

Online Sec 4/5 Parent Engagement Session

25 May 2023



Please join the zoom meeting as follows:

[Child's class_child's name (Parents name)]

[e.g. 4C_Sam Lee (Nick Lee)]



A decorative graphic on the left side of the slide. It features three light blue stars of varying sizes. Below the stars are several curved, swoosh-like shapes in light blue, orange, and pink, creating a dynamic, flowing effect.

Focus of Session

1. Principal's Address
2. School Routines, Key Student Development Experiences and Support for Student Well-Being
3. Supporting Your Child/Ward In The Year of National Examinations
4. Q&A
5. Post-Secondary Pathways and Education and Career Guidance (Break-out session)

Principal's address

Chua Chu Kang Sec – Merged School

Chua Chu Kang Sec



Founded 1992

Teck Whye Sec

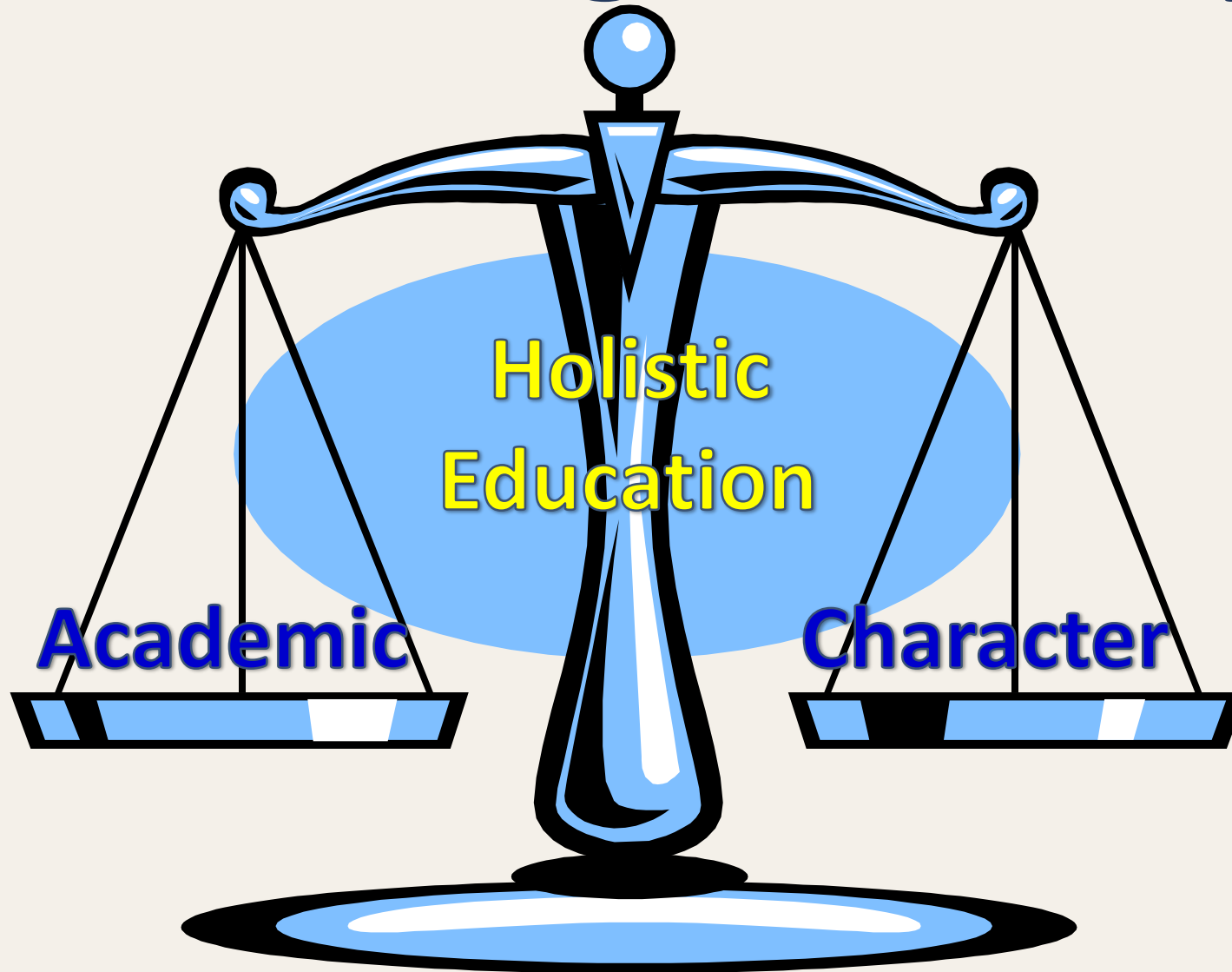


Founded 1966

Chua Chu Kang Sec – Merged School



In Chua Chu Kang Secondary.....



In Chua Chu Kang Secondary.....

The Best for Our Students

The Best From Our Students

The Best for Our Students...

- A conducive physical learning environment
- A caring learning environment
- A supportive learning environment
- A disciplined learning environment

Ready for School



The Best from Our Students...

- All Success Comes after Hard Work
- We need everyone to know what you are in school for and do your best in whatever you do



An Important Message for YOU

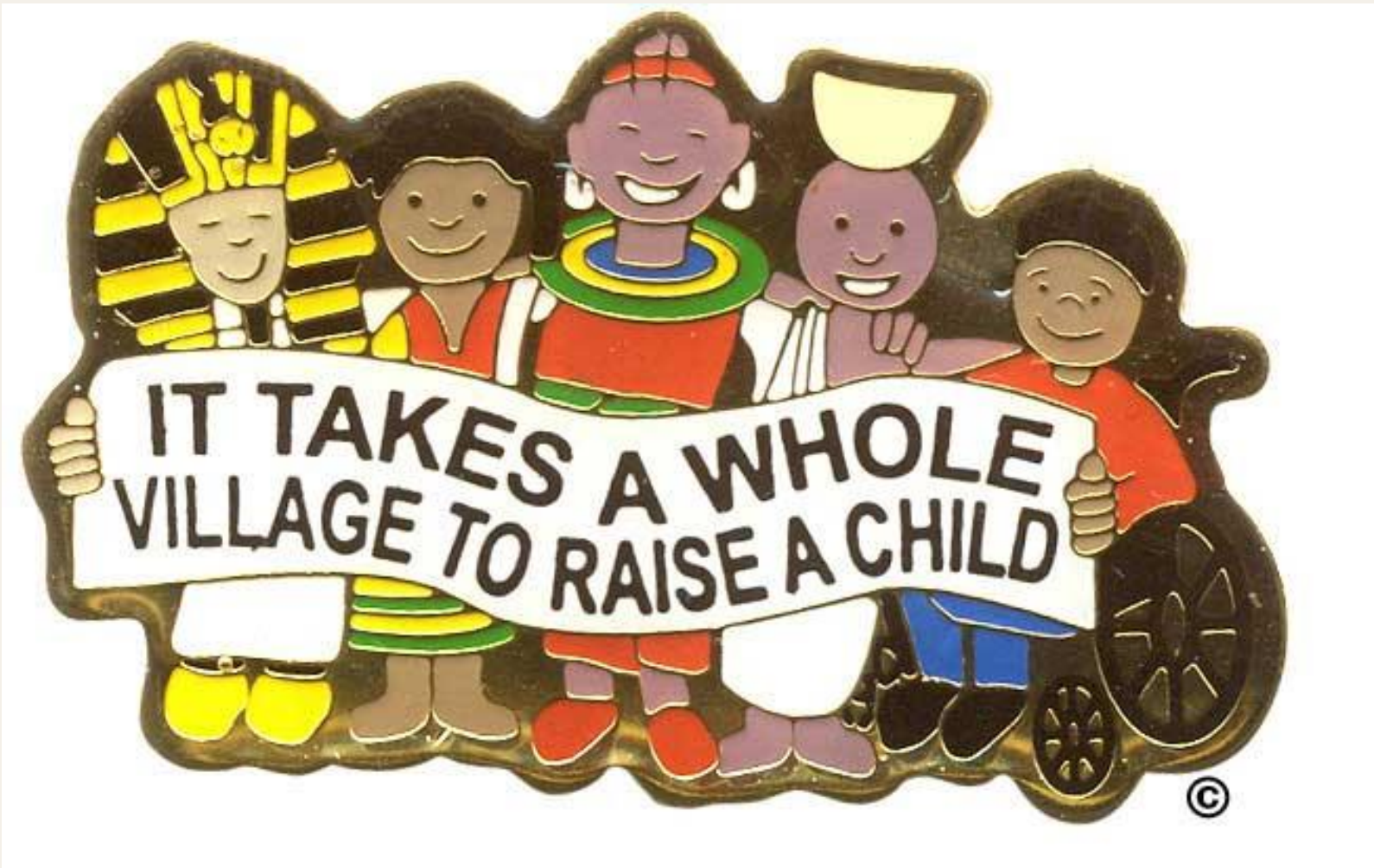




**“It doesn’t
matter
where you
start**

**All that
matters is
how you
finish”**

In Chua Chu Kang Secondary.....



Parents as Partners

Parents as Partners

- Communications

- Letter to parents (hardcopy and on School Website)
- <http://www.chuachukangsec.moe.edu.sg>
- Student Handbook

- Contact Us

67691386 Campus 1
67655228 Campus 2

- CCKSS@moe.edu.sg
- Email addresses of all staff can be found in school website

CCKSS Website

<https://www.chuachukangsec.moe.edu.sg/>



[ABOUT US](#) ▾

[LEARNING IN CCKSS](#) ▾

[THE CO-CURRICULUM AT CCKSS](#) ▾

[CARING COMMUNITY IN CCKSS](#) ▾



Principal's Foreword

School History

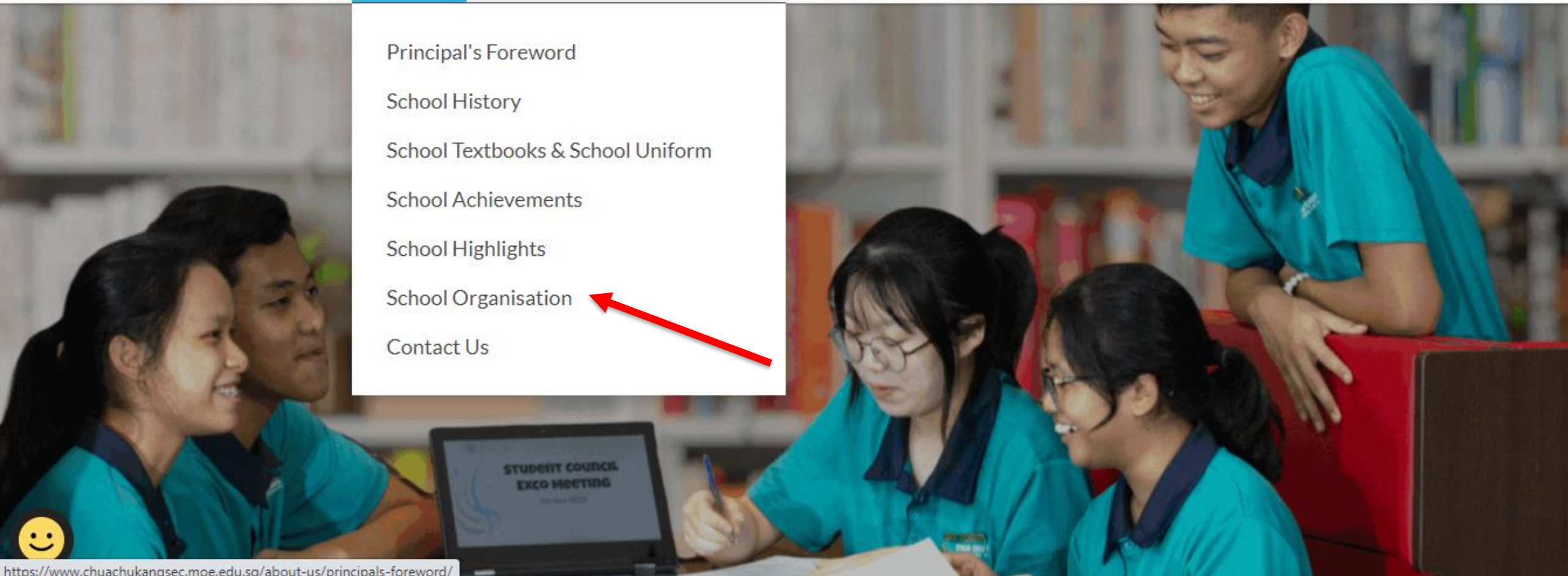
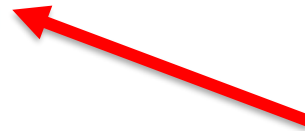
School Textbooks & School Uniform

School Achievements

School Highlights

School Organisation

Contact Us



Principal's Foreword

School History 

School Textbooks & School
Uniform

School Achievements 

School Highlights

School Organisation

Contact Us



School Organisation

School Leaders

School Leaders	Name	Email Address
Principal	Mr Timothy Cheng	Timothy_cheng@schools.gov.sg
Vice Principal (Acad)	Mdm Jane Lee	Lee_ee_lei_jane@schools.gov.sg
Vice Principal (Acad)	Mdm Hartati Bte Osman	Hartati_Osman@schools.gov.sg
Vice Principal (Admin)	Mr Ang King Hor	Ang_King_Hor@schools.gov.sg

Key Personnel

Key Personnel	Name	Email Address
HOD (Character & Citizenship Education)	Ms Ong Yun Ping	Ong_yun_ping@schools.gov.sg

Principal's Foreword

School History

School Textbooks & School Uniform

School Achievements

School Highlights

School Organisation

Contact Us

S4-1	Mr Lim Kar Keat	lim_kar_keat@schools.gov.sg
	Mdm Fazilah bte Abdul Rahman	fazilah_abdul_rahman@schools.gov.sg
S4-2	Mdm Ng Yen Hui Ivy (Mrs Lim)	ng_yen_hui@schools.gov.sg
	Mr Andrew Tan Jia En	tan_jia_en_andrew@schools.gov.sg
S4-3	Mdm Lim Yu Jia	lim_yu_jia@schools.gov.sg
	Mr Anthony Raj Joseph	anthony_raj_joseph@schools.gov.sg
S4-4	Mdm Grace Lee Wee Chin	lee_wee_chin@schools.gov.sg
	Mr Lee Chai Pin Bertrand	lee_chai_pin@schools.gov.sg
S4-5	Mdm Sharifah Beevi	sharifah_beevi_abd_salam@schools.gov.sg
	Ms Nicole Chia Huiying	chia_huiying_nicole@schools.gov.sg

Our Form Teachers

Class	Form Teachers	
4A	Mdm Amal Hayati	Ms Theophilia Yong
4B	Ms Tricia Anne Lee Mei Qing	Mr Christopher Goh
4C	Mr Lee Meng Teck	Mr Rahmat bin Hassan
4D	Mdm Ma Ping	Mr Mohd bin Abu Bakar
4E	Mr Tiong Wee Teck Sebastian	Ms Lee Jian Lin Zoe
4F	Mdm Lorraine Pek Geok Kim	Mr Jordan Loh Kwong Hong
5A	Mdm Pua Lee Too	Ms Elodie Sng

Class	Form Teachers	
4-1	Mr Lim Kar Keat	Mdm Fazilah bte Abdul Rahman
4-2	Mdm Ng Yen Hui Ivy (Mrs Lim)	Mr Andrew Tan Jia En
4-3	Mdm Lim Yu Jia	Mr Anthony Raj Joseph
4-4	Mdm Grace Lee Wee Chin	Mr Lee Chai Pin Bertrand
4-5	Mdm Sharifah Beevi	Ms Nicole Chia Huiying
4-6	Mr Neal Warren Cooke	Ms Lim Ciu Fung
4-7	Mr Alan Tang Shao Wei	Mdm Chin Jen Yew
4-8	Mdm Ang Kim Leng	Ms Dieh Ye Woon
5-1	Mdm Normala bte Alias	Mr Tan Chin Guan

2023 At A Glance

Month	Programme
January	Start Right Programme
March	Discovery Week I
	CCA Stand Down
April	Preparations for School Graduation Certificate
May	Preparations for Early Admissions Exercise (EAE-Poly & EAE-ITE) and Direct School Admissions (DSA-JC)
	Non-Weighted Assessments (NWAAs)/GCE O-Level MTL Written Examination

2023 At A Glance

Month	Programme
July	“N” and “O” Levels Oral and Listening Comprehension
	“N” and “O” Levels Coursework Submission
August	Interview and Tests for EAE and DSA
	“N” and “O” Levels Preliminary Examinations
September	GCE N-Level Written Examinations Part 1
	Graduation Day for Sec 4/5 (29 Sep)
October	GCE N-Level Written Examinations Part 2
	GCE O-Level Written Examinations

School Routines (Odd Week)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before 7.50am	All Students to Assemble in the Hall Campus 2 (Mon Hall, Tuesday parade square)		All Students to Assemble in Classroom	All Students to Assemble in the Hall Campus 2 (Thursday parade square, Friday hall)	
7.50am – 8.00am	Reading Programme in hall/classroom (Uninterrupted reading)				
8.00am – 8.05am	Flag Raising & Announcements				
8.05am – 8.10am	FTs Admin Time				
8.10am – 8.30am	Morning assembly in the hall	Student-Teacher Conversation (STC) Reading Programme	FT Period in Classroom	Student-Teacher Conversation (STC) Reading Programme	Assembly programme in the hall *till 9.00am

School Routines (Even Week)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before 7.50am	All Students to Assemble in the Hall Campus 2 (Mon Hall, Tuesday parade square)		All Students to Assemble in Classroom	All Students to Assemble in the Hall Campus 2 Parade Square	Getting ready to log-in
7.50am – 8.00am	Reading Programme in hall/classroom (Uninterrupted reading)				
8.00am – 8.05am	Flag Raising & Announcements				FTs' Check-In
8.05am – 8.10am	FTs Admin Time				
8.10am – 8.30am	Morning assembly in the hall	Student-Teacher Conversation (STC) Reading Programme	FT Period in Classroom	Student-Teacher Conversation (STC) Reading Programme	

Understanding the Class Timetable

	1	2	3	4	5	6	7	8	9	10	11	12
	8:00 - 8:30	8:30 - 9:00	9:00 - 9:30	9:30 - 10:00	10:00 - 10:30	10:30 - 11:00	11:00 - 11:30	11:30 - 12:00	12:00 - 12:30	12:30 - 13:00	13:00 - 13:30	13:30 - 14:00
Mon [E]	FT PERIOD 4D	CL(A) MTL 4E CL(E) MTL 4D CL(B) MTL SR E11 ML(A) MTL SR C61 ML(E) MTL SR C51 MLB_SDL SDL LIBRARY TL(A) MTL SR E21		Recess (US) CANTEEN C	*SDL 4D	EL(E) EL(A) EL (A)	4C	So(Bio) SC (BIO) 4C So(Phy) SC (PHY)		DT D&T DT2.2, MobRob POA		
Tue [E]	FT PERIOD 4D	EL(E) EL(A) EL (A)	4C	Math(A) MA (A) 4D Math(E) MA 4D F&N HUB		Recess (US) CANTEEN C		So(Chem) SC (CH) 4C So(Chem-A) So(Ch) 4D		*CL(A) MTL 4E *CL(E) MTL 4D CLB_SDL SDL LIBRARY *ML(A) MTL SR C61 *ML(E) MTL SR C51 ML(B) MTL SR E11 *TL(A) MTL SR E21		
Wed [E]	FT PERIOD 4D	DT D&T DT2.2, MobRob POA POA 4D		Sc(Bio) SC (BIO) 4C Sc(Phy) SC (PHY) F&N HUB Sc(Bio-A) SC (BIO) 4D Sc(Phy-A) SC (PHY) SR C51		Recess (US) D	Math(A) MA (A) 4D Math(E) MA 4D F&N HUB		Hum(Ge)			
Thu [E]	FT PERIOD 4D	*CL(A) MTL 4E *CL(E) MTL 4D CLB_SDL SDL LIBRARY *ML(A) MTL SR C61 *ML(E) MTL SR C51 ML(B) MTL SR E11 *TL(A) MTL SR E21		So(Bio-A) SC (BIO) 4D So(Phy-A) SC (PHY) 4D		PE	Recess (US) CANTEEN A		CCE Sec 4n5 4D			
Fr [E]	HBL Day											

SDL

- Self-Directed Learning.
- Revision, practicing papers
- Not a free period.

HBL Day

- Check-in at 8am
- Self-Directed learning with teacher assigned work.
- Not a school holiday.

Discovery Week

Enhance quality of school experience

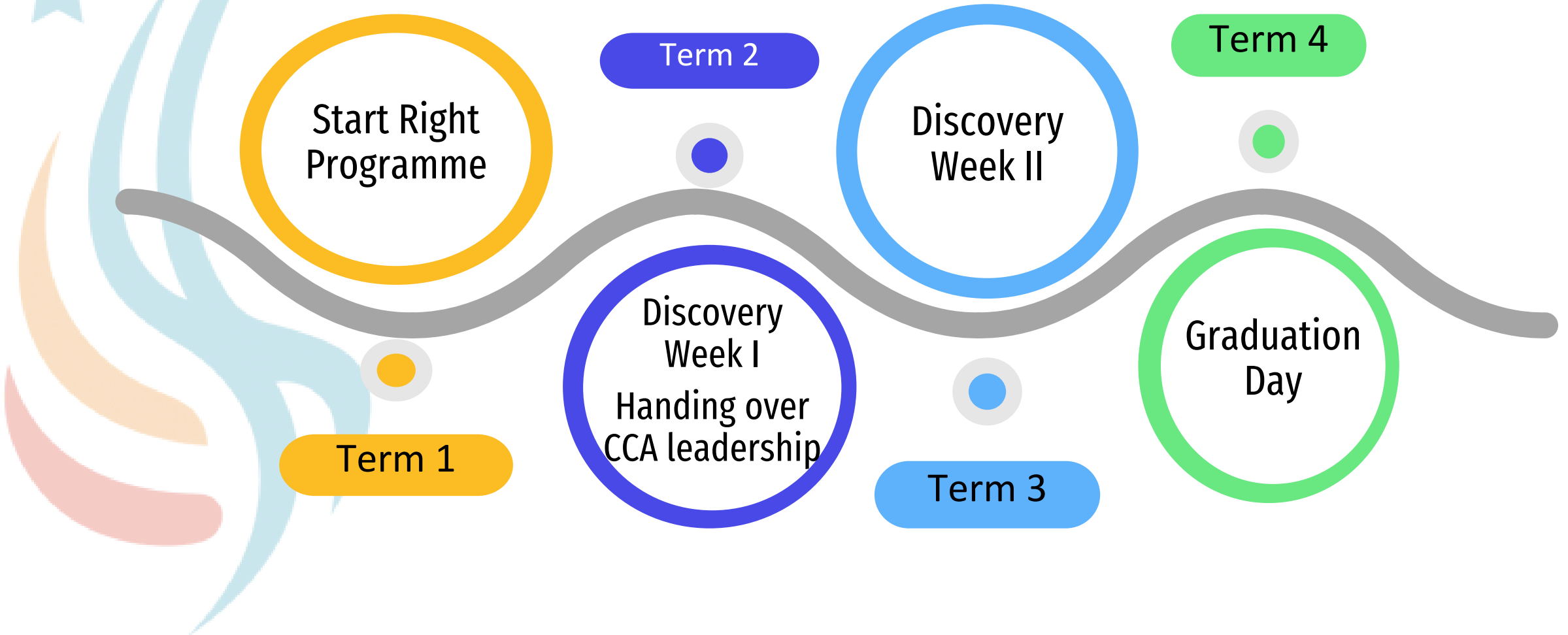
Build positive relationships


Preparation for post secondary courses



- Class bonding activities
- ECG talks
- FGD with SLs
- Interview skills workshop
- Building of EAE portfolio

Other Key Student Development Experiences



A photograph of a woman with long dark hair and a young girl with dark hair tied in a bun. They are both smiling and hugging each other. The girl is wearing a blue long-sleeved shirt with colorful stripes on the cuffs. The woman is wearing a white top. The background is a soft-focus green and white, suggesting an outdoor setting.

Supporting your child/ward in the year of National Examinations

Sharing by Senior School Counsellor

CONTENT



1) BE THERE



2) Managing Stress

Supporting my child



B E T H E R E



Supporting my child

B E T H E R E



Supporting my child

B E T H E R E

- **B**elieve in your child's strengths



- **E**ncourage your child to give his/her best

Supporting my child

B E T H E R E

- **T**reasure the process of learning, not just the results



Addressing Disappointments

B E T H E R E

- Step 1: Work through your disappointment
- Step 2: Attend to your child's feeling
- Step 3: Share with him real life examples of failure and emphasise the importance of learning from mistakes
- Step 4: Engage your child in solving problems

How do you
feel about your
results?

So, what is
your plan?

Supporting my child

B E T H E R E

- **Help the child develop a structure and routine for studying**

Expect realistically what your child is capable of; help him/her experience success



Supporting my child

BETHERE

- **Recognise the signs of stress/anxiety**
- **Empathise with your child regarding the challenges he/she is facing**



Embrace all of your child's emotions (avoid being dismissive or disapproving). Help your child recognise and understand his/ her feelings.

Managing Stress

Stress is a **natural response** to challenges



Stress is normal &
can be **beneficial**
if managed well

Managing Stress

Use positive, adaptive coping strategies.

**Students'
inner
resources**



**External help and
support system**
- What can parents
do?

What your child needs to manage stress

- Mark a conducive environment/study zone at home
- Exercise helps to relieve tension
- A Balanced, Regular & Nutritious Diet
- Good Sleeping Habits
- Relaxation
 - a. Deep breathing, Short breaks
 - b. Social activities – family and friends
 - c. Destress activities – games, dramas, music



The screenshot shows a web browser window with the URL `schoolbag.edu.sg/home`. The page features the Schoolbag logo and the date **WEDNESDAY, 24TH MAY 2023**. A search bar is located in the top right corner. The main headline reads **Supporting Your Child/Ward In The Year of National Examinations**. Below this, there is a video player showing a group of students in a classroom, with the text **Video: Welcome to secondary school** and **Sharing by Senior School Counsellor**. To the right of the video, there is a text box that says **Put the books down! 6 skills your child really needs for PE** and **Recognising and talking about stress**. Further right, there is a red box with the text **Share Your Story** and **If you know a teacher who has made an impact in your life, tell us.** Below this, there is a teal box with the text **Get Our Newsletter** and a form with fields for **Mr**, **First name**, **Last name**, and **Email address**, along with a **Sign up** button. At the bottom, there is a red box with the text **Help us improve** and a **Popular Picks** section with the text **How to help your child ace the**. The Windows taskbar is visible at the bottom of the screen.

Home | Parenting | MOE | Parenting With New (Singapore) | Schoolbag - The Education News | +

schoolbag.edu.sg/home

SCHOOLBAG
THE EDUCATION NEWS SITE

WEDNESDAY, 24TH MAY 2023

Search GO

Supporting Your Child/Ward In The Year of National Examinations

Video: Welcome to secondary school
Sharing by Senior School Counsellor

Put the books down! 6 skills your child really needs for PE

Recognising and talking about stress

READ MORE

Share Your Story
If you know a teacher who has made an impact in your life, tell us.

Get Our Newsletter

Mr
First name Last name
Email address
☐ I'm not a robot
Sign up

Popular Picks
How to help your child ace the

Help us improve

Videos

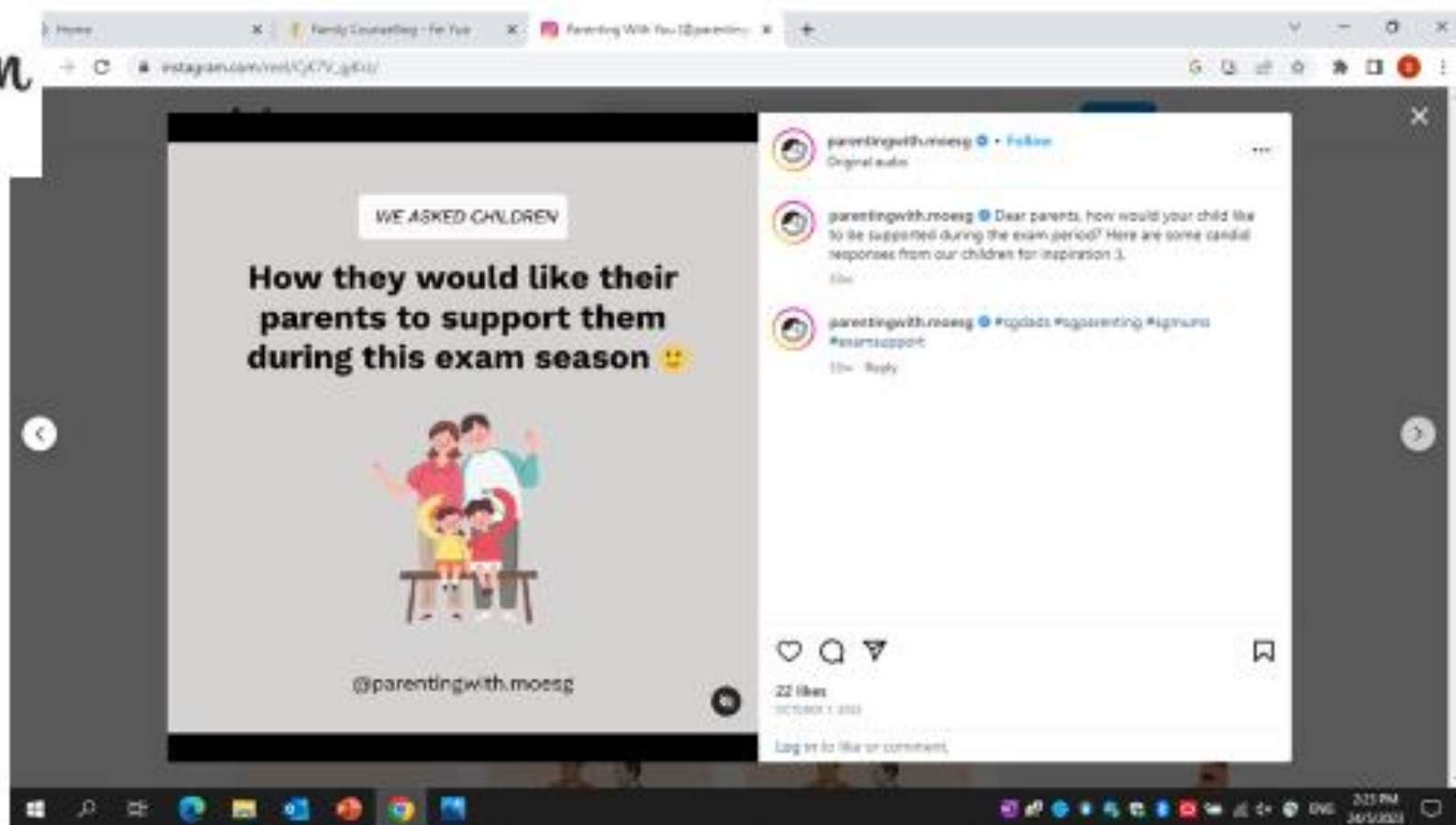
Windows taskbar: 11:13 PM 24/5/2023



@parentingwith.moesg



Instagram





Blk 281 Choa Chu Kang Ave 3
#01-348 Singapore 680281
Tel: 6235 5229 Email : fam@fyics.org



What is Strengthening Families Programme @Family Service Centre (FAM@FSC)?

It is part of an ecosystem of family programmes and services to support families undergoing transitions in family structure or facing issues. There will be 10 FAM@FSCs in regions around Singapore by end of 2022 to ensure accessibility.



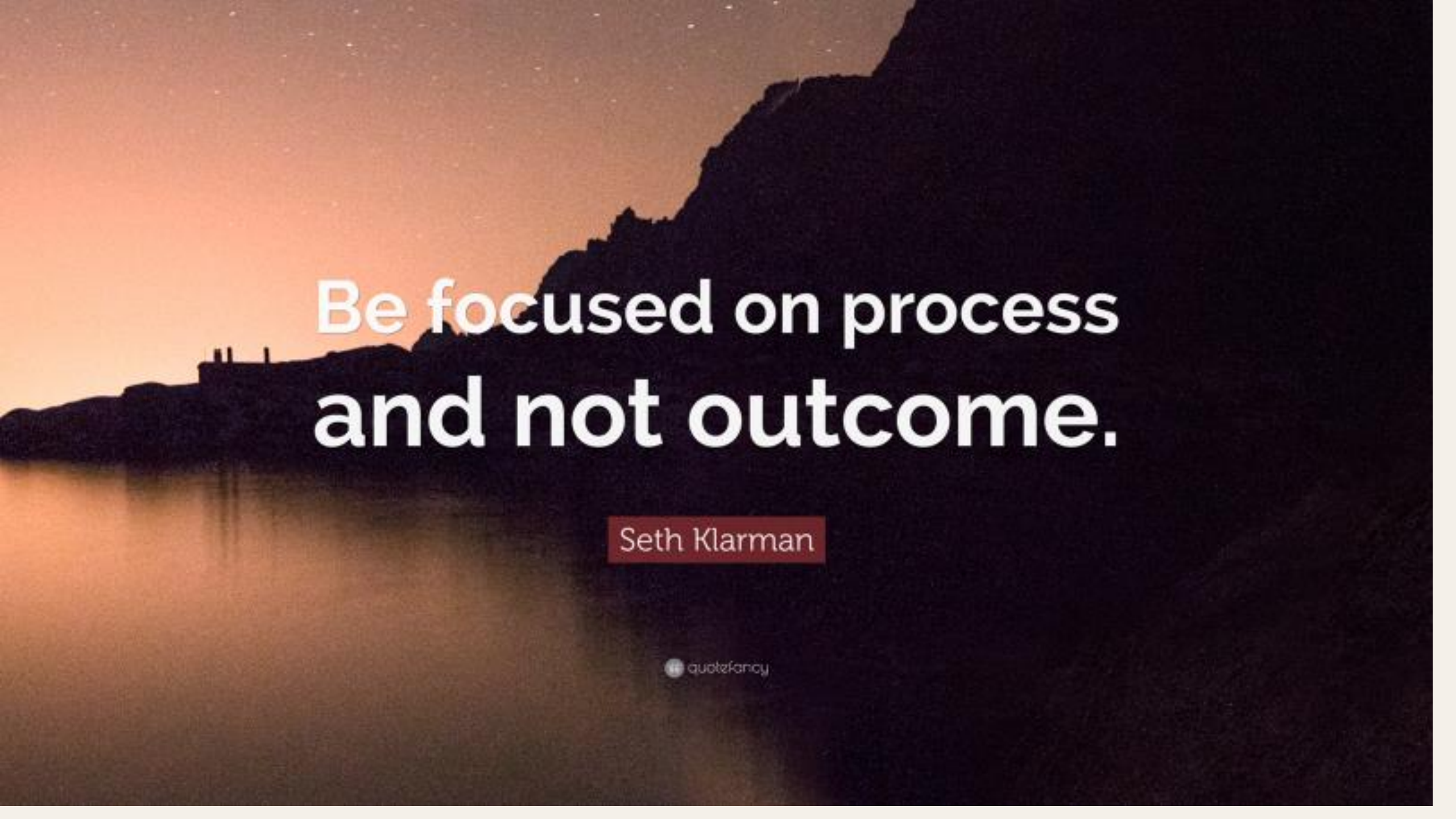
Scan to find your nearest FAM@FSC or visit www.msf.gov.sg/FAM@FSC

What services do we provide?

FAM@FSC provides a safe and non-judgmental space for:

-  **Family counselling** for individuals, couples and families experiencing conflict and stress to address family-related issues, including marital conflicts and parent-child issues. Counselling works through the issues and strengthens relationships within the family.
-  **Marriage support** for minor marriages, young couples, transnational marriages, and remarriages (available at 2 FAM@FSCs).
-  **Divorce support** for couples contemplating/undergoing/who have undergone divorce, including support for their children to cope with the stress of the divorce.
-  **Court-ordered Supervised Exchange/Supervised Visitation (SESV)** for high conflict families to meet on a supervised platform to safeguard the child's best interests (available at 3 FAM@FSCs).

Operating hours: Monday to Friday, 9.30am-6pm (Last call-in and walk-in at 5pm)



**Be focused on process
and not outcome.**

Seth Klarman