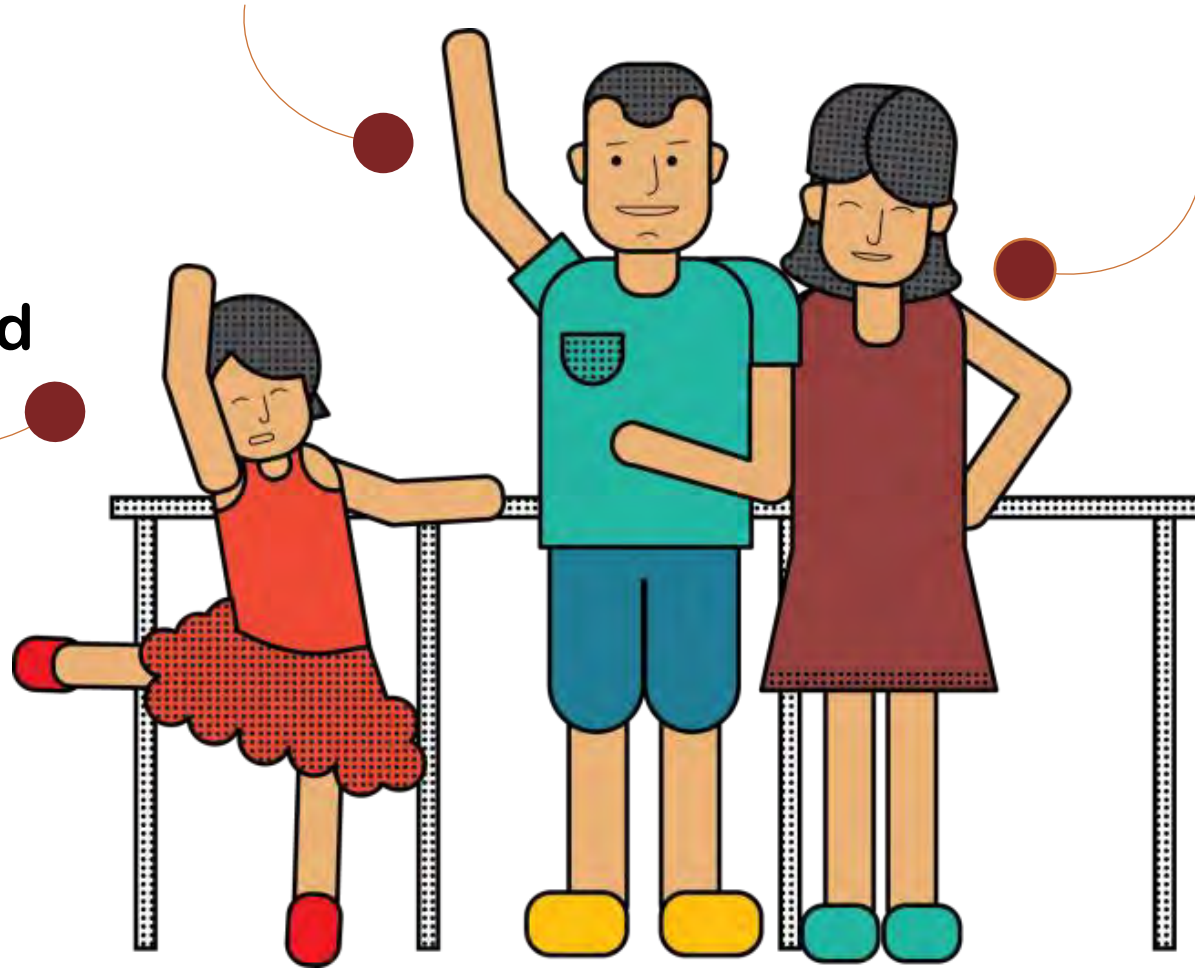
Go cashless to minimise contact risk.



# 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.**

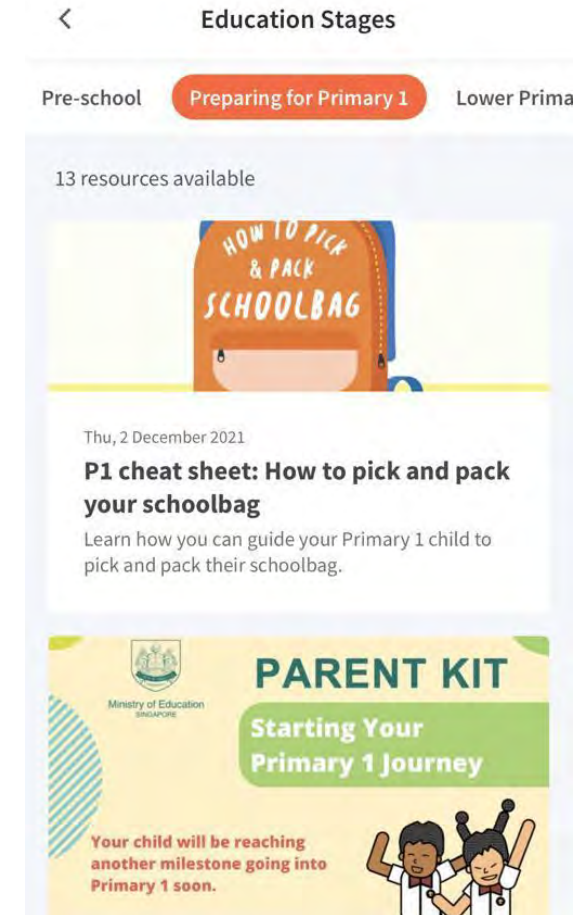
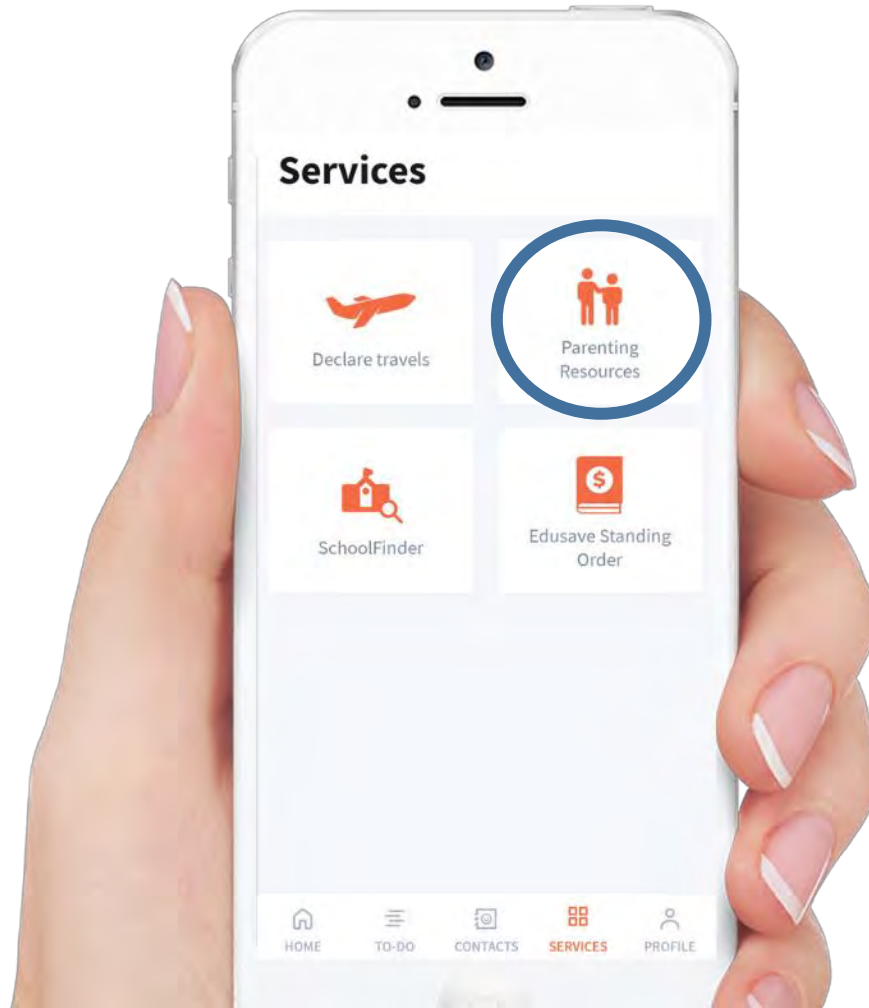
- Have regular conversations with teachers in both academic and non-academic areas - this will help you better guide your child's development
- Ask the teachers for the best way and time to contact them



# 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?

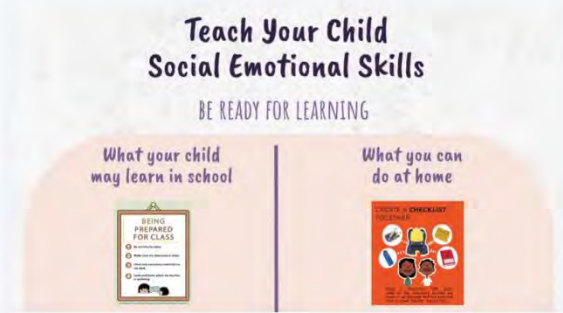


**Supporting your child through the Primary 1 journey**

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.



**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.



Mon, 23 August 2021

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

Learn how overpreparing your child may hinder learning.



Wed, 15 December 2021

**[NLB] LearnX Reading - Primary**

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

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

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

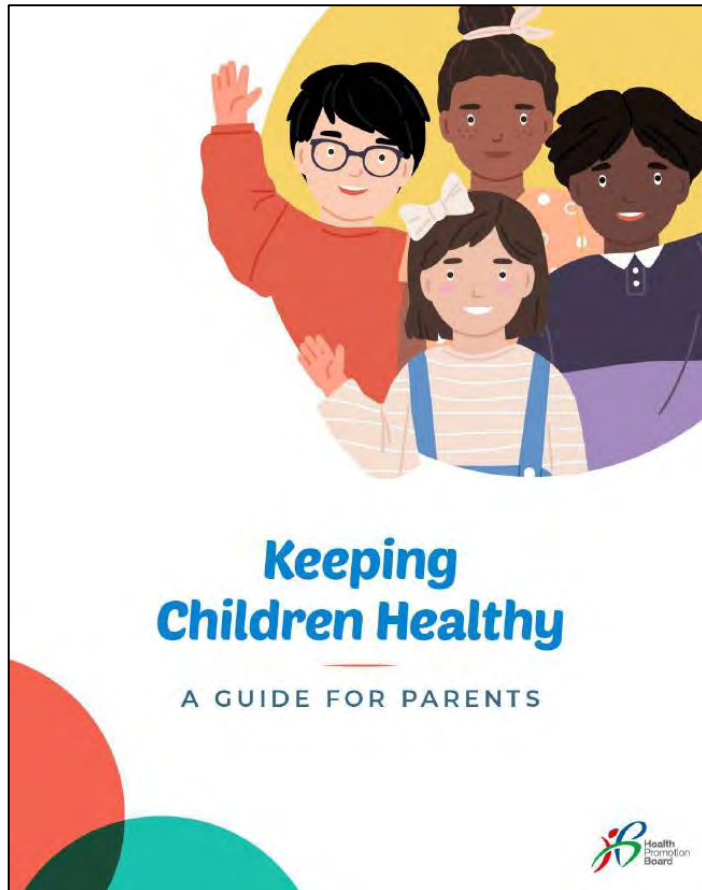
**Are you over-preparing your child for primary school?**

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

# 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**

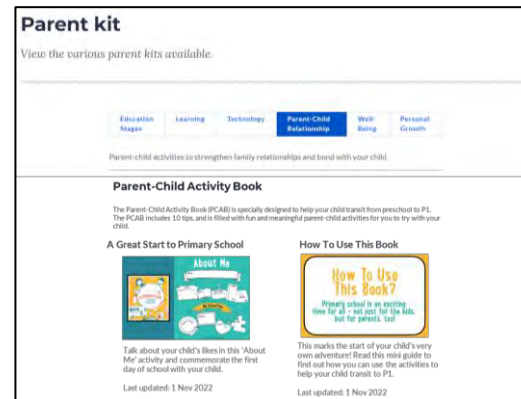


# PARENT-CHILD ACTIVITY BOOK IS AVAILABLE ONLINE!

## 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 - 36  
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!

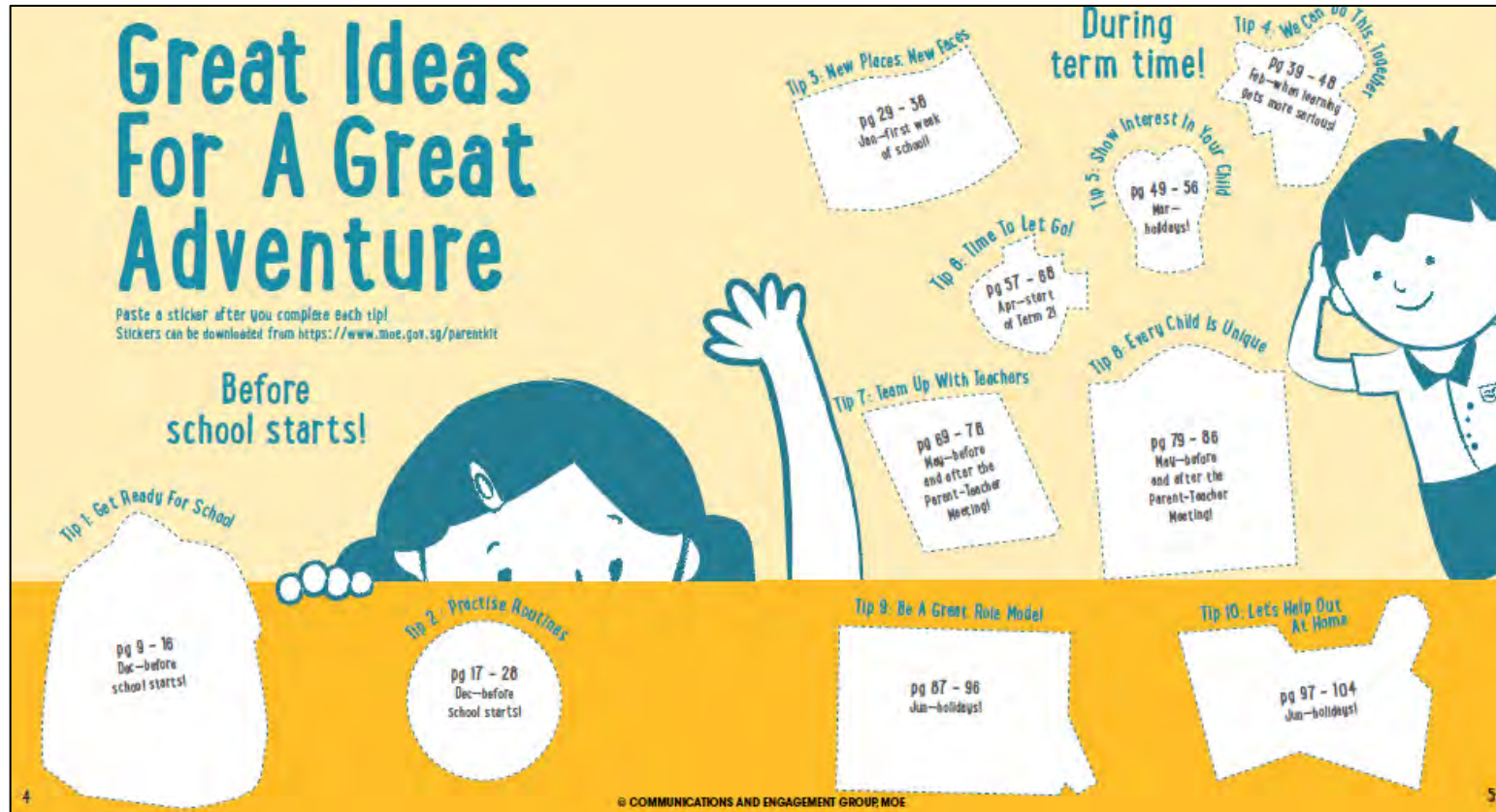
**Tip 6: Time To Let Go!**  
pg 57 - 66  
Apr-start of term 2!

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

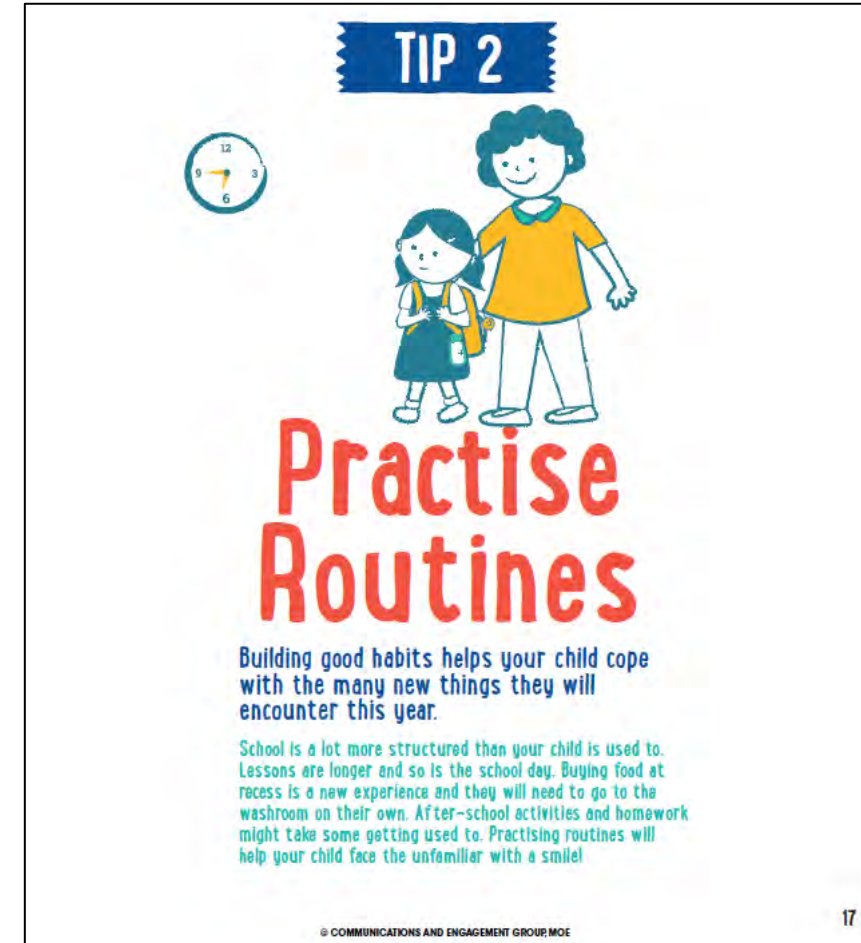
**Tip 8: Every Child Is Unique**  
pg 79 - 86  
May-before and after the Parent-Teacher Meeting!

**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!

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