

## SECONDARY 2 & 3 INFORMATION SESSION

Thursday 6 February 2025



# Programme Outline

Time	Item	Presenters
4.30 – 4.35pm	Welcome Remarks	<b>Ms Cheah Suet Ping</b> YH, Sec 3 <b>Ms Angela Yang</b> YH, Sec 2
4.35 – 5.30pm	Address by Principal	<b>Mrs Jenny Leong</b> Principal
5.30 – 6.15pm	Log in to separate Microsoft Teams sessions for Sec 2 & 3. Login details will be shown later.	



# Programme Outline

## Secondary 2

Time	Item (Presenter)
5.30 – 5.40pm	<b>Address by YH</b> (Ms Angela Yang)
5.40 – 5.55pm	<b>ECG Sharing</b>
5.55 – 6.05pm	<b>Q&amp;A</b>
6.05 – 6.15pm	<b>Interaction with Form Teachers</b> (Sec 2 FTs)

## Secondary 3

Time	Item (Presenter)
5.30 – 5.40pm	<b>Sharing by Parent Support Group</b>
5.40 – 5.50pm	<b>Address by YH</b> (Ms Cheah Suet Ping)
5.50 – 6.00pm	<b>Q&amp;A</b>
6.00pm – 6.15pm	<b>Interaction with Form Teachers</b> (Sec 3 FTs)



# PRINCIPAL'S ADDRESS

**Mrs Jenny Leong**



# A warm welcome to all Parents/Guardians!



**Ms Janice Wee**  
Vice-Principal



**Mrs Jenny Leong**  
Principal



**Mr Yeo Ngee Yang**  
Vice-Principal  
(Administration)



# Theme for 2025



How can I demonstrate courage in my words and deeds?  
When I do this, how can I achieve freedom?





**How am I going to build myself to be a resilient, adaptable Theresian who is a person for God and others?**



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# School-Home Collaboration

**As your daughter/ward progresses to Sec 2 or 3 this year:**

- Your daughter may be coping with increased responsibilities and demands, eg. Sec 2 students who are appointed student leaders, Sec 3 students with new subjects like Additional Maths/ POA, etc;
- More advanced syllabi and cognitive demands;
- Student leadership opportunities & chances to represent our school at National School Games, etc;
- Managing peer relationships, building common memories with friends; and
- Teenagers at this stage are making sense of who they are (distinctive & unique sense of identity) and their place in society.





# For Parents/Guardians of **Sec 2s**

- What career does your daughter plan to take up? What are her strengths and talents?
- For her desired career, should she choose the JC/Polytechnic/ITE pathway? Which suits her learning disposition and her desired career?
- When she looks at her Sec 2 overall results, does she see that her results indicate that she will be able to manage the upper sec subject combination well?
- When choosing her subject combination, consider options wisely.
- Appeals will be considered within timeline in Sec 2, but no changes will be considered in Sec 3.



# For **Sec 2** students

- Make a plan to work towards your goals and aspirations and be resilient in pursuing them;
- Speak with FT or any trusted adults when facing challenges or feeling stressed.
- Speak with senior students who are in Upper Sec now;
- Listen to the subject teachers who will brief each Sec 2 class on their upper sec subject (eg. POA, A Math, coursework subjects, ESS, etc);
- Consult with Sec 2 subject teachers for their opinion, as they know your strengths and talents;
- Look at past year 10-year series and/or textbooks – to get a clearer idea of the demands of the subject syllabus;
- Download the subject's syllabus from the SEAB website.



# For Parents/Guardians of **Sec 3s**

- Your daughter/ward has been advised to stay committed to her allocated subject combination.
- If she finds herself struggling with a new/unfamiliar subject, she should approach the subject teacher for consultations & give herself time to adjust & improve.



# For **Sec 3** students

- Speak with senior students, e.g. those in Sec 4/5 now, to find out how to prepare for the Sec 3 year well;
- Make a plan to work towards your goals and aspirations and be resilient in pursuing them;
- Speak with FT or any trusted adults when facing challenges or feeling stressed.
- Consult with Sec 3 subject teachers when in doubt;
- Consult with your Sec 2 subject teachers for their opinion, as they would already know your strengths and talents;
- Look at past year 10-year series and/or textbooks – to get a clearer idea of the demands of the subject syllabus;
- Download the subject's syllabus from the SEAB website;



# How can parents support their daughter/ ward?

- Encourage your daughter to develop her Education and Career Guidance (ECG) awareness
  1. **Post-secondary:** JC/Poly/ITE?
  2. **JC/ Poly:** More Science or Arts inclined?
  3. **Courses available and Cut-Off Points:**
    - (i) <https://www.moe.gov.sg/schoolfinder>
    - (ii) <https://www.moe.gov.sg/coursefinder>
  4. **Discuss with your daughter about whether she would enjoy being in that particular career or industry**
- Explore the options with your daughter and try to get her to think through the alternatives rather than hearing what we want her to do.



# Post-Secondary Admissions

## DSA-JC

Provide students with an opportunity to demonstrate a **more diverse range of achievements and talents** in seeking admission to a JC/Institution.

Sports  
Performing Arts  
Leadership  
Outstanding  
Academic  
Achievements



## Poly/ITE - EAE

For those who have aptitude and interest in specific fields of study, so that they **won't have to compete for admission to polytechnic/ITE strictly on the basis of how well she does academically compared to everyone else.**



## Things Your Daughter Can do NOW



- 1** Explore her interests and develop her strengths
- 2** Research on JC/polytechnic/ITE courses that she is interested in and related careers in the sector
- 3** Start acquiring experiences and build a portfolio



# Key Points About Students' Concerns

- They may be thinking hard about their post-secondary choices and are developing their identity as they move into young adulthood.
- Some find it hard to manage their
  - Time and energy
  - Personal relationships (family and friends)
  - Meeting parents' expectations and aspirations
  - Own level of self-esteem and confidence
- Many of them admit that they are very hard on themselves while being caring and helpful towards their friends.





# Key Points About What Students Find Useful

- Authentic and open listening – **safe space** for them to articulate their fears and anxieties.
- Being **accepted** for who they are and not what parents want them to be, or being compared with siblings, cousins, etc.
- Start with '**why**': teenagers need to understand the rationale for adults' decisions/ permissions. Explaining and listening take time.
- Many of them are not confident about their strengths and talents. Remind them of their past successes and achievements so they take heart and are **affirmed**.
- Remind them to take care of themselves and to avoid being too hard on themselves.



## Weighted Assessments

- If your daughter/ward is absent from school & misses a WA, she needs to submit a **valid medical certificate** to her Form Teacher and the relevant subject teacher.
- She should take the initiative to schedule a make-up assessment with her subject teacher.
- Make-up assessment for WA (with valid reasons for absence) will be conducted **within one week**.



# Teacher-Parent Collaboration

- **Encourage** your daughter to
  - Make informed choices;
  - Persevere and don't give up easily;
  - Look for alternative solutions to a problem, and
  - Accept the consequences of her informed decision.
- Give your daughter **time to rest** after school.
- **Trust our teachers** to do the necessary in good time.

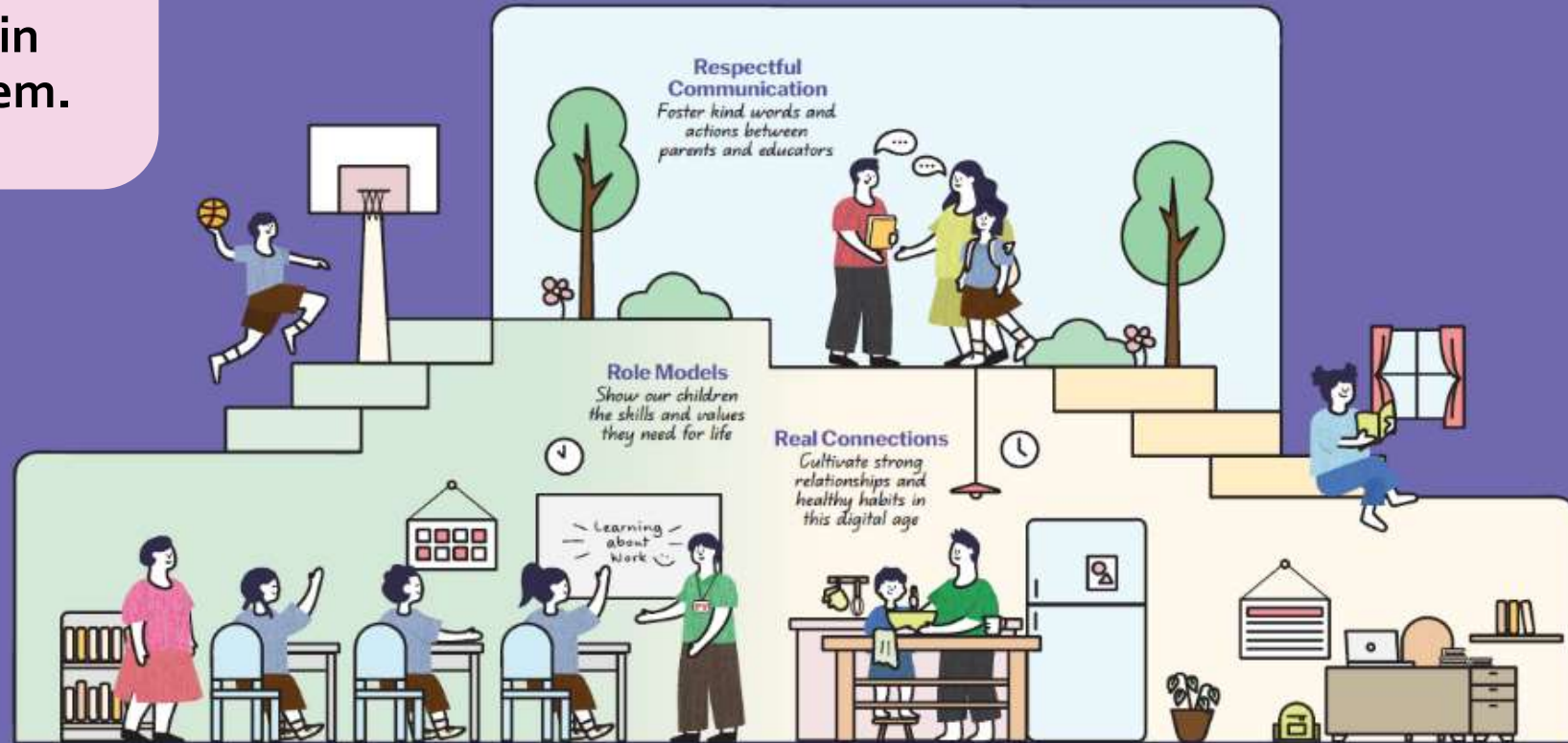


# School-Home Partnership

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



A joint effort in 2024 by the Ministry of Education and COMPASS



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# 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 use

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



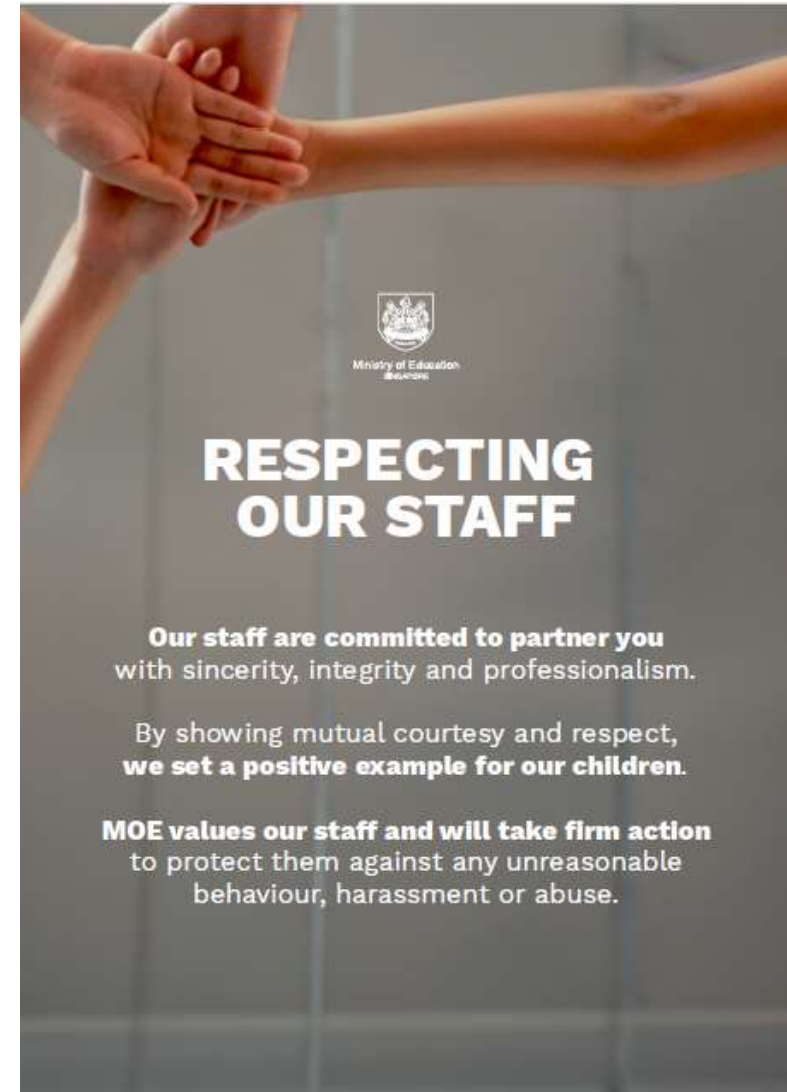
*Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.*





# 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.



# Parents as Role Models

2 Jan 2024

Give children space to grow and be independent: Chan Chun Sing



Education Minister Chan Chun Sing's hope is that parents can work with teachers to give children space to grow and the chance to be independent. ST PHOTO: NG SUI LIAN



Amelia Teng  
Assistant News Editor

UPDATED: JAN 2, 2024, 5:31 AM SGT



His hope is that parents can work together with teachers to give children the space to grow and the chance to be independent.

“If a child sees their parents making demands on their teachers in a very unprofessional, unfair or unethical way, then I think we are transmitting the wrong values.”



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# Tips – Parents as Role Models

## Role Models

Show our children the skills and values they need for life



- Practise gratitude and find joy in everyday experiences with our children.
- Instil confidence by encouraging responsibility and believing in each child's abilities.
- Model good values in words and actions, at school and at home.

- Encourage your daughter to read widely and to avoid over-use of digital devices at home (restrict use).
- Talk to your daughter about local/international news to encourage her to learn more about the world around her.
- We discourage parents from seeking tuition teachers for our students. Allow your daughter to initiate consultations with teachers as needed.



# Tips – Parents as Role Models

## Role Models

Show our children the skills and values they need for life



- Practise gratitude and find joy in everyday experiences with our children.
- Instil confidence by encouraging responsibility and believing in each child's abilities.
- Model good values in words and actions, at school and at home.

- Share with your daughter on how to handle conflict constructively.
- Both the school and parents should send a consistent message to the student about misconduct and its consequences.
- Don't comment on the child; instead, comment on her actions.
- Don't judge the child too swiftly; give her a chance to explain first.
- Do not compare your children to each other.



# Tips – Cultivate Strong Habits

## Real Connections

Cultivate strong relationships and healthy habits in this digital age



- Build strong bonds through shared experiences and meaningful conversations.
- Establish good habits for our children to stay confident and in control of their technology use.
- Provide a balanced mix of engaging online and offline activities, at school and at home.

- Do not deliver items (except emergency items like medication) that your daughter has forgotten, to school for her, so that she can learn to take responsibility.
- Provide a conducive environment at home, set up a well-lit desk and a study area for your daughter to do her homework.
- Assign your daughter housework/ chores so that she has a role to play in keeping your home neat and clean. Praise should be given if a good job is done.



# Tips – Cultivate Strong Habits

## Real Connections

Cultivate strong relationships and healthy habits in this digital age



- Build strong bonds through shared experiences and meaningful conversations.
- Establish good habits for our children to stay confident and in control of their technology use.
- Provide a balanced mix of engaging online and offline activities, at school and at home.

- Do not contact the teachers immediately to find out the homework assigned for the day, things to bring to school and get updates on administrative matters such as test dates and information for learning journeys.
- Every classroom has a Homework Board and subject reps are to record the homework and date due on the board. Parents can ask their daughter to find out the info and record it in her notebook or diary.



# Home-School Communication

## Respectful Communication

Foster kind words and actions  
between parents 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.

- Please adhere to the official school hours (7.30 am – 5 pm). If a request is received after official school hours, we seek your understanding that the teacher is not obliged to reply immediately.
- If urgent, pls contact the General Office should the teacher be uncontactable during office hours.
- When making an appointment with a teacher, kindly allow advance notice.
- Please check the dates of school terms in your daughter's Student Handbook before you book your family vacations.



# Home-School Communication

- Email addresses of all teachers and KP are available on our school website.
- Parents may approach Form Teachers, school counsellors and SEN Officers (SENOs) as needed.
- The school will use the Parents' Gateway app to keep parents informed of school events.
- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident and we will act to ensure a fair, objective outcome for all parties.





# Supporting Your Child

- Build resilience in your child by emphasising that for every problem, there is more than one solution.
- Praise them more for the effort, rather than the performance.
- Teach your child to take ownership of their problem and to make good decisions in solving it themselves.



## HANDPHONE USAGE POLICY



# Implementation of Handphone Policy from 2025 (Term 1, Week 3 onwards)

	Remarks
<b>Curriculum time</b>	<p>Morning assembly: Students should store their handphones in lockers before morning assembly (switched off).</p> <p>Handphones must remain in lockers <b>until the end of the last timetabled lesson of the day</b>, including lessons from 2.00pm - 3.30 pm.</p> <p><i>We seek parents/guardians' help to ensure that students have obtained locks for their lockers.</i></p>
<b>Recess Time</b>	<p><b>Handphones are strictly prohibited during recess, to encourage face-to-face interactions.</b></p>
<b>CCA Sessions</b>	<p>CCA teachers will oversee the management of handphones during CCA sessions.</p>



# When will HPs be allowed?

**Handphones will be allowed under the following circumstances.**

- Learning Journeys
- Whole school-based activities (*EFL, House Practice, IFD*)
- Overseas trips
- National School Games
- SYF performances



# Cyberwellness

- To help your child stay safe and have positive experiences online, you may:
  - Organise more outdoor activities together.
  - Activate parental controls on your home devices.
  - Model good digital habits for your child.
  - Set ground rules for internet use.
  - Navigate the internet together to understand their usage.



For more resources for parents:

<https://www.moe.gov.sg/education-in-sg/our-programmes/cyber-wellness>



## App stores to screen age of Singapore users to block kids from accessing apps for adults

UPDATED JAN 16, 2025, 06:16 AM



SINGAPORE - From March 31, app stores must block young users below 18 years old from downloading apps not meant for their age group, including dating app Tinder and adult video games like Grand Theft Auto.

Under the new Code of Practice for Online Safety for App Distribution Services, app stores targeting users in Singapore must also block children below 12 from downloading apps like Instagram and TikTok, which are rated for ages 12 and above.

Singapore's Code of Practice follows a broader global push to strengthen protections for children online by holding tech platforms accountable for their users' safety.

Many nations are looking to Australia, which will soon enforce a new law to ban children under 16 from accessing social media, setting a benchmark for regulators worldwide.

<https://www.straitstimes.com/singapore/app-stores-to-screen-age-of-users-to-block-kids-from-accessing-apps-for-adults>



# Some apps for parents to monitor

## 1. Instagram

- Instagram is a photo-sharing app that is a famous platform among youths. Children have signed up for this application as well.
- Strangers can follow your daughter's public profile and can misuse the pictures.

## 2. Snapchat

- Can be dangerous to use because the message will disappear automatically.
- No one can control or monitor what happens in this app. There is a high chance of viewing adult content via snap. Also, Snapchat accounts can be faked as it doesn't require a name to get started with.



### 3. Omegle, Chatspin and Kik

- Omegle is a free chat and video communication platform that lets two parties communicate without creating an account. The service randomly pairs two people, creating a session to communicate.
- Kik - like Omegle, this app lets people chat without a username, share photos, and many more.

### 4. TikTok, Periscope

On these platforms, anyone who is a stranger can message your children.

### 5. Tinder and Blendr

- Tinder is one of the most popular dating apps in the world. It uses a GPS location finder to find the people near you.
- Online predators and cyberbullies can make fake accounts and then chat with your children, which may negatively influence them. They may intend to harm their personal life. Blendr is similar to Tinder.





## 6. ask.fm

- This is a platform where users can ask questions and other people answer those questions. Users can also write the questions and the answers anonymously.
- As the questions in ask.fm can be anonymous, there can be some inappropriate questions that your children can receive.

## 7. Whisper

- This is an app where people write their confessions anonymously. It is a popular app and is used all over the world. Many teenagers use this application.
- The application uses a GPS tracker. This means that although the identity of the person may be anonymous, predators can find you using the GPS location.



## 8. **Holla**

- This is a video-sharing app. It allows users to share their videos with random strangers worldwide. You can sign up in this app with a valid number or your Facebook account.
- There is a significant amount of abuse, nudity, and inappropriate content that have been found in this app. The location-sharing feature can also be harmful.

## 9. **OKCupid**

- This is an application meant for dating. It matches users with those from the opposite gender based on attractiveness.
- This application may be dangerous for youths as there might be predators hiding behind the other side of the screen. There may be sharing of adult and mature content. Sexual exploitation is the major danger of this application.

## 10. **HouseParty**

- This is a video-chatting app where you can chat with users worldwide.
- There may be strangers recording the video chat and sharing adult content with your children.



## Changes to the Penal Code

### What is Sexual Communication?

Even if the person never meets the victim, the new Section 376EB now states it is an offence to send any form of sexual communication to the victim. This includes inappropriate text messages, photos and videos of a sexual nature. It does not matter where it was sent from, or if the victim replies or not. The mere act of sending such communication may lead to a 2 year jail sentence and/or a fine and if the victim is below 14, the jail term may be extended to 3 years.

This also means if you have a child who has access to the internet, it's best to activate safeguards such as spam filters and monitoring who your child is talking to either online or via their messaging apps.

<https://asl-law.com.sg/2021/01/24/a-guide-to-sexual-offences-in-singapore-part-2-protecting-minors/>



# What parents can do

- Start a conversation with your daughter to find out what she is doing online. Ask her how she keeps herself safe online.
- Assure her that she can always come to you for advice, so she knows you will not over-react if she has any negative news.
- Agree on common rules that she can adhere to if she is spending too much time online.
- Plan some family time together with interesting activities so she is not too absorbed with online activity.
- Build trust with your daughter.
- Pls contact our FTs if you know of anything happening online that is endangering your daughter's cyberwellness (eg. grooming, sexting, sending pornographic images, etc).



# Thank You and God Bless

*"You are the light of the world.  
A city that is set on a hill cannot be hidden..."*

*- Matthew 5:14*



# Q&A