



Secondary 2 Parent Engagement

10 July 2026



CHUA CHU KANG
SECONDARY SCHOOL



Mr Stanley Tan
Year Head
(Lower Sec)

Form Teachers – Secondary Two

2A



**Mr Naraindran s/o
Chandrashagaran**



**Mdm Fazilah Bte
Abdul Rahman**

2B



Mr Rick Chan



Mdm Zhao Huiyuan

2C



Mr Liew Wei Yang



Mr Toh Chong Ji

2D



**Mr Hubert
Yeo**



Mrs Teh Lay Bee



Form Teachers – Secondary Two

2E



Mr Loh Suay
Yeow



Mdm Mohanavalli

2F



Mdm Chitra
Murugan



Mr Christopher Goh

2G



Mdm Wong
Wun Chyen



Ms Lim Ze Hui,
Alvina

2H



Mr Daniel
Chan



Ms Cheong
Pui Kuan,
Carolyn



Programme Outline



- Principal's Opening Address
- Year Head's Address
- Promotion Criteria and Subject Option Exercise 2026
- Post Secondary Pathways
- Q&A

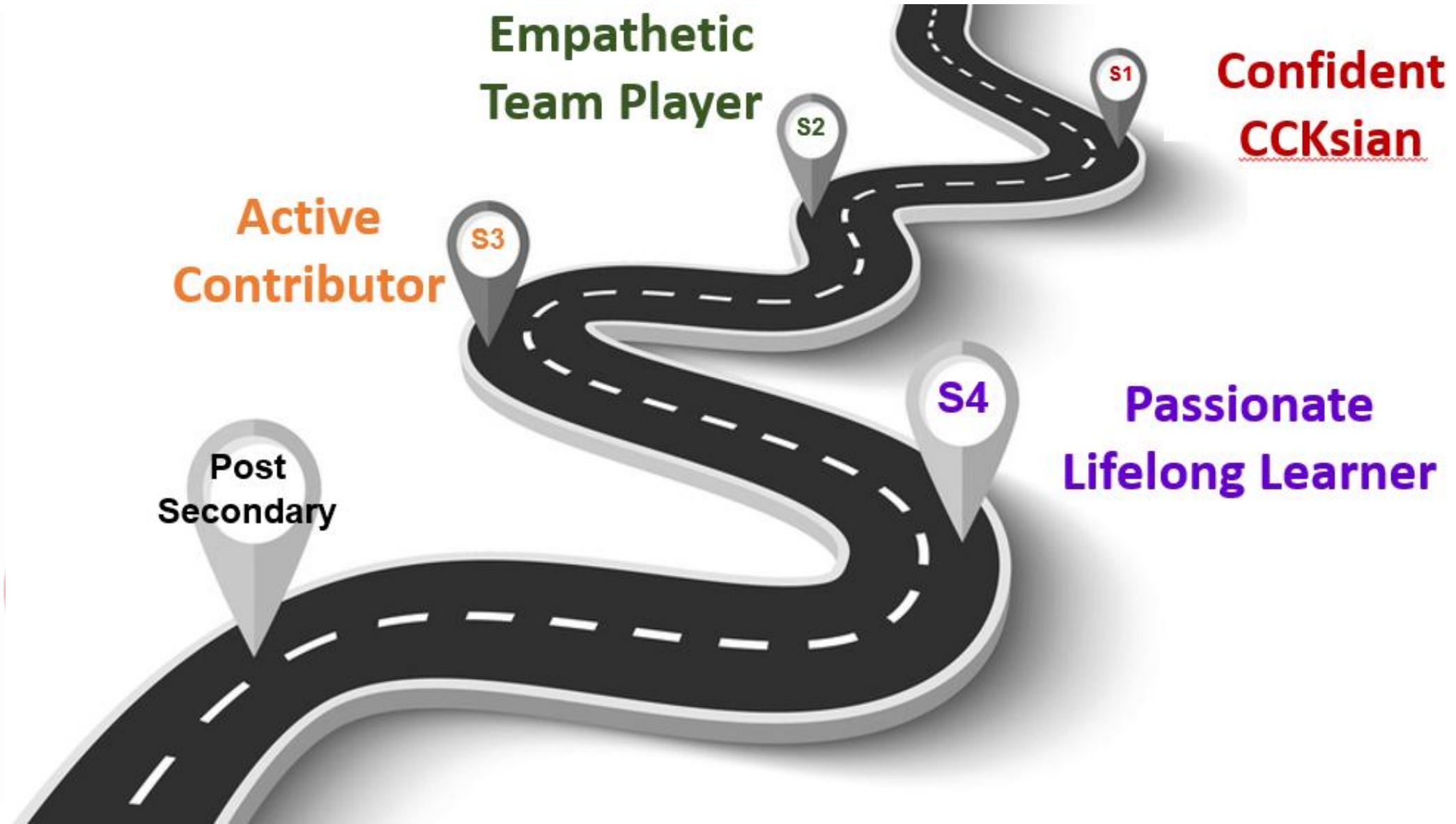


Year Head Address

Mr Stanley Tan
Year Head (Lower Sec)



Level Developmental Outcome



Key Priorities for the Year



We support their development in three main areas:

- **Academic Confidence** – through scaffolding, subject consultations, and gradually building independence in learning.
- **Character & Values** – through CCE lessons, FT Time, Student-Teacher Conversations, and school events like Discovery Week and Sports Challenges
- **Decision-Making** – especially around subject choices and understanding what lies ahead.

Timetable Matters

- Full 5 days timetable
- CCA Days
- HBL (4 days) in Term 3

Week/ Day	Events
T3W3 (14 -16 July)	Home-Based Learning Day (1 -3)
T3W5 (31 July)	Home-Based Learning Day (4)

HBL

- Self-Directed to complete work at own time

Date	CCA Day
1 July	Wed (T3W1)
3 July	Fri (T3W1)
8 July	Wed (T3W2)
10 July	Fri (T3W2)
22 July	Wed (T3W4)
24 July	Fri (T3W4)
29 July	Wed (T3W5)
5 Aug	Wed (T3W6)
12 Aug	Wed (T3W7)
14 Aug	Fri (T3W7)
19 Aug	Wed (T3W8)
21 Aug	Fri (T3W8)
26 Aug	Wed (T3W9) - Last Day of CCA

School Routines

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before 7.50am	All Students to Assemble in the Hall		All Students to Assemble in Classroom	All Students to Assemble in the Hall	All Students to Assemble in Classroom
7.50am – 8.00am	Reading Programme in Hall/Classroom				
8.00am – 8.05am	Flag Raising & Announcements				
8.05am – 8.10am	FTs Admin Time				
8.10am – 8.30am	Assembly Programme in the Hall *till 9.00am	Student-Teacher Conversation (STC)	FT Period in Classroom	Student-Teacher Conversation (STC)	CCE Lesson in the Classroom (till 9.00am)
		Reading Programme		Reading Programme	

Handphone Policy

Mobile phones must be kept in the **lockers** during school hours.

Students are to place their handphones at the assigned PLD lockers

Mobile phones can only be used after the end of school day (timetable, ASP or CCA)



Academic Matters

Day	Activity and Dismissal Time
Monday, Tuesday And Thursday	Lesson ends at approximately 3.00pm.
	<u>Subject Consultation</u> Students are encouraged to consult their subject teachers after school if they need help.
Wednesday	Co-Curricular Activity ends at 5.30pm.
Friday	

Positive Sleep Hygiene habits and Personal Well-being



Parents
Gateway



MINISTRY OF EDUCATION

Mon 27 Apr 2026

TS

[Sec Parent Kit] Let's Support Our Teens' Cyber Wellness Jou...

Dear Parents/Guardians, Our teens are growing up in an increasingly connected world, and this can pose challenges to their online safety. Fortunately, we can still harness the benefits of the onli... [More](#)



[Sec] Parent Kit – Cyber Wellness

<https://go.gov.sg/moeapk-sec-cyberwellness>



Practise Healthy Digital Habits

<https://go.gov.sg/moeapk-dfl-onlinesafety>



SCAN ME

[Parent Kit – Cyber
Wellness](#)



SCAN ME

[Practise Healthy
Digital Habits](#)

Positive Sleep Hygiene Habits

2. BALANCED SCREEN USE



1

Balanced Use of Technology

Maintain a balance between online and offline activities:

Set device time limits.

Put away devices temporarily when completing important tasks so as to avoid distractions.

Prioritise physical activities and face-to-face interactions to connect with others.



Positive Sleep Hygiene Habits



3 easy steps:

3

To Create a Family Screen Use Plan

- ① **Set device-free times and places especially at home**
 - Avoid devices 1 hour before bedtime
- ② **Discuss and agree on screen time limits and consequences of breaking these rules**
 - Be fair and consistent when implementing these rules
- ③ **Build other healthy habits**
 - Replace screen time with screen free activities as a family

To Role Model Behaviours and Have Open Conversations

- ① **Role model positive screen use behaviours and habits**
 - **No handphone use during family gatherings or meals**
- ② **Have open conversations about their online activities and challenges**
 - "What do you usually do on your device?"
- ③ **Use parental controls to monitor their online activities**
 - Help your child understand why these protective measures are necessary

Cyber Wellness

Cyberbullying: When Your Child is the Victim

Cyberbullying is bullying that occurs when online technology is used as a means to hurt or upset someone on purpose and repeatedly*.

Sometimes, victims of cyberbullying do not share what they are going through with adults. It is important to watch out for signs and have conversations with your child to find out more and understand what they are experiencing.

* Sharing or resurfacing a single post is also a form of repetition.

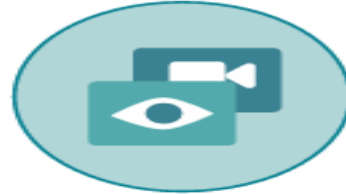


Cyber Wellness

Cyberbullying can take the form of:



Insulting the victim



Uploading content (e.g. photos, videos) intended to cause distress to the victim



Excluding the victim from an online group



Signs that your child is being cyberbullied:

Sudden changes in temperament



Becomes upset or anxious, especially when receiving messages or using devices.

Social withdrawal



Becomes less sociable than usual around family and friends.

Changes in daily activities



Spends less time on the activities they used to enjoy.

Cyber Wellness



How can your child deal with cyberbullying?

Introduce the **Stop, Save, Block, Tell, Report** strategy to your child to help them better deal with cyberbullying incidents.



Stop

Ask your child to STOP engaging in online activities that make them feel uncomfortable or hurt.



Save

Ask your child to SAVE and share all offensive content (e.g. emails, instant messages, text messages, videos or photos) with a trusted adult. This can be kept as evidence of cyberbullying, should there be a need to take action in the future.



Block

Ask your child to cut off all communication with the cyberbully. They can consider using available features to BLOCK specific people in their contacts.



Tell

Affirm your child when they TELL you about the situation.



Report

Guide your child in using social media self-reporting features to combat the cyberbullying and online harassment. If their personal safety or reputation is threatened, REPORT the case to the police together. Inform your child's school of the situation so that support can be given in school.

Cyber Wellness



***If your child is
engaging in cyber bullying***



Remain calm and understand the reasons for their actions.



Explain and enforce consequences such as apologising and temporarily restricting device use.

Co-Curricular Activities (CCA)



- All students will have to participate in at least one CCA
- Attendance is compulsory
- Key School Experience
- Critical component of students' holistic education

Key Student Development Experiences

Our Journey Together

Building Strength, Character and Confidence – Every Term

Term
1

Term
2

Term
3

Term
4



Start Right!

Start Right with
Respect, Integrity, Care



Discovery Programme

Grow with Enterprise



Academic Support Programme

Stay Strong with
Resilience



Post-Exam Activities

Finish Strong with
R2ICE



Education and Career Guidance



personalised sessions
with our ECG
counsellor.



discuss with the counsellor
on **future educational pathways**
as well as potential careers.

Education & Career Guidance



SCAN TO BOOK NOW



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

*Come, Chat with your friendly ECG Counsellor,
Ms Rosetta*

University?
JC?
Polytechnics?
ITE?

8.30PM-4.30PM
WEDNESDAY
THURSDAY
ECG ROOM
LEVEL 2

Dream Career?

NAFA?
LaSalle?

Informed Decision

Thrive

Discover

Contribute

Individual / Group of 3
Bring your PLD

Fung King Tsee@schools.gov.sg

Key ideas for a Growth Mindset

GROWTH MINDSET

Small Steps Today, Big Growth Tomorrow



1. **Effort** is the secret to 'getting smarter'.

I can improve with effort!



2. **Difficult** and **challenging** tasks give the opportunity for growth.



Challenges help me grow!



3. **Setbacks** are a great opportunity to learn and grow.



I learn from every setback.



4. Add '**Yet**' to your child's vocabulary:

"I can't do it."



"I haven't found the best way **YET**."



A small word today, a big difference tomorrow.



Assessment & Weighting

Sec 3	Term 1	Term 2	Term 3	Term 4
Weighted Assessment	WA1	WA2	WA3 T3W3 to 9	EOY T4W3 and 4
Weighting	15%	15%	15%	55%
Non-Weighted Topical Assessment; Quizzes				

*Assessment format for various subjects/ terms may vary

E.g individual or group projects, presentation tasks, written/ timed assessments etc