



P1

YEAR HEAD SESSION

6 Feb 2026





Presentation outline

- P1 Level Programmes for the Year
- General Matters
- School-Parent Partnership



AIMS OF PRIMARY EDUCATION

- Lay a strong foundation
- Nurture well-rounded individuals and passionate lifelong learners
- Prepare the child for the future





P1 Level Programmes

Primary 1

- 1) Executive Functioning Workshop
- 2) Values In Action Programmes
- 3) Learning Journeys (FTs will brief)
- 4) Learning for Life Programmes (LLP)
- 5) Applied Learning Programmes (ALP)



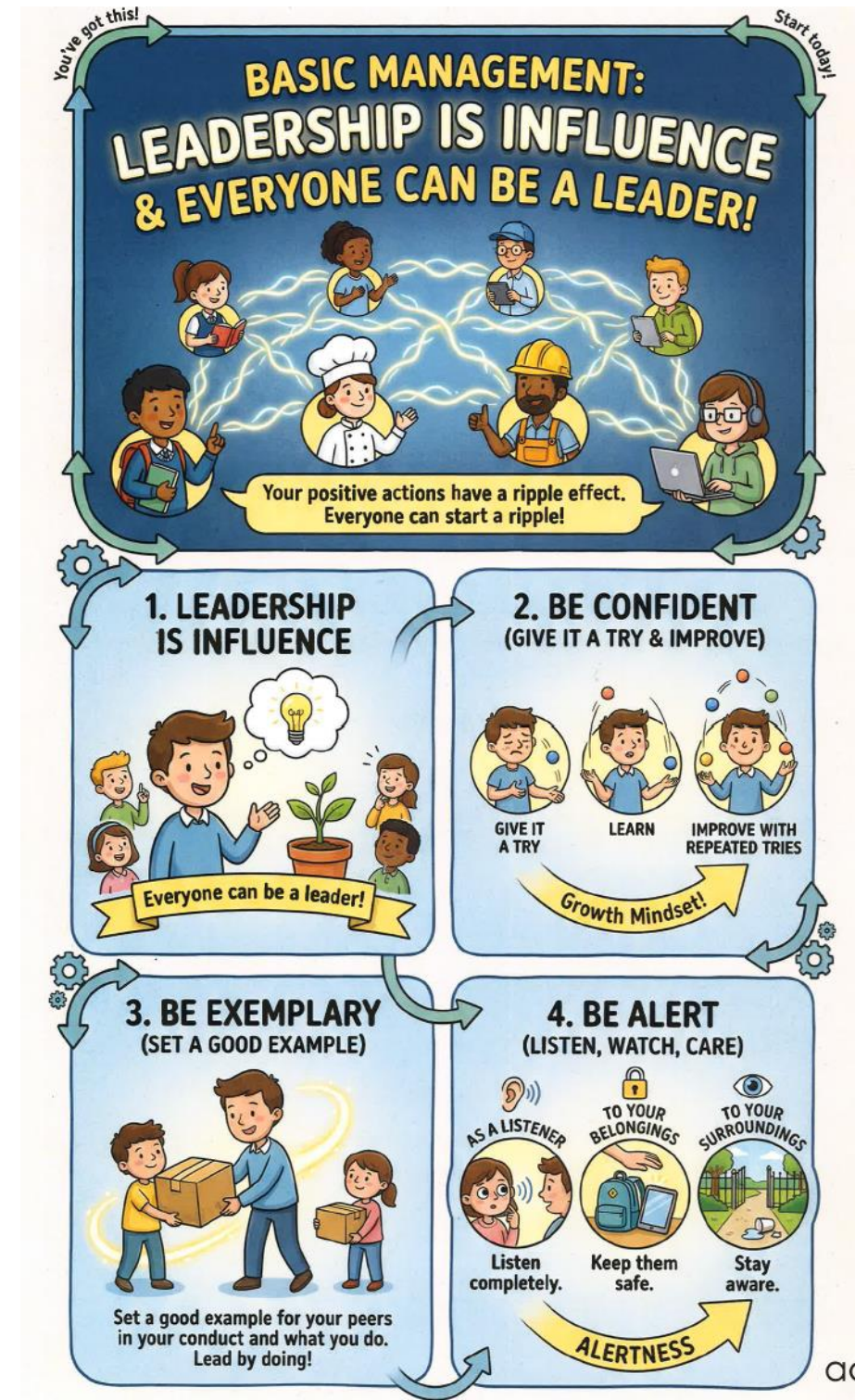
Executive Functioning

Alert

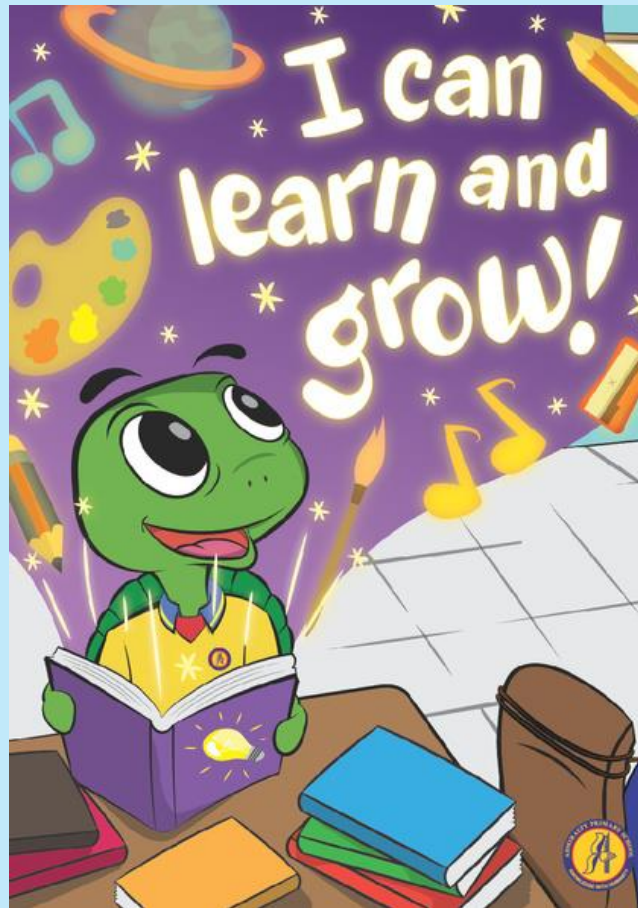
- Alert to instructions
- Alert to belongings

As a Listener

- Listen completely



Learning for Life Programme (LLP): Performance Character



P1

Character Trait

how a person is on the
inside



Character Skill

something I can learn and
practice to get better at

Growth Mindset

I am ready for the
challenge!



I can try again until I
get this right.

It's OK if I make
a mistake

Growth Mindset is the belief that I can learn and grow.

are **responsible**.
Learn to make good choices.

Our Hope: Our Admirals...

stay **committed**.
Set goals and work towards
them step by step.

are **brave**.
Speak up, try new things, and
believe in yourself.

show **respect**.
Listen to what people have to say
and work things out in a kind way.

keep trying.



are **confident**.
Manage your time well and
believe you can succeed.



Values-in-Action in ADPS

Admirals

Spreading



SMILES!



- Values-in-Action [VIA] is a Key Student Development Experience (SDE)
- Builds social responsibility, ownership and initiative
- Admirals apply values, knowledge and skills in real-life contexts
- Admirals spread smiles through kind deeds
- Kindness starts in school and extends to the wider community
- Different levels will embark on different VIA projects

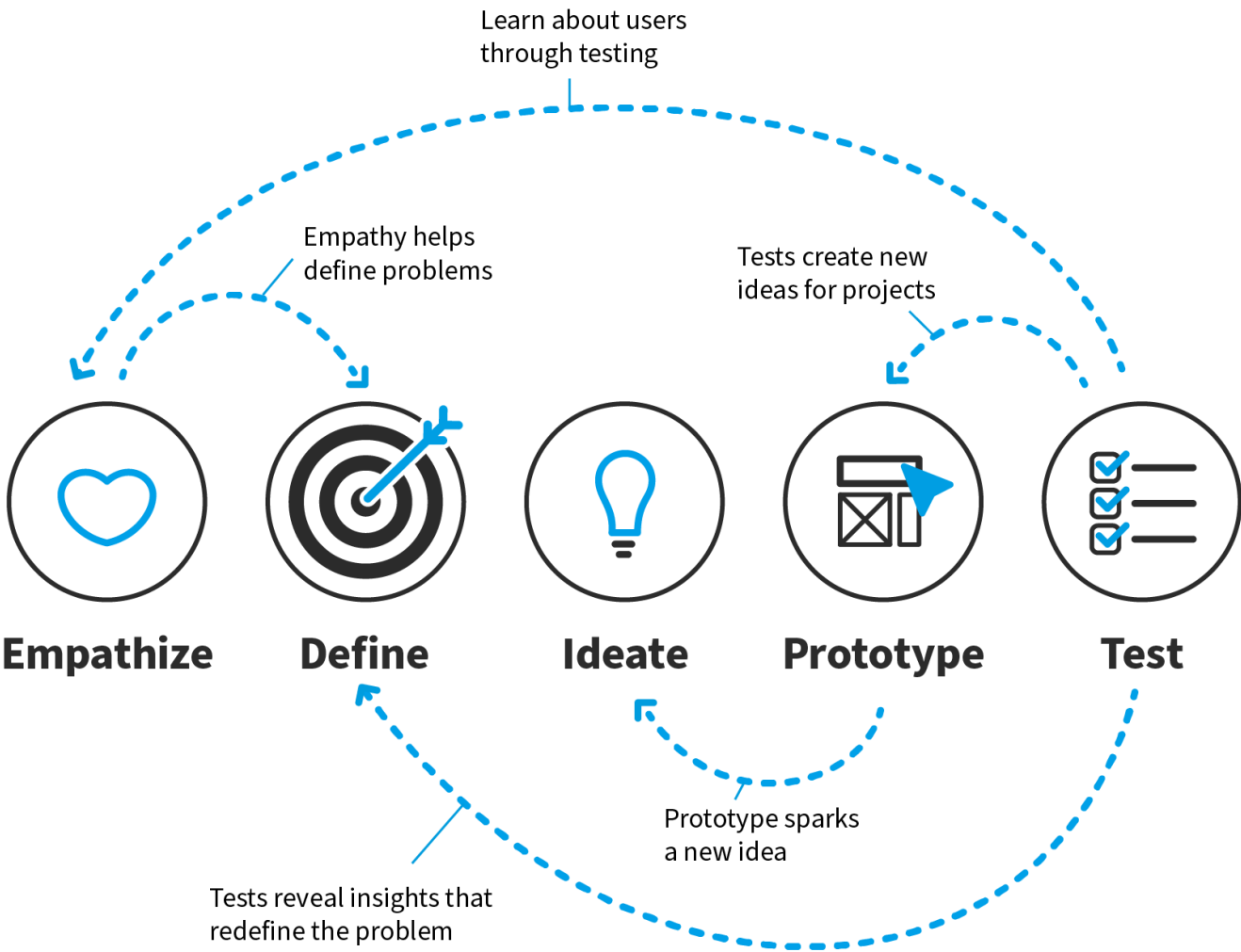
**SCHOOL-WIDE:
Project Hongbao
Collaboration with
TTSH**

**LEVEL-BASED:
Chore-a-Bingo!**



Design thinking: Problem-solving approach centered on empathy and continuous improvements.

Level	Focus
Primary 1	Improving the cleanliness of the classroom





Support Network

Form Teachers

**Subject &
CCA Teachers**

**Year Head & CCE
team**

**Student Management & Leadership
team**

**Support Teachers
(Student with Education Needs Officer, School Counsellor)**

School Leaders



How do I support my child without exams?

Formative assessments conducted at regular checkpoints can provide our children with ongoing opportunities to check on and consolidate their learning as they go.

Talking to your child to find out about his/her “day-to-day” learning experience in school.

This will help your child reflect on his/her learning, and help him/her remember the lesson better.



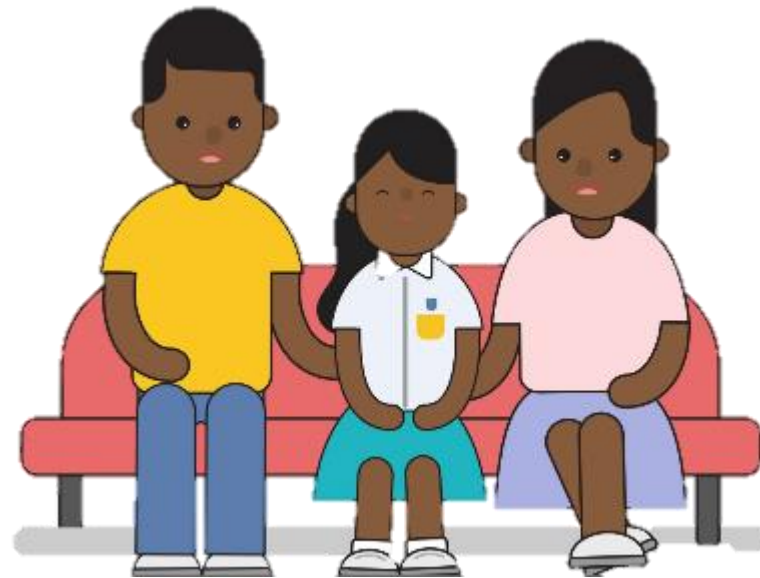
ENCOURAGE JOY OF LEARNING

Support your child to set their goals for the year

Have regular conversations

Guide your child to relate well with others

Help your child ease back into school again



Support your child and help them build good habits



Monitoring and Supporting Student Well-Being

- MOE Check-in Lesson Activity at the start of every term where students share their experiences and emotions with their form teachers.
Check -In Surveys online.
- One-to-one chat with form teachers.



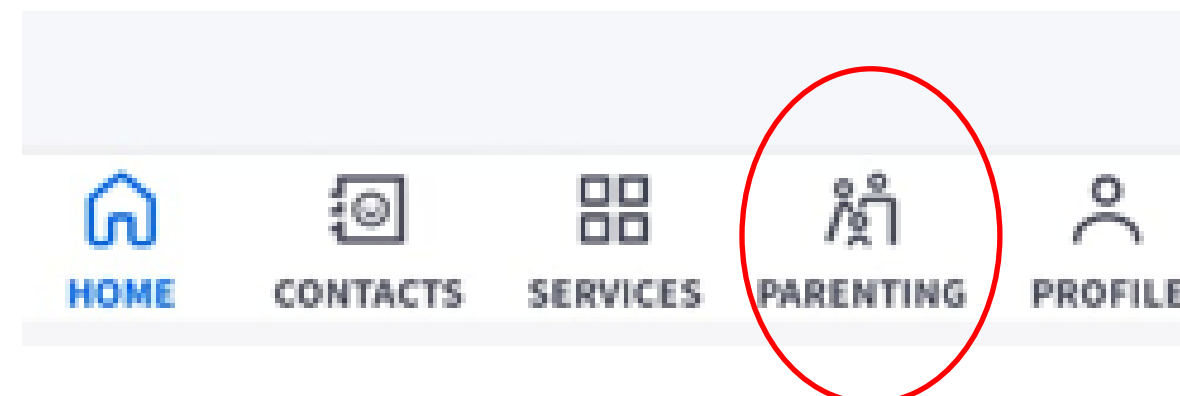
Parenting Resources with MOE



1. Via Parenting-focused Instagram account
 - ❖ share tips and MOE resources, celebrating the ups and downs of their parenting journey, and growing with them as a community by inspiring and supporting each other through shared experiences.
2. Via Parent Kits <https://www.moe.gov.sg/parentkit> for various parent kits, as shown in the table below.



3. Parents Gateway





Our Beliefs in School-Parent Partnership

- ★ **Parents and school should work together with a common understanding in developing the child holistically.**
- ★ **Through partnership and shared responsibility, we can increase the achievement and success of every child.**



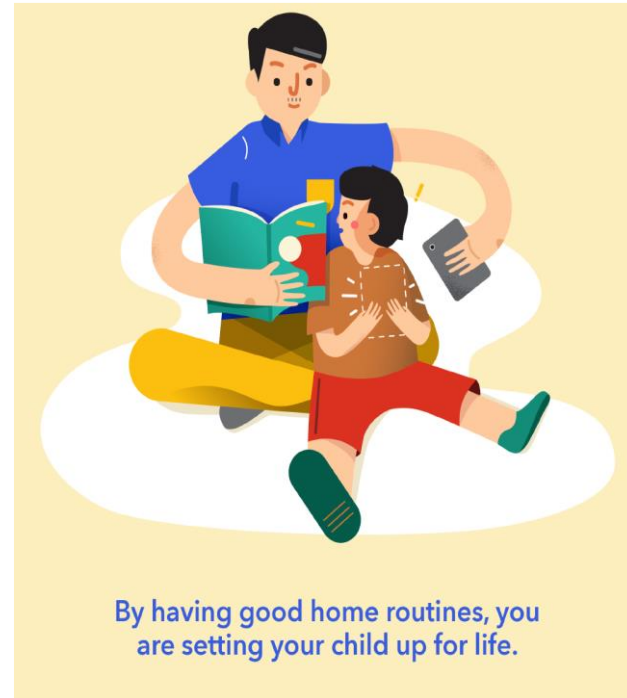
Positive Parent-Teacher Relationships

A positive parent-teacher relationship is built on **effective communication**, **mutual respect**, and a **shared commitment** to the child's growth and success.

- ★ Work collaboratively with our teachers
- ★ Seek to clarify
- ★ Let your child learn to be accountable and take charge of his/her own learning



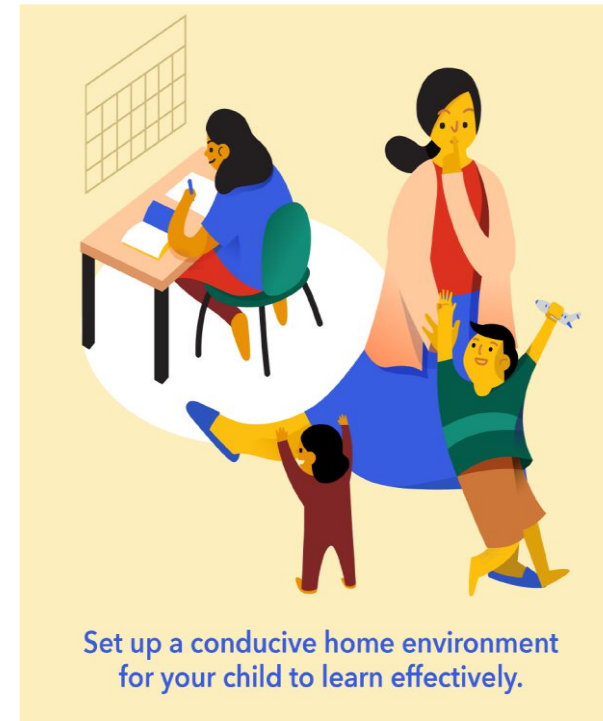
What can you do?



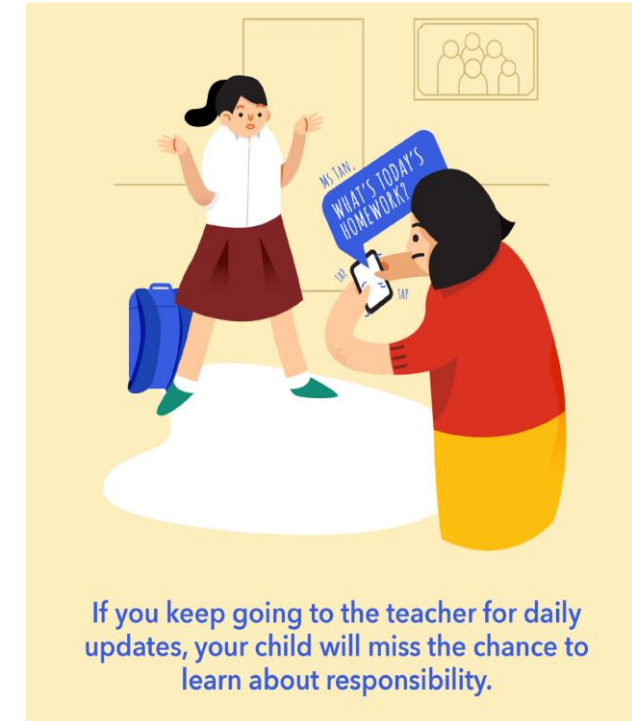
By having good home routines, you are setting your child up for life.



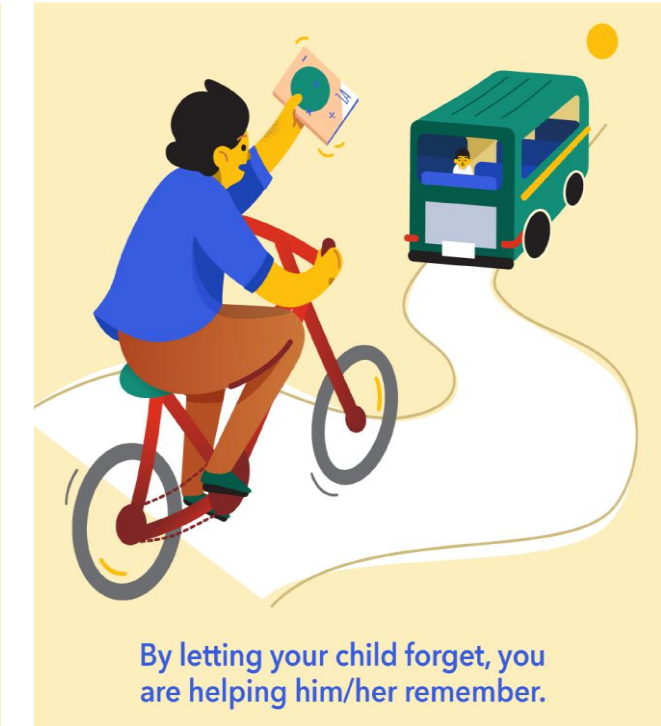
If you do your child's homework, he/she will lose the opportunity to learn.



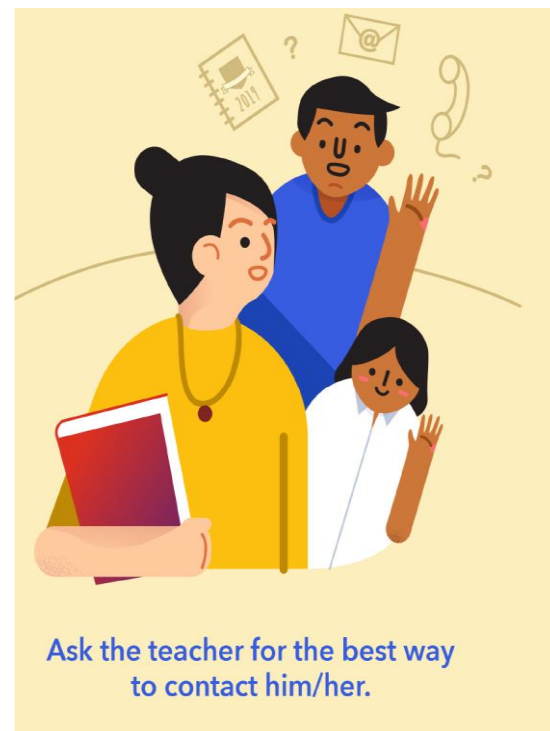
Set up a conducive home environment for your child to learn effectively.



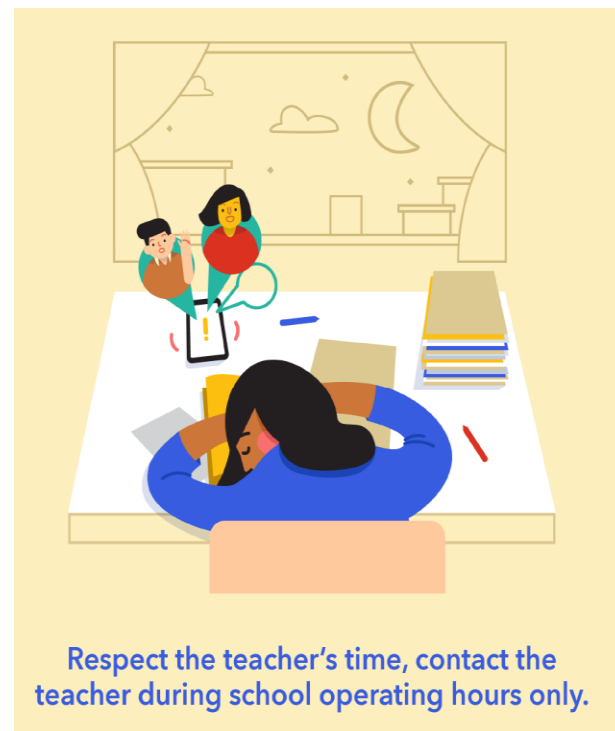
If you keep going to the teacher for daily updates, your child will miss the chance to learn about responsibility.



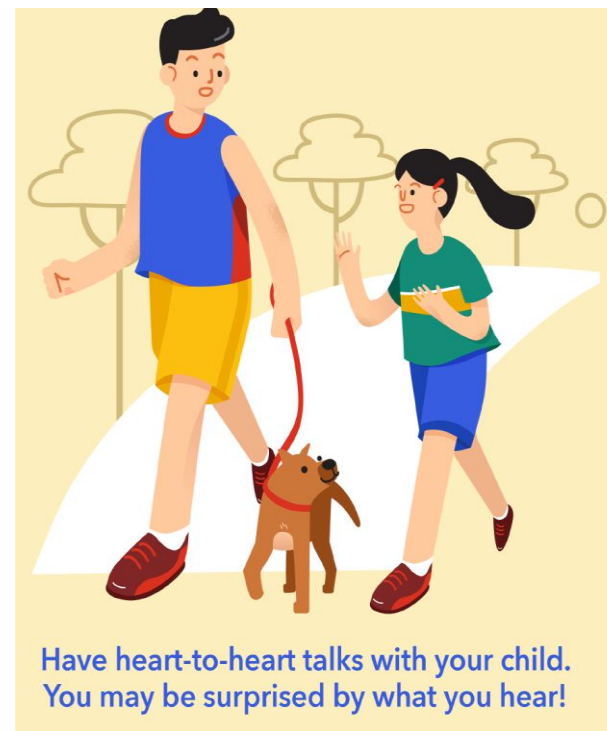
By letting your child forget, you are helping him/her remember.



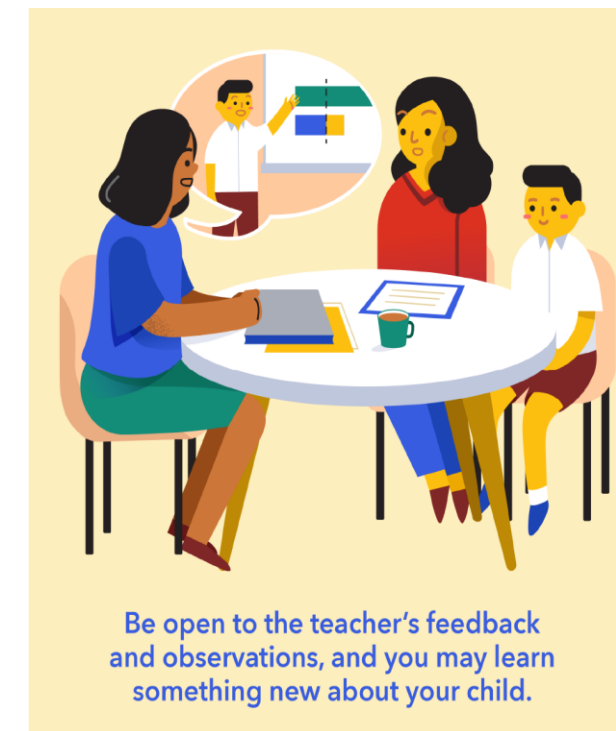
Ask the teacher for the best way to contact him/her.



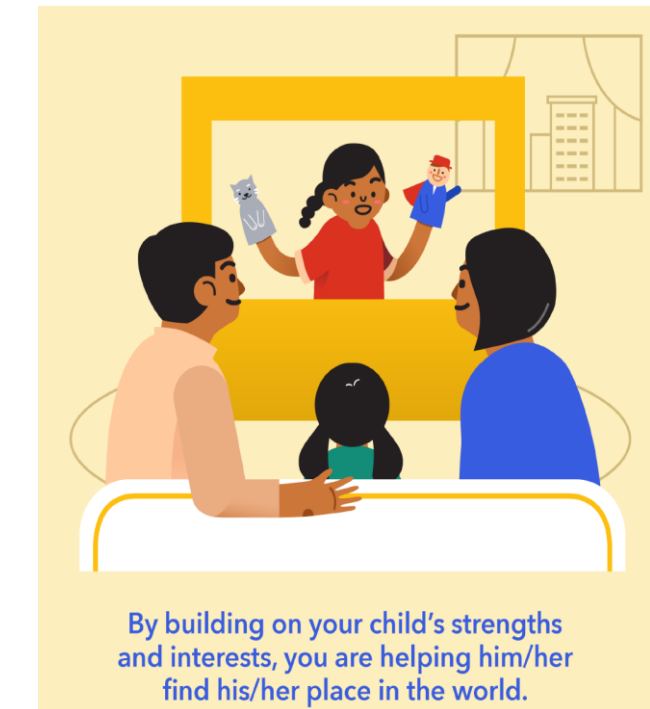
Respect the teacher's time, contact the teacher during school operating hours only.



Have heart-to-heart talks with your child. You may be surprised by what you hear!



Be open to the teacher's feedback and observations, and you may learn something new about your child.



By building on your child's strengths and interests, you are helping him/her find his/her place in the world.



Cyber Wellness

It's more than saying no to devices.



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 1 and 2

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

Basic online safety rules

- Talking to only people you know

Cyber Contacts

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online

Importance of a balanced lifestyle

- Especially in exercise, sleep and screen time for health and well-being

Protecting personal information

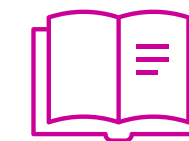
- Understand the risks of disclosing personal information

**Family Chat Time!**
Share with your family members:

- What are the safety rules I must follow to keep myself safe online?
- What do I know about tricky people?

My child/ward knows how to keep safe in the cyberworld!

Parent's / Guardian's signature



Explore Cyber Wellness messages with your child through the **CCE (FTGP) Journal** by participating in “Family Time” activities in the journal.



School Programmes and Initiatives

- Cyberwellness programmes in 2026:

Group	Focus	Key Activities
Students (masses)	Foundational literacy for all students.	"Cyber-clips" screened during HSB & lunch break, assembly talks, FTGP lessons in class, SLS lessons, workshops such as virtual escape room etc.
Parents	Support for students	Resources (videos, newspaper articles, workshops) shared with parents via PG,
Identified students (eg Cyber-Wellness Ambassadors/digital leaders/at-risk students)	Crisis intervention and recovery.	Workshops, One-on-one counseling for at-risk students of cyberbullying, game addiction and screen addiction

Assembly talk on internet security





School Rules on Digital Device Use

The school **DOES NOT** allow students to use *unauthorized electronic devices in school.

**Mobile phones, smartwatches, headphones, earbuds etc., that are capable of capturing, storing, displaying and/or transmitting visual, audio or verbal information*

1. Reasons for Not Allowing

- Examination guidelines state that students are not to be found in possession of unauthorized electronic devices during examinations.
- Mobile phone and smart watch with calling and messaging functions are disruptive to teaching and learning in the classroom, as students can be distracted by calls, messages, or using the social media, multimedia and internet functions of these devices.

2. Learning Device Usage

- All students are not required to bring learning devices to school
- Students can access computing devices for in-class use while supervised by teachers

Parents can refer to Admiral's Companion Book and School Website for Unauthorised Electronic Device Policy.



Cyberbullying

Building Resilience and Character
while creating safe spaces for our children



A 2025 Digital Parenting Survey (MDDI) found that **more than 50%** of parents are concerned about cyberbullying.

MOE supports parents with resources related to children's mental well-being, cyber wellness, and strengthening parent-child relationships.

Through **CCE lessons**, students understand that bullying and cyberbullying is wrong, and acquire skills to:

- cultivate empathy and be kind
- manage differences and resolve disagreements respectfully
- be assertive, manage negative influences and seek help
- stand up against bullying and support peers affected as upstanders and peer supporters,





THANK YOU

Form Teacher's Time

Whole Class engagement and not a one-to-one session.



THANK YOU

Additional Resources



Additional Resources:

Parenting for Wellness



FOR MORE BITE-SIZED, PRACTICAL TIPS AND STRATEGIES ON BUILDING STRONG PARENT-CHILD RELATIONSHIPS, SUPPORTING YOUR CHILD'S MENTAL WELL-BEING AND PARENTING IN THE DIGITAL AGE, SCAN THE QR CODE ABOVE TO DOWNLOAD A COPY OF THE **PARENTING FOR WELLNESS TOOLBOX FOR PARENTS**.

Scan here to access
the PfW Toolbox for
Parents:



YOU CAN ALSO ACCESS THE **PARENTING FOR WELLNESS WEBSITE** ON PARENT HUB (HOSTED BY HPB) FOR PERSONALISED ACCESS TO THE FULL CONTENT!

Positive Use Guide on Technology and Social Media

Scan here to access the
Positive Use Guide:



THE **POSITIVE USE GUIDE ON TECHNOLOGY AND SOCIAL MEDIA** DRAWS ON RESEARCH TO SUPPORT FAMILIES AS THEY NAVIGATE THE DIGITAL LANDSCAPE TOGETHER. IT OFFERS STRATEGIES FOR BALANCED SCREEN TIME, HOW TO BUILD HEALTHIER DIGITAL HABITS AND PROVIDES TOOLS LIKE SELF-CHECK WORKSHEETS AND CURATED RESOURCES. SCAN THE QR CODE ON THE LEFT TO ACCESS THE GUIDE ON THE DIGITAL FOR LIFE WEBSITE.

Positive Use Guide

Evidence-Based Insights on the Impact of Digital Devices
on Child and Adolescent Wellbeing



Compilation of Useful Resources

You can access all digital parenting resources shared throughout this slide deck by scanning this QR code or click [here](#)! *Send this link via PG to your parents too for their easy access.*

These resources focus on:

- Managing Device Use
- Respectful Communication
- Role-modelling healthy habits
- Fostering Real Connections
- Unlocking their First Smartphone or Smartwatch
- Playing Online Games
- Accessing their First Social Media Accounts
- Cyberbullying
- Parenting for Wellness
- Positive Use Guide
- Grow Well SG

#15 Resources on tips and strategies to support your child when they might be a cyberbully are available at the end of the presentation.

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<https://go.gov.sg/cwresources-parents>





Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.

