

PSLE Scoring, Full Subject-based Banding (SBB) & Sec 1 Posting

11 March 2026

You are encouraged to join using a laptop or computer as mobile phones may not display all slides and features clearly.

Please note that there is music playing in the background for you to test your audio.



PSLE Scoring, Full Subject-based Banding (SBB) & Sec 1 Posting ***11 March 2026***

The slides for today's presentation will be uploaded and made available on our school website by the end of next week.



OUTLINE

Topic	Presenter
Parenting for Wellness	Ms Sujatha, Vice-Principal
PSLE Scoring, Full Subject-based Banding & Sec 1 Posting	Mdm Wong, Year Head (Primary 5 & 6)



An illustration of a young girl in a school uniform (dark blue pleated skirt, white shirt, dark blue vest, and dark blue shoes) with a large green backpack, walking away from the viewer towards a school building. The scene is set in a stylized, light blue environment with rolling hills, trees, and a heart symbol on the ground. A path leads from the girl towards the school building, with an open book lying on the path. The sky is light blue with a few white clouds.

Supporting Our P6 Girls Through the PSLE Journey

- PSLE is an important milestone, but not the end goal of learning
- Our shared goal: help every girl thrive academically and emotionally
- School and parents play complementary roles



Understanding the PSLE Phase:

What Our Girls May Be Experiencing:

- Increased academic demands
- Pressure and expectations
- Comparisons with peers
- Concerns about future schools

Parents may notice:

- Changes in mood or motivation
- Increased sensitivity to results
- Worry about disappointing others

Factors That Support Success

RESEARCH & SCHOOL EXPERIENCE: KEY FINDINGS FOR STUDENT SUCCESS

STUDENTS THRIVE WHEN THEY HAVE:



CONSISTENT ROUTINES
(Sleep, Revision, Breaks)



ENCOURAGING HOME ENVIRONMENT



HEALTHY STRESS MANAGEMENT



GROWTH MINDSET –
Learning from Mistakes



BALANCED LIFESTYLE

PARENTS CAN HELP BY:



FOCUSING ON EFFORT AND IMPROVEMENT



ENCOURAGING REGULAR REVISION HABITS



ENSURING ADEQUATE REST AND WELLBEING

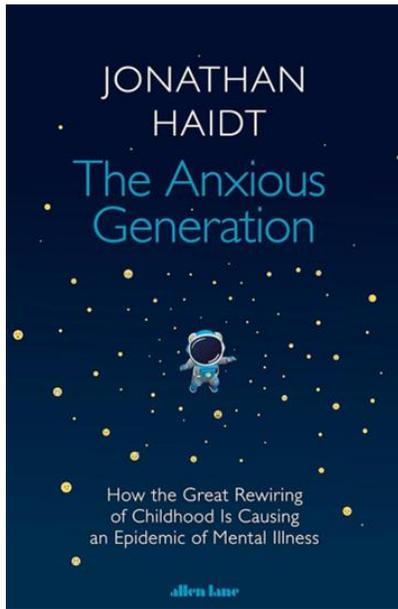


Based on established research and school feedback



Practical Ways Parents Can Support at Home

- Create a calm and consistent study routine
- Encourage independence and ownership of learning
- Have supportive conversations about learning
- Help manage stress through exercise, hobbies and family time
- Celebrate small improvements and progress



What Research Tells Us About Our Children's Development

The Anxious Generation

- Childhood has shifted from play-based to phone-based
- Early and excessive smartphone + social media use reshapes development
- Increases in anxiety, stress, and comparison



Untangled

- Adolescents move through seven developmental transitions
- Behavior changes are often normal, expected, and healthy
- Parents play a role in providing calm boundaries and connection



Supporting children means understanding both the pressures they face and the developmental journey they're meant to take.



untangled

GUIDING TEENAGE GIRLS
THROUGH THE
SEVEN TRANSITIONS
INTO ADULTHOOD

Lisa Damour, Ph.D.

"Untangled is the most down-to-earth, readable parenting book I've come across in a long time." —THE WASHINGTON POST

NEW YORK TIMES BESTSELLER

Grōw Well SG: The Health Plan Journey



**2. Healthy Growth
Activities**

**3. Parental Guidance
& Support**



A Holistic Approach to Your Child's Health

The lifestyle prescription focuses on four critical areas, ensuring a holistic approach to your child's health:

1

Being Active



Encouraging regular physical activity to boost energy levels and overall fitness

2

Eating Healthy



Promoting balanced nutrition to fuel your child's growth and development

3

Limiting Screen Use



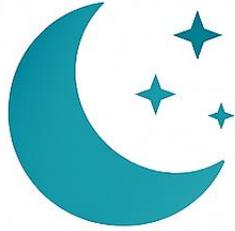
Managing digital exposure to foster mental and physical health

4

Getting Enough Sleep



Ensuring adequate rest to support learning and daily functioning



9

hours



3

healthy meals



2

**hours of screen
time**



1

hour of exercise

**RGPS Grow
Well**

9321

you've
g  t
this!



Parenting for Wellness (PfW)



PfW aims to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience and parent effectively in the digital age.



Parenting for Wellness: Parent Hub



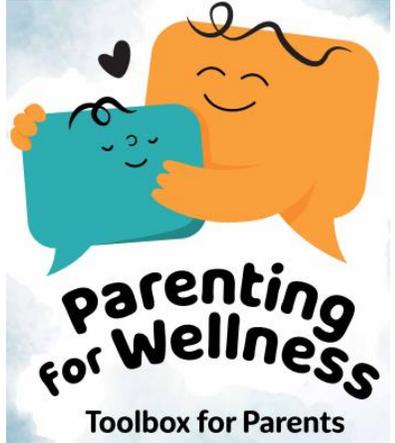
Access personalised resources to support your parenting journey.

Your Personalised Link

- WE'RE EXPECTING
- 0 - 2 YEARS
- 3 - 6 YEARS
- 7 - 12 YEARS
- TEENS
- GROW WELL SG
- PARENTING FOR WELLNESS**
- EVENTS

MODULE 1 Understanding Yourself as a Parent 	MODULE 2 Developing and Strengthening Your Parent-Child Relationship 	MODULE 3 Guiding Your Child's Behaviour 	MODULE 4 Helping Your Child Develop Independence and Social Skills
MODULE 5 Supporting Your Child in Building Resilience 	MODULE 6 Understanding Your Child's Mental Health and Well-Being 	MODULE 7 Supporting Your Child in Managing Their Mental Health and Well-Being 	MODULE 8 Caring for Yourself
MODULE 9 Understanding the Digital Landscape 	MODULE 10 Empowering Your Child to Manage Their Use of Digital Technology 	MODULE 11 Guiding Your Child to Manage the Harms and Risks of the Online Space 	

Parenting for Wellness: Toolbox for Parents



1 Building Relationships

2 Supporting Your Child's Mental Health

3 Navigating the Digital Age

Contents

No.	Title	Page No.
Building Relationships		
1	How You Parent vs. How You Were Parented	6
2	Expressing Your Love and Acceptance	7
3	Being Present and Showing Positive Attention	8
4	Setting Goals with Your Child	9
5	Being Aware of Your Own and Your Child's Feelings	10
6	Providing a Safe Space for Conversations	11
7	Helping Your Child Manage Their Thoughts	12
8	Helping Your Child Manage Their Feelings	13
9	Establishing Family Rules and Decisions Together	14
10	Letting Your Child Experience Natural & Logical Consequences	15
11	Celebrating Your Child's Efforts and Successes	16
12	Helping Your Child Develop Good Daily Habits	17
13	Supporting Your Child in Performing Age-Appropriate Tasks	18
14	Role Modelling Respectful Conversations and Relationships	19
15	Helping Your Child Build Healthy Relationships	20
16	Giving Your Child S.P.A.C.E. to Build Resilience	21
17	Supporting Your Child in Overcoming Challenges	22
18	Solving Problems Using S.O.D.A.S.	24
19	Managing Conflict at Home	25
20	Encouraging Your Child to Seek Help	27
Supporting Your Child's Mental Health		
21	Understanding Mental Health and Well-Being	29
22	When To Be Concerned About Stress and Distress?	31
23	Supporting Your Child When They Are Feeling Anxious	33
24	Supporting Your Child When They Are Feeling Sad	34
25	Understanding Barriers to Reaching Out for Support	35
26	Addressing Barriers to Reaching Out for Support	36
27	Mental Health Support and Services in Singapore	38
28	Caring for Yourself	41

Contents

No.	Title
Navigating the Digital Age	
29	Social Media: Is Your Child Ready for It?
30	Social Media: Positive and Negative Impact on Youths' Well-Being
31	To Sharent or Not?
32	Entering Your Child's Gaming World
33	Device Use: Too Much or Just Right?
34	Helping Your Child Manage Device Use & Stay Safe Online
35	Creating a Positive Presence Online with T.H.I.N.K. and S.U.R.E.!
36	Helping Your Child Thrive in the Online Space
37	Cyberbullying: When Your Child is the Victim
38	Cyberbullying: When Your Child is the Bully
39	Online Risk: Unwanted Attention
40	Online Risk: Exposure to Inappropriate Content

For the full suite of *Parenting for Wellness* content, click [here](#) to access the *Parenting for Wellness* content or scan the QR code below.

Parenting for Wellness Resource



you've
got
this!

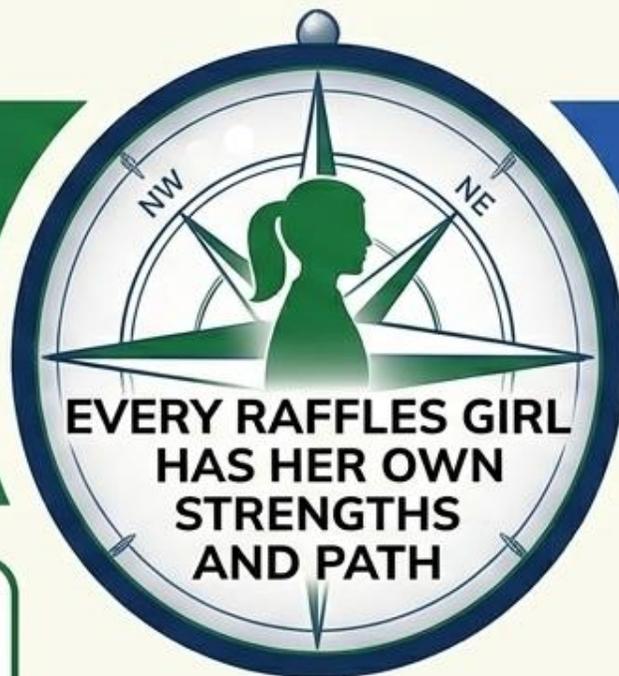


SUPPORTING OUR RAFFLES GIRLS' JOURNEY



**OUR COMMITMENT:
STUDENT
WELL-BEING
& ACADEMIC
SUPPORT**

**GUIDANCE FOR
IMPORTANT DECISIONS**



**YOUR ROLE:
ENCOURAGE
RESILIENCE
& OPEN
COMMUNICATION**



**KEY PARTNERSHIP:
HOME & SCHOOL**

TOGETHER, WE HELP OUR GIRLS APPROACH PSLE WITH CONFIDENCE

From today's session, you will walk away with...

- A better understanding of the support that your child may need in the transition journey from primary to secondary school
- Understanding Full Subject-Based Banding (Full SBB)
- Information on what to expect in secondary school



Sharing About PSLE Matters

**How does the PSLE Scoring &
S1 Posting work?**

**How are students posted to
secondary schools?**

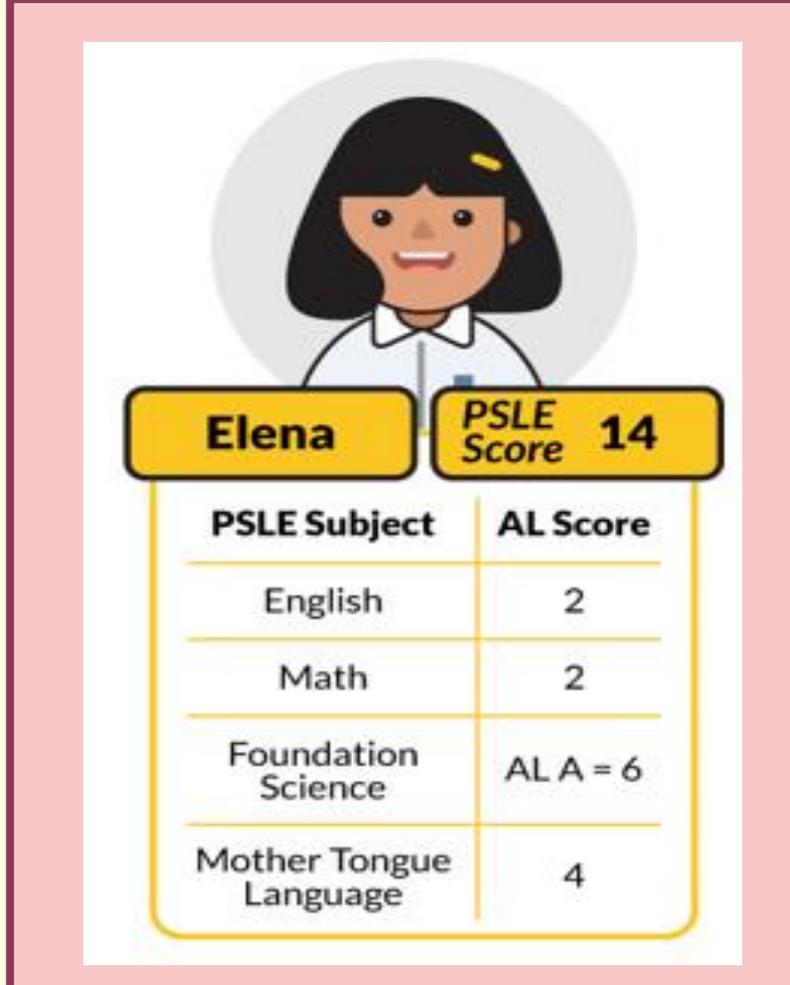
WHAT ARE ACHIEVEMENT LEVELs (AL)?

- Students with similar scores in each subject are grouped into scoring bands measured in 8 ALs.

AL	RAW MARK RANGE
1	≥ 90
2	85 – 89
3	80 – 84
4	75 – 79
5	65 – 74
6	45 – 64
7	20 – 44
8	< 20

HOW DOES THE PSLE SCORING SYSTEM WORK?

- The overall PSLE Score is made up of 4 subject Achievement Levels (ALs).
- The PSLE Score can range from 4 to 32, with 4 being the best.



Elena PSLE Score **14**

PSLE Subject	AL Score
English	2
Math	2
Foundation Science	AL A = 6
Mother Tongue Language	4

GRADING OF FOUNDATION SUBJECT GRADES

- Foundation subject grades are graded in scoring bands from **AL A to C**.
- To derive a student's overall PSLE Score for S1 Posting, AL A to AL C for Foundation level subjects are **mapped to AL 6 to AL 8 of Standard level subjects respectively**.
- This mapping is based on the learning and assessment load of the subjects, and informs students of how ready they are for the curriculum in secondary school.

FOUNDATION LEVEL AL	FOUNDATION RAW MARK RANGE	EQUIVALENT STANDARD LEVEL AL
A	75 – 100	6
B	30 – 74	7
C	< 30	8

HOW DOES THE S1 POSTING WORK?

- Your child has **six choices** in selecting her secondary schools.
- Your child will be posted to a secondary school based on **academic merit, i.e., PSLE Score,** and her **choice order of schools.**
- If two or more students with the same PSLE Score vie for the last remaining place(s) in a school, the following tie-breakers are used in the following order:
 1. **CITIZENSHIP**
 2. **CHOICE ORDER OF SCHOOLS**
 3. **COMPUTERISED BALLOTING**
- The tie-breaker based on school choice order recognises the different considerations that families have in making school choices.



Tie-breakers

in the new S1 Posting System

Tie-breakers are used only if there are two or more students with the same PSLE Score vying for the last available place(s) in a school.

Here's a simplified example.

5 students are vying for the last places in the schools of their choice.

Jane
Singapore Citizen
16 pts

SCHOOL CHOICES:
1) Sch A
2) Sch ...
3) Sch ...
4) Sch ...



Bryan
Singapore Citizen
20 pts

SCHOOL CHOICES:
1) Sch B
2) Sch ...
3) Sch ...
4) Sch ...



Mary
Singapore Citizen
20 pts

SCHOOL CHOICES:
1) Sch A
2) Sch B
3) Sch C
4) Sch ...



Alan
Permanent Resident
20 pts

SCHOOL CHOICES:
1) Sch A
2) Sch B
3) Sch D
4) Sch ...



Rina
Permanent Resident
20 pts

SCHOOL CHOICES:
1) Sch A
2) Sch B
3) Sch D
4) Sch E



➤ Students with better scores will be posted first

Jane has a better PSLE score. She will be posted first, to **School A**.



Bryan, Mary, Alan and Rina have the same score.

As Jane has taken the last available place in School A, Bryan, Mary, Alan and Rina will vie for the last available place in their next choice, **School B**.

➤ Tie-breaker #1: Citizenship

Bryan and Mary are Singapore Citizens. They will have priority to enter **School B**.



Alan and Rina will be tie-broken out as they are Permanent Residents. They will be considered for their next choice, **School D**.

➤ Tie-breaker #2: Choice order of schools

Because Bryan ranked School B higher than Mary, he will be posted to **School B**.



Since Bryan has taken the last place in School B, Mary will be posted to **School C**.



Alan and Rina have both ranked School D as their third choice. They will go through computerised balloting to vie for the last remaining place in **School D**.

➤ Tie-breaker #3: Computerised balloting

Through computerised balloting, Alan is posted to **School D**.



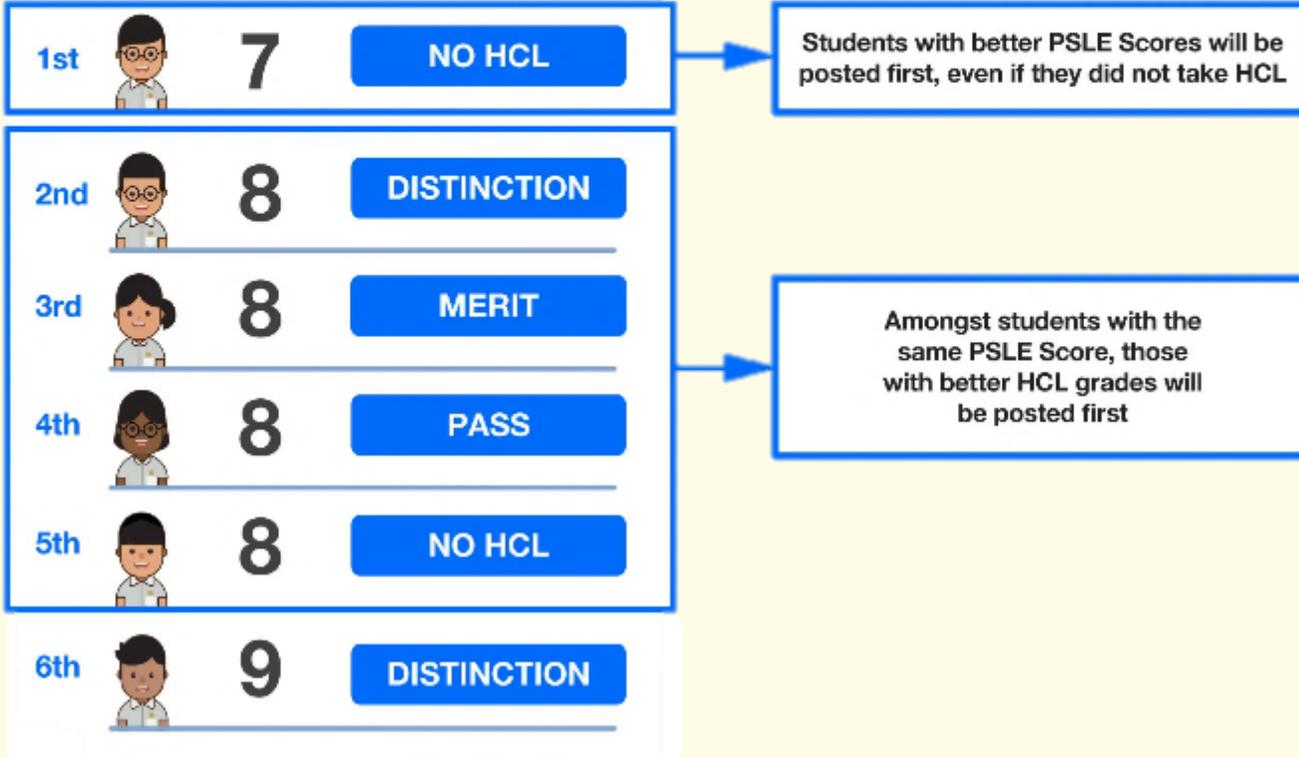
Since Alan has taken the last place in School D, Rina will be posted to her fourth choice, **School E**.



HCL POSTING ADVANTAGE TO SAP SCHOOLS

Students who obtained a Distinction/Merit/Pass for HCL at the PSLE and an overall PSLE Score of 14 or better will receive a posting advantage when applying to SAP schools.

Students will be considered for admission to SAP schools in the following order:



- Students' HCL results are denoted as 'D' (Distinction), 'M' (Merit) or 'P' (Pass).
- Students who obtain (i) a Distinction / Merit / Pass in HCL and (ii) a PSLE Score of 14 or better are eligible for posting advantage to SAP schools.
- Students are ranked taking into account their performance in HCL.
- This posting advantage applies before the tie-breakers for S1 Posting.

Understanding Full Subject-Based Banding (Full SBB)

What is Full SBB?

FULL SBB: S1 POSTING

Three Posting Groups to ensure schools are accessible to diverse learners

From the 2024 S1 cohort, MOE will facilitate the admission of P6 students into S1 through 3 Posting Groups: **Posting Group 1, 2 and 3.**

Objective: Ensures that schools continue to admit a **diverse profile of students** and students have **access to a wide range of schools.**

Unlike the academic streams of Express, N(A) and N(T), Posting Groups will only be used for the purposes of facilitating entry into secondary school and to guide the subject levels students offer at the start of S1.

- Posting Groups assigned based on PSLE Scores, mapped from existing PSLE Score ranges for Express, N(A) and N(T) streams.
- PSLE Scores provide a good gauge of the subject levels that students can offer at the beginning of S1.

PSLE Score	Posting Group	Subject level for most subjects
4 – 20	3	G3
21 and 22	2 or 3	G2 or G3
23 and 24	2	G2
25	1 or 2	G1 or G2
26 – 30 <i>(with AL 7 in EL and MA)</i>	1	G1

OFFERING SUBJECTS AT A MORE DEMANDING LEVEL AT THE START OF SEC 1

- Students posted to schools through PG1 and PG2 can offer **English Language, Mother Tongue Languages, Mathematics and Science** at a more demanding level based on their PSLE AL for each subject.

FOR STUDENTS POSTED TO SCHOOLS THROUGH PG1 AND PG2			
SUBJECT	PSLE SUBJECT LEVEL	PSLE AL FOR SPECIFIC SUBJECT	OPTION TO TAKE THE S1 SUBJECT AT :
<ul style="list-style-type: none"> • English Language • Mother Tongue Language • Mathematics • Science 	Standard	AL 5 or better	G3 or G2
		AL 6	G2
	Foundation	AL A	G2

OFFERING SUBJECTS AT A LESS DEMANDING LEVEL AT THE START OF S1

- For students who offered **English Language, Mathematics and/or Science** at Foundation level at PSLE, but are otherwise eligible to take most of their subjects at G3 when entering secondary school, they may choose to take these subjects at a less demanding level (LDL; i.e., G2), in consultation with their secondary schools.
- Students have the option to offer **Mother Tongue Languages (MTL)** at LDL based on their PSLE Achievement Level (AL) for the subject:

POSTING GROUP (PG)	PSLE AL FOR MTL [^]	OPTION TO OFFER MTL AT A LESS DEMANDING LEVEL
PG3	AL 6	G2
	AL 7-8	G1 or G2
PG2	AL 7-8	G1

[^] Foundation level AL A to AL C will be mapped to AL 6 to AL 8 of Standard level subjects respectively.



Choosing Suitable Secondary Schools



Factors to Consider

Preparing for S1 Posting Exercise



PSLE SCORE RANGES FOR ALL SECONDARY SCHOOLS

- Use the PSLE Score ranges as a reference alongside other important factors, such as the school's distinctive programmes, Co-Curricular Activities (CCA), culture, ethos, and proximity to home when shortlisting school choices that would best fit a student's educational needs.
- The PSLE Score ranges for individual secondary schools will be available for your reference on <https://moe.gov.sg/schoolfinder> and <https://go.gov.sg/exploreschools>. They reflect the PSLE scores of the students posted into these schools at the previous year's S1 Posting Exercise.
- A school's PSLE Score range (including Cut-Off-Point) for a particular year is not pre-determined before the posting, and vary from year to year, depending on the cohort's PSLE results and their school choices in that year's S1 Posting Exercise.



SchoolFinder Tool



<https://www.moe.gov.sg/schoolfinder>

MySkillsFuture Student Portal (Primary)



<https://go.gov.sg/exploreschools>

HOW DO WE INTERPRET THE PSLE SCORE RANGES?

The PSLE Score range refers to the PSLE Score of the first and last student admitted to a particular school in the previous year via the S1 Posting Exercise. This shows the range of student profiles who enter each school.

Example

XX Secondary School

PSLE Score range of 20XX (previous year's S1 Posting Exercise)

Posting Group 3	15 – 20
Posting Group 2	21 – 24
Posting Group 1	25 – 28

PSLE Score of the first student posted into the school in the respective PG.

PSLE Score of the last student posted into the school in the respective PGs [i.e., the school's **Cut-Off Point (COP)**].

Note: Posting Groups will be assigned based on PSLE Scores, mapped from existing PSLE Score ranges for Express, N(A) and N(T) streams.

EXAMPLE OF AN SAP SCHOOL'S PSLE SCORE RANGE

While students need not take HCL to enter SAP schools, students who pass HCL receive a posting advantage for admission. To reflect this, the PSLE Score ranges of SAP schools include the HCL grades of the first and last student admitted in the previous year via S1 Posting.

Example

XX Secondary School

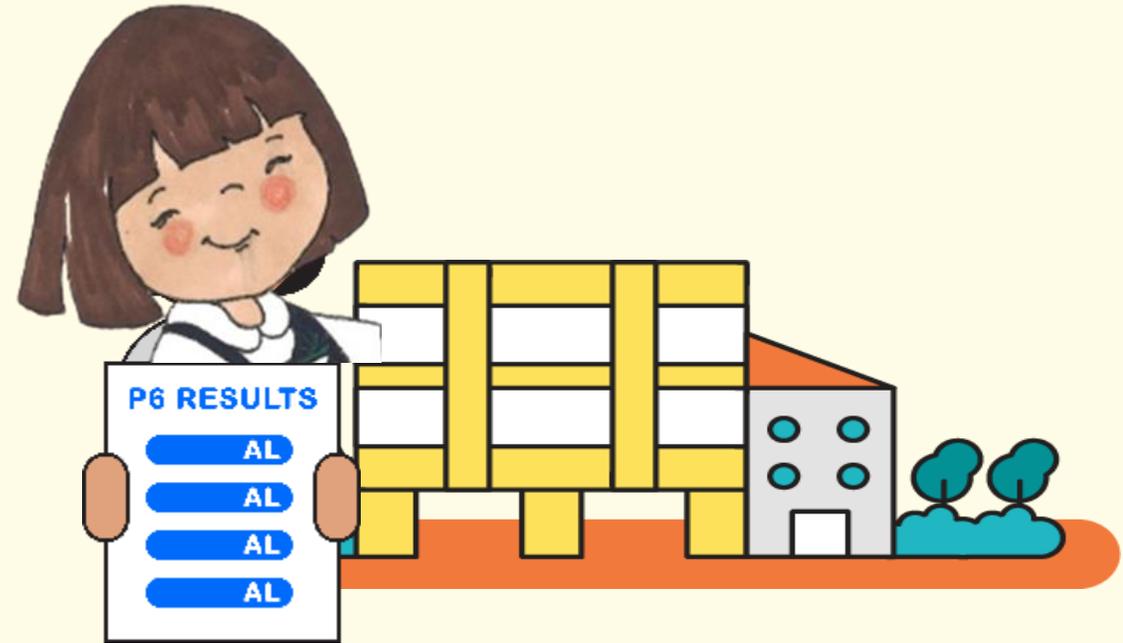
PSLE Score range of 20XX (previous year's S1 Posting Exercise)

Posting Group 3	5 (D) – 12 (P)
Posting Group 2	
Posting Group 1	

PSLE Score and HCL grade of the first student posted into the school through PG3.

PSLE Score and HCL grade of the last student posted into the school through PG3 [i.e. the school's Cut-Off Point (COP)].

PREPARING FOR THE S1 POSTING EXERCISE



Use all 6 options with a range of Cut-off Points as this will increase your child's chances of being posted to a school of their choice.

Take reference from schools' PSLE Score ranges, which serve as a guide for you and your child to shortlist school choices. Consider at least 2-3 schools where your child's PSLE Score is better than the school's Cut-off Point.

ELIGIBILITY CRITERIA FOR HIGHER MOTHER TONGUE LANGUAGE (HMTL)

From 2026, students who do well in their MTL at PSLE will be able to offer HMTL at Secondary 1, **regardless of their overall PSLE score.**

Secondary 1 students who obtain AL1/AL2 in MTL or Distinction/Merit in HMTL at the PSLE will be able to take HMTL as a subject in secondary school.

Students in secondary schools that do not offer HMT classes may attend lessons at centralized locations.

SCHOOL CHOICE JOURNEY

- The PSLE Score ranges are a **useful starting point** for parents and students to consider secondary schools.
- Use this information, together with other **important factors** such as the secondary schools' distinctive programmes, CCAs, ethos and cultures, to shortlist schools that would best fit the educational needs of the student.



IMPORTANT FACTORS TO CONSIDER WHEN CHOOSING SECONDARY SCHOOLS

01 SCHOOL CULTURE



What is the school's culture and ethos?

02

LEARNING ENVIRONMENT



How do I feel about the school based on what I saw at the Open House?

03

PROGRAMMES



Does the school have programmes I would enjoy?

04 CCAs



Are there CCAs that interest me and can nurture my strengths, abilities and talents?

05 SUBJECTS

What subjects are offered in the school?



06

LOCATION

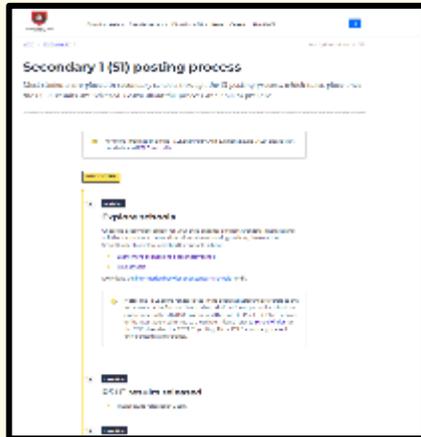
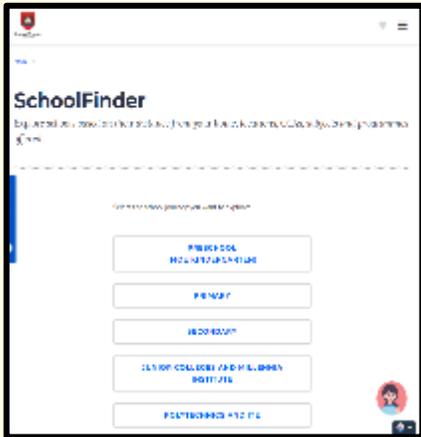


How long will it take for me to travel to school and back home?

PREPARING FOR THE S1 POSTING EXERCISE

SCHOOL
FINDER

MySKILLSfuture



- Release of **S1 Posting** results 

- Release of **PSLE** results
- Online Submission of **S1 School Choices and Options** 

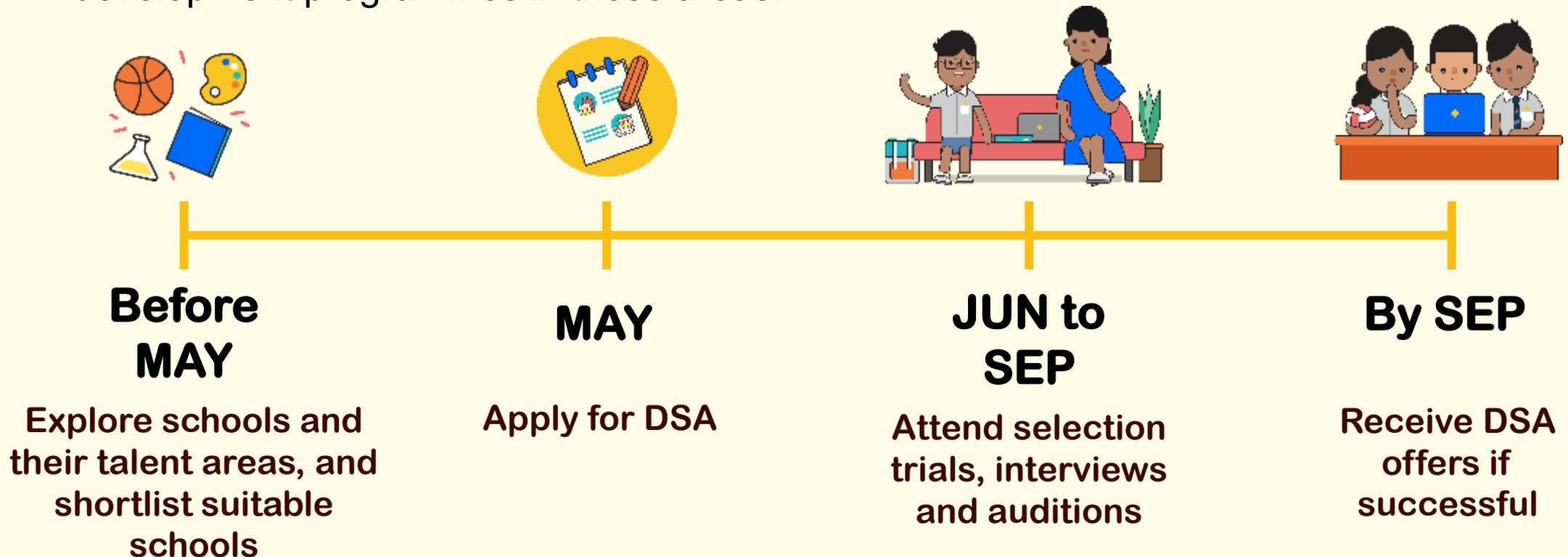
OCTOBER

NOVEMBER

DECEMBER

ENTERING SCHOOLS THROUGH DSA-SEC

- There is no change to the application and selection process with the shift to Full SBB.
- If your child has specific talents and strengths beyond the PSLE (e.g. areas such as sports, performing arts and leadership), consider the **Direct School Admission-Secondary (DSA-Sec)** as an alternative admission pathway to access secondary schools that have talent development programmes in these areas.



Schools that only participate in DSA-Sec

The following specialised independent schools do not participate in S1 Posting and accept students through the DSA-Sec process:

- [NUS High School of Mathematics and Science](#)
- [School of Science and Technology](#)
- [School of the Arts](#)

These schools may also participate in Supplementary Intake Exercise after the release of PSLE results to take in additional students, subject to available vacancies. Visit the schools' websites to learn more.

Refer to the school's website for information on its application process and timeline.

School that only conducts school-based admission

The following specialised independent school does not participate in S1 Posting and accepts students through its own admission process:

- [Singapore Sports School](#)

Refer to the school's website for information on its application process and timeline.

TIPS FOR PARENTS!

Be open and flexible when discussing your child's preferences, needs and choices.

Manage your own expectations and do not project these expectations onto your child.

Have regular conversations with your child to understand more about her strengths, interests, abilities, talents and aspirations.

Affirm your child and offer support when she shares his/her plans with you.

Useful resources

MOE PSLE-FSBB MICROSITE



<https://go.gov.sg/pslefsbb>

DIRECT SCHOOL ADMISSION



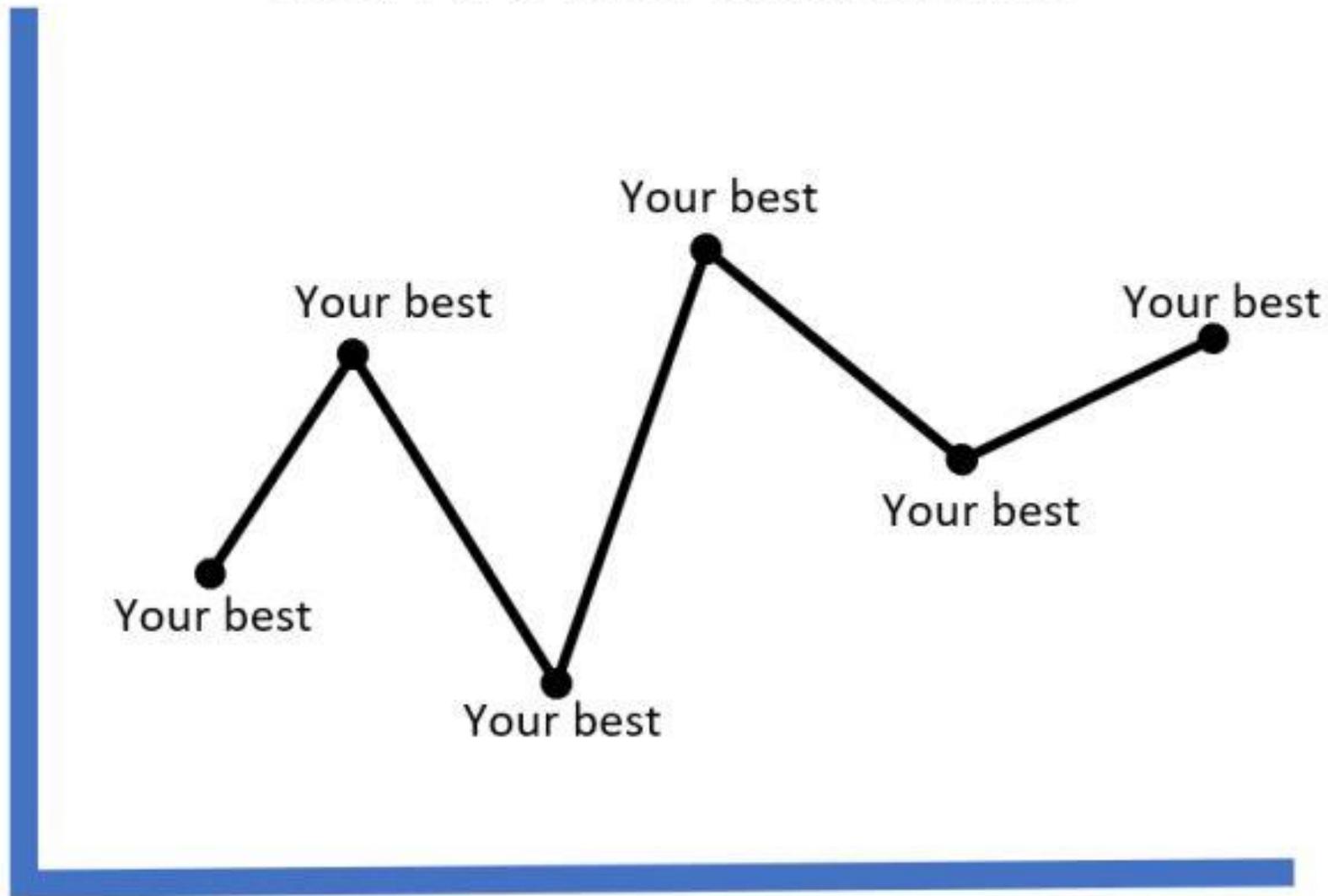
<https://www.moe.gov.sg/secondary/dsa>

HOW TO USE SCHOOL FINDER



<https://www.moe.gov.sg/api/media/1d3d71e6-0753-4388-8886-1e50defff253/SchoolFinder-how-to-guide.pdf>

You Are Not a Machine



Your "Best" Will Look Different Each Day
(and that's totally okay!)

Our children are **Gifts** to us.
Their worth is not measured by the ALs attained.
Neither is our love for them.
Let them know this everyday.





If you have any question, please email me at
Wong_Liang_Min@schools.gov.sg

