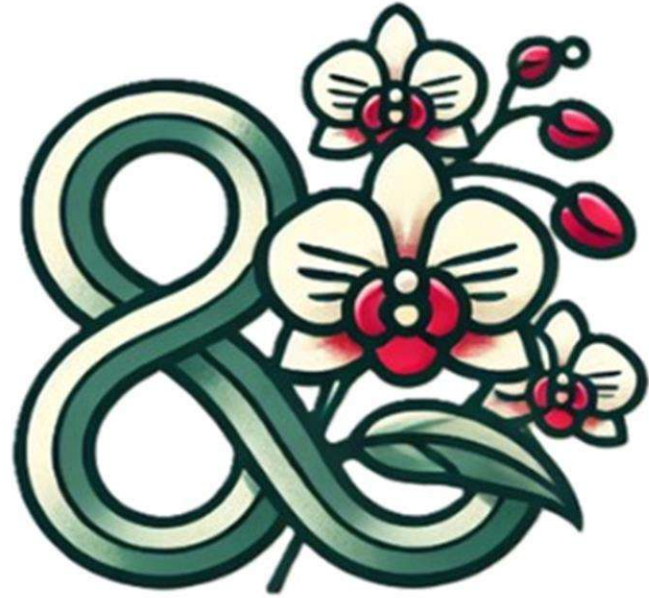# Xishan Primary School
Primary 4 Parents Engagement

Kindly ensure your name for this webinar is as follows:
Your Child's Class_Full Name
E.g. 4Love_Tan Zhi Lan

Please scan the following QR code to complete your attendance for this session:

Objectives

Growing Legacy,
Creating Possibilities Together
Xishan Primary School
2025

(Start with Me)

- Share latest information on the educational policy, school direction and level programmes.

- Strengthen home-school partnership.

- Foster a close partnership and establish a communication channel.

Agenda	Presenters
School Focus & Direction	Mrs Jane Chng Principal
Level Programmes Overview of P4 Assessments Subject Based Banding	Ms Mandy Year Head (P1 & P4)
Class Leadership Form Teachers Time (FTT) Well-being & Gratitude	Respective FTs

Xishan Primary School
Principal's Sharing

Primary 4
Parents Engagement 2025

Every Xishanite, A Life-Long Learner, A Contributing Citizen

School Leaders

From left:
- Ms Latha (Vice-Principal)
- Mrs Jane Chng (Principal)
- Mdm Sophia Lee (Vice-Principal/Admin)

Our Primary 4 Year Head

Ms Mandy Lau
Year Head (P1 & P4)

Our Primary 4 Form Teachers

4 Self-Discipline

4 Integrity

Mdm Ng Woan Shya

Mr Choo Chang Joon

Ms Loy Li Siah

Mdm Balakrishnan Vijayasaraswathi

Our Primary 4 Form Teachers

4 Respect

4 Resilience

Ms Kanmani

Ms Magdalene Khoo

Mdm Jamie Ng

Mdm Liew SC

Our Primary 4 Form Teachers

4 Love

Ms Eileen Tan

Mdm Maria Humairah

## 4 Care

Ms Karliana

Ms Rachel Chee

School-Home Partnership

Regular communication with school through **official** channels:

1. **Parents Gateway**

2. **School Email** (sch website under 'Staff')

3. **ClassDojo** (for comms with form & subject teachers before 5.30pm on weekdays; to allow for response time)

4. **General Office Phone** (for urgent matters; teachers cannot access ClassDojo as they are teaching or attending meetings)
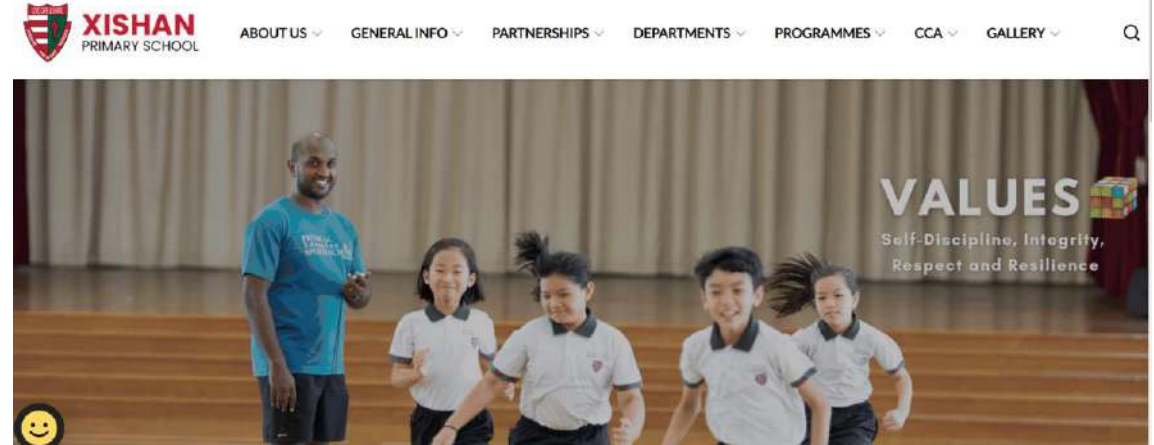
School website; email addresses under 'Staff' & GO contact number under 'Contact Us'
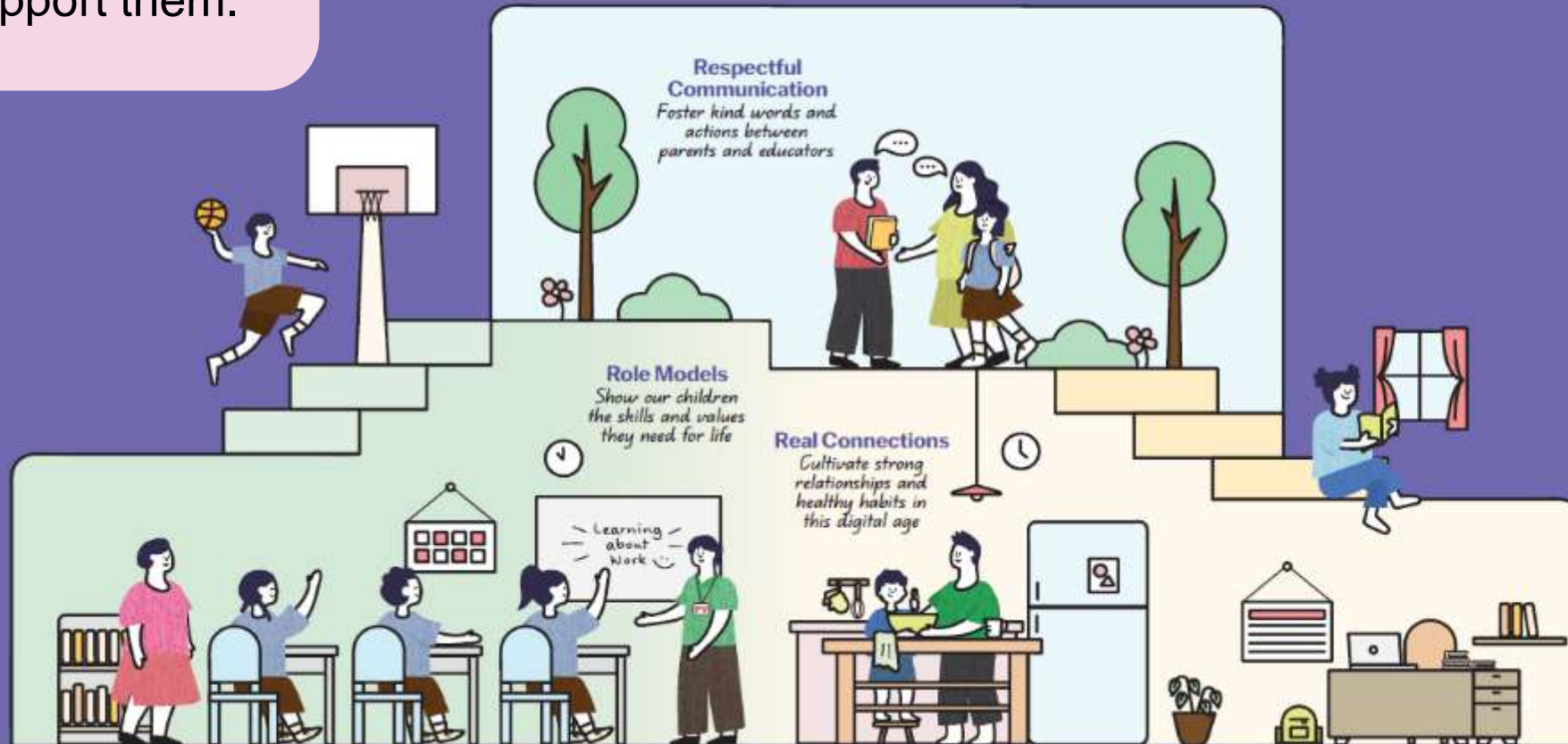
Parents Gateway

ClassDojo

School- Home Partnership

Our children do best when schools and parents work hand in hand to support them.

3 areas we can work together on to foster School-Home Partnership

1 **Respectful Communication**

Foster kind words & actions between parents & teachers, including admin staff

2 **Role Models**

Show our children the skills & values they need for life

3 **Real Connections**

Cultivate strong relationships & healthy habits in this digital age

1. Respectful Communication

**Foster kind words and actions
between schools and teachers**

Listen to and seek to 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
(weekdays from 7.30am – 5.30pm)

2. Role Models

Show our children the skills and values they need for life
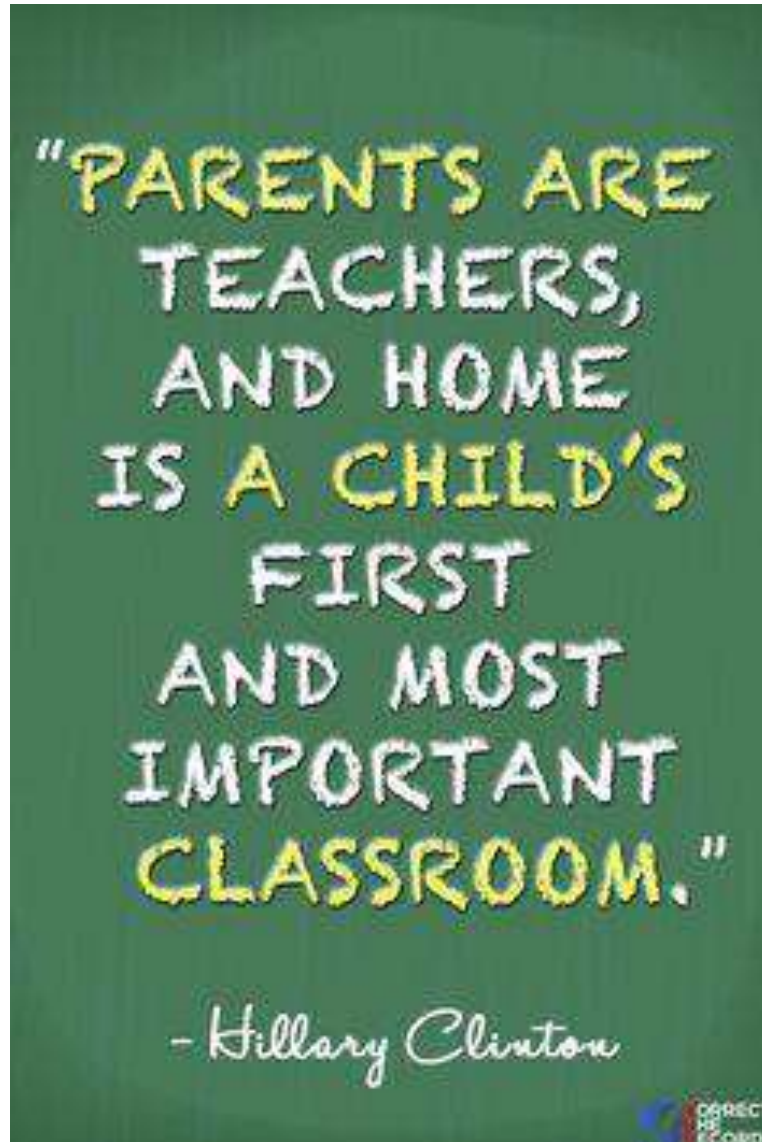
Find joy in everyday experiences with our children

Instill confidence by encouraging responsibility and believing in our children's abilities

Model good values in words and actions

"PARENTS ARE TEACHERS, AND HOME IS A CHILD'S FIRST AND MOST IMPORTANT CLASSROOM."

– Hillary Clinton

3. Real Connections

Cultivate strong relationships and healthy habits in this digital age

Establish good habits for our children to stay confident and in control of their technology use

Build strong bonds through shared experiences and meaningful conversations

Provide a balanced mix of engaging online and offline activities, at school and at home

Our Directional Statements

Vision
Every Xishanite,
A **Lifelong Learner,**
A **Contributing Citizen**

Mission
To create opportunities where passions are ignited, potential discovered & dreams realised

Values
Self-Discipline
Integrity
Respect
Resilience

Motto
Love
Care
Share

Philosophy
Every child can and wants to learn

Strategic Focus: Holistic Well-Being through Keep C.A.L.M & Give

Confident & Connected Learner

Keep C.A.L.M. & Give (KCG) Framework

Social Well-Being

Connect

Spiritual Well-Being

Mental & Emotional Well-Being

Be **Mindful**

Give
Attitude of Gratitude

Stay **Active**

Physical Well-Being & Positive Self Efficacy

Keep **Learning**

Cognitive Engagement & Positive Growth

Eat Well

Exercise Well

Grow Well SG

Sleep Well

Learn Well

A national health promotion strategy to enhance preventive care & inculcate healthier lifestyles in children

Growing Legacy ... 88 years in education

Our unchanging ethos: Community spirit of giving and provision of quality education for all
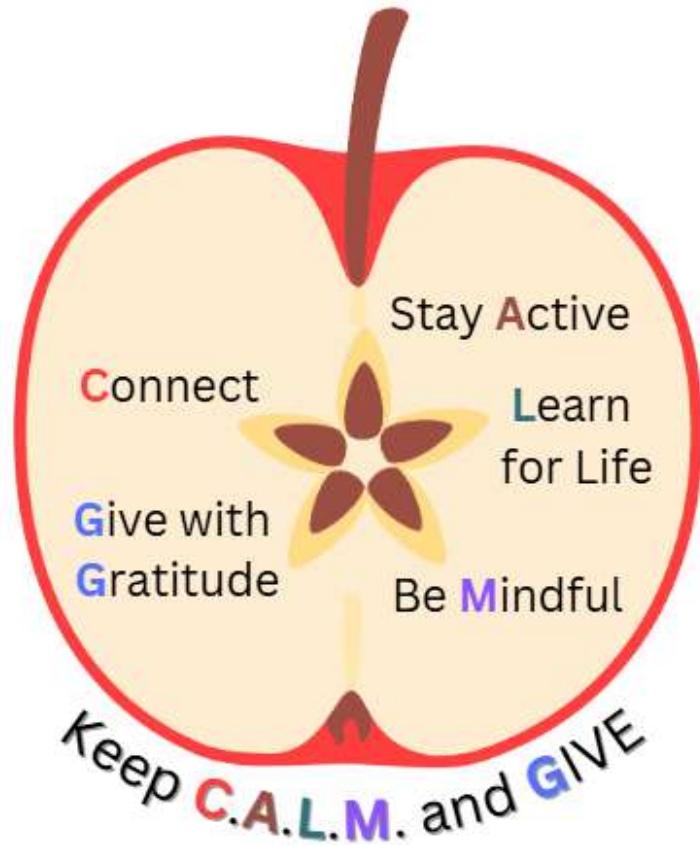
- Founded in 1937 as Si San Public School

- Post-WW2 expansion; strong support by pioneer Mr Lim Chong Pang

- 1986: Renamed Xishan Primary School (under MOE); started offering CL, ML & TL as MTLs

Our Positive Core

- Focus on holistic well-being, anchored on school motto of Love, Care & Share

Growing Legacy, Creating Possibilities Together

How can we truly support our Xishanites to **learn for life**?

Motivated to acquire skills and competencies

Connected with others

Embrace lifelong learning

Have empathy and willing to contribute

Curious & enjoy learning

Independent & responsible

Key ideas in 2025 Sch Theme:

1. **Celebrating our rich heritage & building on our strengths** i.e. Xishan spirit of 'Love, Care, Share', committed and mission-driven staff
2. Continuing to **grow and innovate with infinite possibilities as one community**

Growing Legacy,
Creating Possibilities Together
Xishan Primary School
2025

Start with 'ME'

What must Xishanites do to be future-ready?

- **Take responsibility for yourself** – focus on how your actions, words, and choices can positively impact yourself and others.
- If every Xishanite takes charge and plays his/her part, Xishan will be more conducive for learning and play.

'Start with Me' T1 Challenge
Take the first step to lead yourself!

P1 – P3 Challenge:

✓ Record your homework in your handbook and complete it diligently.

P4 – P6 Challenge:

✓ Record homework AND use the Term 1 Planner (pgs 50 & 51) to plan your tasks and manage your time effectively.

P1 – P3: Daily Homework Recording

P4 – P6: Daily Homework Recording & Term 1 Planner

How to Participate

1. Put in your best effort to complete the challenge.

2. For the entire Term 1, Form Teachers will observe and nominate Xishanites who show <u>effort</u> and <u>commitment</u>.

🎉 Selected students will receive a **special collectible featuring our school mascot** as recognition for their effort and enthusiasm!

Start with Me!
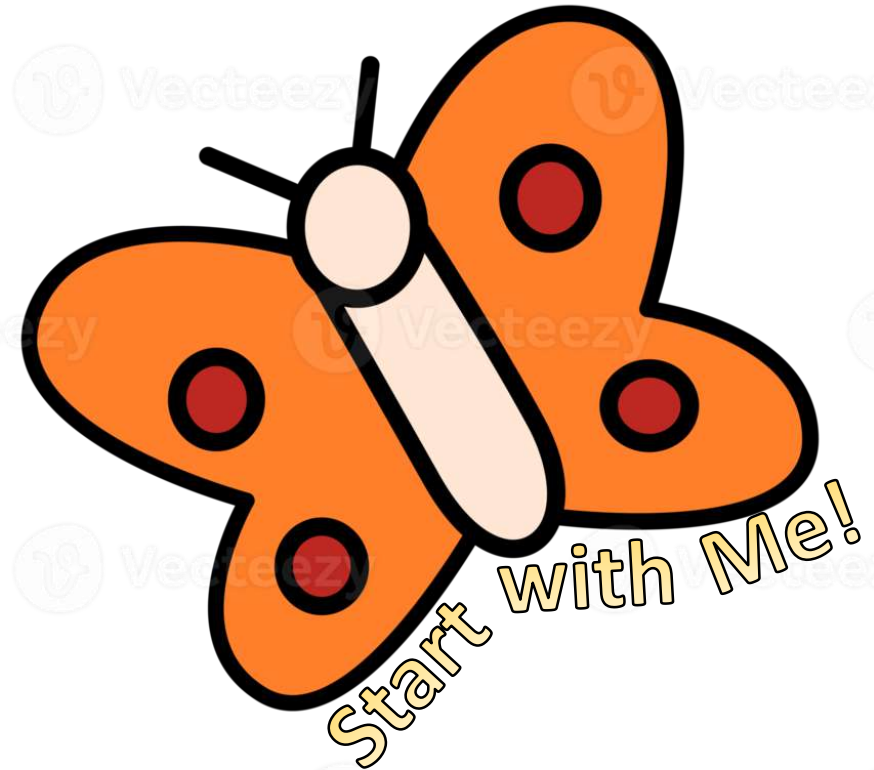
Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media

DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

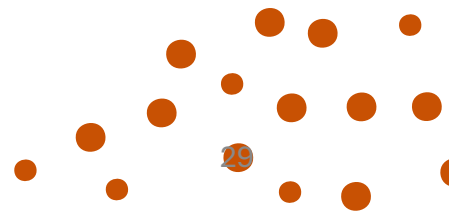## Parents may not be aware of the online risks

Parents might not be aware, but…

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023

MOH's new screen time guidelines for kids under 12

Below 18 months

- **No screen time** (except for video calls)
- Do not leave screens on in the background

18 months to 6 years old

- Screen time: **Under 1 hour daily** outside school
- Watch media with kids when possible
- Do not use screens to occupy or distract children
- Choose age-appropriate educational content
- Do not leave screens on in the background
- **No screens during meals and before bedtime**

7 to 12 years old

- Screen time: **Under 2 hours daily**, except for schoolwork
- Avoid giving children mobile devices with unrestricted internet and app access
- Avoid giving children access to social media

Infographic: Clara Ho   **Source:** *Ministry of Health, Jan 21, 2025*

Instagram to restrict features for Singapore users who are under 18
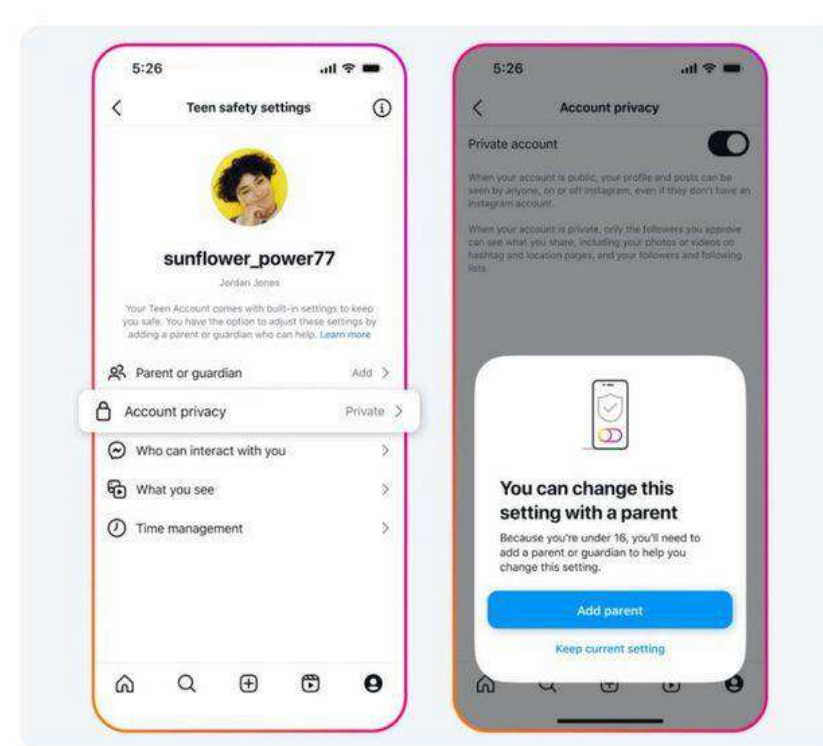
Don't shield students from devices, but teach them purposeful usage: Minister

Singapore does not take a binary view of device usage, said Education Minister Chan Chun Sing, even as Australia passed a law in late 2024 to ban social media for children aged under 16.

This approach of not banning devices is more challenging, but more practical at the same time, he said.

A local research effort in child development, called Growing Up In Singapore Towards Healthy Outcomes, showed detrimental cognitive impacts when children are exposed to screen time before the age of two.

In an interview with The Straits Times, Mr Chan said the study showed that unsupervised consumption of videos for more than two hours could result in a drop in IQ by the time a child turns seven years old.

For teenagers, he said the greatest concerns are video-gaming and how social media can affect self-worth and lead to incessant comparisons with others.

Despite such potential dangers, students should not be prevented from using devices, but be taught how to use them purposefully, he said.

"It's a bit like discovering fire... Fire can be both good and bad. If you don't know how to use it, you burn down everything. Use it properly, and you can use it to cook and generate electricity," Mr Chan said, adding that people should not be shielded from devices and end up not knowing how to use them.

DUAL NATURE

It's a bit like discovering fire... Fire can be both good and bad. If you don't know how to use it, you burn down everything. Use it properly, and you can use it to cook and generate electricity. We have to guide them on how to use the device and when to use the device.

"

EDUCATION MINISTER CHAN CHUN SING, on how students should not be prevented from using devices, but be taught how to use them purposefully despite the potential dangers of video-gaming and social media.

"We have to guide them on how to use the device and when to use the device."

Schools already ban the use of mobile phones during lesson time, he said. Parents also need to manage usage of devices at home, while understanding their children's needs.

"A lot of it is role-modelling. You cannot tell your child don't use the device, but we're all playing with it while having dinner."

Referring to the use of personal learning devices in secondary schools, Mr Chan said that 75 per cent of parents do not change the default settings from the management apps in these devices.

However, half of the remaining parents would like tighter controls and the other half question the strict measures.

"We have both extreme ends. When parents set it too tight, the child tries to find ways to bypass. If they set it too loose, the child runs all over the place," he said, adding that there is no one-size-fits-all approach to this issue.

Rather, it is about educating children and parents to use devices in an age-appropriate way, he said.

Australia's move to pass a law on Nov 28 to ban social media for those under 16 is "interesting to consider", said Mr Chan, but will be hard to implement and does not solve all problems stemming from social media use in teenagers.

He said that while countries like Singapore and India – which have identification systems to verify a person's age – can implement such harsh bans, there are ways to bypass them.

He added that social media sites can find ways to get around countries' laws, if they do not have any incentive to align with national objectives.

When applied correctly at the right level, learning devices can be useful in the classroom, said Mr Chan. "You can actually amplify your teaching and learning outcomes," he said, adding that for high-ability students who are able to display self-control and use devices appropriately and responsibly, these are important tools to help them learn.

Students with high needs, on the other hand, should be eased in gradually, to ensure they are able to build skills to regulate how they use devices.

"We are not in the school of thought that says that you must have this blanket (set of guidelines)," he said.

But Mr Chan said the Ministry of Education is clear that pupils in primary schools will not be issued their own personal learning devices. Instead, they will use shared devices available in school.

Educating all students on cyber wellness and cyber security is essential, so that they learn how to use devices responsibly, he said.

"There's never too early an age that they cannot learn. Even at a young age, I think it's about the inculcation of habits."

Elisha Tushara

CYBERWELLNESS

2025 Theme:
Pause, Think, Protect!

Staying safe online & Keeping the online space safe for themselves and others.

Recess Activities

Assembly Show

P4 to P6: Short Video Challenge

The S.U.R.E Framework (Source, Understand, Research, Evaluate) is a great approach to help students discern the reliability of information.

Join your child/ward by:
- Completing the SLS activity on S.U.R.E Framework
- Creating a short video & upload onto SLS to tell others about S.U.R.E
- Commit to going 'screen-healthy' for the weekend on 21 & 22 Feb

Cyber Wellness segment on our Sch Website:

Cyber Wellness Tips

How do you manage your time spent on online activities?

Losing sleep?	**Feeling bored or stressed?**	**Feeling tired and achy?**
Have a tech-free time of 15 to 30 minutes before you sleep. Turn off all gadgets or keep them out of your room for better sleep.	Don't resort to online activities. Find healthy ways to cope with stress. Pick up a new hobby and pursue your interests. Go out with friends or family.	Give yourself a break. Practise good posture and habits. Exercise and get active. If pain persists, see a doctor.

Losing focus?	**Losing track of time?**	**Feeling less love from family and friends?**
Keep out distractions. Create an Internet-free zone. Disable unnecessary notifications. Prioritise your tasks and complete them.	Set a time limit or a schedule. Use a timer or an app to keep track and stick to it.	Explore offline activities with friends and family. Make online activities a social occasion which fosters real-life interactions.

How do you deal with cyber bullying?

- Do not retaliate or reply
- Save the evidence
- Block the sender
- Update your privacy settings
- Remove content from online services
- Tell a trusted adult (teacher or parents) who can help or call a helpline
- Report the incident to the provider of the service (e.g. social networking sites)

Source: MOE ICT Cyber Wellness

XPS ICT Acceptable Use Policy

Xishan Primary School believes in leveraging technology to enhance students' learning and development of their 21st Century Competencies. To ensure a safe and conducive online learning experience for our students, they are expected to abide by the guidelines when using any technology devices in school.

Guidelines for Students

1. I will only use the technology devices for learning and research purposes.
2. I will only use the accounts and passwords assigned to me and not share them with anyone else.
3. I will not share my personal particulars (e.g. home address, email address, phone numbers, account IDs, passwords, or/and personal pictures) with anyone.
4. I will respect the views of others while online.
5. I will only use kind and respectful language and tone when posting comments.
6. I will work collaboratively and acknowledge the efforts of my friends and group mates.
7. I will seek permission and acknowledge the owners of the materials that I use in my work.
8. I will cite the source of the media (e.g. photos, videos and music) used in my work.
9. I will always check for accuracy and reliability of the information accessed.
10. I will not access inappropriate information, content, ads or any material that is not suitable for my age or school.
11. I will remove comments/postings should my teachers find them unsuitable.

Student: I understand and agree to follow the rules stated above.

Name: _____ Class: _____ Date: _____

Parents/Guardians: I have read, discussed and explained the content to my child/ward.

Name: _____ Signature: _____ Date: _____
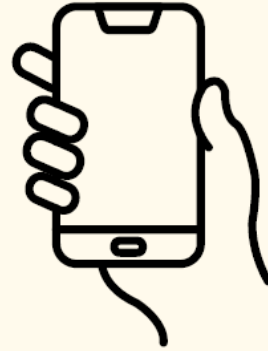
XPS Student Handbook, pgs. 36 & 37

10 MOBILE PHONE/SMARTWATCH POLICY

All students are discouraged from bringing their mobile phones/smartwatches to school. Should there be a need for students to bring their mobile phone/smartwatch to school, students can go to the General Office at the beginning of the school term to request for a form on **"Request for Permission to Bring Mobile Phone/Smartwatch to School"** and have it completed by parents/guardian. School will evaluate and grant permission on a case-by-case basis. Do note that students can be contacted via the General Office and students can use the phone in the General Office to contact parents/guardian if needed.

Students are not to use mobile phones/smartwatches during school hours including recess, CCA and after-school programmes. Students who have been given the approval to bring their mobile phones/smartwatches are to switch them off and put them in their school bags before school start time. Students should bear responsibility for keeping their mobile phones/smartwatches safe. Lastly, students are only allowed to use mobile phones/smartwatches **outside** school compound **after school hours**.

If the mobile phone/smartwatch is (i) not switched off or (ii) not kept in bag or (iii) used within school compound,

All MOE primary schools disallow the use of personal digital devices in school during school hours. Learning will be through school's shared devices, under teachers' supervision.

Also shared in Student Handbook page 22:
- Students are discouraged from bringing digital devices to school
- With parents' permission, submit request form
- All mobile phones, smartwatches (and ipads) cannot be used in school during school hours, including after-school programmes.
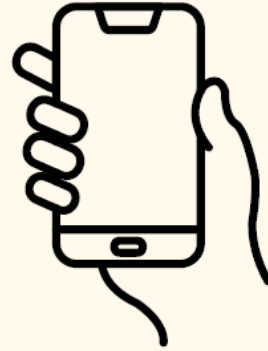- Can only use outside school compound after school hours

Every Xishanite, A Life-Long Learner, A Contributing Citizen

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First Offence:
- Advice given to student
- Parent will be informed

Second and subsequent offence(s):
- Confiscation of device
- Parent needs to collect device personally from school

Thank you for supporting us in regulating unsupervised use of technology.

Every Xishanite, A Life-Long Learner, A Contributing Citizen

We look forward to a strong partnership with you.

Together, we can nurture lifelong habits, dispositions & skills in our Xishanites.

Thank You.

Growing Legacy,
Creating Possibilities Together
Xishan Primary School
2025

Start with 'ME'