

WELCOME TO P4 PARENT-TEACHER MEETING

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

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



WELCOME TO P3 PARENT-TEACHER MEETING

**Mdm Janice Yeo
(P3 & P4 Year Head)**



PROGRAMME OUTLINE

Time	Programme
2.30pm to 3.15pm	<ul style="list-style-type: none">• Vice Principal's Address• Briefing on Level Matters• Briefing on Character Education
3.30pm to 3.50pm	<ul style="list-style-type: none">• Meeting with Form Teachers (via Teams)



Vice Principal's Welcome Address



Parent Teacher Meeting PTM

January 2026

Agenda

Introduction to school leaders
School Vision & Values
School Direction 2026
Our Partnership
Traffic Reminders





School Leaders:

Principal: Mrs Elaine Quek

VP1: Ms Kong Su May

VP2: Ms Sujatha Paramathayalan

VPA: Mr Loh Yuh Por



School Vision

A Vibrant Community of
Creative Thinkers, Lifelong Learners
and Values-based Leaders

School Values

Graciousness
Gratitude
Integrity
Responsibility
Resilience

Refer to Pg 9 of Handbook



4G School Direction	Strategic Thrusts
Glow from Within	Leaders of Character & Service to Community
Grow through Learning	Women of Excellence
Get Green and Love Earth	Collaborative Partnerships
Go Forth and Strive Towards Our Goals	Engaged & Inspiring Staff



A Holistic Approach to Support Student Wellbeing

A Strong Identity

- Healthy sense of self worth
- Positive outlook
- A sense of meaning and purpose

Positive Relationships

- With friends and significant adults
- Connectedness with family, friends and the community

Responsible Choices for Life

- Healthy diet
- Active lifestyle
- Healthy digital device use
- Good management of time and schedule
- Balance of work and play
- No substance abuse

Top 2 counselling issues in RGPS

Stress/anxiety

Peer relationship

Sources of Stress and Peer Relationship Problems in RGPs



Expectations from Self



Expectations from Others



Academic Results



Distorted Perspectives or Beliefs



Communication/Social Skills Issues

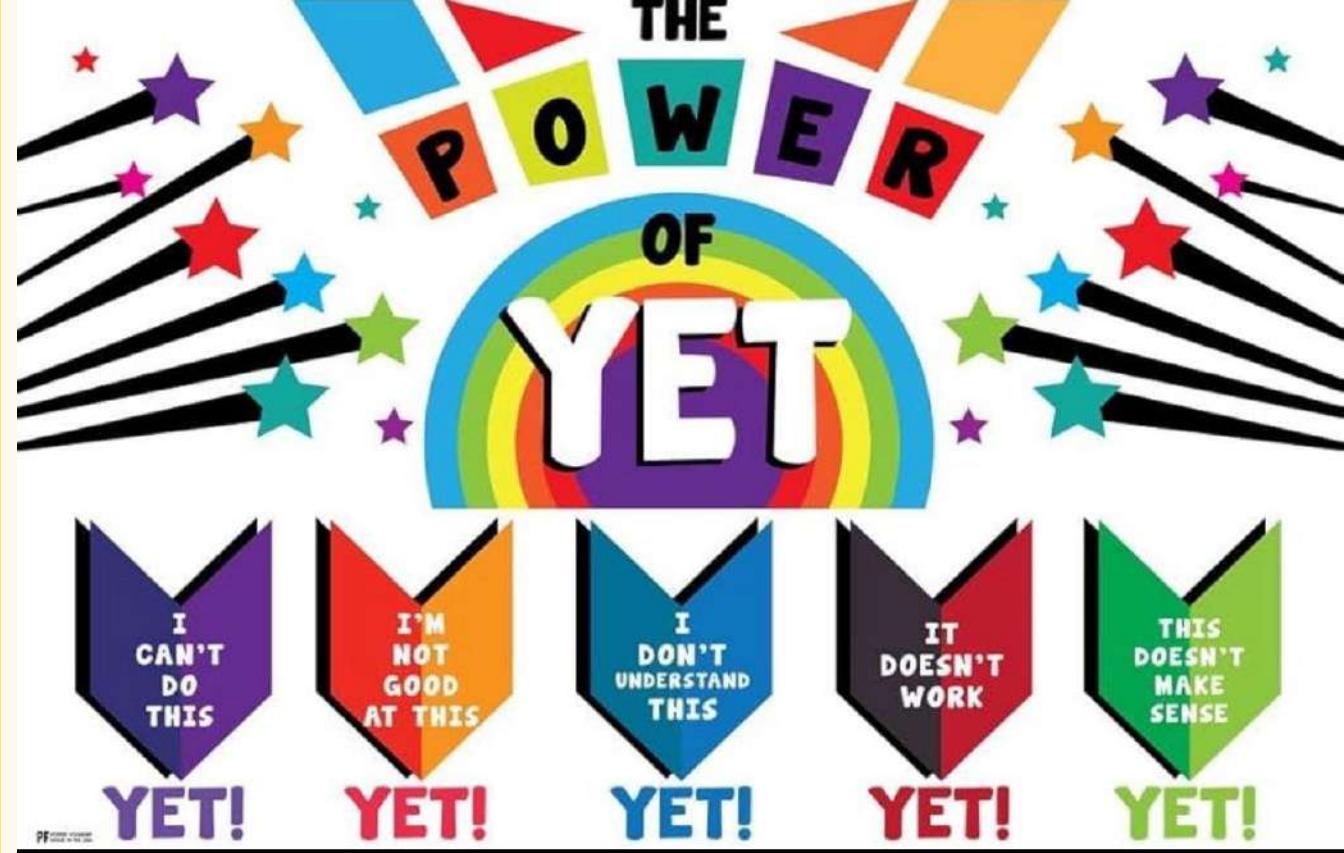


Anger Management Issues/Impulsivity

GROWTH

Mindset Statements

I can learn anything I set my mind to.	I am capable of achieving great things.	Every setback is a setup for a comeback.	Mistakes are opportunities to grow.
Learning is a lifelong journey			Persistence leads to progress.
Challenges help me to improve.			Failure is a stepping stone to success.
Effort is the path to mastery.	I can always improve with practice.	Feedback is a gift that helps me learn.	I can achieve my goals through effort.



From “I Can’t” to “I Can”

✗ I can't do this
✓ I can't do this yet
✓ I can do this now!

Important Information To Support Your Child

Handbook

- School Hours Pg 4
- School Expectations Pg 10 &11
- School Rules Pg 8 - 21
 - Rules on the Use of Smartphone & Smartwatch
 - Bus Safety Rules
 - Internet Safety Rules
 - Student Offences
 - Home School Agreement
 - Parent Acknowledgement Pg 21
- How to Study Pg 24
- Managing Your Time Well Pg 25
- Setting Goals and Achieving Them Pg 26 & 27
- Achieving Goals for Examinations Pg 11





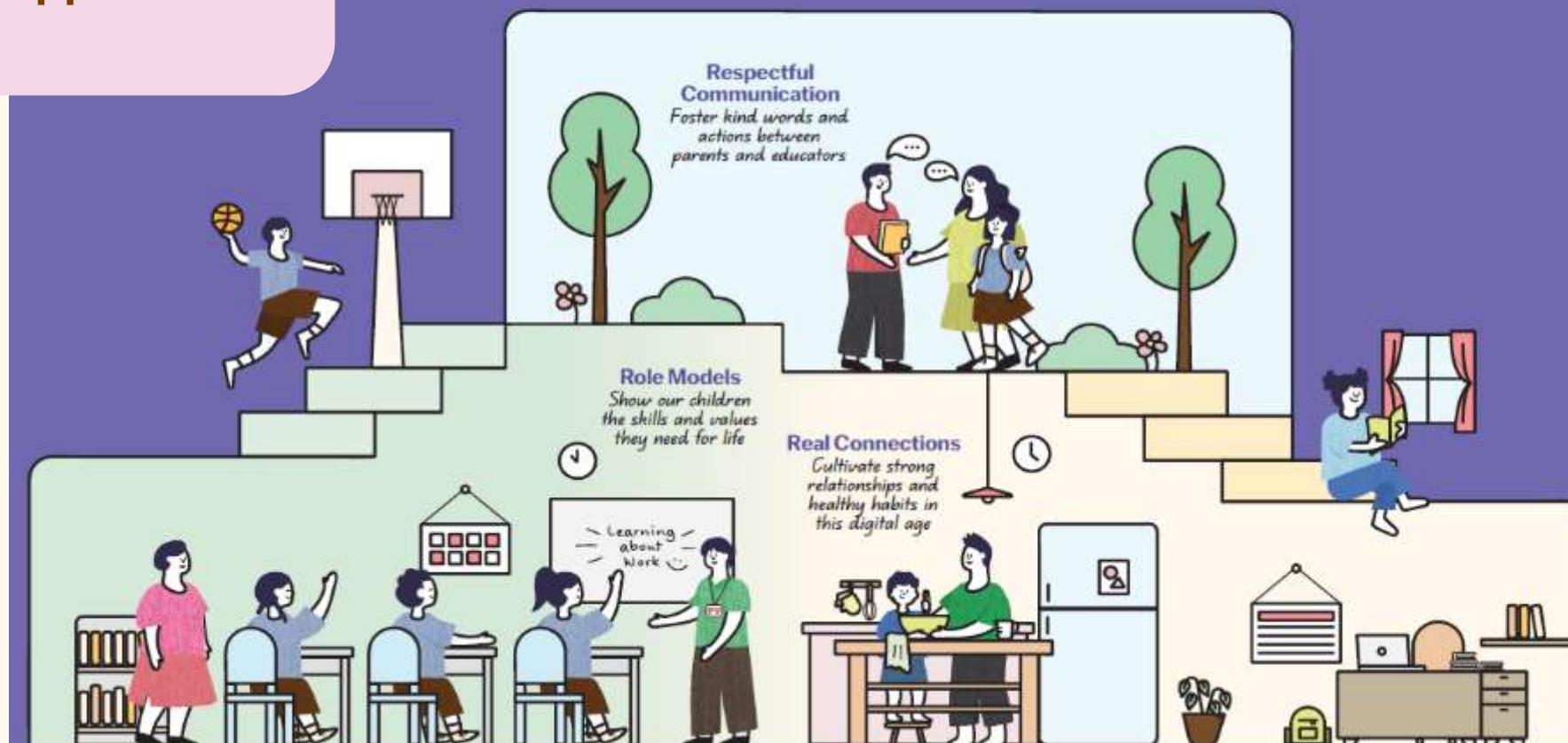
Our Partnership

School-Home Partnership

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

Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together



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

1 Respectful
Communication

2 Role Models

3 Real Connections



Respectful Communication

Foster kind words and actions between schools and educators



Listen to and 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



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

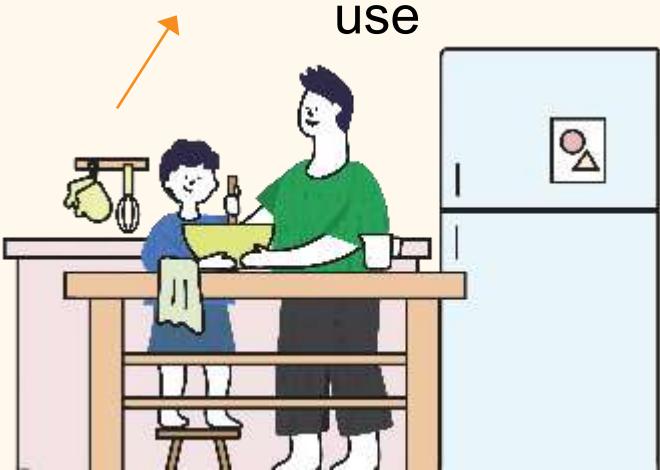


Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.

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



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

Build strong bonds through shared experiences and meaningful conversations

Building Relationships
Helping Your Child Build Healthy Relationships

Healthy relationships and supportive relationships are important for children's overall well-being and allow them to experience a sense of community and belonging.

Things You Can Do

- Expose your child to a range of social situations.
- For younger children, create opportunities for them to interact with other children of similar ages (e.g. attending school, preschool).
- For older children, encourage them to make friends with peers who have similar interests.

Things You Can Say

- Talk to your child about the qualities that make a good friend (e.g. empathy, being respectful), and how to exhibit these qualities.
- When you see your friend struggling, put yourself in their shoes. How would you want a friend to support you?
- Older children are often figuring out the balance between being themselves and fitting in with others. Encourage them to find a balance that they can talk to you if they feel pressured to act in ways that they are uncomfortable with.
- Encourage your child to keep an open mind and provide opportunities for them to meet new people that would enable them to consider issues from multiple perspectives.
- Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.

If you ever feel uncomfortable doing something or feel someone you know in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.

If you have any questions or concerns, please feel free to contact me at [redacted].

you've got this

Navigating the Digital Age
Helping Your Child Thrive in the Online Space

It is important to help your child understand that not everyone holds the same point of view as them. To help them navigate these differing viewpoints, you can guide them to express their opinions confidently online while respecting others' opinions. This will help them contribute to a healthy online community.

Things You Can Do

- Encourage your child to keep an open mind and provide opportunities for them to meet new people that would enable them to consider issues from multiple perspectives.
- When your child is responding to another person online, encourage them to exercise empathy and consider the message that your child is sending. If you notice that your child is engaging in negative behaviours (e.g. cyberbullying, unkind messages), correct them and help them to understand why their actions are wrong.
- Why do you think they said that?
- If you were in their shoes, would you agree with their opinion?
- Is your message respectful and empathetic?
- Consider the issue from another perspective by practising S.U.R.E. (Source, Understand, Research, and Evaluate).

Posts with negative comments may upset your child, even if they are not directed towards them. Encourage your child to share their thoughts and feelings about these comments with you or a trusted adult.

How do these comments make you feel?

It's okay to feel upset. It's also okay to ignore them. If you feel uncomfortable with these comments, start a new conversation and do something else for now!

you've got this



Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.



Join Us! **Parent Volunteer Group (PVG)**

A team of dedicated parents supporting each other in nurturing their children. Network, share and learn with fellow parents by involving yourself in initiatives such as Parenting Workshops and Career Talks for P5 and P6 students.

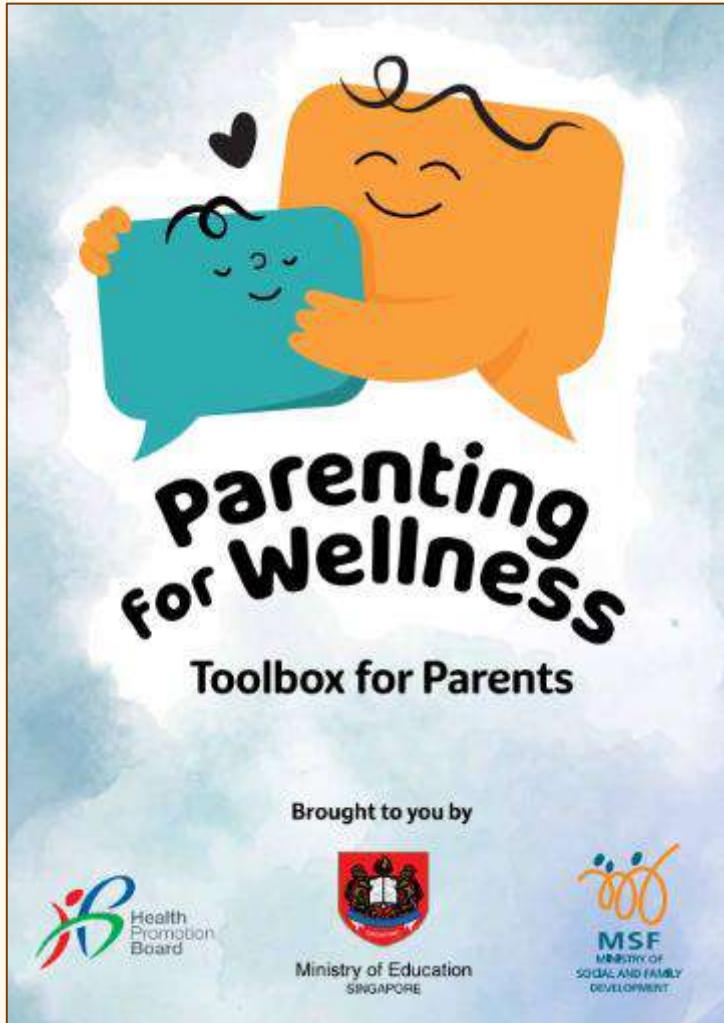
RGPS PVG – Raffles Girls'
Primary School Parent
Volunteer Group
<https://rgpspvg.org>

Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.



Latest Resource: Parenting for Wellness Toolbox



An initiative 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.

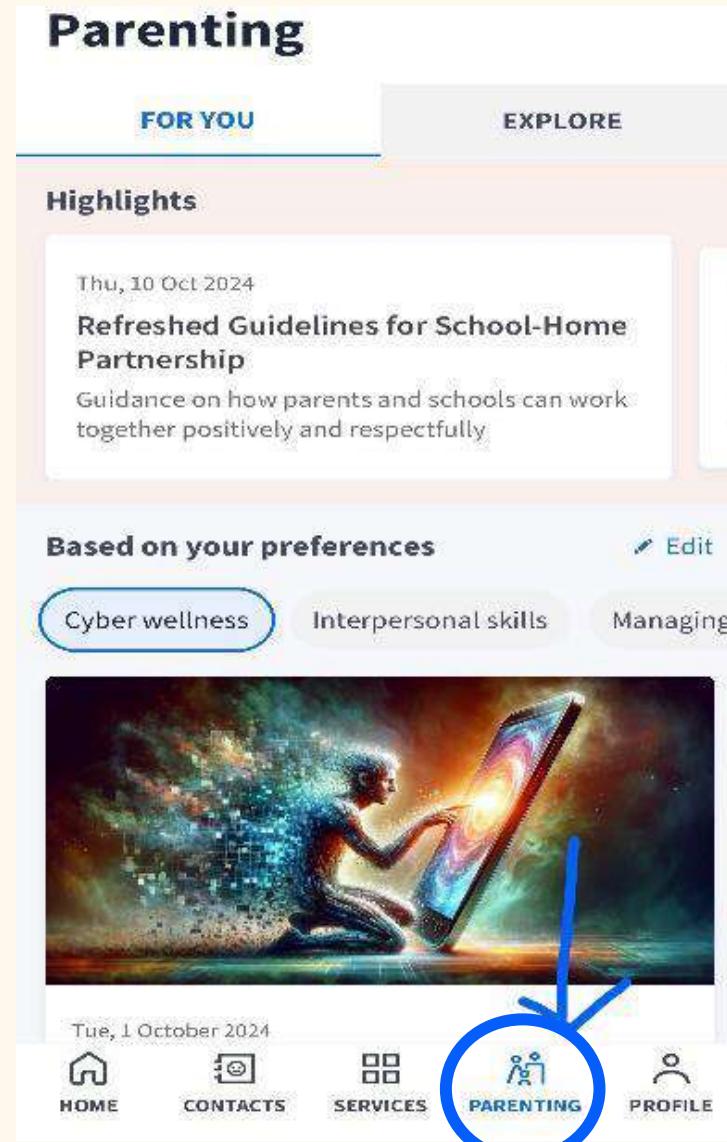
The Toolbox for Parents **comprises bite-sized practical tips and strategies for parents**, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.



Check out Parenting Resources on Parents Gateway (PG)

Repository of parenting resources

A repository for parents to browse resources on topics such as forging parent-child relationships and education pathways.



The screenshot shows the Parents Gateway (PG) homepage. At the top, there are two tabs: 'FOR YOU' (highlighted in blue) and 'EXPLORE'. Below this is a 'Highlights' section with a card for 'Refreshed Guidelines for School-Home Partnership' dated Thu, 10 Oct 2024. The card includes a brief description: 'Guidance on how parents and schools can work together positively and respectfully'. Below the highlights is a 'Based on your preferences' section with three categories: 'Cyber wellness' (highlighted in blue), 'Interpersonal skills', and 'Managing'. A large image of a person interacting with a laptop is displayed. At the bottom, there are five navigation icons: 'HOME', 'CONTACTS', 'SERVICES', 'PARENTING' (highlighted with a blue circle and a blue arrow pointing to it), and 'PROFILE'.



The screenshot shows the 'Education Stages' section of the Parents Gateway (PG). The top navigation bar includes 'Pre-school', 'Preparing for Primary 1' (highlighted in orange), and 'Lower Prima'. Below this, it says '13 resources available'. A card for 'P1 cheat sheet: How to pick and pack your schoolbag' is shown, dated Thu, 2 December 2021. The card includes a description: 'Learn how you can guide your Primary 1 child to pick and pack their schoolbag.' At the bottom, there is a 'PARENT KIT' card for 'Starting Your Primary 1 Journey' with the text: 'Your child will be reaching another milestone going into Primary 1 soon.' and an illustration of two children.



Find out more about Parents Gateway here.

Check out more resources from MOE

Parent Kit



Parent Kit

www.moe.gov.sg/parentkit

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.

MOE Social Media Platforms



www.instagram.com/parentingwith.moesg



[www.instagram.com/
moesingapore](http://www.instagram.com/moesingapore)



www.facebook.com/moesingapore



[www.youtube.com/
moespore](http://www.youtube.com/moespore)

Sg60 & Beyond

27

Our Singapore Spirit

To keep Singapore going, we must be a “We-First” society. Because if everyone only thinks about “me”, and puts “me” ahead of “we”, then we are finished. Society will fray, and things will fall apart. But if each of us does our part for the “we” – care, contribute, and look out for one another – then the “me” will thrive and flourish too. Because when the whole is strong, each of us becomes stronger too.

And that is how we strengthen the Singapore Spirit. And so we have to do more to encourage Singaporeans to step forward. To take responsibility for one another. And to shape the character and future of our society.



[Source: National Day Rally 2025 | gov.sg](https://www.gov.sg)



Traffic Reminders

PG Notification 30 Dec 2025

RGPS-LTA and PUB Traffic Advisory

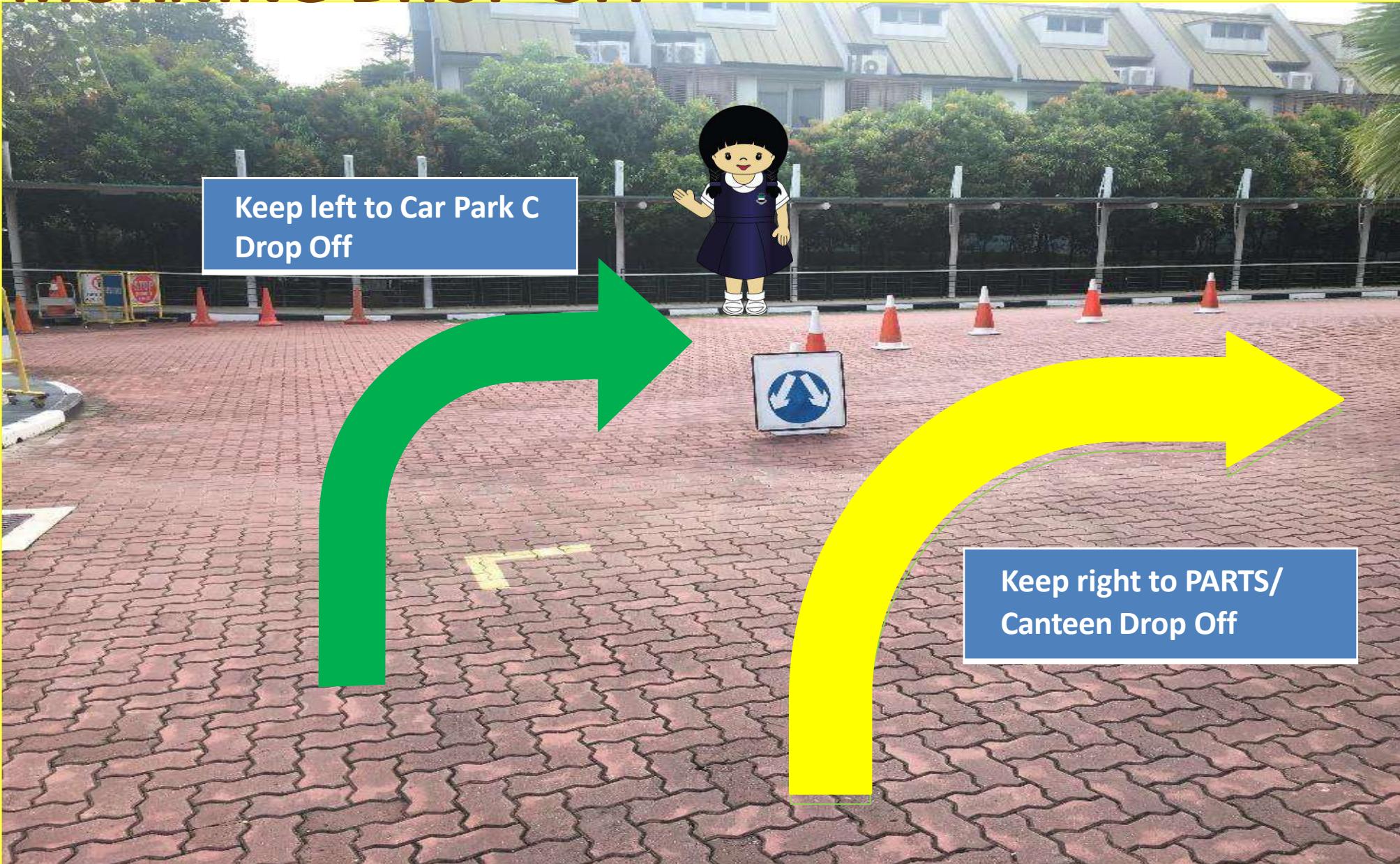
**PARKING REGULATIONS ALONG DUNEARN ROAD & HILLCREST ROAD OF
RAFFLES GIRLS' PRIMARY SCHOOL**



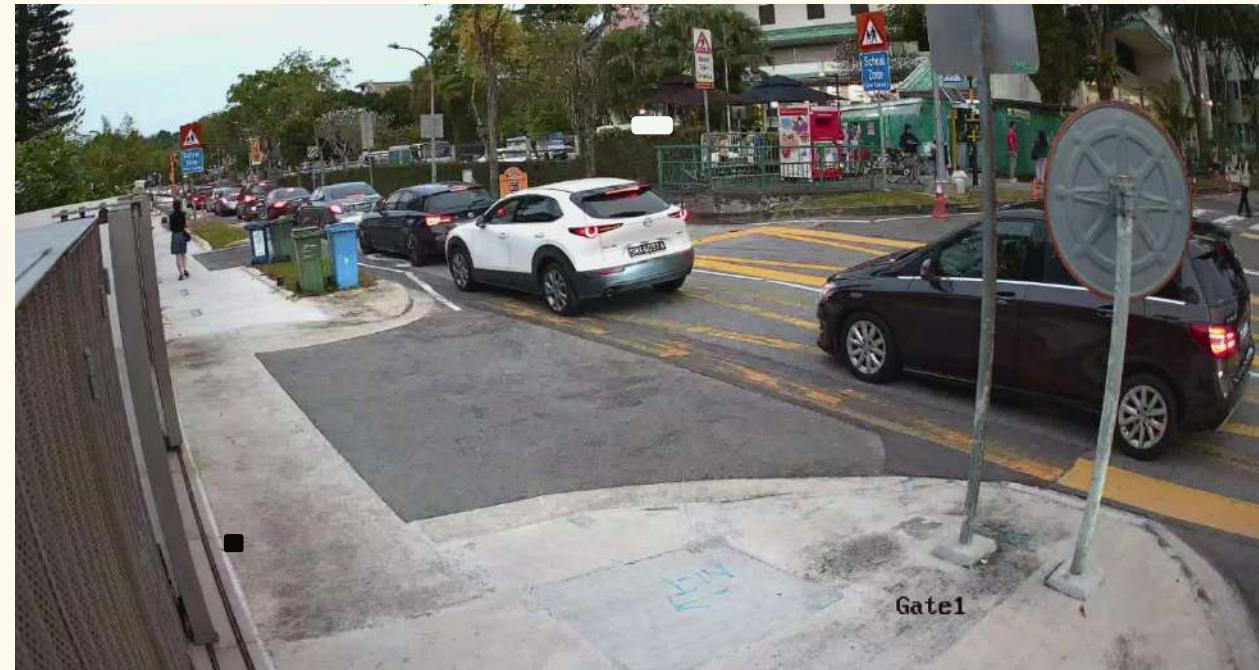
ALIGHTING POINTS



MORNING DROP OFF



STOPPING INSIDE YELLOW BOX ROAD MARKINGS





**Let's work in partnership
together for our girls' wellbeing.
Thank you & have a wonderful
2026!**

Sharing by Year Head

- Understanding Mental Health and Well-being
- Transition from Primary 3 to Primary 4
- Level Programmes & Activities
- School-Home Partnership



Understanding Mental Health and Well-Being

Mental health: Beyond what you might expect

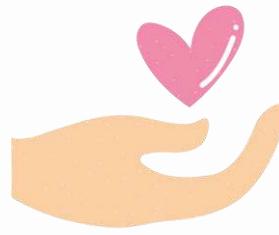


Understanding Mental Health and Well-being

What do you understand by mental health?

1. What comes to mind when you hear the term 'mental health'?
2. Why do you think mental health is important?
3. Why should we be concerned about our children's mental health?





What is Mental Health?

Good mental health is more than just the absence of mental illness.

It refers to a state of well-being where we **realise our potential** and can **cope with the varying emotions and normal stresses** that we all experience in our daily lives.

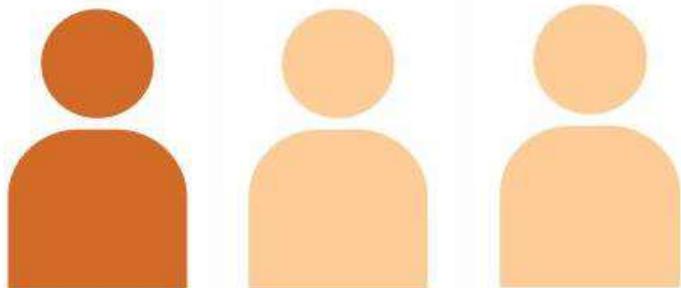


Did you know?

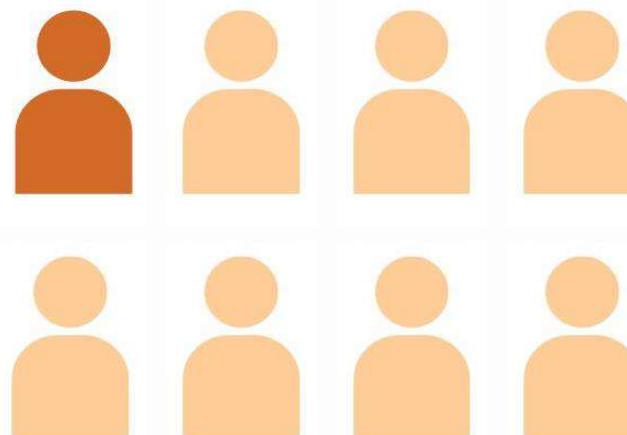


Singapore Youth Epidemiology and Resilience Study (2023)*

1 in 3 youths (37.2%) in Singapore, aged 10-18, experienced symptoms such as sadness, anxiety and loneliness⁺



1 in 8 youths (12%) had a current mental health condition



Common mental health conditions experienced by children and youth include:



Generalised Anxiety Disorder
(2.75% of those diagnosed)



Major Depressive Disorder
(2.37% of those diagnosed)

** Conducted by Yeo Boon Khim Mind Science Centre (NUS, NUHS). Most of the data was collected from 2020-2022 and results were published in 2023.*

⁺ based on self-reporting scores

Graphics Source: Parenting for Wellness Toolbox



Did you know?



**Tinkle
Friend**

Mental health one of the top reasons primary school kids called helpline in 2023

Mental health became **one of the top five most common topics** that Singapore's young children anonymously asked the Tinkle Friend service in 2023, alongside issues related to school, peers and family.

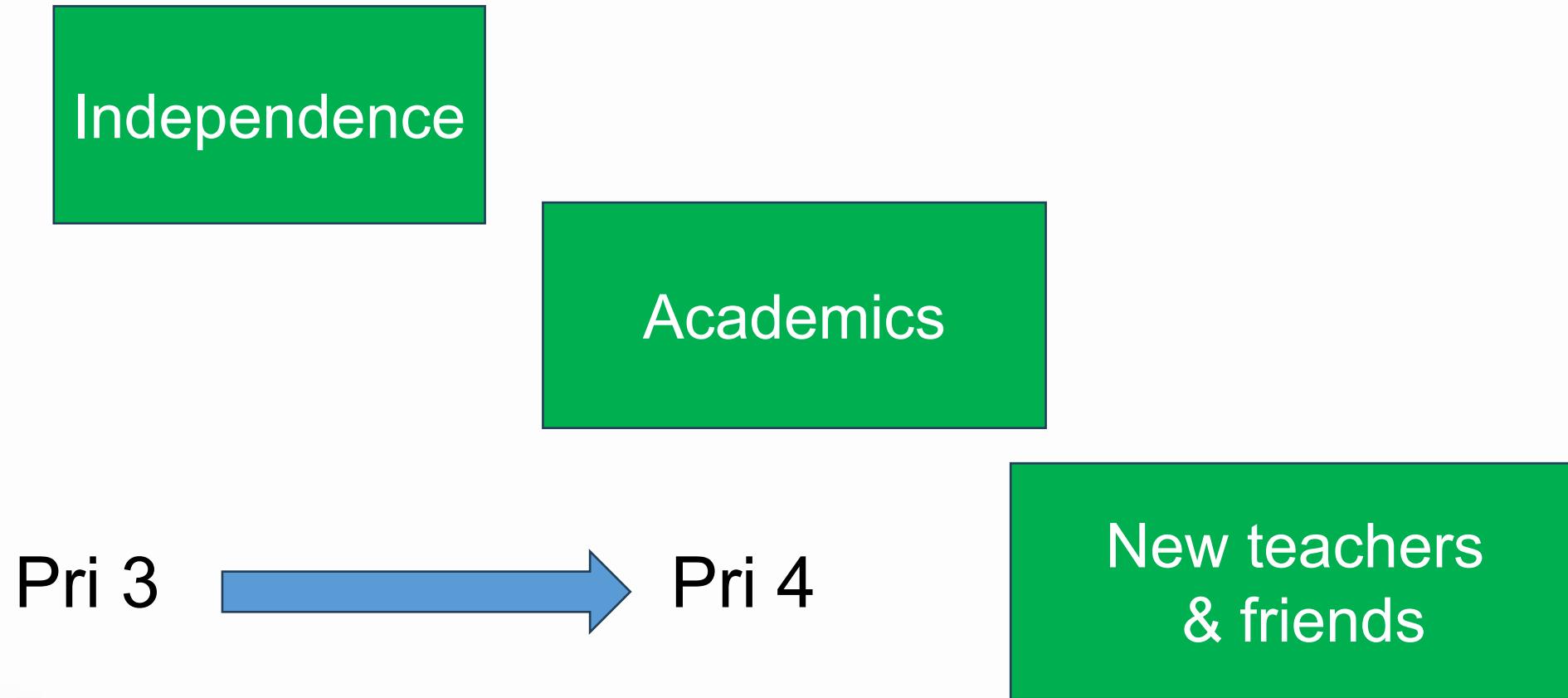
Mental health-related concerns among these children – mainly **aged 13 and below** – include **self-image struggles and emotional distress that presents as fear, anger, anxiety and low moods**.

Among the children who called or chatted with Tinkle Friend in 2020, almost half were upper primary school pupils aged 10 to 12.

Source: The Straits Times,
2024



Transition from Pri 3 to Pri 4



What your child may be experiencing

Your child may be experiencing

- **Some stress and anxiety** from an increase in academic load with a new subject (Science) and experiencing Weighted Assessment (WA), and End-of-Year Examination (EYE) for the first time
- **Concerns** about meeting one's own expectations and those of others (e.g. peers, parents, and teachers)
- **Disappointment** from receiving results that do not match invested efforts and expectations



Supporting your child

Tips on how you can support your child

- **Show interest** in what your child learns each day, not just their homework or test preparation.
- Remind your child that assessments are important ways to **understand gaps in learning** and to use feedback from these assessments to improve. Emphasise that these assessments **do not define a child's worth** or future.
- **Recognise and affirm** your child's effort rather than just the outcomes. Celebrate small improvements.
- Support your child in viewing **setbacks as learning opportunities**, while **acknowledging feelings** of frustration or sadness as part of the process. This will help promote a **growth mindset** – the belief that their abilities can be developed through dedication, effort, and learning from challenges.
- **Manage your own expectations and stress**, as these can place additional pressure on your child. Reassure your child that they are loved regardless of academic performance.



Level Programmes and Activities

- Holistic education
 - ✓ knowledge
 - ✓ skills
 - ✓ values
- Well-being



Level Programmes and Activities

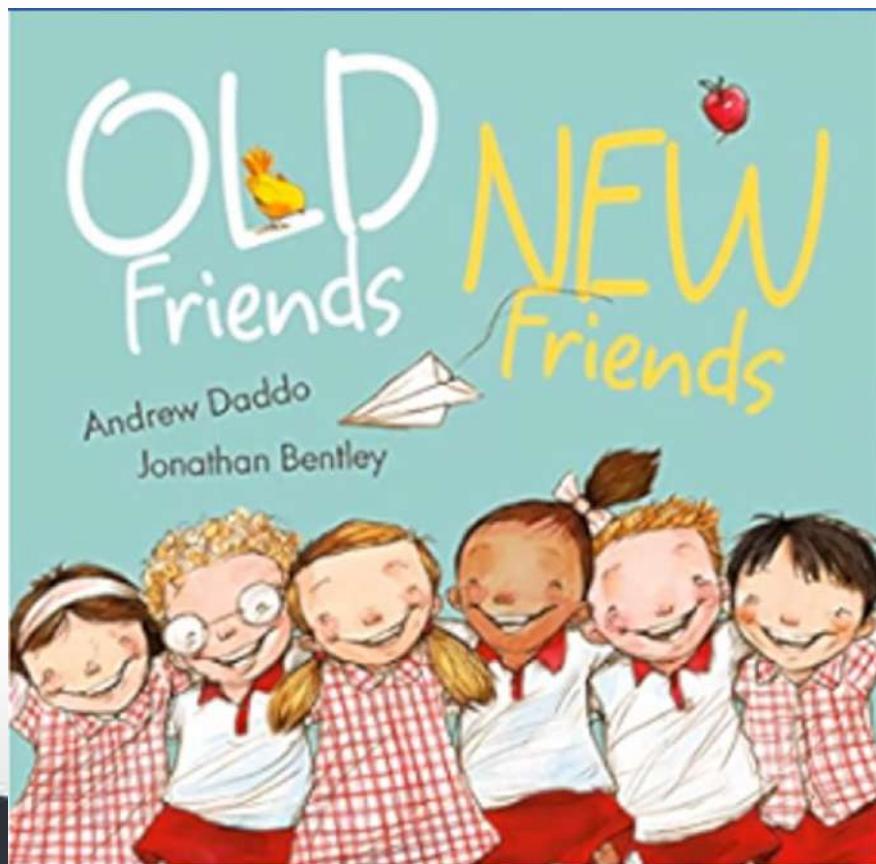
- Welcome Back to School Programme (Term 1 and Term 3)
- Termly Check-in Surveys and Activities
- Teacher-Student Dialogue Sessions
- CCE-FTGP Lessons/ CCE-MTL Lessons
- Learn & Bond Programme
- P4 Traffic Games
- R U OK Campaign
- Learning Journeys
- Financial Literacy
- Raffles Fiesta



Student Well-being

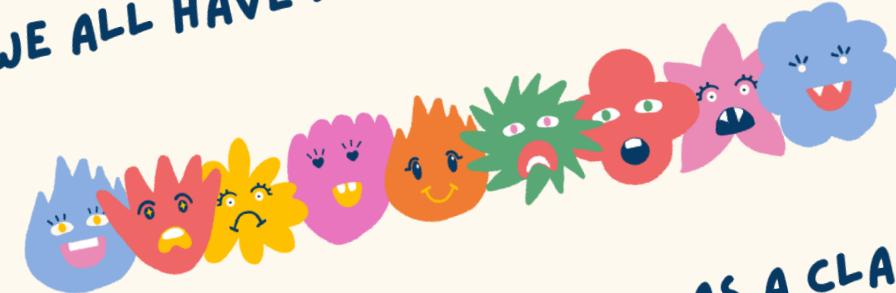


WBTS-Term 1



HOW DO YOU
FEEL ABOUT
STARTING P3?

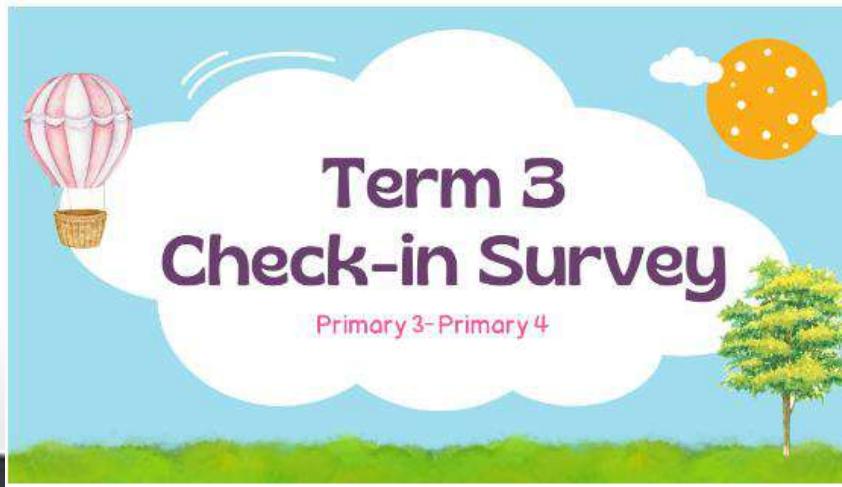
WE ALL HAVE DIFFERENT STRENGTHS!



WHEN WE WORK TOGETHER AS A CLASS,
WE ARE STRONGER!



Student Well-being



Student Well-being

Teacher-Student Dialogue Sessions



Student Well-being

Peer-to-Peer Activities



SCHOOL-HOME PARTNERSHIP



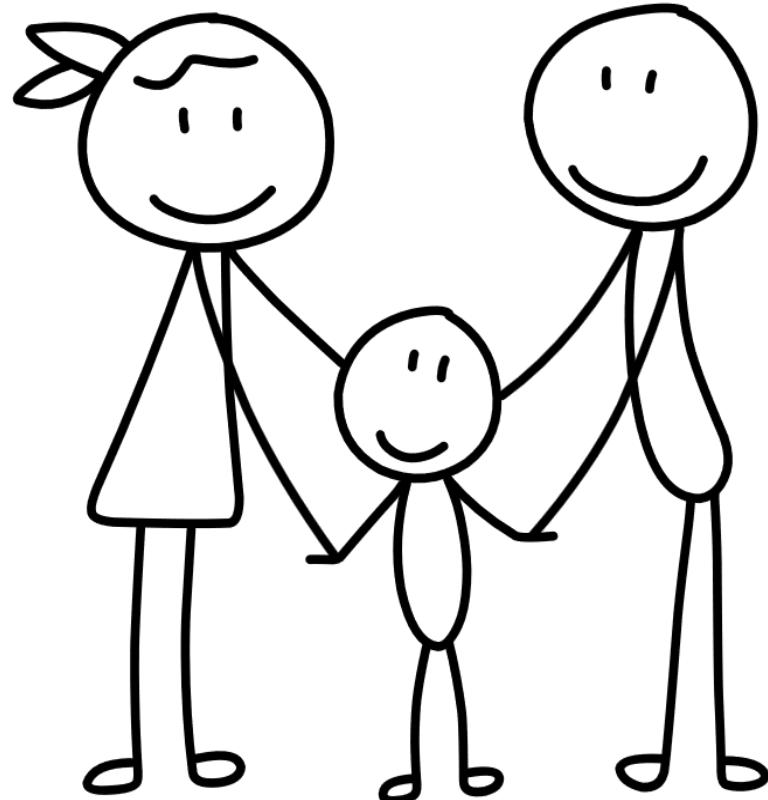
The Crucial Role of Parents

Your partnership with the school: Supporting your child together.



Importance of Family Support

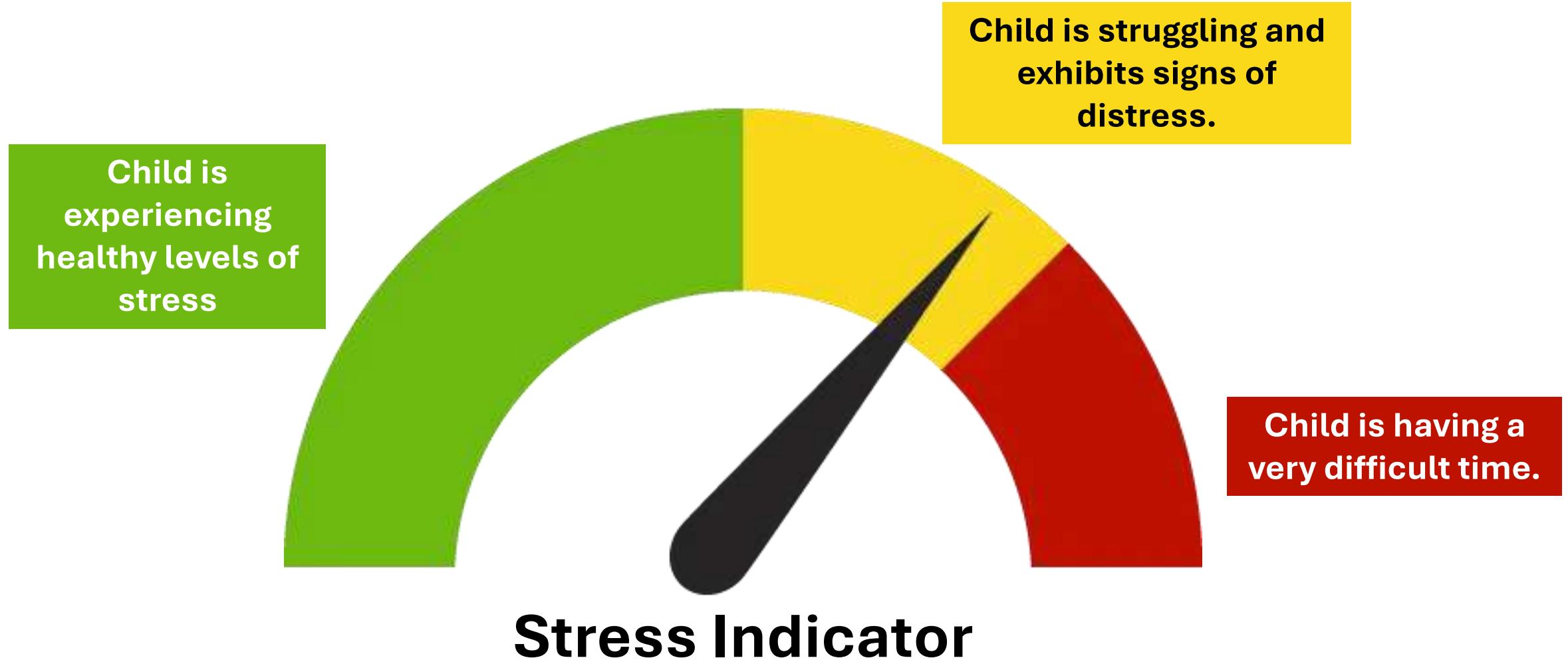
The Termly Check-In Surveys show that families are a **predominant source of support** when Primary School students are feeling stressed or anxious — demonstrating the **vital role parents play in their children's mental well-being**.



Parents are a predominant source of support for their child.

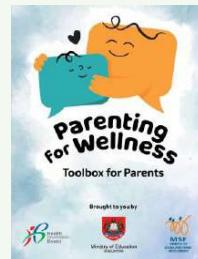
Did You Know?

The Difference between Stress and Distress



How can you support your child?

LOOK out for these signs which indicate your child may need help to cope:



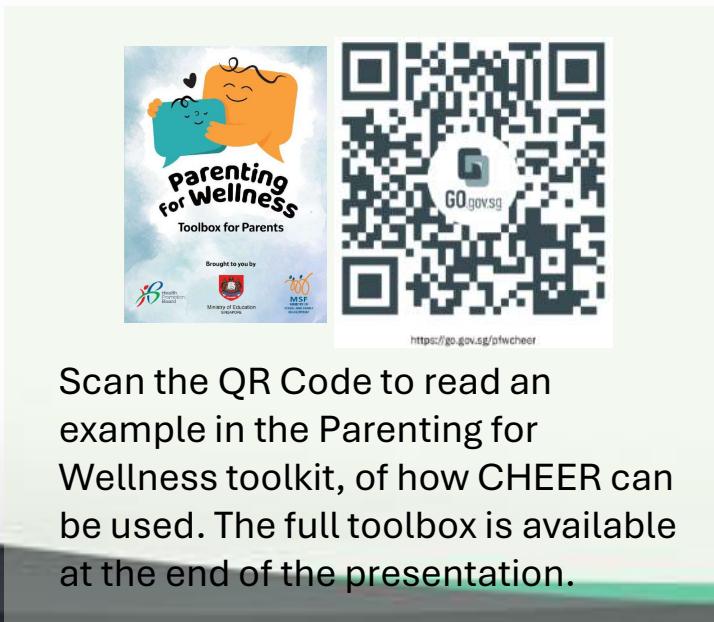
Scan the QR Code to read more about stress vs distress in the Parenting for Wellness toolbox. The full toolbox is available at the end of the presentation.

ARE YOU FEELING TOO MUCH STRESS?

We can **LOOK out for:**

- L**oss of interest in hobbies
- O**verly tired, sad, worried or upset
- O**ften posting moody messages or talking about hurting yourself
- K**eeping away from people you are usually close to, or being quieter than usual

If you observe that your child may be struggling or showing signs of needing more support, you may use **C.H.E.E.R** to guide your conversations and support your child.

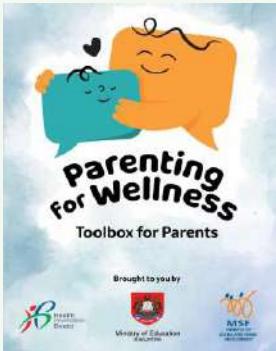


Source: Parenting For Wellness Toolkit



Providing a safe space for conversations

Tips taken from Parenting For Wellness Toolkit (p.11)



<https://go.gov.sg/pfwp11>

This QR code takes you directly to page 11 of the toolbox. The full toolbox is available at the end of the presentation.

Things You Can Do



Listen attentively. Maintain eye contact and put away your devices to show that you are paying attention.



Ensure that the environment is conducive and comfortable for your child. E.g. recreate an environment where your child had previously opened up to you, and have the conversation in a place where your child feels they have privacy.



Listen to understand, instead of listening in order to give advice and offer solutions.



Take a step back to calm down if things get heated, and return to the conversation after calming down.



Check that your child is comfortable with you sharing what they have told you with other people. If you have to do so out of concern for their safety, explain to your child why it is necessary.

Things You Can Say

- Use open ended questions to find out more about your child's perspectives and feelings.

How did that make you feel?

- Acknowledge that your child's opinions and feelings are valid, even if you disagree with them or do not fully understand them.

I hear that you are feeling frustrated.

- Let your child know that it is natural to experience these feelings, and that you experience them too.

I can see why you are upset.
I would be too.

- If you are not sure what else to do, you can let your child know you are concerned for them, and offer support or a listening ear.

How can I help? What support do you need from me?

Parenting Resource: *Parenting for Wellness*

Keen to find out more about building strong parent-child relationships, supporting our children's mental well-being, and parenting in the digital age?

For more bite-sized resources (practical tips and strategies), scan the QR code on the right to download a copy of the **Parenting for Wellness Toolbox for Parents**.

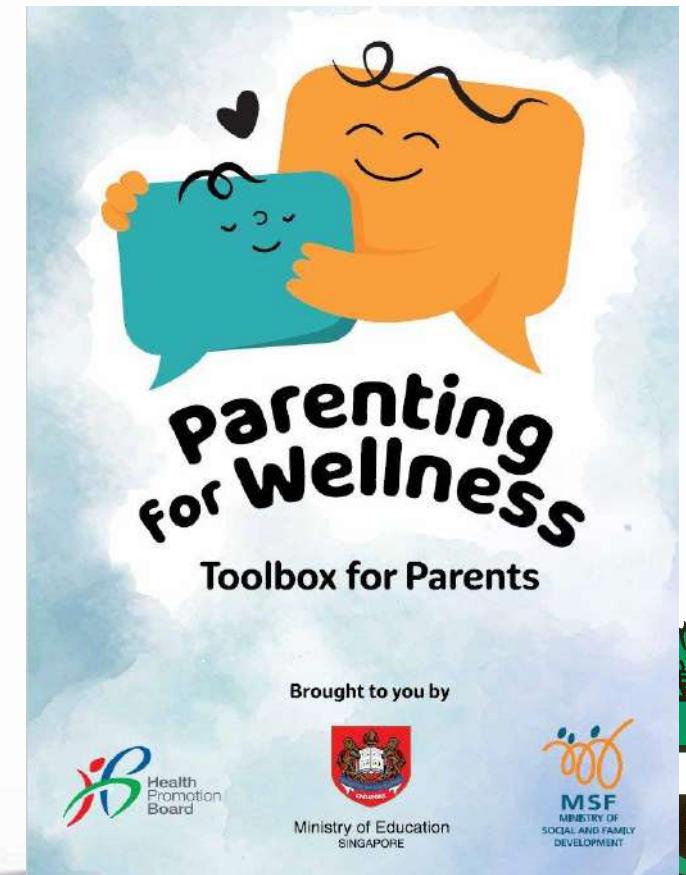


<https://go.gov.sg/pfw-toolbox-for-parents>



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

For personalised access to the full suite of parenting resources, check out the **Parenting for Wellness website** on Parent Hub (hosted by HPB)! Scan the QR code on the left to access the website.



SCHOOL-HOME PARTNERSHIP

Parents Gateway

- Get access to all school announcements and updates
- Give consent for your daughter/ward participation in school activities anytime, anywhere
- Book your preferred slots for Parent-Teacher Conference
- Declare any travel plan of your daughter/ward.



Parents
Gateway



New Feature in PG-SCM (for submission of MC or other reasons)



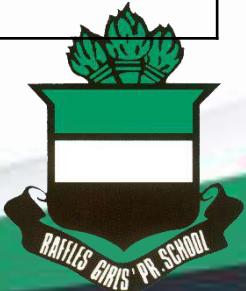
1. a) Go to "SERVICES" tab.
b) Click on "Student absence"

2. a) Select your child's name
b) Click on "Next"

3. Click on box to activate calendar for selection of date.

PARENT ENGAGEMENT

Activity	Term /Date
P4 Parent-Teacher Meeting	Term 1 , 8 Jan (Thurs)
E-Briefing on Subject-Based Banding (SBB)	Term 1, 4 Mar (Wed)
Parent-Teacher Conference	Term 2, 29 May (Fri)



SCHOOL-HOME PARTNERSHIP

Monitor the use of online devices : Set up screen time limits



Share your concerns with your child and reach a common understanding on:

- the **time they should turn off** their laptops/phones
- when **device usage should be paused**, such as during mealtimes and family activities
- when and how often they should **take breaks from the screen**, or get up to move about
- **what they can do online**, such as seeking out online entertainment and learning, accessing news, staying connected with peers
- **what they should avoid**, such as chatting with strangers, sharing personal details (home address, phone number), excessive sharing of pictures/videos of themselves



RESOURCES FOR PARENTS



Compilation of Useful Resources

Parenting for Wellness Toolbox for Parents (condensed info)	go.gov.sg/pfw-toolbox-for-parents
Parenting for Wellness Website (full content)	go.gov.sg/hpbpfw
MOE YouTube video on how parents can support the social-emotional learning of their children.	go.gov.sg/selhome
MOE Parent Kit	https://www.moe.gov.sg/parentkit
Schoolbag article “Next Stop, Primary School: Preparing the Child, and the Parent”	go.gov.sg/prepforprisch

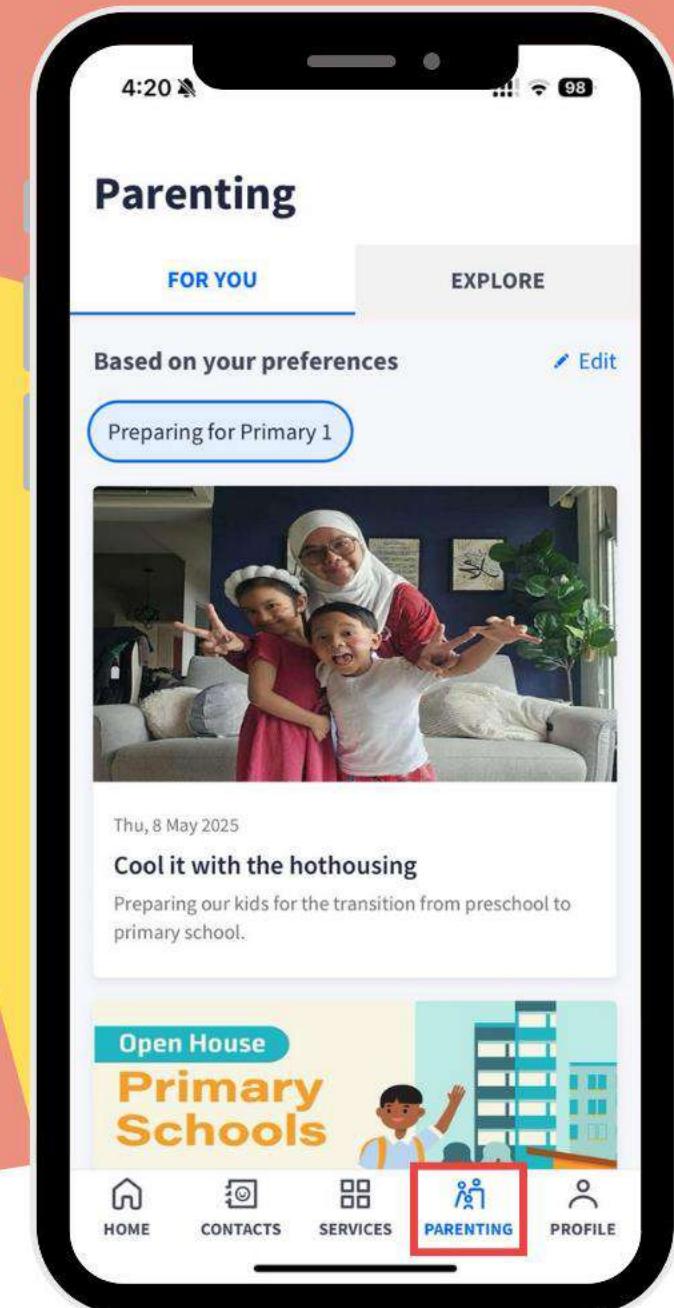




Parenting Resources on Parents Gateway (PG)



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





Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



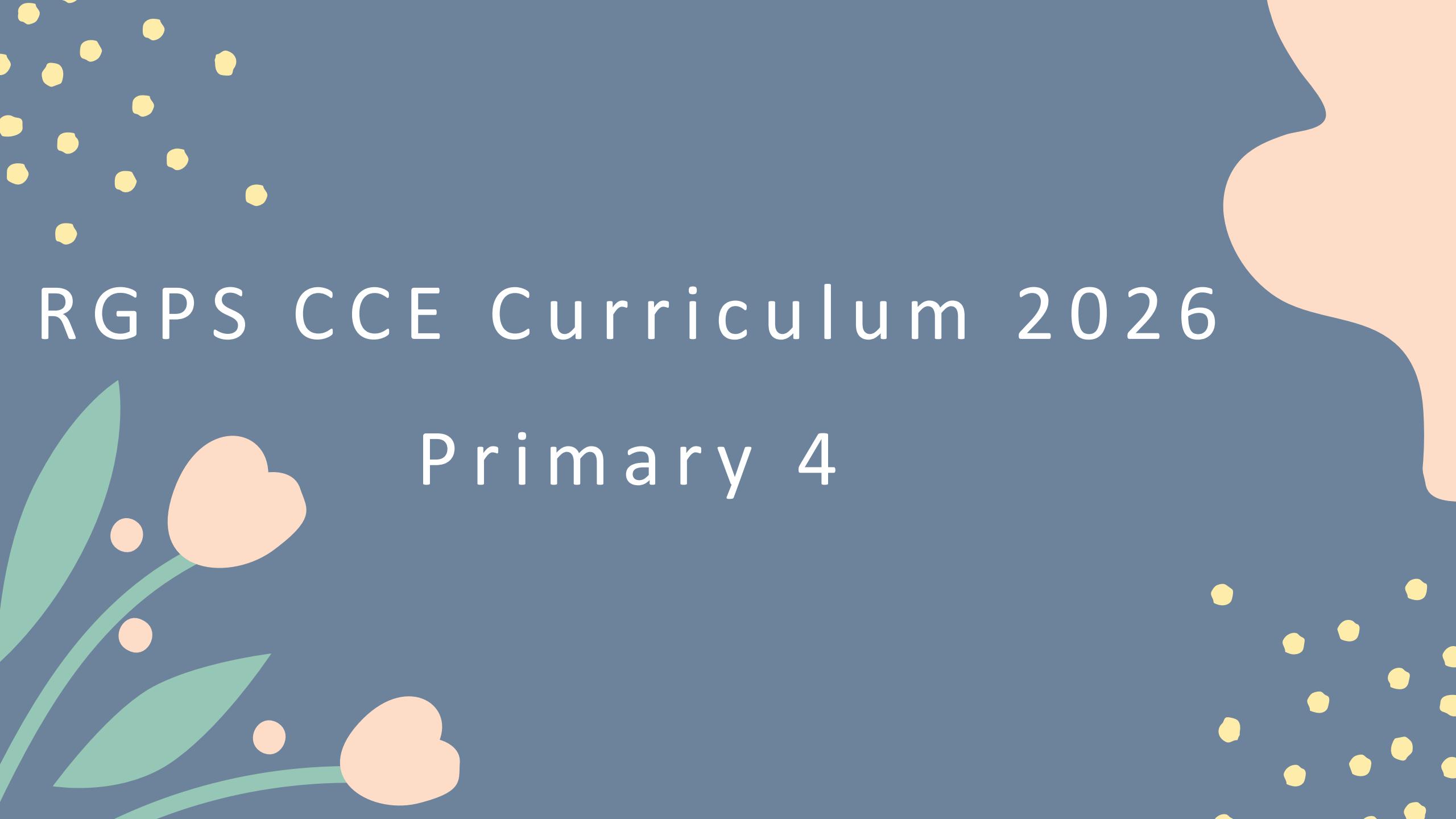
*Thank
you*



tan_li_peng@schools.gov.sg (AYH)

yeo_hwei_hwei_janice@schools.gov.sg (YH)





RGPS CCE Curriculum 2026

Primary 4

What Will Your Child Learn in School?

Find out what your child will learn about **Mental Health and Well-being** during **CCE (FTGP)*** lessons and other programmes.

Primary 4

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

Strengthening Resilience and Well-being

- Developing resilience

Strengthening Sense of Self & Purpose

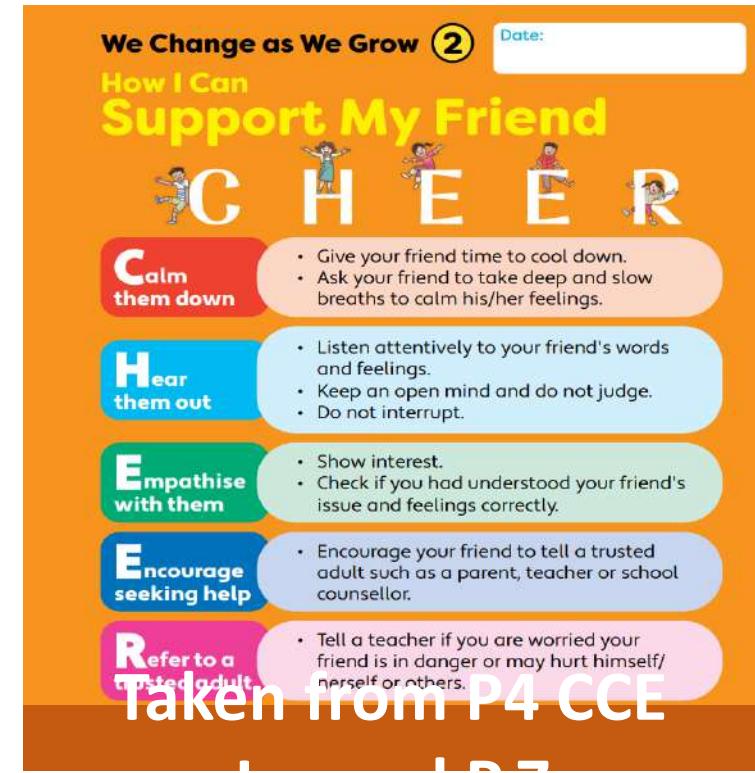
- Developing deeper self-understanding
- Setting meaningful goals

Building Positive Relationship

- Practising gratitude
- Building friendships and supporting peers

Overcoming Challenges; Managing Changes and Transitions

- Embracing new roles and challenges
- Managing physical and emotional changes during development



Parents can practise the CHEER skills with their child to help them build positive peer relationships.

Extending CCE beyond school

Explore the Mental Well-being messages with your child

Every child will have a CCE (FTGP) Journal.

We encourage parents to participate in the **“Family Time”** activities inside the journal with your child to reinforce their learning.

An example of a Family Time Activity taken from the P2 CCE Journal (P.12)



Family Activities
Do we match?

1 Share with your parent/guardian about times when you felt anxious. Invite him/her to share his/her experiences too.

Have you and your parent/guardian experienced anxiety in any of the following situations?	Put a tick (✓) in the relevant boxes.	
	You	Your Parent/Guardian
We did something for the first time e.g. performed on stage.		
We took a test or examination.		
We went for an injection.		
Any other situation: <hr/> <hr/>		

2 Choose one situation when both of you experienced anxiety. Find out if both of you felt and reacted in the same way. Tick (✓) the relevant boxes.

We felt the same way in our bodies e.g. our hearts beat faster.	
We reacted in the same way e.g. we kept away from others.	

We did this together!

Parent's / Guardian's signature



Kindness in Action (VIA)

1. Objectives:

- Teach students that small acts of kindness can positively impact others.
- Encourage students to work collaboratively to create a class commitment to kindness and respect.
- Provide opportunities for students to participate in a class VIA project that emphasizes spreading kindness and fostering positive relationships within their classroom community.

2. Term 2, Week 3



V ❤️ lue-Able for Life

Objectives:

- To nurture character development in students by encouraging them to internalize and display the school's core values of responsibility, resilience, integrity, gratitude, and graciousness.
- Fosters a holistic approach to education, emphasizing values both within and beyond the classroom, while engaging students, teachers, and parents in collaborative efforts to affirm and cultivate these virtues.



Value Ü

Objectives:

The Value Ü Programme at RGPS is a structured initiative aimed at instilling and reinforcing core values in students through practical, daily applications. The programme is designed to encourage students to recognize and appreciate the authentic application of RGPS values in their everyday school life, thereby fostering a culture of respect, kindness, and responsibility.

THANK YOU

