# Meet The School 2024



# Secondary One Team



## Secondary One Team



Designation	Name
Assistant Year Head (Sec 1)	Ms Tee Pei Pei
School Counsellors	Ms Krystal Goh, Ms Huang Zheng and Mr Jonathan Xie
AED (Learning & Behavioural Support)	Ms Lyne Lim

### Secondary One Team



Class	Form Teachers
1-1	Mr Chan Ze Wei, Mdm Ernie
1-2	Ms Ng Ning, Ms Shahirah
1-3	Mdm Yong Tann Lee, Ms Erica Reyes
1-4	Mdm Ellia, Ms Natasha Loh, Ms Quek Kar Men
1-5	Mdm Jurana, Mdm Serene Tee
1-6	Mdm Sun Guangpu, Mr Huang Yuanpeng

# Secondary School Experience



# Some changes you can expect to see

- 1. Busy Days Ahead
- 2. New Relationships
- 3. New Ways of Communicating



#### Your child will have:

- Longer days at school.
- More subjects, more assignments.
- More after-school activities, such as Co-curricular Activity (CCA, which is compulsory at secondary level) and group project work.



#### You can:

- Check in regularly to find out how they are doing, e.g. during meal times.
- Acknowledge their efforts
   when they try new things as it
   takes courage to step out of
   their comfort zone.
- Take interest in the things they are learning/doing. These could be new subjects, new CCAs.
- Encourage your child to seek help from teachers, friends or trusted adults in the school community as they may feel overwhelmed with a busier schedule.

# Busy days ahead

# **Busy days ahead**

#### Tips for better time management:

- Ask your child to inform you about days they will return home late.
   Mark these days on a calendar.
- Guide your child in planning their schedule. This encourages them to take responsibility for organising their time, including balancing time for school, home, leisure and rest.

- Some conversation starters:
  - How are you planning your time now?
  - What do you enjoy most about your CCA? Why?
  - How can I support you during this time?

# **New Relationships**

#### Your child will be:

- Adjusting to a new environment and routines.
- Developing new friendships.
  They may also spend more time with these friends.
- Entering their teenage years, they will experience changes in their physical and emotional growth.

#### You can:

- Show interest in their friendships.
- Show understanding if they need more time to adjust socially and forge new friendships.
- Be aware that their friends' opinions may matter more than before.

# **New Relationships**

#### Encouraging your child to make friends:

- Friendships are a part of one's social support system. If your child does not have buddies yet, encourage them to try talking to classmates or CCA mates.
- Understand how your child spends time with their friends.
   Make the effort to know more about their friends and the activities they do together.

- Some conversation starters:
  - Who did you go for recess/ lunch with?
  - Which friend/group of friends did you spend the most time with today in school?
  - Who are some buddies you are comfortable to talk to in school?

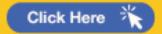
# New ways of communicating

#### Your child may:

- Start to keep more to themselves.
- Spend more time on their devices and engage more on social media and with their friends.

#### You can:

- Talk to them about topics they are interested in.
- **Share** about your day. Take the lead, and they may reciprocate.
- Respect their personal space by giving them some "me time".
- Guide them in <u>creating a healthy</u>
   <u>balance</u> between online and
   offline activity. Come to an
   agreement with them on device
   usage.



### Maintain a positive relationship using T.E.E.N

#### Time

Consciously set aside time to spend with your child. Find regular opportunities to do this, such as at meals or taking walks together.

#### **Expectations**

Help your child discover their own goals and identity. While you may have expectations for your child, they have their own sets of strengths and interests.

#### **Empathy**

Encourage your child to share their thoughts and feelings, and listen without judgment. They will be more willing to listen knowing you are seeking to understand them.

#### **Nurture**

Seek to be a facilitator, rather than a supervisor. Let them try, discover solutions themselves, and let them experience challenges to learn.

# Co-curriculum and School Experiences



Besides the academic curriculum, MJR students are also participate actively in a co-curriculum and a myriad of school experiences. Examples include

- CCAs
- Learning Programmes
- Outdoor Adventure Learning Camp

### Home-Based Learning (HBL)



- In line with the nation-wide National Digital Literacy Programme (NDLP), Blended Learning (BL) will be a key feature of the schooling experience for all students. Through BL, the school aims to develop students' ability to be self-directed, passionate and life-long learners.
- To achieve this, regularly scheduled Home-Based Learning (HBL) days will be used to complement school-based teaching and learning.
- Students' learning during HBL Days will be supported by all secondary students owning a personal learning device (PLD).

# Home-Based Learning (HBL) Days in Semester 1



- Home-Based Learning (HBL) days in Semester 1:
- 5 Feb, 20 Mar, 8 Apr and 16 May

 On HBL days, all students will participate in both online and offline learning from home and are not required to report to school. However, the school will be open to students who require additional support. The HBL timetable and instructions will be conveyed to students prior to HBL days.

### Supporting Your Child during HBL



- Get Ready Together
- Tip #1: Set up an area conducive for learning
- Tip #2: Ensure that your child has the necessary resources
- (PLD, login credentials and learning materials)
- Agree On A Structure Together
- Tip #3: Unlike in school, an adult may not always be present to supervise your child. It is important to work out a routine with them on Study, meal, rest and recreation timings.
- Talk to Your Child About Their Experience
- Tip #4: At the end of the day, have a conversation with your child about their experience.
- Set Guidelines for Positive Screen Time
- Tip #5: Discuss and set guidelines on the use of devices and follow through on the guidelines.





# THANK YOU

Ms Tee Pei Pei

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