

Briefing by Subject Head Student Management and Student Well-being (Internal)

2025 P1 Orientation

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Briefing Outline

- School Values
- School Rules
- Cyber Wellness



Character Development

R3ICH VALUES

Respect each other by using kind words and actions.



Responsibility starts with taking charge of our own words and actions.



Be **Resilient** and never give up!



Our programmes are guided by the school's R³ICH values.

Show **Integrity** by saying and doing the right thing.



Care and look out for your peers.



Together, we build
Compassvale Primary School
a place of
Harmony.



School Rules – Showing respect

- Students are expected to respect their teachers and any other members of the school staff, the parent volunteers, class leaders, prefects and their peers.
- Students who don our school attire are expected to be well-behaved, respectful and be considerate towards others at all times both within and outside the school premises.”



School Rules – School Attire

- All students are to wear the prescribed school uniform. Any form of modification to the uniform is not allowed.
- Students are required to wear their school ties on Mondays, except if they have PE lessons.



School Rules – Possession of weapons

- Weapons or any weapon-like item which is used or intended to be used to cause harm to others.



School Rules - Punctuality

- Students must attend school regularly and punctually.
- Respectful of others' time
- Students develop time management skills and self-discipline



School Rules – Punctuality

Reporting time: Before 7.45 a.m.

Frequency of lateness in a term	Follow-up action
3rd time	Form teachers will partner with parents to help students get to school on time.
6th time	The Year Heads/Assistant Year Heads will engage parents to identify the underlying reasons for late-coming patterns and arrange for parent-teacher conferencing if required.
9th time	Letter of advice will be issued to inform parents that the conduct grade will be affected.
10th time	Letter by Principal will be issued to inform parents that the child's conduct grade for the semester has been adjusted.



School Rules - Attendance

- Students must have valid reasons to be absent from school.
- Letter of excuse from parents is accepted on a case-by-case basis, and only for valid reasons.
- Absences that are **festival** or **religion related** are not considered valid. However, absence **associated with funeral rites** can be considered as valid on compassionate grounds.



School Rules - Use of Smartphones and Smartwatches

- Students are **not to use** smartphones and/or smartwatches, during school hours including recess, CCA and after-school programmes
- Students who bring such devices are **to put them in lockers before the start of school.**
- Please purchase a 3 to 4 digit number lock



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

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



What is Cyber Wellness?

- Cyber Wellness (CW) is about our students being able to navigate the cyber space safely.
- This is done through our curriculum which aims to
 - **equip students with the knowledge and skills** to harness the power of Information and Communication Technology (ICT) **for positive purposes;**
 - maintain a **positive presence in cyberspace;** and
 - be **safe and responsible users of ICT.**



What will Pri 1 & 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

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

- **Basic online safety rules**
 - Talking to only people you know
- **Importance of a balanced lifestyle** in exercise, sleep and screen time for health and well-being
- **Protecting personal information**
 - Understand the risks of disclosing personal information



*Character and Citizenship Education(Form Teacher Guidance Period)

What will Pri 1 & 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

● Cyber Contacts

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online

- Parents are strongly encouraged to participate in the “**Family Time**” activities in the CCE (FTGP) Journal with your children to reinforce the key cyber wellness messages at home



Family Time Family Chat Time!
Share 'My Online Safety Code' with your parents/guardians, siblings and other family members.

I can...

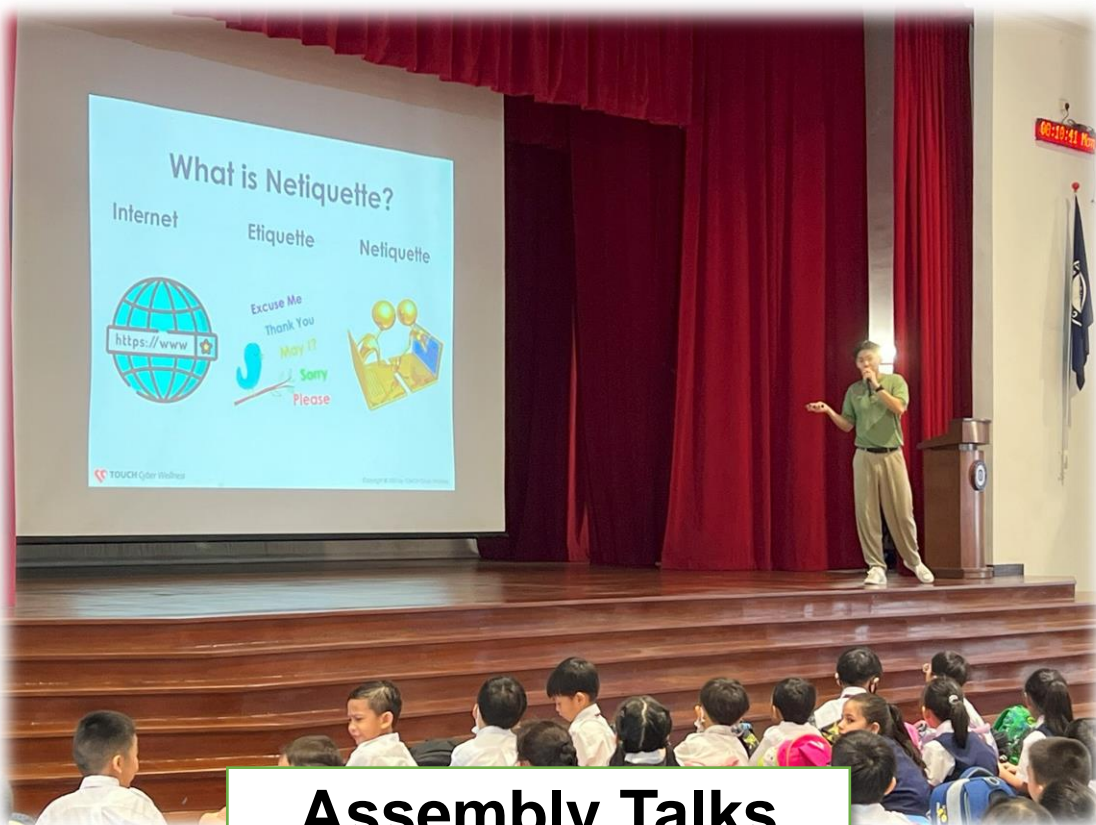
- **share** with my family members how I can be safe in the cyberworld.
- **remind** my family members to follow the safety rules together.

We did this together!

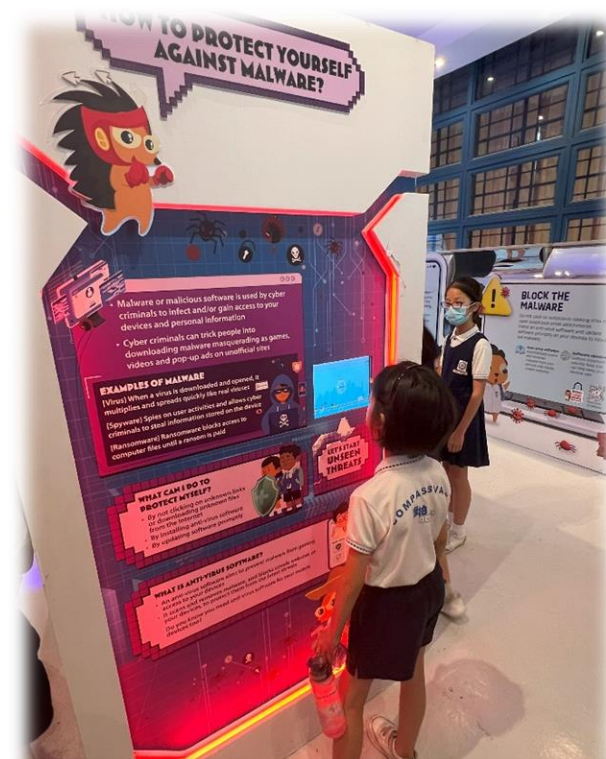
Parent's / Guardian's signature



Cyber Wellness Programmes in CVPS



Assembly Talks



Booths



Student Leaders sharing



Workshops



Excessive online gaming

! Excessive online gaming may increase the risk of:



Cyberbullying



Attracting unwanted attention online



Excessive in-app purchases



Increased levels of anxiety due to the competitive nature of the game

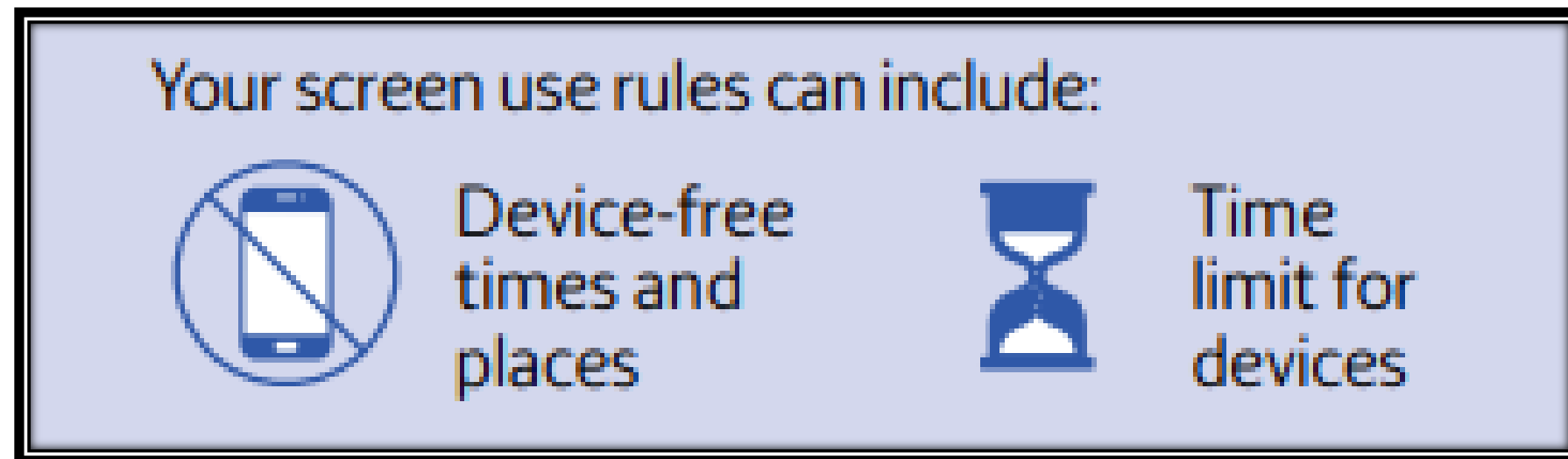


Digital for life resource



Develop a Screen Use Plan

- Come up with 'screen-use' rules and consequences together as a family



- Screen-free activities that the family can engage in
- Be consistent in your agreement with your child, and role model it well.



What is your child doing online?

Some questions you may wish to consider:

- “That video you watched looks interesting. Can you tell me about it?”
- “What is this game about?”
- “Is the online activity you are doing for learning or leisure? How long do you need to complete the activity? Let’s agree on a time to stop.”
- “What do you usually do online? Have you ever come across any content that made you feel uncomfortable?”





Additional Resources:

Parenting for Wellness



For more bite-sized resources (practical tips and strategies) on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

Keep a lookout for the **Parenting for Wellness website** that will be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised access to the full suite of parenting resources!





Online Risk: Exposure to Inappropriate Content

Inappropriate online content is content that is not age-appropriate and may make your child feel uncomfortable or distressed. Such content may contain misleading information that may deceive your child or encourage them to engage in behaviours that are criminal or dangerous.



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Thank you

