



Scan the QR code
to ask a question.



Secondary Two Parent Engagement

16 February 2024

PARENT SUPPORT GROUP



Scan the
QR Code
to join our
PSG.



Agenda

Welcome Address by Vice-Principal

Well-being Efforts and Support – YH/LS

Sec 3 Subject Combination Exercise – HOD/HUM

Managing Teens' Stress – SC

Q & A





Welcome Address

Vice-Principal Ms Santha



OUTCOMES OF SECONDARY EDUCATION

At the end of Secondary school, students should:

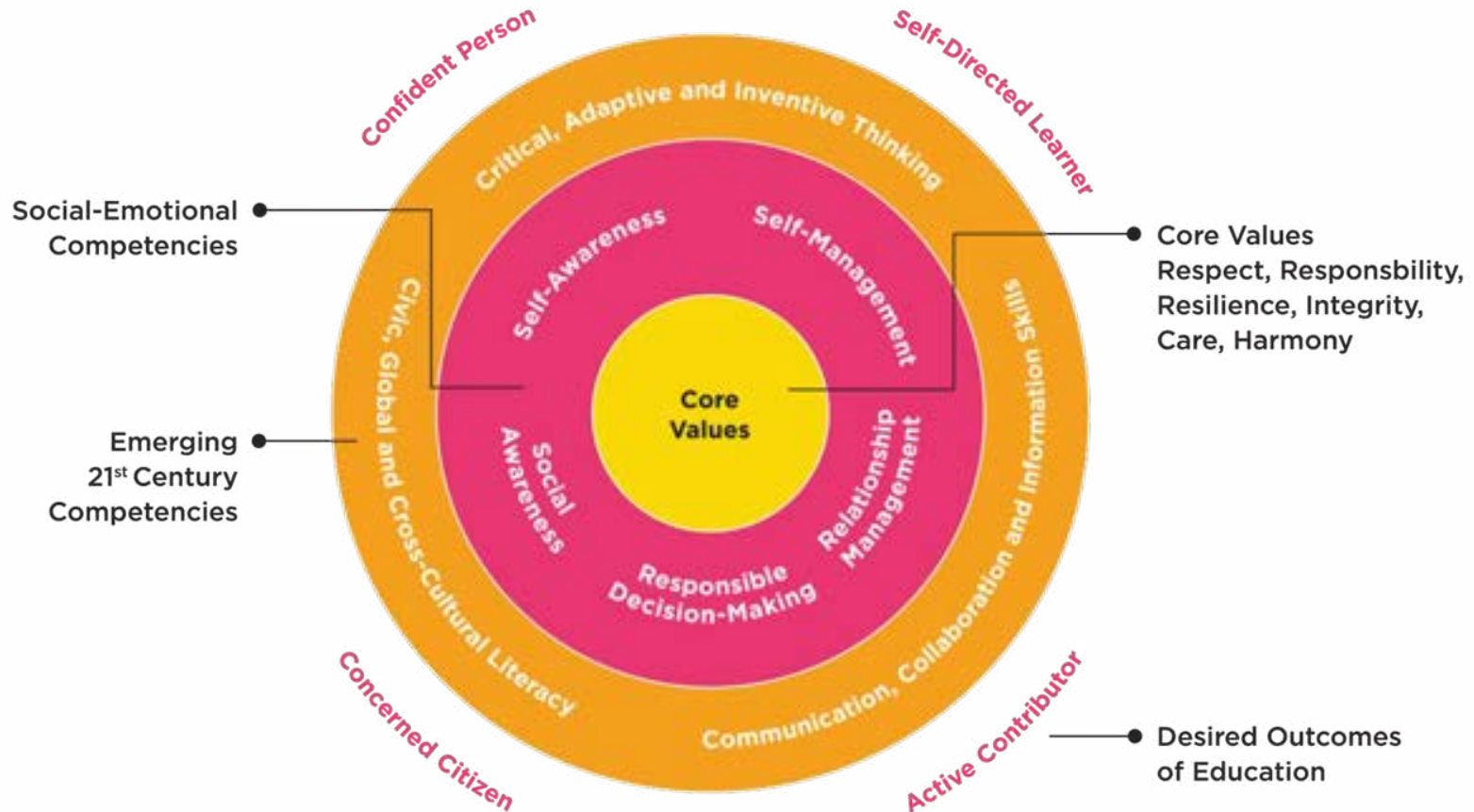
- Have moral integrity
- Believe in their abilities and be able to adapt to change
- Be able to work in teams and show empathy for others
- Be able to appreciate diverse views and communicate effectively
- Be creative and have an inquiring mind
- Take responsibility for their own learning
- Enjoy physical activities and appreciate the arts
- Believe in Singapore and understand what matters to Singapore



At PRSS, we will build on the SKAV acquired in primary school and lay a strong foundation for post-secondary



Framework for 21st Century Competencies and Student Outcomes

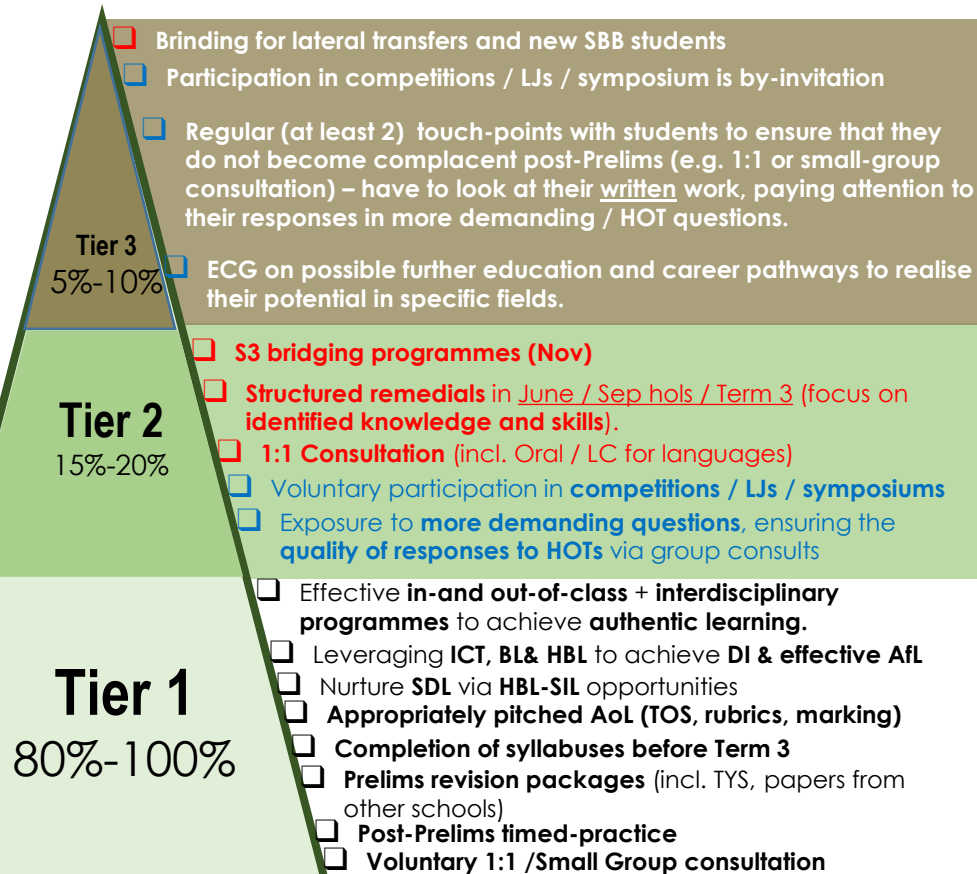


FOCUS

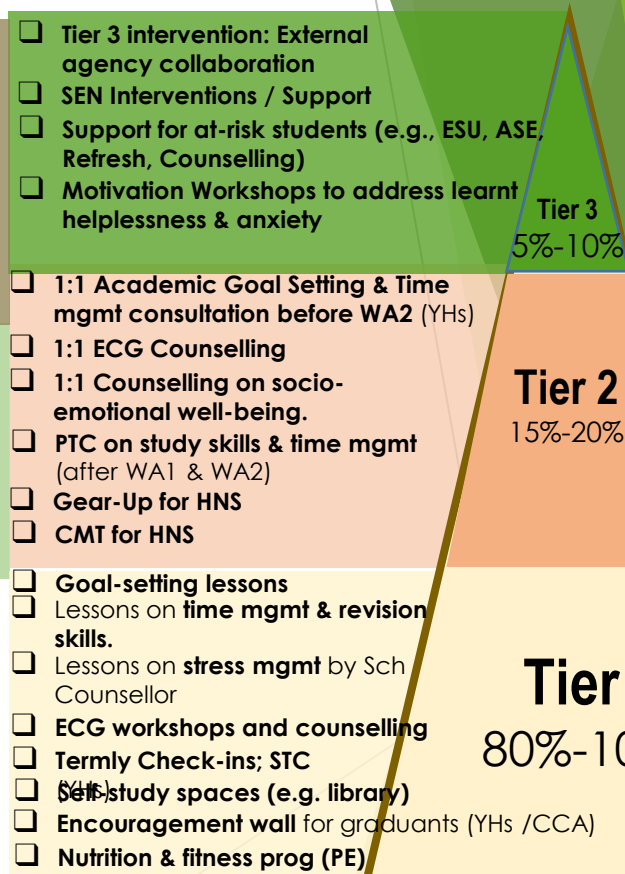


- Zeal and joy in learning.
- Peer Relations.
- School Pride and Sense of Belonging.
- Spark talents & knowing what they want (ECG).
- Class Spirit & teamwork.

Tiered-System of Support Spans Across both Academic as well as Behavioural / Social-Emotional Support Areas



Academic Support



Behavioural / Social Emotional Support

Productive Habits

❑ Morning Routines

- ✓ To ensure students are punctual, have their breakfast, and are ready for the day with relevant learning materials/PLDs

❑ Managing Learning

- ✓ homework & or consolidation of learning for the day

❑ Managing Demands

- ✓ e.g. school work, CCA, other enrichment activities

❑ Managing Well-Being

- ✓ healthy meals, exercise and adequate sleep (8-9 hrs)

Time Management

- ❑ Planning time for learning, fun, exercising, rest, and sleep.
- ❑ Daily and weekly schedules - routines for better balance
- ❑ Managing Distractions
 - ✓ Mobile phones
 - ✓ Online gaming
 - ✓ Social Media
 - ✓ Activities with friends/peers





Handphone Policy

- Should students bring their handphones to school:
 - Expected to keep their phones out of sight in silent mode or switched off. Phones to be either kept in bag or pocket.
 - Permitted usage only during their recess/lunch time **and only** in the canteen area or seek permission from subject teacher first during curriculum hours.
- Parents will be informed of any breaches.
- Repeat offenders will have their privilege of bringing the handphone to school withdrawn.



PASIR RIS SECONDARY SCHOOL



20
24

Bring Daily *Student Handbook*

PASIR RIS SECONDARY SCHOOL
Confident learners. Caring & Resilient Citizens

Personal Particulars	
Name	_____
Class	_____
Teacher	_____
Parent/Guardian	_____
Phone No.	_____

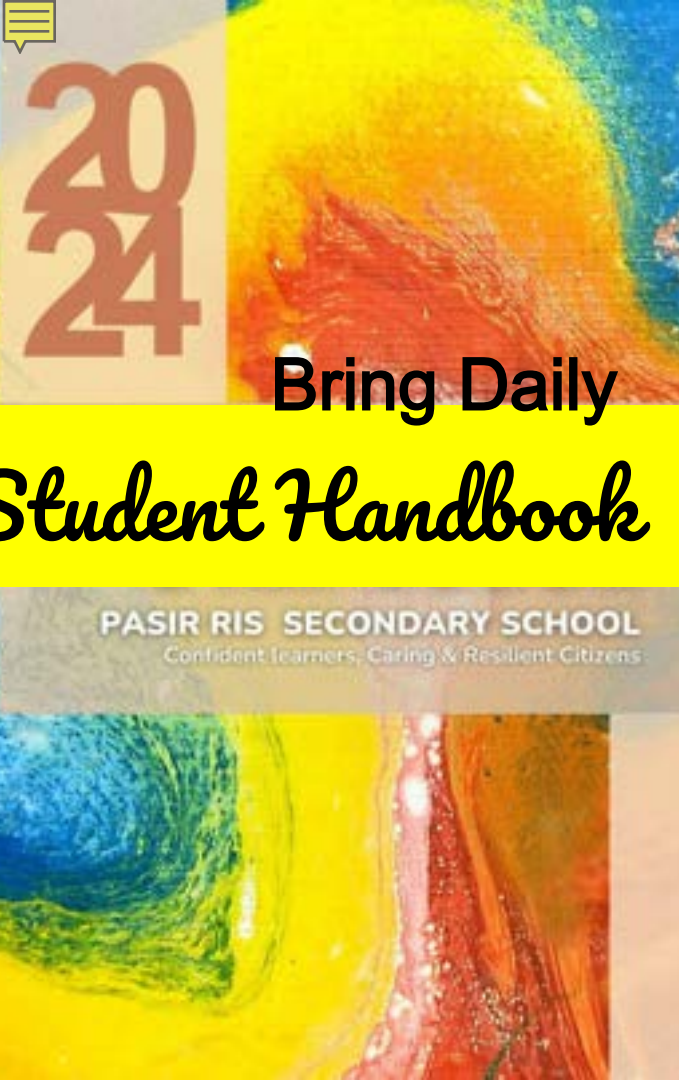
My Teachers' Information			
Teacher's Name	Subject	Teacher's Email	Teacher's Phone

In Case of Emergency	
PLEASE CONTACT	
Name	Relationship
Contact No.	Address

OR

Name	Relationship
Contact No.	Address

- Hardcopy handbook
- Be self-directed in your pursuit of learning
- Be responsible for your daily activities
- Learn to manage your daily schedule and plan your study schedule
- Use the handbook as a reference and guide

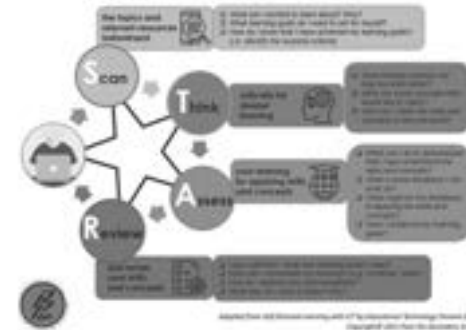


Bring Daily

Student Handbook

What does the handbook contain:

- Discipline rules
- Cyber Wellness
- PDLP CHAMPS Routine
- SIL STAR routine and ALPS framework
- Maintaining Mental Wellness



Refer to the link for video explanation: <https://www.youtube.com/watch?v=STARroutine>



<https://bit.ly/3CCG2m5>

ECG CENTRE @ MOE

The ECG Centre @ MOE provides ECG counselling services for students during periods such as the release of their GCE N-Level, O-Level and A-Level examination results.

Email: MOE_ECG@moe.gov.sg
ECG Hotline: +65 6251 1420



Bring Daily

Student Handbook

PASIR RIS SECONDARY SCHOOL
Confident learners, Caring & Resilient Citizens



The handbook also contains information on:

- Assessment Guidelines
- Promotion criteria
- Reflection guides
- PIES Well-being guides

Sec 1 and 2 subjects with EYE

Level		T1 (WA1)	T2 (WA2)	T3 (WA3)	T4 (EYE)
Sec 1 - 2	English, (Higher) Mother Tongue, Mathematics, Science, Literature in English*, Geography*, History*, Art	15%	15%	15%	55%

*For History and Geography, WA2 and WA3 are made up of the Historical Inquiry and Geographical Inquiry projects which collectively makes up 50% of the year's work. 2024 Sec 1 Students taking G1 Humanities will not be sitting for History, Geography and Literature in English.

(A) PROMOTION CRITERIA

Level/Stream	Criteria For Promotion
Sec 1	All students will generally progress to Secondary 2. Teachers will check in with students and parents to discuss the subjects and respective subject levels that best suit the student. Students may be offered subjects at a (joint) demanding level based on teacher learning progress and interest.
Sec 2N1/2N2	A pass in two subjects, one of which should be English Language or Maths
Sec 2NA/2NA	A pass in English Language and two other subjects OR A pass in four subjects
Sec 2E	A pass in English Language AND a minimum of 50% for the average of all subjects combined
Sec 3E	A pass in English Language and two other subjects

MY REFLECTION

Remembering my recent reality and envisioning the path to my learning

Describe the reality	Theme 1
What are the reasons for achieving what you're proud of? From a teacher: (a) What advice did you get? (b) Your study skills (e.g. Management of materials) (c) Friends (d) Others (e) What are your strengths and weaknesses that you want to work on? What can I do to close the gaps and improve my learning, etc?	Planned

MY WELL BEING (PIES) CARD

EXPERIENCE FROM WELL-BEING	TERM 1	TERM 2	TERM 3
PHYSICAL <ul style="list-style-type: none"> • Fitness testing e.g. BMI • Eating healthy foods • Having sufficient sleep e.g. 7 hrs per day • Exercise regularly e.g. Yoga 			
EMOTIONAL <ul style="list-style-type: none"> • No of classes • No of absences • High attendance award • Learning objectives (e.g. in English) • Self-reflection of my own learning e.g. learn to work on time, etc. • Goals for term events, learning new things, work up on the subject, etc. • Communicate clearly and effectively in class and after school • Becoming a confident speaker (e.g. confident, effective, self-directed) 			
TECHNICAL <ul style="list-style-type: none"> • Manage my emotions • Plan lessons (managing learning needs) • Time management • Outlining your name 			
SELF-PROMOTION <ul style="list-style-type: none"> • Interference • Skills in class • Projects completed in class • Learning process 			
TEACHING <ul style="list-style-type: none"> • The teacher of • Teacher • Responsibility • Self • Learning 			
For Lower Sec Only After class			
Other			

Student Development Team (SDT)



Mr Mohd Ashiq
Year Head (US)



**Ms Parvin Bibi
Marican**
Year Head (LS)



**Mr Sim Chun
Siang**
HOD Student
Development



**Mr Muhd Hafidz
Khan**
HOD Student Mgmt



Mr Joshua Tan
HOD CCE



Mr Amir Hamzah
HOD PE & CCA



Mr Andy Law
SH PE & CCA



Mr Daniel Ng
SH CCE



Mr Rifaii
SH Discipline



Ms Lorraine Teo
AED (Counselling)



Mdm Mazirah
FAJSC
(Counselling)



Mdm Nur Atiqah
AED (LBS)



INVITATION

Secondary Two Breakfast with Parents

26 April 2024, Friday

8.00 – 9.00 am

School Library



Student Well-being and Support

YH/LS Ms Parvin

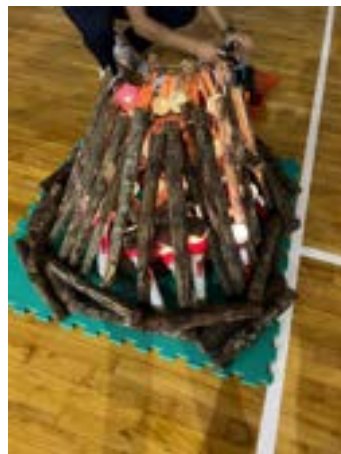




S2 CAMP SPARK

(3 – 5 JANUARY 2024)

ZEST FOR LIFE



Student Well-being Check-in Survey

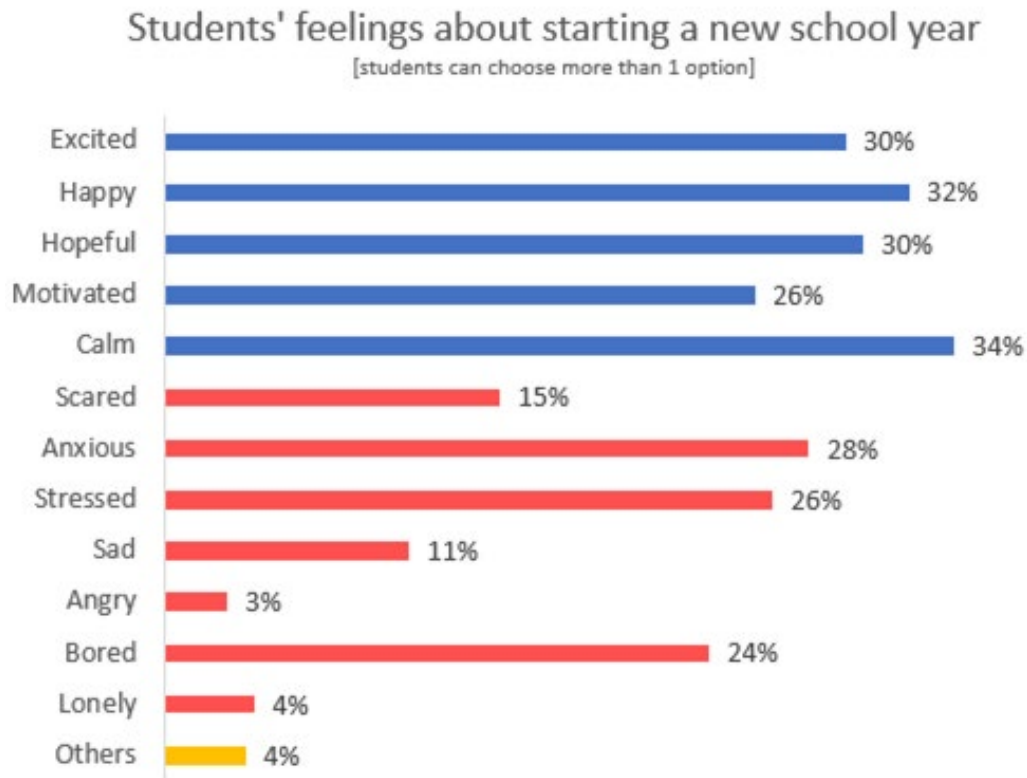


Administered to help HTs:

- Understand students' social and emotional needs, social support network and well-being as they enter the new school year
- Identify students for closer monitoring and support, including those who are having difficulties coping emotionally, facing family related challenges, or struggling quietly and not reaching out for help.

Students' Feelings about 2024

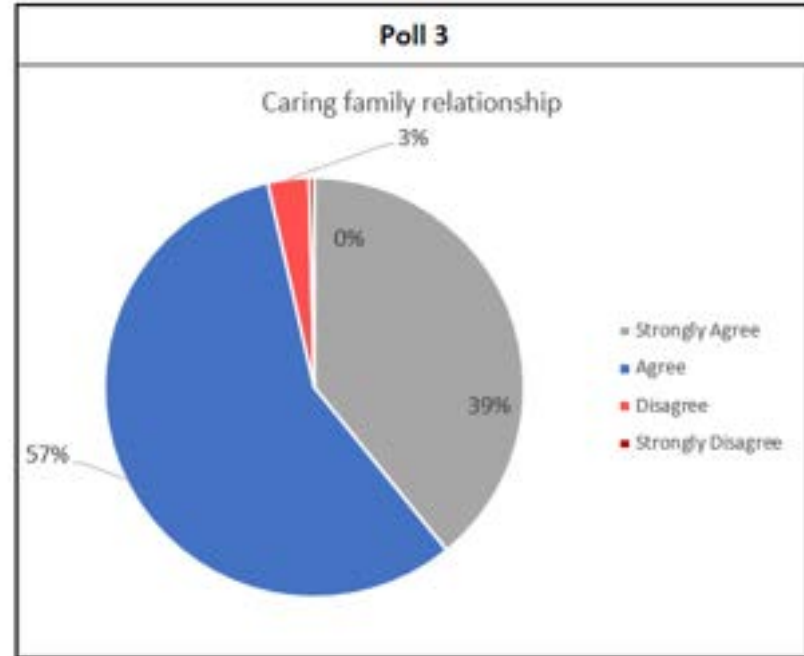
- Majority of the students feel **positive** about the new year (i.e., excited, happy, calm)
- Students are generally more anxious and stressed as compared to Sec 1
- Some students are scared/stressed/anxious



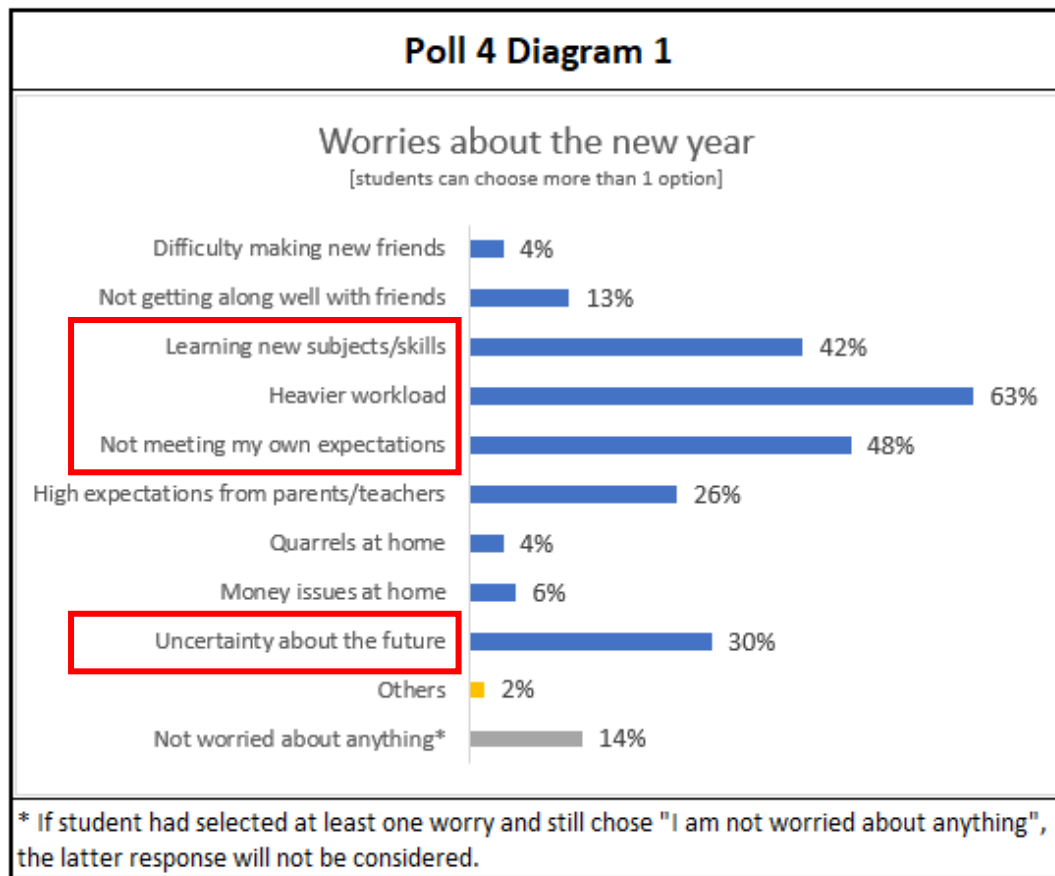


Family Support and Relationship

96% of the students strongly agree/agree that they have a caring family relationship

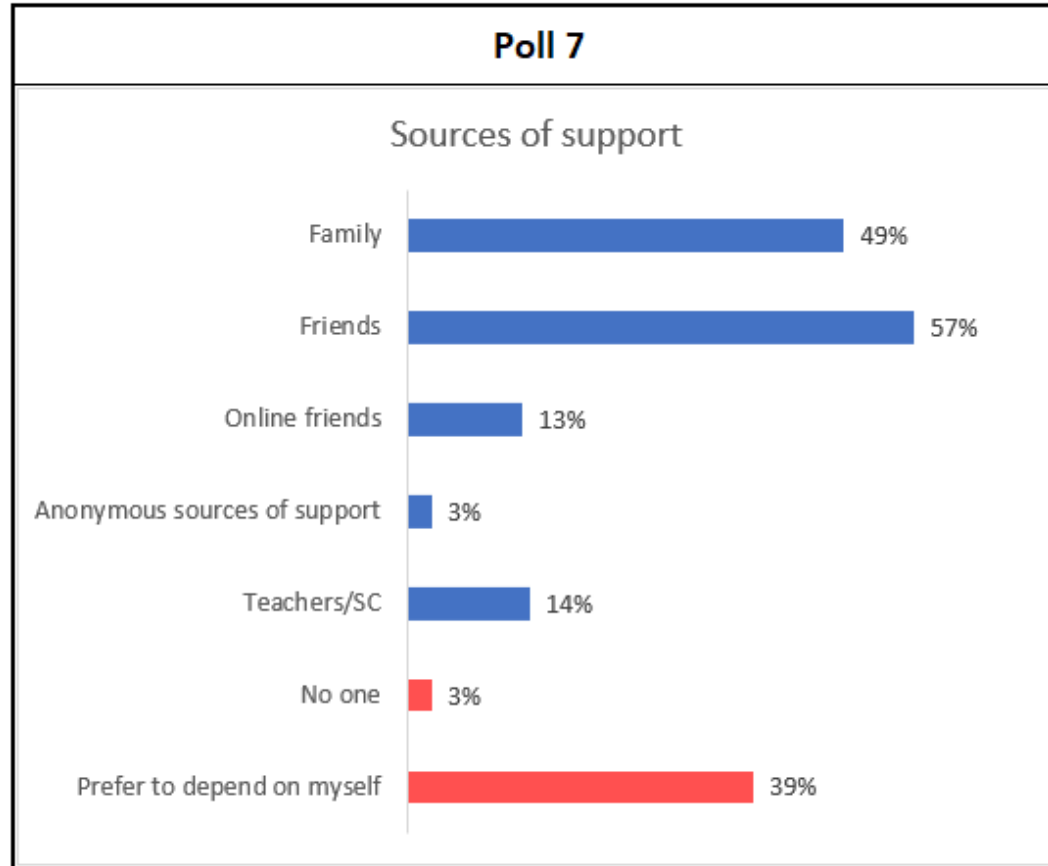


What worries our children?





Who do they turn to for support?



Follow Up from the Data Collected

Cohort level program to address issues pertaining to student's concern e.g. assembly programme and CCE lessons

1-to-1 Student Teacher Conference with your Child

Connecting child with buddy/peer support leader

Referral for students needing more support to school counsellor, SEN officer, Year Heads and/or external referral

Sources of Support in School

Here's a Hand

CLC and PSLs

HTs, Teachers

An initiative to support the well-being of all Pasirians.

Facing an unsolved problem? Feeling down or unsure?

IDH

Give Your
Mental Health
a Helping Hand.

Speak to a peer.

Speak to a trusted adult.

Fill up the form, share your questions and we* will reply.
No names are required!
Your questions will be answered and be featured on our school's TV.

Fill up the form and we will connect you with our teachers or School Counsellor.

*Your questions will be addressed by PMS Student Leaders with guidance from PMS teachers.

Brought to you by

Don't be afraid to ask for what you need!

Official Helplines

eC2

eC2 is an e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.

You may chat with a counsellor online at: www.ec2.sg

Monday - Friday
(Excluding Public Holidays)
10am - 11pm & 1pm - 3pm

Help123

Help123 is a service for youth to reach out to someone for cyber-safety issues from cyber-bullying to having your social media account hacked or having an addiction to the internet.

Call: 1800 8123 123
Find out more: help123.sg

Monday - Friday
(Excluding Public Holidays)
10am - 6pm

mindline.sg

Mindline.sg is an online platform that provides tools, tips and resources to help you manage your health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.

Find out more: www.mindline.sg

Helplines for seeking guidance and support

TOUCHline

TOUCHline is a helpline to provide youths with emotional support and practical advice.

Call: 1800 377 3282

Monday - Friday
(Excluding Public Holidays)
9am - 6pm

SOS

SOS provides round the clock emotional support for those in distress, thinking of suicide or affected by suicide. This service is manned by trained volunteers.

Call: 1800 321 8881
24-hour helpline

There is also an alternative avenue of emotional support for those who prefer to write. Response time for this service is within 48 hours, excluding weekends and public holidays.

Email: passions.sg.sg



Wellness Benches
Level 3, outside the Library



PRSS Waves

Key Initiatives to support Student Well-being

Self-Management/Regulation



Swings
Level 1, outside
Counselling Room and in
Canteen



Library Wellness Corner



Pop-Up Cafes



Wellness Day
(Semestral)



Harnessing Student Voice

- Feedback Platform
- Pop-Up cafes
- Student Forum





'The Pursuit' a musical by
PRSS Performing Arts CCAs.

2nd May 2024
Victoria Theatre
7.30 – 9.30pm

Parents are most welcomed to support (Ticketed Event).
Combined Rehearsals in March – April.

Choir – Digital Recording of NDP 2024,
Combined Schools Choir Segment.
Recording will be completed by May 2024.

CCA Matters

National School Games 2024

C-Division

(Term 2 and Term 3).



Important Dates to note

Dates	Event
Ongoing- Term 2-3	National Schools Games
1 – 5 April 2024	English Language & Literature Festival
15 April – 10 May 2024	Weighted Assessment 2
24 April 2024	39 th Anniversary Celebration/Award Ceremony/Student Learning Festival
2 May 2024	Performing Arts Concert @ Victoral Hall
8 May 2024	X-Country @ Bedok Reservoir & Blended Learning
13 – 16 May 2024	STEAM Carnival
5 July 2024	-Streaming Briefing to students and parents - ECG talk for parents by ECG Counsellor
End Oct – Nov 2024	Streaming Exercise
Mid Nov 2024	Release of streaming results



Sec 3 Subject Combination Exercise

HOD/HUM Mr Sim Keng Yam



A. MOE Promotion Criteria

All students must meet the promotion criteria to be promoted to the next level of study

Stream	Criteria for Promotion
2 Normal (Technical)	A pass in 2 subjects, one of which should be English Language or Mathematics
2 Normal (Academic)	A pass in English Language and 2 other subjects <u>OR</u> A pass in 4 subjects
2 Express	A pass in English Language <u>AND</u> a minimum of 50% for the average of all subjects combined

B. MOE Criteria for Lateral Transfer to a More Challenging Stream

Students must meet the criteria for lateral transfer to be transferred to a more challenging stream

Stream	Lateral Transfer to	Criteria for Lateral Transfer
Sec 2NA	Sec 3E	More than 70% or higher in the average for all subjects and deemed to be able to cope with the Express Course
Sec 2NT	Sec 2NA	More than 70% or higher in the average for all subjects and deemed to be able to cope with the Normal (Academic) Course



Sec 3 Subject Combination Exercise



- ❑ Sec 3 Subject Combination Exercise provides students with opportunities to choose subject combination based on **academic merit** and **interest** in subjects offered.
- ❑ The subject combinations offered will help prepare our students to pursue post-secondary education courses at the various tertiary institutions including JCs, Polytechnics and the ITEs – supports students' aspirations.
- ❑ There is no "best" or "most prestigious subject combination. Students should choose one that is most ideal for based on interests, aptitude and aspiration for post-secondary education.

GUIDING PRINCIPLES FOR ALLOCATION OF SUBJECT COMBINATIONS



Evidence of demonstrated aptitude and ability

a. Secondary 2 Overall Results (NA/Exp) – EMSHB2

E.g. **EL+Maths+Sci+ 1Hum**(Hist/Geog/Lit) + **B2** (Art/DT/FCE/MTL/HMTL)

b. Secondary 2 Overall Subject Results - e.g. 65% overall in History for Pure History

Student's Preference

Students should choose subject combinations based on their aptitude, interest and post-secondary options - submit their choices during the Subject Combination Exercise in October.

Availability of Resources

Subject combinations offered are subjected to availability of vacancies in each subject and school resources.

Begin with the **End** in mind



Sec 3 Express

Compulsory Subjects	Elective Subjects
<ol style="list-style-type: none">1. English Language2. Mother Tongue / Higher Mother Tongue3. Mathematics4. Chemistry or Combined Science [Chem/Bio or Chem/Phy]5. Humanities [Social Studies + History (SSH) <u>or</u> Social Studies + Geography (SSG)]	<p><i>Plus 2 or 3 elective subjects</i></p> <p>Biology</p> <p>Physics</p> <p>Geography</p> <p>History</p> <p>Literature</p> <p>Additional Mathematics <i>or</i></p> <p>Principle of Accounts <i>or</i></p> <p>Art*</p> <p>Design and Technology*</p> <p><i>*Coursework subjects</i></p>

Students must read a **minimum of 7 subjects** for Express Stream

Sample Subject Combinations

Express Core Science



Compulsory Subjects	Humanities (Choose 1)	Additional Subjects (1 or 2)
English Language Mother Tongue/Higher MT Mathematics Chemistry Additional Mathematics	SOCIAL STUDIES + GEOG ELECT	Pure Geography Pure History Literature Physics* Biology*
	SOCIAL STUDIES + HIST ELECT	

Students must read a **minimum of 7 subjects** for Express Stream

For Pure Science combination, students must do a minimum of 2 Science subjects
 Students can take a maximum of 2 Humanities subjects

Sample Subject Combinations

Express Hybrid



Compulsory Subjects	Science (Choose 1)	Humanities (Choose 1)	Additional Subjects (Choose 2)
English Lang Mother Tongue/Higher MT Mathematics	Science (Chem/Bio)	SOCIAL STUDIES + GEOG ELECT	Pure Geography Pure History Literature Additional Maths OR POA D&T OR Art
	Science (Chem/Phy)	SOCIAL STUDIES + HIST ELECT	

Students must read a **minimum of 7 subjects** for Express Stream

Students can take a maximum of 2 Humanities subjects

Sec 3 Normal (Academic)

Compulsory Subjects	Elective Subjects
<ul style="list-style-type: none">1. English Language2. Mother Tongue3. Mathematics4. Combined Science [Chemistry/Physics]5. Humanities [Social Studies + History (SSH) <u>or</u> Social Studies + Geography (SSG)]	<p><i>Plus 1 elective subject</i></p> <p>Additional Mathematics <i>or</i> Principle of Accounts <i>or</i></p> <p>Art* <i>or</i> Design and Technology* <i>or</i> Food & Nutrition*</p> <p><i>*Coursework subjects</i></p>

Students must read a **minimum of 6 subjects** for Normal(Academic) Stream

Sample Options – Normal Academic



Compulsory Subjects	Humanities (Choose 1)	Additional Subjects (Choose 1)	Additional Subjects
English Language Mother Tongue Mathematics Science (Physics / Chemistry)	Social Studies + Elective Geography	POA Additional Maths D&T Art	
	Social Studies + Elective History		Additional Mathematics *

Students must read a **minimum of 6 subjects** for Normal(Academic) Stream

*for 7 subject combination only



Sec 3 Normal (Technical)

Compulsory Subjects	Elective Subjects
<ol style="list-style-type: none">1. English Language2. Mother Tongue3. Mathematics4. Science5. Computer Applications	<p><i>Plus 1 elective subject</i></p> <p>Design and Technology* or Elements of Business Skills* or Music*</p> <p><i>*Coursework subjects</i></p>

Students must read a **minimum of 6 subjects** for Normal(Technical) Stream

Sample Options – Normal Technical

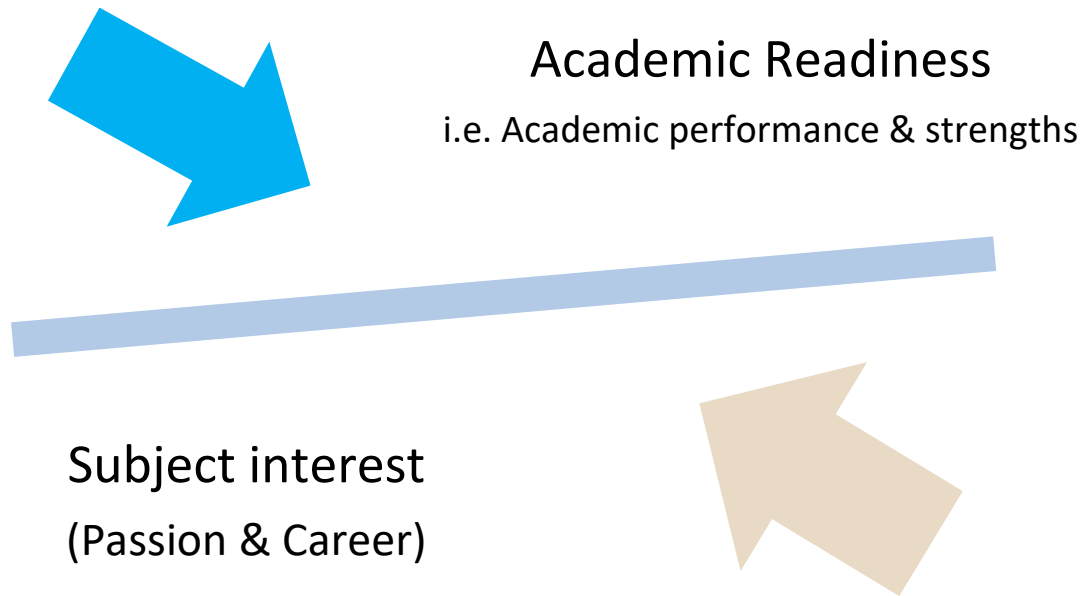


Compulsory Subjects	Additional subjects
English Language Mother Tongue Mathematics Computer Applications Science	Art or Design Technology or Elements of Business Studies (EBS)

Students read 6 subjects for Normal(Technical) Stream

HOW TO SELECT SEC 3 SUBJECT COMBINATION?

What should you consider?





Ensuring no one is left behind



Students who received their...	Express	Normal (Academic)	Normal (Technical)	Overall
First choice	143/151 (94.7%)	73/76 (96%)	34/34 (100%)	250/261 (95.8%)
Second Choice	6 (4%)	3 (4%)	0	9/261 (3.5%)
Third Choice	2 (1.3%)	0	0	2/261 (0.7%)
None of their choices	0	0	0	0



Tentative

Description of Activity

Date/Period

28 Jun	Subject Combination Exercise Microsite launched Streaming timeline, subject combinations, details of Sec 3 subjects, consolidated FAQs
02 July (Assembly period)	Subject Combination Briefing to all Sec 2 classes + Q & A Upload of recorded subject talk videos to Google Classrooms
05 July	Streaming Briefing for parents
13 July (Saturday)	ECG Zoom Talk for parents (SH/CCE)
Post exam activities (Oct)	Briefing to both Sec 2 HTs and students with regards to on-line streaming exercise
<u>Last Day of School</u>	<u>Issuing of letter for e-streaming exercise</u> and report books.
25 Oct	
29 Oct – 1 Nov	Online Subject Combination exercise 29 Oct, 0800h - 1 Nov, 2359h
08 Nov	Release of Subject allocation@ 8am
11-13 Nov	Appeal (Online) <u>Closes at 9am on 13 Nov</u>
18 Nov	Release of Appeal Results

Subject Combination Exercise 2024

How you can help your child

- ❑ **Understand** your child's strengths and interests
- ❑ **Encourage** your child to make plans to achieve subject targets through consistent and conscientious effort
- ❑ **Guide** your child to develop a routine that allows him/her to spend sufficient time on learning, revision, CCAs, rest etc
- ❑ **Encourage** your child to do his/her best
- ❑ Explore post-secondary options and possibilities

POST-SECONDARY PATHWAYS

4 MAIN TRACKS

1. Junior Colleges (JCs) or Millennia Institute

Prepares students for the GCE
'A' level examination



2. Polytechnics

Trains students with relevant
skills for the workplace in a
knowledge-based economy.

4. Private Schools & Institutions (LaSalle/NAFA etc)

Curriculum is determined by
the school and alternative
options are provided for
students

3. Institute of Technical Education (ITE)

Equips students with technical
knowledge and skills relevant
to the industry.

MySkillsFuture Portal

<https://www.myskillsfuture.sg/secondary>

1



The screenshot shows the MySkillsFuture portal interface. At the top, the logo "MySKILLSfuture" is on the left. To its right is a navigation menu with links: "About", "Know Yourself", "World of Work", "Education Guide", "Help", and "Feedback". Further right are a search icon and a "Login" button with a user icon. A red arrow points from a circled number "1" to the "Login" button. Below the navigation bar is a large banner image featuring four students in school uniforms (three girls and one boy) smiling and looking at a plant. Overlaid on the bottom of this image is the text "About MySkillsFuture" in large white font, followed by a paragraph: "A one-stop portal that empowers you to embark on a journey of self-discovery and make informed education and career choices. Use the information and tools to explore various educational and career pathways, and take charge of your future."

About MySkillsFuture

A one-stop portal that empowers you to embark on a journey of self-discovery and make informed education and career choices. Use the information and tools to explore various educational and career pathways, and take charge of your future.

My Profile

My Information
My Vision Statement

Know yourself

- 4 Profiling tools
- Career Interests
- Skills Confidence
- Work Values
- Learning Styles

Education Guide

- Singapore Education Landscape
- Explore Educational Institutions
 - Explore courses
- Calendar of Events

World of Work

- Singapore Industry Landscape
 - Learn about Jobs

Explore Courses

Search for available courses to find out more about them!

Browse by Fields of Study ▾

Search by Keyword



Architecture, Building &
Real Estate

Engineering, Manufacturing
& Related Trades

Humanities & Social
Sciences

Natural, Physical, Chemical
& Mathematical Sciences

Business & Administration

Fine & Applied Arts

Information Technology

Other Fields

Education

Generic Programmes And
Qualifications

Law

Services

Engineering Sciences

Health Sciences

Mass Communication &
Information Science

Booking of ECG Counselling Session with Mr Syahril

Scan the QR Code below



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

Link:

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

Email:

mohammed_syahril_samsudin@schools.gov.sg



Support your child in managing stress

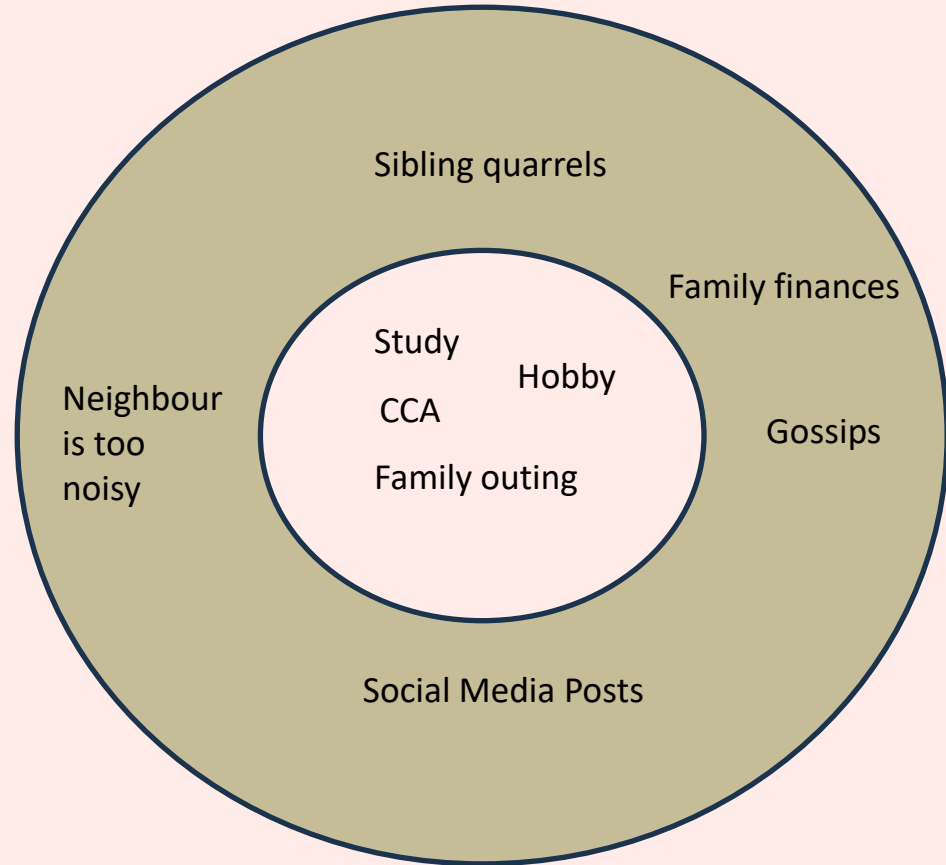
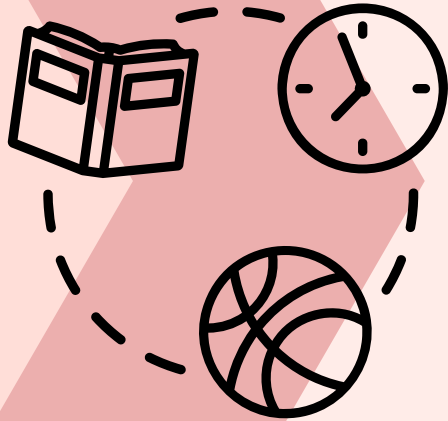
Merk, 2017



School Counsellor
Ms Lorraine



Locus of Control





Ensure consistent basic routine.

- Having consistent bedtime and routine.
- Avoid screen time an hour before bed.
- Eat regular, healthy meals throughout the day. E.g. 2 portions of vegetables, 1 portion of meat and carbohydrates.



Brainstorm stress -re lie ving
distractions with your child.

Such as, playing an instrument,
playing sports together, painting,
hanging out with friends.



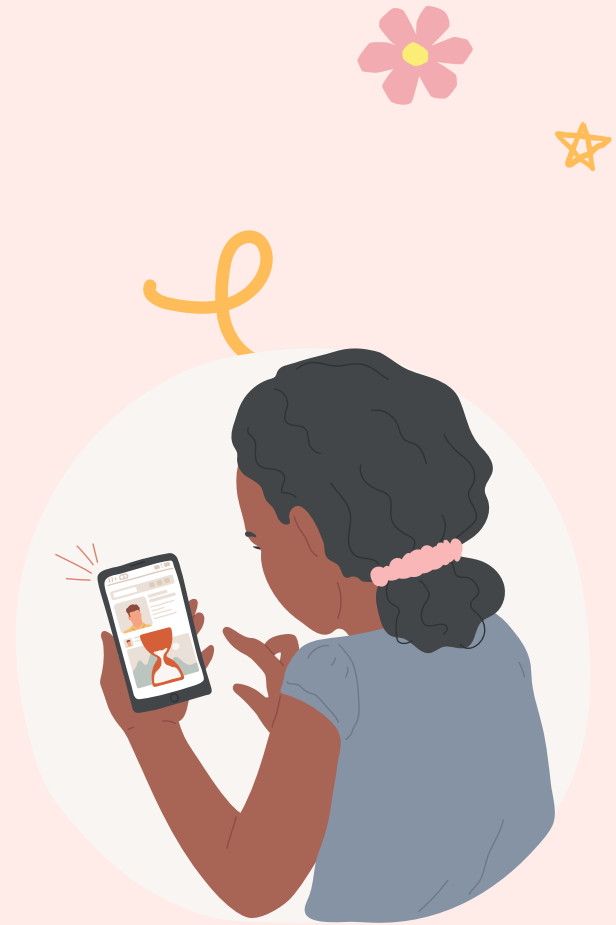
Help your teen practice self -
care especially during stressful
moments.

Such as, pet their animals for a **few minutes**

with no distraction. Closing their eyes, taking
deep breaths and sit in silence.



Set limits for social media.



Teach your teen to practice “calm self-talk”

Teach your child:
‘What if.....?’
‘What happens.....?’




Be a good role model for your teen.

Teens learn from their parents.

Suggestions: Are we using our phone during meal times? Are we spending time together?





Parents,
remember to practice your
own self care.





Any Question?



References

PhD, L. M. (2017, February 2). 7 Ways Parents Can Help Their Teens Manage Stress. Cincinnati Children's Blog.

<https://blog.cincinnatichildrens.org/healthy-living/child-development-and-behavior/7-ways-parents-can-help-their-teens-manage-stress/>

Resources and helpful numbers



Excessive Digital use

- Touch: 1800-377 2252
- NAMS: 6 732 6837

Mental Health Helpline

- SAMH: 1800-283 7019
- SOS: 1800-221 4444
- Chat: 6 493 6500



Q & A



<https://pigeonhole.at/PRSS1602>



Scan the QR code
to ask a question.

A circular botanical illustration wreath composed of various plants including green ferns, red autumn leaves, yellow flowers, and purple flowers, surrounding a central white circle.

Thank You
