



# Touch-Base Meeting with Parents Primary 1

2 Jan 2025

**CANTONMENT**  
**PRIMARY SCHOOL**

*Future-Ready Learners. Active Contributors.*





# Agenda

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1. School Rules, Expectations and Routines
2. Class Expectations
3. School Curriculum
4. Home-School Partnership
5. Admin Matters

# Our Beliefs

We believe that learning flourishes:

- In caring and safe learning environments.
- When children develop their 21st century competencies through constructive learning experiences.
- By harnessing technology effectively, and tapping experts and resources in the wider community.
- When assessment is used to address children's learning gaps.



A photograph of a female teacher with short grey hair, wearing a black t-shirt and dark shorts, smiling and interacting with a group of five young students in a gymnasium. The students, three girls and two boys, are wearing white school uniforms with dark collars and dark shorts. They are standing behind two large, yellow, rectangular blocks that sit on a green base. The students have their hands raised in the air, some with palms facing forward. The background shows a wooden floor, a dark wall with a red digital display showing '10:30', and a flagpole with a red and white flag. The overall atmosphere is positive and educational.

# **School Rules, Expectations and Routines**

## School Uniform and Personal Hygiene:

# School Rules

- Primary 2 students may come to school in PE attire on all days.
- From P3 onwards, formal school uniform must be worn to school daily. No modification is allowed.
- Students should wear only plain white shoes and socks. No black shoes or sports shoes are allowed. Socks should cover their ankles when worn.
- Please ensure that nametags are already ironed or sewn by now.
- Your child should wear clean school uniform, be neat and looks presentable. Hair and nails should be trimmed regularly.
- Students should not wear accessories (e.g. bracelets, ring, necklace, chains, brooches, wristbands, amulets) with the school uniform.



For more information, please refer to the Student Handbook (pages 14 to 21)

# School Rules

## Punctuality

- Students are expected to be in school by **7.35 a.m.** for silent reading.
- Students who enter the school **after 7.45 a.m.** will be marked as **late**.
- Students who repeatedly report late will be required to serve **one day of after-school detention** and will be ineligible to be selected to represent school events. Their **conduct grade will also be adjusted**.

For more information, please refer to the Student Handbook (pages 14 to 21)

# School Rules

## Attendance

- Regular attendance is essential to ensure continuity in learning and to help students keep pace with classroom instruction.
- Students who are absent without a valid reason may miss important lessons, assessments and class activities.
- Based on Compulsory Education Act (CEU), all Singaporean children have to attend Primary school education.
- A parents' letter / written reason (without medical certificate) will be accepted as a valid reason for absence **up to five (5) instances per semester**. After this, such absences will be-recorded as ***absence without valid reason***.

For more information, please refer to the Student Handbook (pages 14 to 21)



# School Expectations

## Homework Policy

### What is homework?

- Any learning activity that students are required to complete outside of curriculum time.
- There is a difference between class work that a student did not complete in class and work that is assigned as 'homework'

- Level Estimated Time Required :

**P1 and 2 0.5 to 1 hour daily**

No homework will be assigned on festive public holiday (e.g. Lunar New Year, Hari Raya Puasa, Vesak & Deepavali) and on Tuesdays (CCA Day) to be submitted on Wednesdays. This is to give students ample time to complete their homework, and in so, cultivate a healthy disposition towards learning.

Please refer to the Student Handbook (pages 13) for more details.

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# School Expectations

- Parents should refrain from bringing water bottles/ books for their children when they have forgotten to do so.
- Students are not to use smartphones and/or smartwatches^, toys, electronic gadgets, or other communicative devices during school hours. These devices must be switched off and kept inside the school bag before entering the school.

Please refer to the Student Handbook (pages 19-20) for more details.

# School Expectations

- **Birthdays**

While birthdays are important days to remember, holding birthday parties in the school is not allowed.

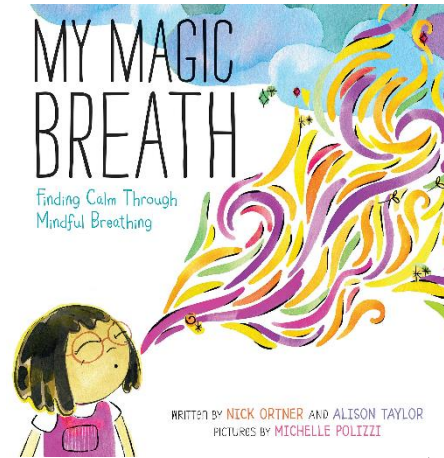
- **Gifts to Teachers**

Students can show appreciation for their teachers through simple and thoughtful ways such as presenting them with handmade and personalised messages.


Please refer to the Student Handbook (page 11) for more details.

# School Routines

- Mindful Breathing After Recess
- Stop Think Do
- Voice Levels
- Snack Breaks



 <b>Stop-Think-Do</b>		
ACTION	WHAT IT MEANS	ASK YOURSELF
<b>STOP</b>	<ul style="list-style-type: none"> <li>• Stop what I am doing.</li> <li>• Calm down &amp; breathe.</li> <li>• Reflect on my feelings.</li> <li>• Clarify the problem.</li> </ul>	<ul style="list-style-type: none"> <li>• How am I feeling?</li> <li>• Why do I feel this way?</li> </ul>
<b>THANK</b>	<ul style="list-style-type: none"> <li>• Think of different choices.</li> <li>• Consider the different consequences.</li> </ul>	<ul style="list-style-type: none"> <li>• What can I try without hurting myself, others or things?</li> </ul>
<b>DO</b>	<ul style="list-style-type: none"> <li>• Choose the responsible decision.</li> <li>• Seek help when necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• What is the right thing to do?</li> <li>• Who can help me?</li> </ul>

 <b>Classroom Voice Levels</b>	
TYPE OF VOICE	WHAT IT MEANS
<b>LEADER VOICE</b>	I use my leader voice when I need to present or share something important with the whole class.
<b>GROUP VOICE</b>	I use my group voice to speak with my group members; only those in my group should be able to hear me.
<b>WHISPER VOICE</b>	I use my whisper voice to speak with my partner; only my partner should be able to hear me.
<b>NO VOICE</b>	I will not talk as it is time to listen to the speaker or it is time to concentrate on my own work.





# Primary 1 Curriculum

# Learner Engagement

- At the Lower Primary levels, we would like to focus on the process of learning in our students.
- This is to reduce academic stress and provide your child the opportunities to really focus on the joy of learning.

# Primary 1 Level Programmes

**Lower Primary Games Day**



**Learning Journey - Zoo**



# Assessment for Learning

- **No Weighted Assessments for P1 and P2.**
- Teachers will create opportunities to understand and improve students' learning.
- There will be non-weighted assessments to provide ongoing feedback to students to improve their learning.



# Report of Learning Progress

- Holistic Development Portfolio (*Portfolio*)
- Holistic Development Profile (*Reflected in Report Book's Result Slip*)
- These will be given out during our Parent-Child-Teacher Conference (PCTC) during Mid-Year.
- There is no Year-End PCTC.

# Student Leadership Structure





# Home-School Partnership

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

## 1 Respectful Communication

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

## 2 Role Models

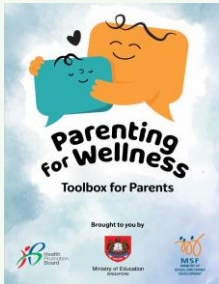
## 3 Real Connections





# How can you support your child?

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



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

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.

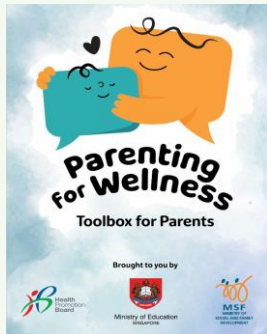


## ARE YOU FEELING TOO MUCH STRESS?

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.



Scan the QR Code to read an example in the Parenting for Wellness toolkit, of how CHEER can be used. The full toolbox is available at the end of the presentation.



**C**alm them down



**H**ear them out



**E**mpathise with their feelings



**E**ncourage them to seek help



**R**eassure them

Source: Parenting For Wellness Toolkit

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# Developing Good Digital Habits

## How can you help your child develop good digital habits?

*As parents/guardians, you play a significant role in helping your child establish healthy digital habits, and learn to use technology in a positive and meaningful way.*



**Role model healthy use of devices and social media and good online behaviour** for your child/ward

- E.g. parents/guardians not using devices during mealtimes, respectful online communication



**Role modelling respectful conversations –**

- Parents are in the best position to role model these skills through daily interactions with your child.
- **Listen to understand**, instead of listening to give advice and offer solutions.



# Online Communication with other Students

- Students may be required to interact with other students online as part of learning activities on the Student Learning Space or other learning apps.
- Students are expected to demonstrate the school values in their interactions with others on cyberspace.
- If other students make your child feel uncomfortable, your child should stop the engagement and inform his/her teacher or you.
- Students are not required to use communication apps (e.g., WhatsApp, Telegram, Discord). Many of these apps are meant for older users, usually above 13 or 16 years old. In most cases, the school will not manage disputes or incidents between students resulting from the use of these communication apps.





# Admin Matters

# Student Details Form

- A PG message “Updating of Student Details” was sent out on 2 Jan 2026.
- Please update your and your child’s/ward’s information via the Student Details Form (SDF) **by 31 Jan 2026**.
- The SDF portal can be accessed via <https://pg.moe.edu.sg/forms/sdf> until 31 Jan 2026. If you had already done so, you do not need to resubmit, unless there are updates.

# Communication

If you cannot reach us at our direct line, you may leave a message with the school's General Office at 65119555. We will return your call as soon as we are able to.

Unless there is an emergency, please contact us within office hours: Monday, Wednesday to Friday 7:30am to 5:00pm; Tuesdays 7:30am to 5:30pm.

For any feedback regarding school matters, please email [cantonment\\_ps@moe.edu.sg](mailto:cantonment_ps@moe.edu.sg) or call 6511 9555. The office hours are: Mon-Fri (7.30 a.m. to 5.30 p.m.).

*\* Slides from today will be uploaded onto school website by end of the week.*

# PSG@Cantonment

**Join our Parent Support Group on our official Meetup Channel and our Telegram Communication Channel.**

## **Upcoming Events:**

- Chinese New Year Louhei bonding event
- Volunteering for SwimSafer program, learning journeys and Mother Tongue Reading Program
- International Friendship Day



**Telegram: CPS PSG OFFICIAL CHANNEL**



# Meetup Sign-up Process:

- Create a free account on Meetup
- Join our CPS Parents Support group with you and your child's info
- Wait for a few days for us to verify your identity and accepts you into the group
- Once verified, you can sign-up to attend any of our events!







# Thank you