

*Welcome to
P4 Parents' Briefing
4 March 2026*



Grow Well SG: The Health Plan Journey



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



RGPS Grow Well

9321



9 – 9 hours of Sleep



3 – 3 Healthy meals a day



2 – Maximum 2 hours of screen time per day



1 – 1 hour of physical activity

RGPS
Grow
Well
9321

Top 2 counselling issues in RGPS

Stress/anxiety

Peer relationship



Sources of Stress/Anxiety & Peer Relationship Issues

Stress & Anxiety

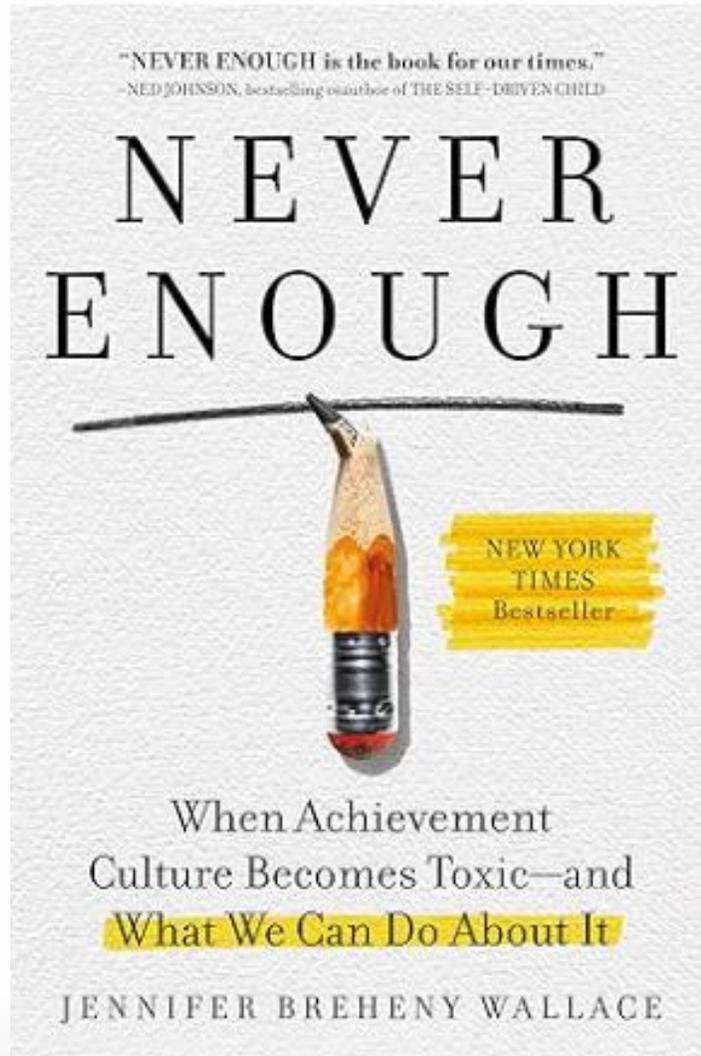
- Expectations from Self
- Expectations from Others
- Academic Results

Peer Relationship

- Distorted Perspectives or Beliefs
- Communication/Social Skills Issues
- Anger Management Issues/Impulsivity



Mattering



- **What the research says...**
- “ Our kids are absorbing the idea that their worth is contingent on their performance GPA, the number of social media followers they have, their collage brands – not for who they are deep at their core. They feel they only matter to the adults in their lives, their peers, the larger community, if they are successful”
- “The feeling that we are valued and add value to others – is key to positive mental health and to thriving in adolescence and beyond.”
- “Mattering informs that language we use, the messages we reinforce, and how we handle failure.”



Questions to help the child process and reframe

- What happened?
- How did you feel at the time?
- What were you thinking at the time?
- How can you try to make it better?
- What can you do next time?



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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

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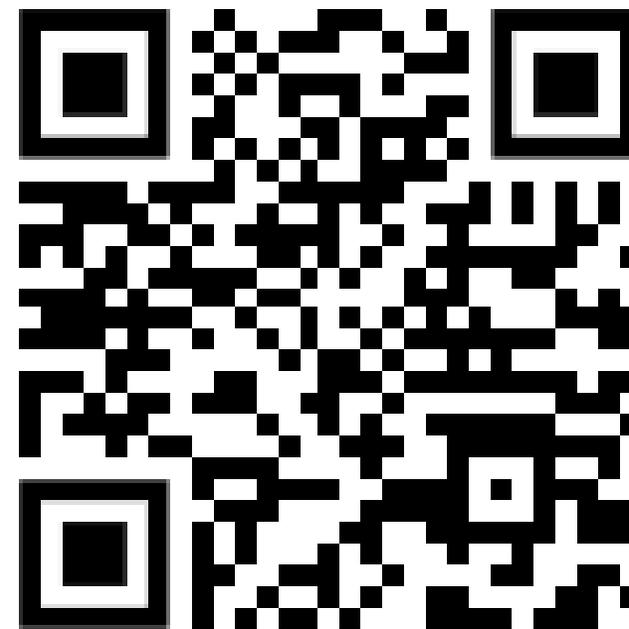
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For the full suite of *Parenting for Wellness* content, click [here](#) to access the *Parenting for Wellness* website or scan the QR code below.



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Parenting for Wellness Resource





Subject-based Banding

Catering to Your Child's Strengths and Needs



What is Subject-based Banding?

- Every child is unique, and has different interest, strengths and talents. We believe in a student-centric education that caters to the abilities and needs of each child.



What is Subject-based Banding?

- Subject-based Banding (Primary) was introduced as a refinement to the streaming process to help each child realise her potential, based on her strengths and needs.
- From 2008, Subject-based Banding has replaced the Merged and EM3 stream in Primary 5 and 6.



What is Subject-based Banding?

- It means greater flexibility for the child by giving her the choice to take a mix of standard or foundation subjects, depending on her strengths.
- This helps her focus and improve on the subjects she is strong in while building up the fundamental in the subjects that she is weak in.



If your child (for P4 EOY Exam)	Your child will be recommended to take
<p>Passes all 4 subjects and performs very well in Mother Tongue</p>	<p>4 Standard Subjects + Higher Mother Tongue</p>
<p>Passes 4 subjects</p>	<p>4 Standard Subjects</p>
<p>Passes 3 subjects</p>	<p>4 Standard Subjects</p>
<p>Passes 2 subjects or less</p>	<p>4 Standard Subjects OR 3 Standard Subjects + 1 Foundation OR 2 Standard Subjects + 2 Foundation Subjects OR 1 Standard + 3 Foundation Subjects</p>
<p>Fails all subjects</p>	<p>4 Foundation Subjects (may offer some Standard Subjects depending on the scores obtained)</p>

How does Subject-Banding Works?

P4

Student sits for school-based EOY Exam



Based on EOY Exam results, school recommends a subject combination



Parents fill up option form indicating preferred combination

PARENTS' CHOICE



Student takes subject combination
chosen by parents



End of P5

Student who takes 4 Standard Subjects & has difficulty coping	Student takes 1 Foundation Subject & does very well	All Other Students
<i>Student may be allowed</i> to take 1 or more subjects at Foundation Level	<i>Student may be allowed</i> take subject at Standard Level if school thinks she can cope at P6	<i>Student will be allowed</i> to continue in same subject combination

Student takes subject combination decided by school based on criteria



Higher Mother Tongue (HMT) @ P5



P4 to P5 MT/HMT

- At the end of P4, school will recommend HMT to students who score at least :
 - **AL 4, (75 marks & above) for MT paper** for P4 EOY Exam
 - **Pass English, Math & Science**

Parents are allowed to opt for HMT at the end of P4 even if the child did not meet the criteria above



P5 to P6 MT/HMT

- At the end of P5, all students who wish to continue with HMT in P6 must achieve at least:
 - **AL 4 (75 marks & above)** for P5 MT paper &
 - **Pass HMT**
 - **Pass English, Math & Science**

Parents are not allowed to opt at the end of P5



P5 School Examinations

- Common MT weighted assessments & EOY Exam
- Additional HMT papers in EOY Exam
(Paper 1 Essay Writing, Language Paper 2)
- Format is based on PSLE format



P6

Student takes subject combination decided by the school based on criteria and sits for the PSLE



@ PRIMARY 4

Student sits for school-based examinations

School recommends a subject combination based on the student's results.

Parents fill up an option form indicating the preferred combination.

@ PRIMARY 5

Student takes subject combination chosen by parents

English Language, Mathematics, Science and Mother Tongue Language are available at standard and foundation levels.

Higher Mother Tongue Language is also available.

School assesses student's ability to cope with the current subject combination at the end of the year. Adjustments to the number of standard and foundation subjects can be made, if necessary.

@ PRIMARY 6

Student takes subject combination decided by his school and sits for the Primary School Leaving Examination (PSLE) at the end of Primary 6.



Subject-based Banding and Admission to Secondary School

- Progression to secondary level depends on your child's PSLE results
- Different curricular and assessment load of Standard and Foundation subjects will be taken into account when your child's PSLE score is calculated
- Higher Mother Tongue score is only considered in the application for Special Assistance Plan Schools



List of SAP schools

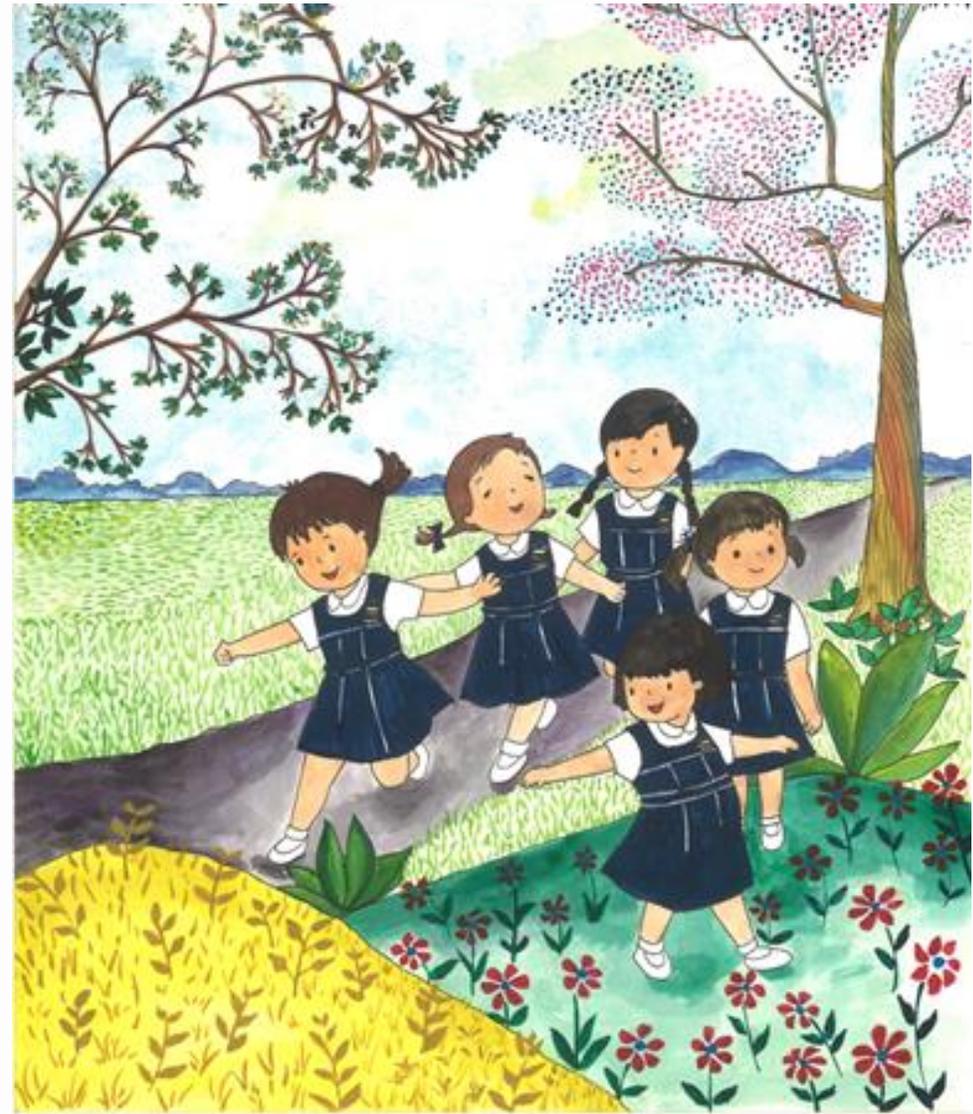
1. Anglican High School (Co-ed)
- 2. *CHIJ St Nicholas Girls' School***
3. Chung Cheng High School (Main) (Co-ed)
4. Dunman High School (Co-ed)
5. Nan Hua High School (Co-ed)
6. Nan Chiau High School (Co-ed)
- 7. *Nanyang Girls' High***
8. River Valley High School (Co-ed)



EVERY PLANT HAS THEIR OWN
REQUIREMENTS IN ORDER
TO GROW...



AND SO DO PEOPLE.



Thank
you

