



Secondary 4 & 5 Parent-Teacher Conference

Thursday, 7 March 2024



忠誠仁愛
寫守莫忘
大哉海星
永世流芳
努力切磋
勿怠勿荒
一心一德
四族和祥
堅貞名節
功德天長
我輩學子
奮勇自強
五育施教
示我康庄
英才蔚起
國運日昌
如炬海星
皎洁无双
雄視獅城
照耀新邦

忠誠仁愛

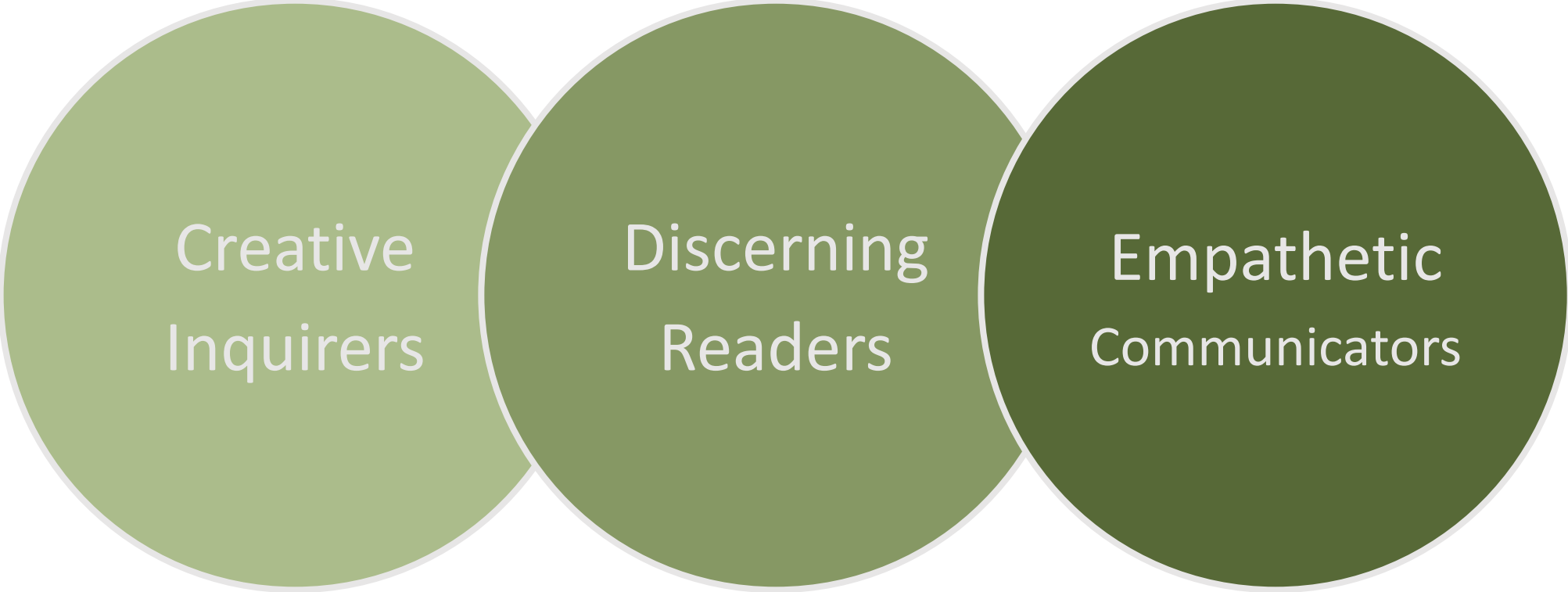




THE IMPORTANCE OF
ENGLISH

in your child/ ward's education

Desired Student Outcomes (for English)



Creative
Inquirers

Discerning
Readers

Empathetic
Communicators

Areas of language learning

Writing
&
Representing

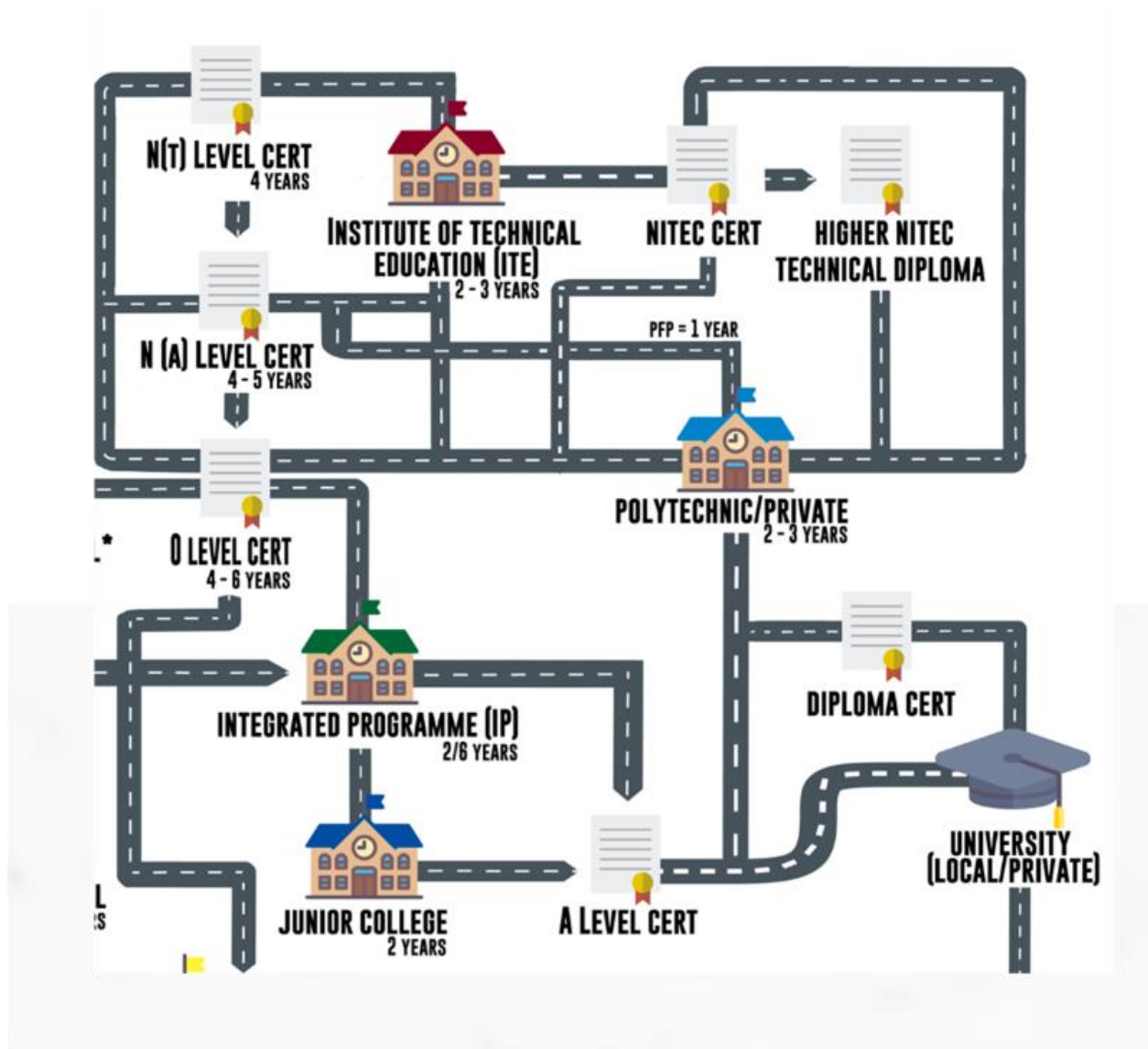
Reading
&
Viewing

Listening
&
Viewing

Speaking
&
Representing

Grammar & Vocabulary

Why is English Language important?



Multiple post-secondary school options



Essential life skill



Effective learning

NWA1 Analysis:

Reading Comprehension

- Difficulties in identifying inaccuracies in own understanding
- Difficulties in deploying the right skills and strategies to improve understanding





Watch out for:

Patterns of poor understanding

- Little improvement despite spending time and effort “studying”
- Heavy reliance on memorisation, repetition and question familiarity
- Unable to explain or summarise learning in own words
- Losing marks due to
 - not **reading** the question carefully
 - not using key words and phrases accurately
- Teacher feedback suggesting poor **listening** during lessons

What you can do:



Encourage your child/ ward to work on his English Language



Remind your child/ ward to invest time and effort in English Language, above all other subjects, especially if your child/ ward is weak in this subject.



English Language is a skills-based subject - remind your child to practise these skills regularly

What your child can do: *Reading & Viewing*

- Start by reading/ viewing a range of topics that interest them
- Set aside time each day to read
- Set reading goals
- Apply reading strategies as they read
- Take notes, summarise and attempt writing a response to what they read

What your child can do: *Writing*

- Start a journal to keep a record of their responses/ thoughts from their experiences or what they read/ view/ hear
- Identify one or two areas to work on each time and focus on these
- Edit, and then edit again
- Seek feedback, then apply the feedback to revise their writing

What your child can do: *Speaking & Listening*

- Speak the language whenever they can
- Find a partner to practise speaking with
- Listen to English podcasts (BBC Sounds), TED Talks to get familiar with different accents
- Take notes/ summarise as they listen

What your child can do: In General

- Set meaningful learning goals: aim to understand, not just remember
- Remember English is a set of skills, and skills require practice
- Consult his/ her English teacher

Of course,

Our whole team of EL teachers will be supporting your child/ ward in achieving his/ her learning goals.

Thank you for your support in partnering us.





Supporting your child in their graduating year

Ms Lee Wan Xin
Acting Year Head (Upper Secondary)





What worries do our students have?

TRUTH & CHARITY

From the Term 1 Check-in Survey for Secondary 4 & 5 students

- Heavier workload and stress from learning new content
- Not meeting their own expectations
- High expectations from parents/teachers
- Uncertainty about the future





Support from school (1-to-1 conversation)

TRUTH & CHARITY



- **1-to-1 conversation with Form Teacher(s)**
- **1-to-1 conversation with Year Head**
- **Appointment with Education & Career Guidance Officer**





Support from school (Target Setting & Review)

TRUTH & CHARITY

Target Setting - Term 1 Week 4

Target Setting Review - Term 1 Week 10

Students set their own subject targets and reviewed them based on their NWA 1 results.

Please encourage your child to log in to **SLS** and go through their Target Setting & Review with them.



Reflection and Planning



REFLECTION OF PERFORMANCE IN TERM 1 WEIGHTED ASSESSMENT

Q1

Please complete the following three components as you reflect on your performance.

a

How do you feel about your WA 1 results?

b

Share 1 learning strategy that worked for you.

c

Identify one area that you want to work on in the following term. Be specific about what you want to work on and how you are going to do it.

Write down your reflections in SLS.

Once you have identified the area to work on and how you are going to do it, you must commit to it!



Non-Weighted Assessment & Progress Report

TRUTH & CHARITY

- Focus on identifying learning gaps over final results.
- Encourage your child to pinpoint their learning gaps and schedule consultations with subject teachers to address any uncertainties.





Non-Weighted Assessment & Progress Report

TRUTH & CHARITY

The score achieved by a student in each subject is a measure of his/her knowledge in a small range of topics and skills taught in the subject.

Information regarding the range of topics and skills reflected by these scores in Non-Weighted Assessment 1 (NWA 1) can be found in the NWA 1 schedule, which was shared with students and posted on the school website.



海星天主教中学

HAI SING CATHOLIC SCHOOL

15 Pasir Ris Street 21, Singapore 518969 • Tel: 6582 7864 • Fax: 6582 2543

Assessment Information Secondary 4 Express

SUBJECT	SKILLS/TOPICS TO BE TESTED	FORMAT OF ASSESSMENT
ENGLISH LANGUAGE	Paper 2: Reading Comprehension	Written 25 marks 50 minutes
CHINESE LANGUAGE	Paper 2: Comprehension 试卷二: 阅读理解	Written 40 marks 50 minutes
MALAY LANGUAGE	Language and comprehension - <i>Bahasa dan kefahaman</i>	Written 40 marks 50 minutes
HIGHER CHINESE	Paper 2: Comprehension 试卷二: 阅读理解	Written 40 marks 50 minutes
CHEMISTRY	Chapter 6: Chemical Formulae and Equations Chapter 14: Periodic Table Chapter 15: The Reactivity Series	Written Section A - 5 MCQ (5 marks) Section B - Structured Questions (20 marks) 25 marks 30 minutes



Non-Weighted Assessment & Progress Report

TRUTH & CHARITY

Progress Report Term 1

Page: 1 of 1
Date:

Name :
Age on 1st Jan :
Class :
Form Teacher :
Co-Form Teacher :

S/N : Identification No. :
Course :

Pctl = Percentile

SUBJECT

SUBJECT	WA1		
	Mark	Grade	Pctl
English Language	50	C6	0-20
Chinese Language	80	A1	80-100
Mathematics	73	A2	20-40
Science	77	A1	80-100
Geography	77	A1	60-80
History	76	A1	40-60
Literature in English	76	A1	0-20
Art	68	B3	60-80

What does this range of percentile show?
The score of 68 is higher than 60-80% of the students offering this subject.

For each subject, the marks achieved by the student, the grade and the percentile range are given as illustrated in the sample result slip on the left.





Support from school (Targeted Consultation)

TRUTH & CHARITY

- Students are invited to sign up from **Term 1 Week 6**.
- Booking links have been sent out to the students by their various subject teachers.
- Sign up rates are relatively low. Do encourage your child to sign up.





Consultation Guide

A guide to help you prepare for a fruitful consultation session! :

1) Understand the Purpose

Before scheduling a consultation, **clarify the purpose**.

- Are you seeking clarification on a concept, discussing grades, or seeking guidance on an assignment?

Knowing the purpose will help you prepare specific questions.

2) Schedule in Advance

Whenever possible, **schedule a consultation in advance**. This allows both you and the teacher to allocate time for a meaningful discussion. **Check the teacher's availability** at the consultation booking link.

3) Prepare Your Questions

- **List down the questions or topics** you want to discuss.
- **Organise them based on priority**, starting with the most crucial ones.

This ensures you cover the most important aspects within the limited time of the consultation.

4) Review Your Work

If your consultation is about an assignment or project:

- **Review your work beforehand**.
- **Identify specific areas** where you have questions or need feedback.

This will allow the teacher to provide more targeted and helpful guidance.

5) Bring Relevant Materials

If your consultation involves discussing a specific assignment or project:

- **Bring relevant materials** such as drafts, notes, or any other relevant documents.

This can help the teacher better understand your concerns and provide more personalized feedback.

6) Be Punctual

- **Respect** the teacher's time by being punctual.
- Start and finish the consultation **on time**.

If you foresee any potential delays, communicate this in advance and reschedule if necessary.

7) Active Listening

- During the consultation, **actively listen** to the teacher's feedback or guidance.
- **Take notes** if needed.

This not only shows your engagement but also helps you remember the advice given.

8) Be Open to Feedback

- Approach the consultation with an **open mind**.
- Be **receptive** to constructive criticism and feedback.

Remember that the goal is **to improve and learn**, and constructive feedback is an essential part of that process.

9) Clarify Doubts

If you don't understand something during the consultation, **don't hesitate to ask for clarification**.

Teachers are there to **help**, and it's crucial that you leave the consultation with a clear understanding of the discussed topics.

10) Follow-Up if Necessary

After the consultation, if you have additional questions or if there are follow-up tasks, **make sure to address them promptly**.

This demonstrates your commitment to your academic progress.

11) Express Gratitude

At the end of the consultation, express your gratitude to the teacher for their time and guidance. A simple **thank you** goes a long way in building positive relationships.

12) Growth Mindset!



When you persevere to overcome any struggle/challenge in your studies, you are putting your brain through a gym session. Your capability isn't fixed! You can improve with time and effective effort!



Support from school (Targeted Consultation)

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How your child can prepare for the targeted consultation?

1. Identify the purpose of the targeted consultation
2. Schedule in advance using the consultation booking links
3. Review their work and consolidate their questions
4. Be punctual and bring all relevant materials





Despite feeling anxious and stressed about their graduating year, many students still **feel hopeful** due to **strong and caring family relationships.**



How can I tell if my child is experiencing significant stress?

Some amount of stress is a part of life. It even helps our bodies prepare for and overcome challenges.

But if your child shows a combinations of these signs, in extreme or sustained forms, it may be an indication that they are overwhelmed.

- **S**truggles to pay attention to studies or activities
- **T**iredness, loss of appetite and sleep
- **R**ebellious streak
- **E**xcuses to miss school/class
- **S**tays away from others
- **S**ulkiness

What can I do if my child is stressed?

- **Converse** frequently with your child and discuss matters in an open and supportive manner
- **Speak** to your child's teacher about how they are coping in school and discuss how you can support them at home
- **Reach** out to the School Counsellor
- **Assure** your child that it is alright to feel nervous during the exam period
- **Encourage** your child to take a 15-minute break for every hour of study
- **Ensure** your child eats healthy food and has 8 hours of sleep every night

Tip! You can try these questions:

How are you feeling?

What are you looking forward to this weekend?

Have you taken your break?



Questions to ask your child after school instead of asking "How was your day?"

- What makes you laugh today?
- Who did you spend your recess with?
- How were you kind today?
- What is one thing you learned today?
- What was your favourite mistake?
- How can you make tomorrow great?



Are your child sleeping enough?

TRUTH & CHARITY

How much sleep do we need?

School age 6-13 years

9-11 hours

Teen 14-17 years

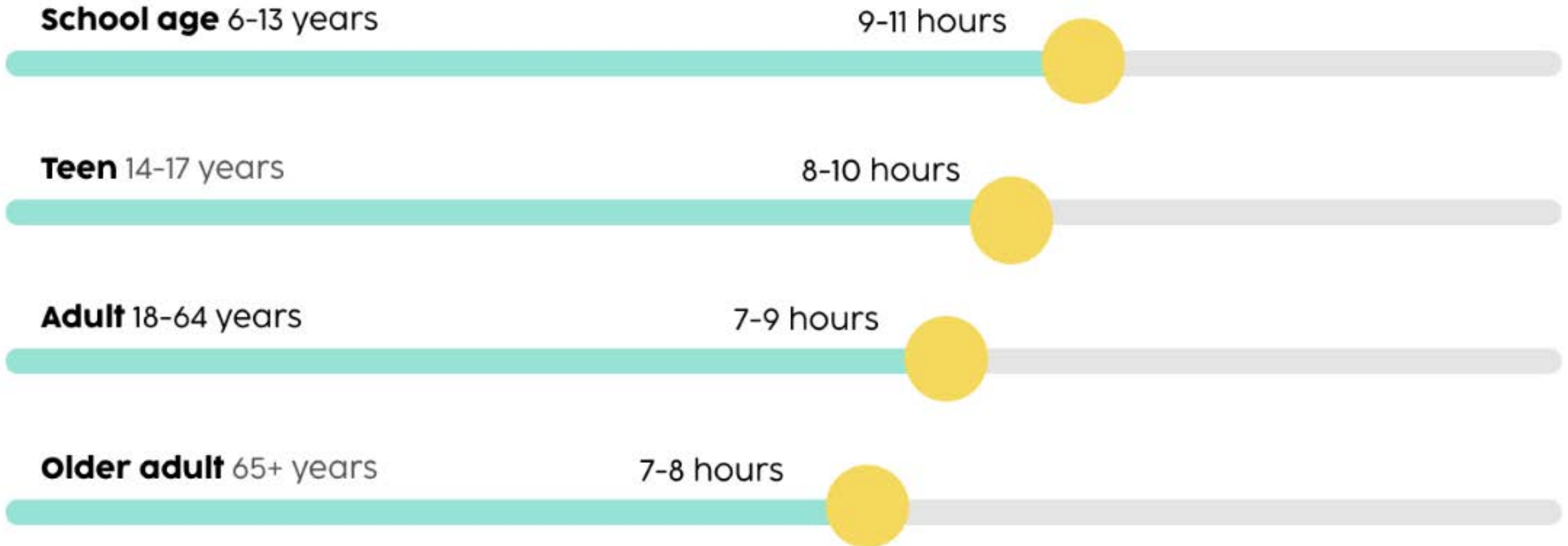
8-10 hours

Adult 18-64 years

7-9 hours

Older adult 65+ years

7-8 hours



Why do we need sleep?

Regular, adequate, and restful sleep recharges our bodies and minds, leaving us refreshed and alert when we awaken.

This is beneficial for our:



Learning

It helps to consolidate memory (i.e., preserve key memories and discard excessive information) for better learning.



Brain

It helps in the development of the part of the brain used for memory.



Mental well-being

It helps with mood regulation, the ability to control one's mood and emotional state.



Health

It helps to boost our immune system, while giving our body time to restore itself and replenish energy for the next day.

How Poor Sleep Impacts Cognitive Function



Short-Term

Effects of sleep deprivation can appear in the form of:



Difficulty concentrating



Decline in mood



Impaired memory



Visible signs of fatigue

Vs.

Long-Term

Sleep deprivation or fragmented sleep over long periods of time can result in:



Poor work performance



Cognitive decline



Heightened risk of dementia

Sleep deprivation can be caused by:



Changes in our bodies

I.e. changes to our biological sleep-wake cycles and feeling less sleepy at night.



Poor sleep hygiene

E.g. irregular bedtime routines and bedroom environments that do not encourage sleep.



Lifestyle choices

E.g. staying up to binge-watch shows.



School commitments

E.g. homework/assignments.



Sleep disorders

E.g. sleep apnoea, a breathing disorder that causes us to wake up all of a sudden.



Other medical conditions

E.g. anxiety disorder which includes persistent and excessive worry about activities/events, big or small.



Poor sleep hygiene

E.g. irregular bedtime routines and bedroom environments that do not encourage sleep.

- **Be consistent with bedtime routine**
- **Bedroom to be quiet, dark and relaxing**
- **Remove electronic devices from the bedroom / switch electronic devices to airplane mode**
- **Avoid large meals and caffeine before bedtime**
- **Get some exercise**



Time Management & Device Usage

TRUTH & CHARITY



Guide your child to create a schedule to include:

1. Study/Revision Slot – including actionable plans such as making notes/doing TYS
2. Break Time
3. Exercise Time
4. Screen-free Time
5. Sleep Time





Time Management & Device Usage

TRUTH & CHARITY

The Eisenhower Decision Matrix



Your child has learnt about The Eisenhower Decision Matrix and the importance of organising and executing their most important priorities.



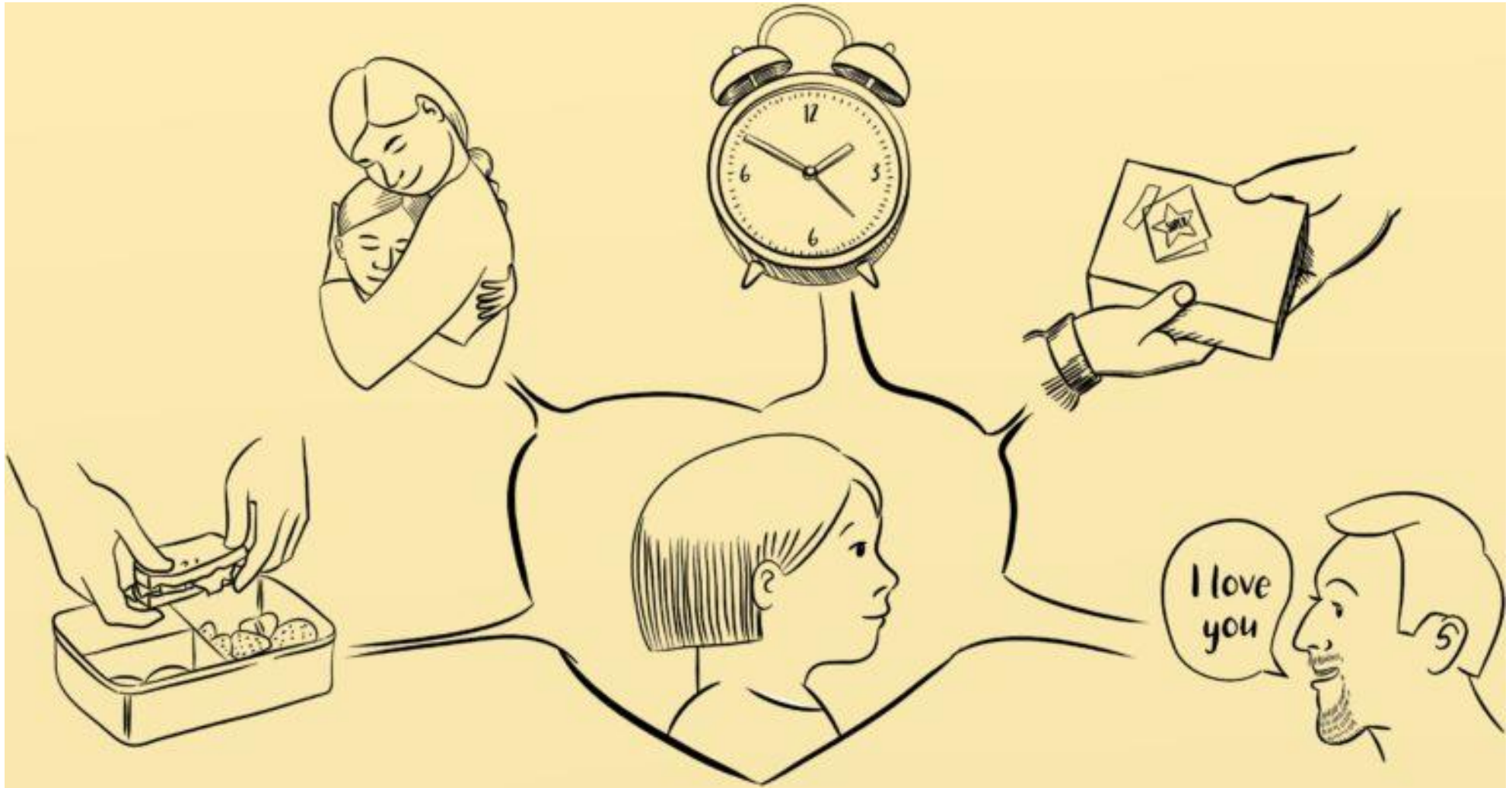


Share your concerns with your child and reach a common understanding on:

- the **time they should turn off** their laptops/phones
- when **device usage should be paused**, such as during mealtimes and family activities
- when and how often they should **take breaks from the screen**, or get up to move about
- **what they can do online**, such as seeking out online entertainment and learning, accessing news, staying connected with peers
- **what they should avoid**, such as chatting with strangers, sharing personal details (home address, phone number), excessive sharing of pictures/videos of themselves



What is your child's love language?





Cheering On Our Children: Simple Ways to Show Love

TRUTH & CHARITY

Acts of Service

Shower our children with love and care through various actions.

- Complete daily tasks together like packing for school.
- Create a [sleep-friendly environment](#) for our children to [sleep well](#) (approx. 8-10 hours a night).
- Send them off to school.
- Cook/buy their favourite meal or snack.



Gifts

Gift our children something meaningful. It's the thought that counts!

- Create a handmade card for them.
- Give them something special from your childhood.
- Surprise them with a healthy snack or inexpensive gift.



Words of Affirmation

Affirm our children with positive and loving guidance.

- Praise our children's efforts.
"You've practised hard for _____. I'm so proud of you!"
- Check in with our children by asking,
"What made you smile today?" or "What is one cool thing you did today?"
- Leave them encouraging notes at home or put them in their bag.
- Teach them self-motivating words they can repeat to themselves.
"I'm going to have a good day!" or "I can do it!"



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Quality Time

Spend time with our children doing simple activities together.

- Share about your days together before bedtime or at mealtimes.
- Recharge as a family. Check out [NEAR by NParks](#), [Movies by the Beach](#) or [Outdoor Family Yoga](#).
- Put our screens away and give them our undivided attention.



Physical Touch

Reassure and encourage our children through little ways of affection.

- Call for a 'group hug' or 'group photo' at your next family gathering.
- Give them a high-five, a hug, or a pat on the back to affirm them.
- Make up a special handshake with them.





Student Support Team

TRUTH & CHARITY



**MR MUHAMMAD JAMAL
BIN ABDULLAH**

**SPECIAL EDUCATIONAL
NEEDS OFFICER (SENO)**



**MS NADIA SIVAKUMAR
COUNSELLOR**



**MS MEENA MALINDER
KAUR**

**EDUCATION AND CAREER
GUIDANCE (ECG)
COUNSELLOR**



**MS ROHANA BINTE
ABDUL LATIP**

**SPECIAL EDUCATIONAL
NEEDS OFFICER (SENO)**



SEN Officer	School Counsellor	ECG Counsellor
Supports student's learning and behavioural well-being.	Provides a safe environment for students to share their personal challenges	Motivates and helps student to explore and discover strengths, interests, aspirations
Sessions on literacy and social skills.	Social, emotional, behavioural, mental health matters	Works with students to make informed plans for education and career pathways



Student Support Team

TRUTH & CHARITY



NEED SOMEONE TO HEAR YOU OUT?
NEED ADVICE ON ANY ASPECTS OF YOUR LIFE?

SCAN THE QR CODE BELOW TO BOOK AN APPOINTMENT
FOR A CHAT.



FOR ANY EMERGENCY, PLEASE SPEAK TO
YOUR TEACHERS OR
APPROACH A STAFF AT THE GENERAL OFFICE.



**Students can book
an appointment
with our SENO /
school counsellor /
ECG counsellor
using this QR code.**



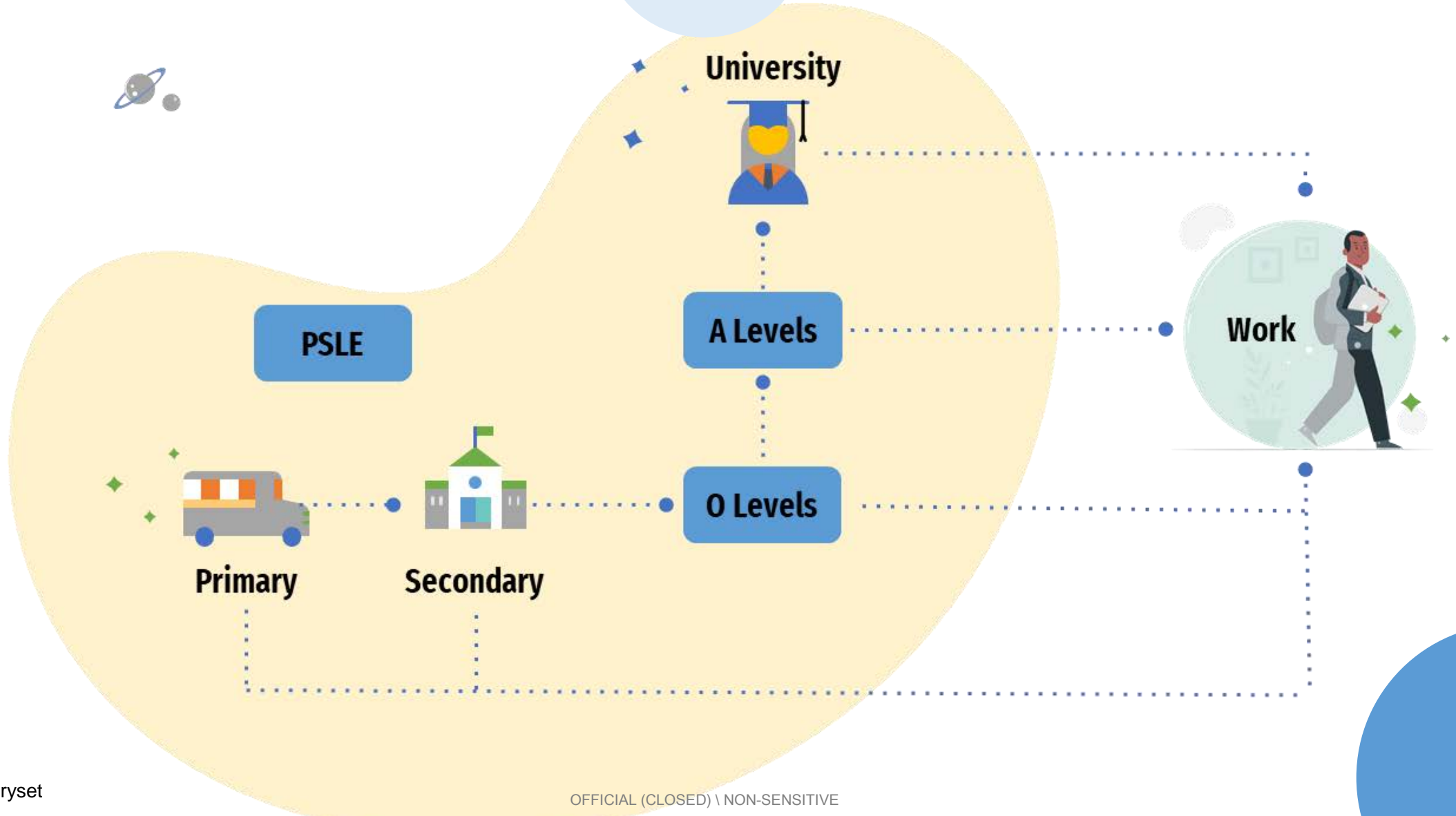


Supporting your child in post-secondary education

Ms Michelle Tan
Subject Head
Character and Citizenship Education



Educational Pathways were simple in the past...

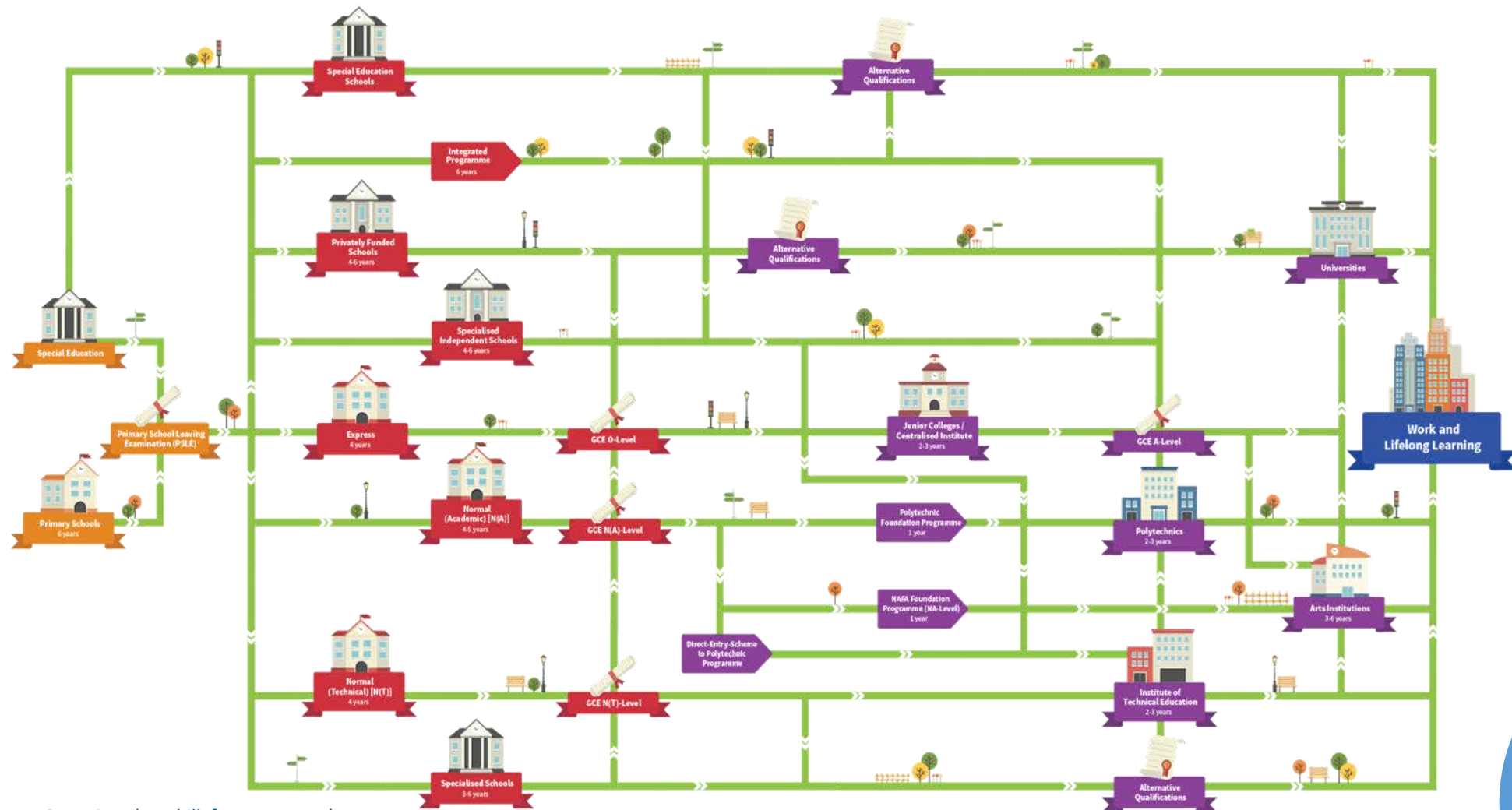


Today, there are many (& more flexible)

Primary
6 years

Secondary
4-5 years

Post-Secondary





ITE / POLY EAE AND DSA (JC)

TRUTH & CHARITY

- Application exercises that aim to cultivate a flexible and broad-based education system in Singapore that looks beyond grades.
- Recognises talents in non-academic areas and specific academic areas.
- Based on strong aptitude and interest in a field related to the specific course.



MINIMUM ENTRY REQUIREMENTS

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- Minimum Entry Requirements (MERs) are not the focus of the application but the hygiene factor
- Based on GROSS SCORE
 - **Excludes** further MTL / CCA bonus points deductions





APPLICATION EXERCISES

TRUTH & CHARITY

Name of application exercise	Who can apply?
ITE EAE: ITE Early Admissions Exercise	All students
DPP: Direct-Entry-Scheme to Polytechnic Programme	4NA students
PFP: Polytechnic Foundation Programme	4NA students
DSA (JC): Direct School Admissions Exercise (JC)	4 Express & 5NA students
Poly EAE: Polytechnic Early Admissions Exercise	4 Express & 5NA students





APPLICATION EXERCISES

TRUTH & CHARITY

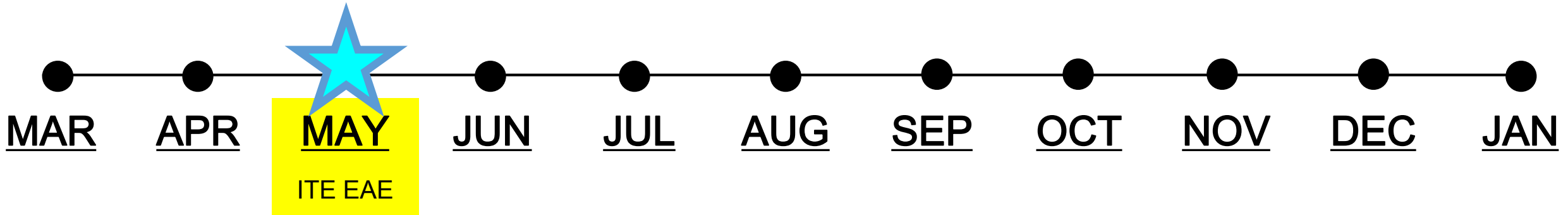
Name of pathway	Who can apply?
ITE EAE: ITE Early Admissions Exercise	All students
DPP: Direct-Entry-Scheme to Polytechnic Programme	4NA students
PFP: Polytechnic Foundation Programme	4NA students
DSA (JC): Direct School Admissions Exercise (JC)	4 Express & 5NA students
Poly EAE: Polytechnic Early Admissions Exercise	4 Express & 5NA students





ITE EAE: ITE EARLY ADMISSIONS EXERCISE (ALL STUDENTS)

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- If offered, conditional offer for specific ITE college and course.
- If accepted and want to switch college/course, cancel by Sep.
- **Min Entry Requirements:** Course-specific.



APPLICATION EXERCISES

TRUTH & CHARITY

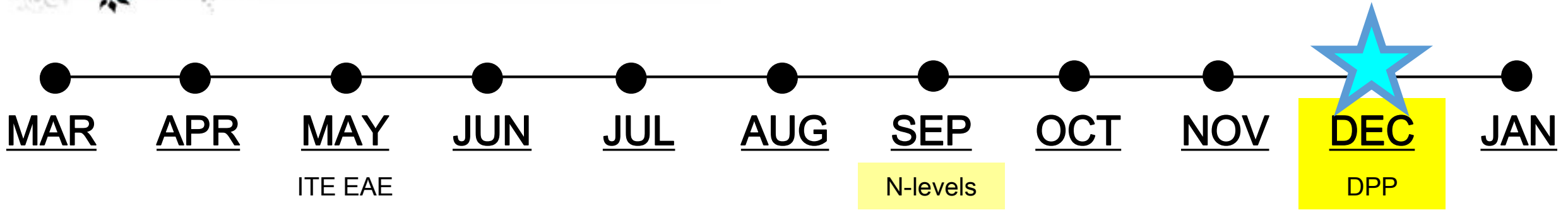
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DPP: Direct-Entry-Scheme to Polytechnic Programme	4NA students
PFP: Polytechnic Foundation Programme	4NA students
DSA (JC): Direct School Admissions Exercise (JC)	4 Express & 5NA students
Poly EAE: Polytechnic Early Admissions Exercise	4 Express & 5NA students





DPP: DIRECT-ENTRY-SCHEME TO POLYTECHNIC PROGRAMME (4NA)

TRUTH & CHARITY

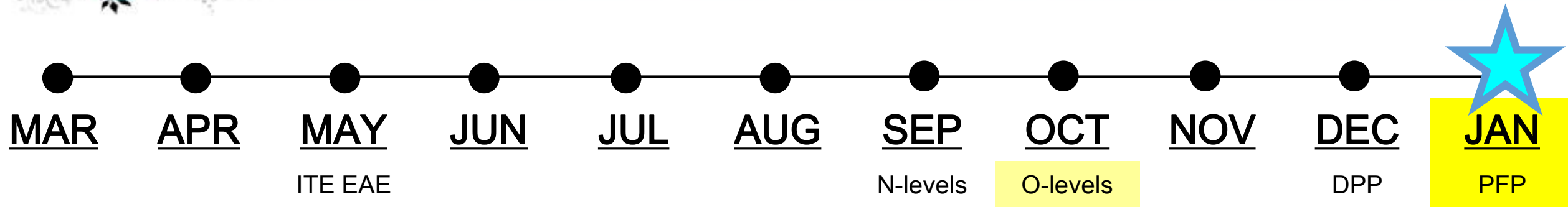


- 2-year Higher Nitec programme in ITE.
- Minimum GPA achieved, guaranteed place in related polytechnic diploma course.
- **Min Entry Requirements:** Gross ELMAB3 – 19 points or less **plus** specific requirements of preferred course.



PFP: POLYTECHNIC FOUNDATION PROGRAMME (4NA)

TRUTH & CHARITY



- 1-year diploma-specific foundation programme in polytechnic.
- Minimum GPA achieved, guaranteed place in related polytechnic diploma course.
- **Min Entry Requirements:** Gross ELMAB3 – 12 points or less, **min grade 4 for two ‘Best’ subjects, plus** specific requirements of preferred course.



APPLICATION EXERCISES

TRUTH & CHARITY

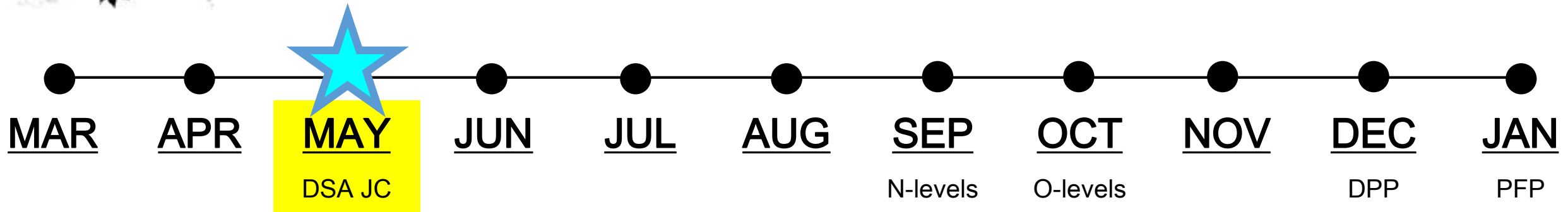
Name of application exercise	Who can apply?
ITE EAE: ITE Early Admissions Exercise	All students
DPP: Direct-Entry-Scheme to Polytechnic Programme	4NA students
PFP: Polytechnic Foundation Programme	4NA students
DSA (JC): Direct School Admissions Exercise (JC)	4 Express & 5NA students
Poly EAE: Polytechnic Early Admissions Exercise	4 Express & 5NA students





DSA (JC): DIRECT SCHOOL ADMISSIONS EXERCISE (4 EXP & 5NA)

TRUTH & CHARITY

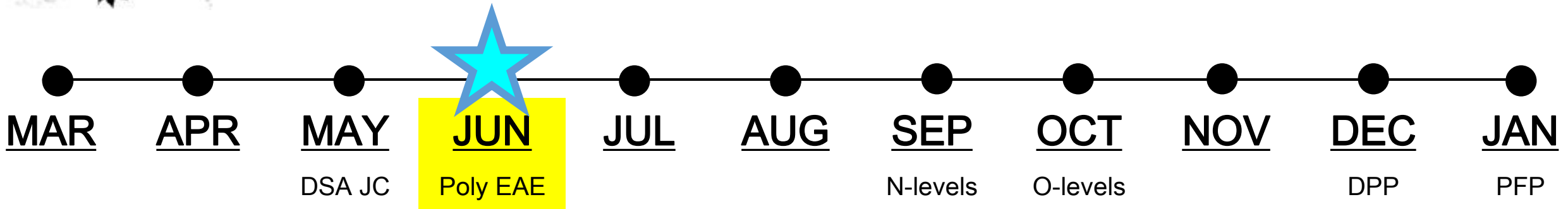


- If offered, conditional offer for specific school(s).
- If accepted but want to change OR participate in JAE, cancel by Oct.
- **Min Entry Requirements:** Gross L1R5 – 20 and below, **PLUS** subject-specific requirements for EL (6), MA (7), MTL (7).



POLY EAE: POLYTECHNIC EARLY ADMISSIONS EXERCISE (4 EXP & 5NA)

TRUTH & CHARITY



- If offered, conditional offer for one polytechnic and course.
- If accepted but want to participate in JAE, cancel by Oct.
- **Min Entry Requirements:** Gross ELR2B2 – 26 and below (*except for Dip (Nursing) – 28 and below*)



WEBSITES WITH DETAILED INFORMATION

TRUTH & CHARITY

Note: As at 8 Mar 2024, most websites still show information for the 2023 graduating cohort. Check back regularly for the websites to be updated for the 2024 graduating cohort.

Website and Type of Info	URL
Overview of Post-Secondary Education Institutions	https://go.gov.sg/overview-pseis
ITE EAE (Early Admissions Exercise)	https://go.gov.sg/applyeae
DPP (Direct-Entry-Scheme to Polytechnic Programme)	https://www.ite.edu.sg/admissions/full-time-courses/higher-nitec-dpp
PFP (Polytechnic Foundation Programme) <ul style="list-style-type: none">• General Info• Application Portal	<ul style="list-style-type: none">• https://go.gov.sg/pfp• https://pfp.polytechnic.edu.sg/PFP/pfp_application.html
DSA (JC) [Direct School Admission (Junior College)]	https://go.gov.sg/applyjcda N.B. Each JC will have its own start and end date for applications. Visit individual JCs' websites for details.
Poly EAE (Polytechnics Early Admissions Exercise) <ul style="list-style-type: none">• General Info• Application Portal	<ul style="list-style-type: none">• https://go.gov.sg/polyeae• https://eae.polytechnic.edu.sg/eaeStudIns/menu.jsp
MOE Course Finder <i>Contains reference cut-off scores for institutions and courses not through the early or direct admission exercises, but through the Joint Admissions Exercise (JAE)/ Joint Intake Exercise (JIE) after the national exams.</i>	https://go.gov.sg/coursefinder



***How can you guide your child in
exploring post-secondary
pathways?***



Your Child may ask...

Values, Interests, Strengths

What areas am I **strong** in?
Which of these will I be able
to **sustain** my interest in?



Job/ Career Options

I know I love Literature, but
what jobs are available?
What would **career**
progression look like?



Education Pathways

Which education pathway(s)
are **available** to me and
which should I **choose**?



Subject Combination

I've decided on my post-
sec pathway but which
subject combination/
course should I take?





Have Conversations with Your Child

TRUTH & CHARITY



Support them as they discover their VIPS

What is important to you? What motivates you?

What are the issues you feel strongly about?

What do you enjoy doing?

What are your strengths?

What have people praised you for?

Encourage reflection on experiences

What do you like / dislike about...?

How do you feel when...?

What did you learn about...?

What did you discover about yourself through...?

Start exploring areas of interests

Which would be your top 3 aspirations? Why did you choose these?

What would be Plan B or Plan C?

What are the skills / knowledge you wish to develop / gain?

Would you prefer something more academic or hands-on and work-oriented?

thank you