



# CHIJ (Katong) Primary School Primary 1 Orientation 2024



**Primary 1 2024**

**Welcome to CHIJ (Katong Primary)**



Sr Maria Lau  
Provincial, U Sisters

**CHIJ BOARD OF MANAGEMENT**  
(Effective 9 September 2024)



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Chairperson



Mr Sushil George  
Vice-Chairman



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School Development Sub-Committee



Ms Jacqueline Loke  
Member / Chairperson of  
Legal Advisory Sub-Committee



Dr Mary Chong  
Member

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# CHIJ BOARD OF MANAGEMENT

# Our School Leaders

**Mrs. Mischa Simon  
Principal**

**Mrs. Joycelyn Tan  
Vice-Principal (Academic)**

**Mr. William Ong  
Vice-Principal (Admin)**





**Mrs Desiree Ang**  
**Year Head (Lower Primary)**



## Our CHIJ Journey

- ❑ Influenced a small group of young women to first accept to live a life with Jesus
- ❑ “Instruct, educate and form” the young,
- ❑ The poor and deprived children in France.
- ❑ They had the spirit of Jesus, whom God had given to the world.



Lack of education for girls



Poor houses in France

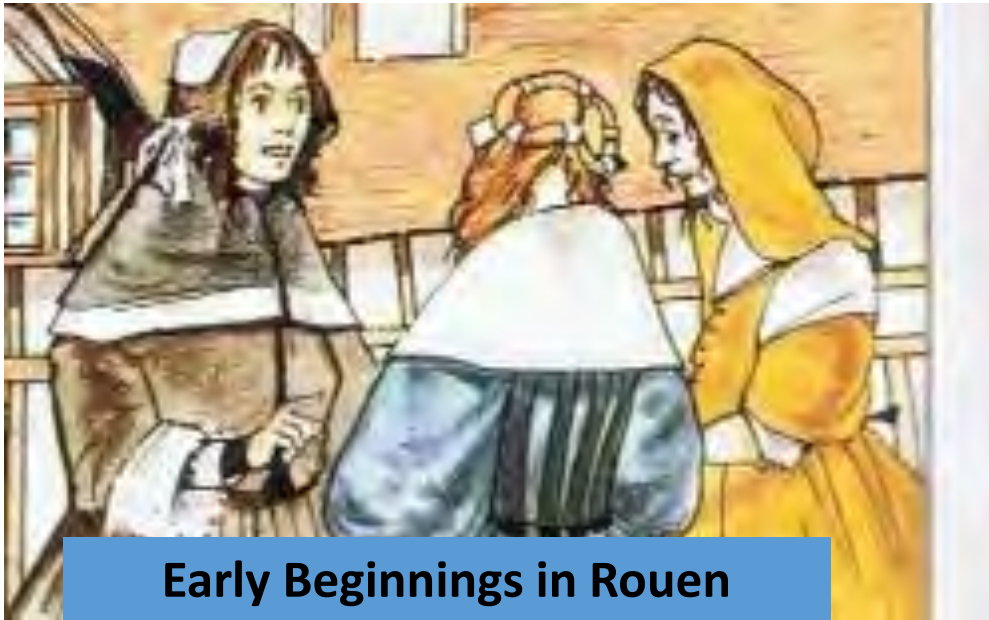


Lives of the poor in France



Our Founder, Blessed Nicolas Barre

- ❑ Simple rule of life for them in “Statutes and Rules” (1677).
- ❑ A way of life to live together in community.
- ❑ This was the first call to community and this is the same call we are continuing within our schools.
- ❑ Christ-centred community we see in our schools, where all work together for the promotion of truth, justice, freedom and love.



Early Beginnings in Rouen  
The Little Schools

## Our CHIJ Mission



A **Christ-centred community** where all work together for the promotion of **truth, justice, freedom and love**, with special reference to the needs of the persons who are **disadvantaged** in any way.



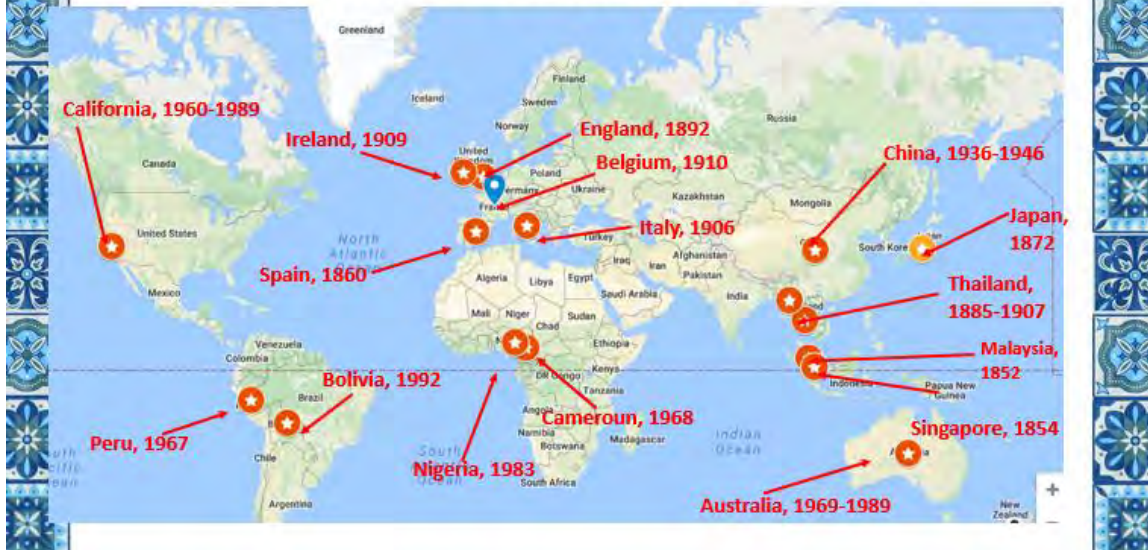
The Mother House in Paris



# Our CHIJ Journey



## Infant Jesus Sisters' Mission



## Arrival of IJ Sisters in the Far East



IJ sisters boarding a ship heading eastward

The first group of IJ Sisters arrived in **Penang in October 1852.**



Set up first CHIJ School at Caldwell House, (CHIJMES) Victoria Street

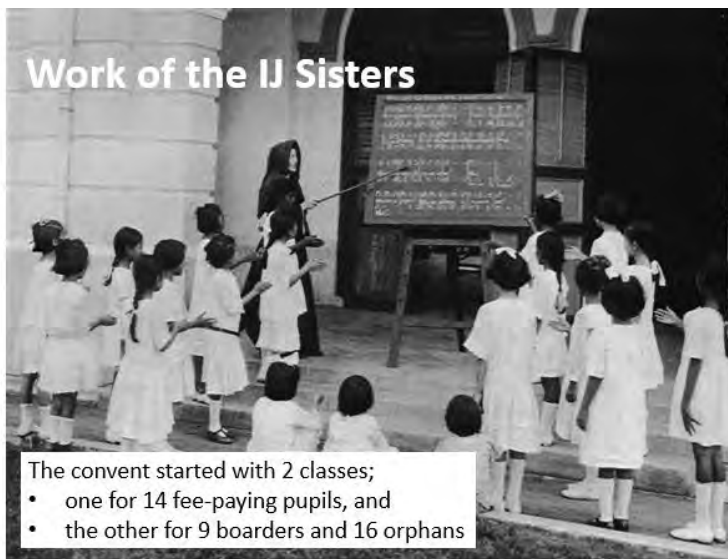


- ❑ Form a **community of young women for mission.**
- ❑ For Blessed Nicolas Barre, the Institute of the Infant Jesus sisters had **its origin in the very heart of God.**
- ❑ God's call to commit themselves in mission, **giving their services freely and out of pure love to the persons entrusted to their care**
- ❑ Form a **Christ centred community** as the inspiration of their lives of commitment.



The girls and orphans at CHIJ Victoria Street.

Gate of Hope



The convent started with 2 classes;  
• one for 14 fee-paying pupils, and  
• the other for 9 boarders and 16 orphans

## MISSION OF CHIJ SCHOOLS:

1. CHIJ School is a Christ-centred school community where all work together for the promotion of truth, justice, freedom and love, with special reference to the needs of persons who are disadvantaged in any way.
2. An Inclusive Community that believes in the worth and dignity of each person.
3. Well – rounded education to all students.
4. Care and Concern for all.
5. Everyone's unique talents and potential are valued.



# Our CHIJ Motto



In English:

Simple in Virtue  
Steadfast in Duty

In French:

Simple Dans Ma Vertu  
Forte Dans Mon Devoir

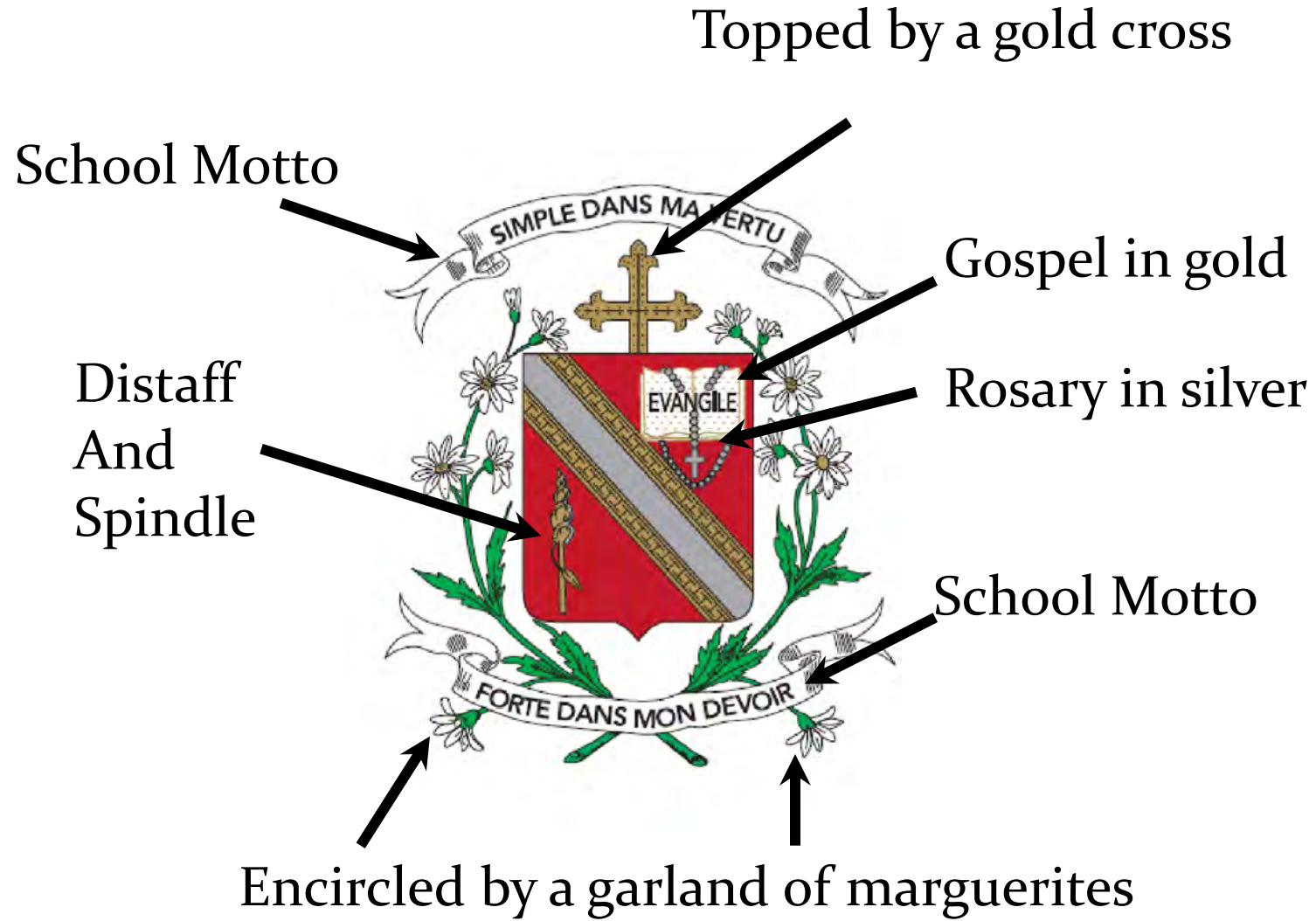


## **SIMPLE IN VIRTUE**

- To be noble in character  
inspired by a desire to live according to God's will

## **STEADFAST IN DUTY**

- To show strength of character  
in the commitment of service to others



# Our School Crest



- The red shield symbolises the all-embracing message of love.
- The Cross is a reminder that the source of inspiration, dedication and fidelity comes from Christ.
- The open gospel and rosary express the foundation of faith lived out and the story of the gospel as seen through the eyes of the virgin Mary.
- The distaff and spindle are the symbols of womanly labour which remind us of the dignity of work.
- The marguerites are a symbol of purity and simplicity, characterizing our relationships at every level.

CHIJ  
(Katong)  
Primary  
Our Journey

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# Our School Theme

1. Being proud of who you are.
2. Building resilience and gratitude.
3. Building self – discipline.
4. Building a strong body and mind.



1. God and Prayer as anchors for challenging times
2. Gratitude
3. Service

1. To be of service to all especially the last, least and the lost.
2. To 'see' others and acknowledge the presence of everyone.
3. To support those in need, so that no one is ever alone.
4. To love and be responsible to the environment – class, level, school, home, community.

## Our Vision

**Our Virtues**  
Compassion,  
Self-Discipline,  
Integrity,  
Respect.



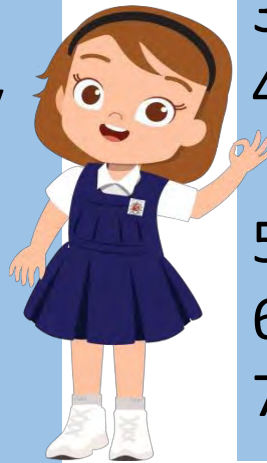
**Our Motto**  
Simple in Virtue  
Steadfast in Duty

**From Girls to Women of Grace and  
Substance**

# From Girls to Women of Grace and Substance

## Grace

1. Simple in virtue
2. Noble in character and in accordance to God's will
3. Respectful of self and community
4. Confident
5. Eloquent
6. Poised and well – mannered



## Substance

1. Steadfast in duty
2. Self – disciplined in the pursuit of knowledge
3. Intelligent
4. Intrinsically motivated to grow self and others
5. Compassionate and Empathetic
6. Principled in morals and values
7. Committed to serve



Additional  
Information and  
Support for you

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Ministry of Education  
SINGAPORE

# Here's to a Great Start to Primary School!



# Overview

## 1. What is Primary School about?

## 2. Smoothing the transition to Primary 1

## 3. School-Home Partnership

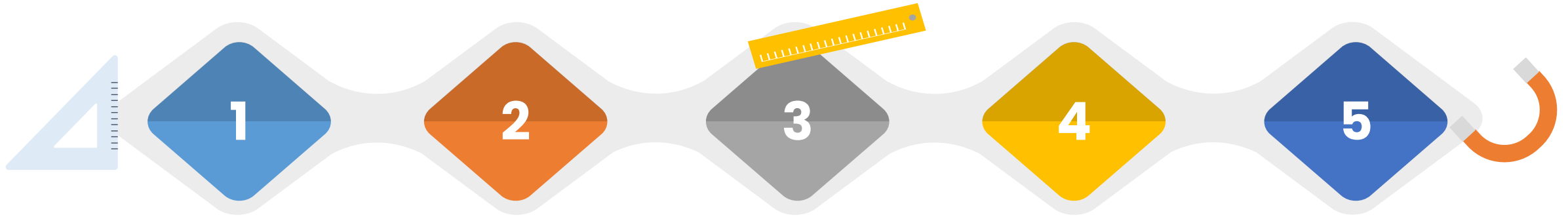


# Developments in Primary Education



Schools may access the video via:  
<https://youtu.be/9paLbNR2zWg>

# What is Primary School about?



1  
Laying a strong foundation

2  
Nurturing well-rounded individuals & passionate lifelong learners

3  
Providing learning opportunities, recognising our children's strengths & developing their potential

4  
Preparing our children for the future

5  
Providing a safe learning environment to support their well-being





# Holistic development Primary 1 includes:

Focus on building greater confidence and nurturing a stronger intrinsic motivation to learn



Offering age-appropriate assessment strategies to support learning

No examinations and weighted assessments at P1 and P2 to encourage the joy of learning.

**Note for schools:** Schools may wish to provide example(s) on how feedback will be provided by the school to inform parents on the learning progress of the child, and how regularly such information will be shared to manage expectations.

Schools may also share examples of positive learning dispositions.

# Smoothing the transition to Primary 1

When your child enters primary school, their experience will include:



# Smoothing the transition to Primary 1

1. Transition is the process in which a child moves into a new environment

2. When moving from pre-school to primary, a child will have to adapt to unfamiliar setting and routines

When your child has transited well, he/she will:

- Feel safe and comfortable in the new environment
- Be able to manage daily challenges
- Be able reach out to teachers and/or peers for support when needed

**Note for schools:** Key areas of transition and tips have been included in slides 10 – 15. For more information that can be included in this section, please refer to the notes section.

# How can you prepare your child for Primary 1?

You can start talking to your child about the following:



Schools may access the video via:

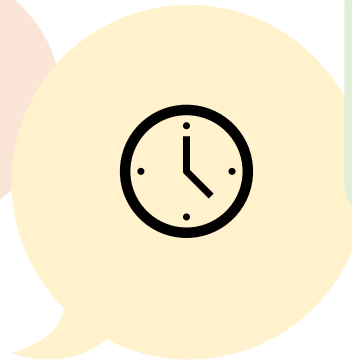
<https://go.gov.sg/transition-to-primary1>



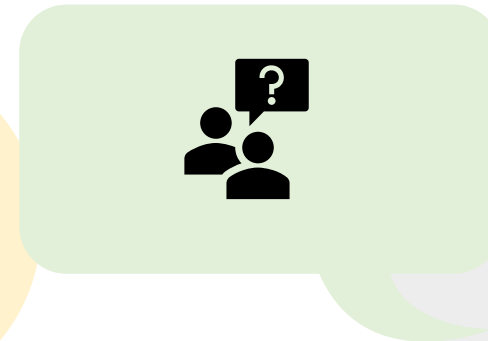
Adjusting to a larger learning environment



Interacting with more peers and teachers



Adapting to longer school hours and new routines



Taking the initiative to ask for help



Becoming more independent and responsible

# How else can you support your child?

## Support

your child and encourage them to overcome challenges with your care

## Affirm

your child by recognising small successes and praising their efforts

## Familiarise

your child with new routines gradually and share your experiences in primary school

## Empathise

with and acknowledge your child's feelings

**Supporting your child's transition through Primary 1**

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

**SUPPORT**

- Carve out some time every weekend to play games and have fun together.
- Visit places or take part in events that both of you enjoy.
- Encourage your child to make new friends.
- Try out FTGP\* Family Time activities.

**AFFIRM**

- Encourage your child when he makes observations. E.g. Say "That's interesting!" and ask why he/she said that.
- Recognise small successes. E.g. Say "You've made another new friend! It's a big - and brave!"

**FAMILIARISE**

- Find out what primary schools have in store for students these days.
- Do practical things to ease your child into new routines. E.g. Plan daily routines together; brush your child's new fiddle (the purple sticker bag).

**EMPATHISE**

- Teach your child words that describe feelings.
- Acknowledge your child's emotions. E.g. "It's okay to feel nervous about starting school."
- Understand your child's needs. E.g. Start bedtime early. Children need a lot of sleep.

**Spent Time Chatting. Use T.A.D.**

<b>Talk</b> Talk about fond memories of your own school days. E.g. What you did in Primary One; kind teachers and lovely classmates you had.	<b>Ask</b> Ask about his/her thoughts and feelings about the school. E.g. FTGP activities; when he/she felt happy/sad.	<b>Discuss</b> Discuss together what can be done if he/she has worries at school. E.g. Explain how people deal with worries.
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**QUICK TIPS**

- Listen without interrupting.
- Nod your head and ask questions to show interest and affirmation.

\* FTGP stands for Family Time Group Programme.



# How else can you support your child?

Primary 1 is an exciting and fun stage for your child.  
Help your child to enjoy the journey by developing these skills:



**Nurture a love for reading**  
Sign your child up for a free Library membership and myLibrary ID to enjoy NLB's e-resources!

# Relating Well to Others

Build your child's interpersonal skills by:

01

**Modelling the use of friendly and polite phrases**

"May I please..."

"Hi! My name is...What is your name?"

"Could you help me with..."

02

**Providing opportunities for your child to share and take turns during playtime with other children**



# Developing Good Habits

Routines help your child build confidence and learn to manage things by themselves.

Take their temperature using a thermometer



Practise consistent pre-bedtime routines and have at least 9 hours of sleep

Wash their hands



Guide your child to do the following independently:



Dress themselves

Pack their bag and check for materials



Buy food at the canteen

Make healthy food choices



Knowing when and how to ask for help





# Nurturing Positive Attitudes

**Developing the right learning attitude will help your child learn better. You can encourage your child to:**



Ask questions about their experiences and their observations on the world around them



Reflect on learning experiences, learn from mistakes and try ways to do something better



Persevere even when faced with challenges



# Knowledge, Skills & Dispositions for the start of Primary 1



## Values, Social-Emotional Competencies, Citizenship Dispositions



## Art



## English Language



## Mathematics



## Mother Tongue Languages



## Music



## Physical Education

- Understand and Care for Oneself
- Show Care and Respect for Others
- Make Responsible Decisions and Act on Them

- Enjoy Participating in Art
- Express Ideas and Feelings through Art
- Demonstrate Awareness of Art from Different Cultural Groups

- Listen and Speak for Enjoyment and Information
- Read with Enjoyment and Understanding
- Communicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes

- Basic Understanding of Numbers Up To 10
- Recognise Simple Patterns
- Compare Quantities Between Two Groups of Objects

- Enjoy and Show an Interest in Learning Mother Tongue Language.
- Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.
- Demonstrate Awareness of Local Ethnic Culture

- Enjoy Participating in Music and Movement Activities
- Express Ideas and Feelings through Music and Movement Activities
- Demonstrate Awareness of Music and Movement from Different Cultural Groups

- Enjoy Physical Activities
- Display Coordination in Motor Tasks
- Demonstrate Awareness of Healthy Habits and Safety

# Some questions you may have...



**You can encourage your child for efforts in learning to read. Most importantly, reading should be a fun learning process.**

Reading is a habit that we can build.

## **Interest your child in reading**

- It is never too late to start getting your child interested in books
- Take your child to the library, expose them to various picture books and read together for a start
- Students will be introduced to various genres of books, and be taught how to blend letter sounds through games or craft work

# Some questions you may have..



Children pick up time management at a different pace and can improve with help.

## Support your child in time management

- Parents can model this with your child at home with small tasks and everyday activities
- If you find your child struggling with completing their tasks or homework within a given time, it could also mean that they are not sure how to go about completing them. Try breaking the task down into smaller steps
- If you notice any learning issues, do reach out to the school early

**Be specific about how much time they should spend on the work, and offer a set time that they should complete the work.**

# Some questions you may have...



**Practise with your child when and how to ask for help. Remember to affirm them for their efforts.**

Asking for help may not seem obvious to a child.

## Teach your child how to ask for help:

**Step 1:** Look for someone who can help

**Step 2:** Check if that person has the time to help; if not, look for another suitable person

**Step 3:** Share what the problem is and how they feel

**Step 4:** Listen carefully to the advice given

**Step 5:** Thank the person for the help

# Some questions you may have..

**I'm worried my child won't eat at recess. He'll go hungry!**



**Remind your child that eating during recess is important as it helps them with the physical energy to continue focusing and learning in class.**

Students may enjoy recess so much that they forget to eat. Some students may not be eating because they are shy about ordering food.

## Encourage your child to eat during recess

- Let your child practise ordering food and making payment when out with the family
- If they need more time to build their confidence or observe how it is done by other students, you may pack a lunch box in the meantime, so they will always have something to eat
- If you worry that your child is not eating at all, discuss with your child's teacher

# We get you ready for your primary school journey

**SCHOOLBAG**  
PARTNERING YOU ON YOUR EDUCATION JOURNEY

Hear from fellow parents, MOE educators and more on how your child can get more out of their primary school experiences. Subscribe to [Schoolbag.edu.sg](https://www.schoolbag.edu.sg) today!

SCAN TO SUBSCRIBE

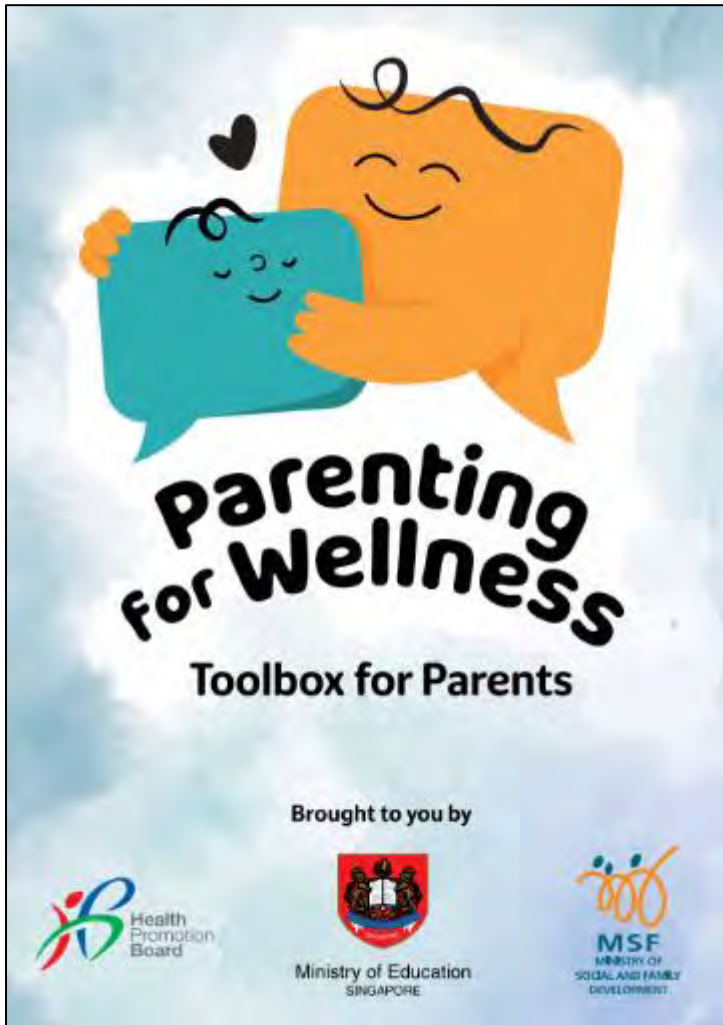


[go.gov.sg/schoolbag-newsletter](https://www.schoolbag.edu.sg)



Brought to you by  
MOE Communications  
and Engagement Group

# Latest Resource: Parenting for Wellness Toolbox



An initiative to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience, and parent effectively in the digital age.

The Toolbox for Parents comprises bite-sized practical tips and strategies for parents, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.

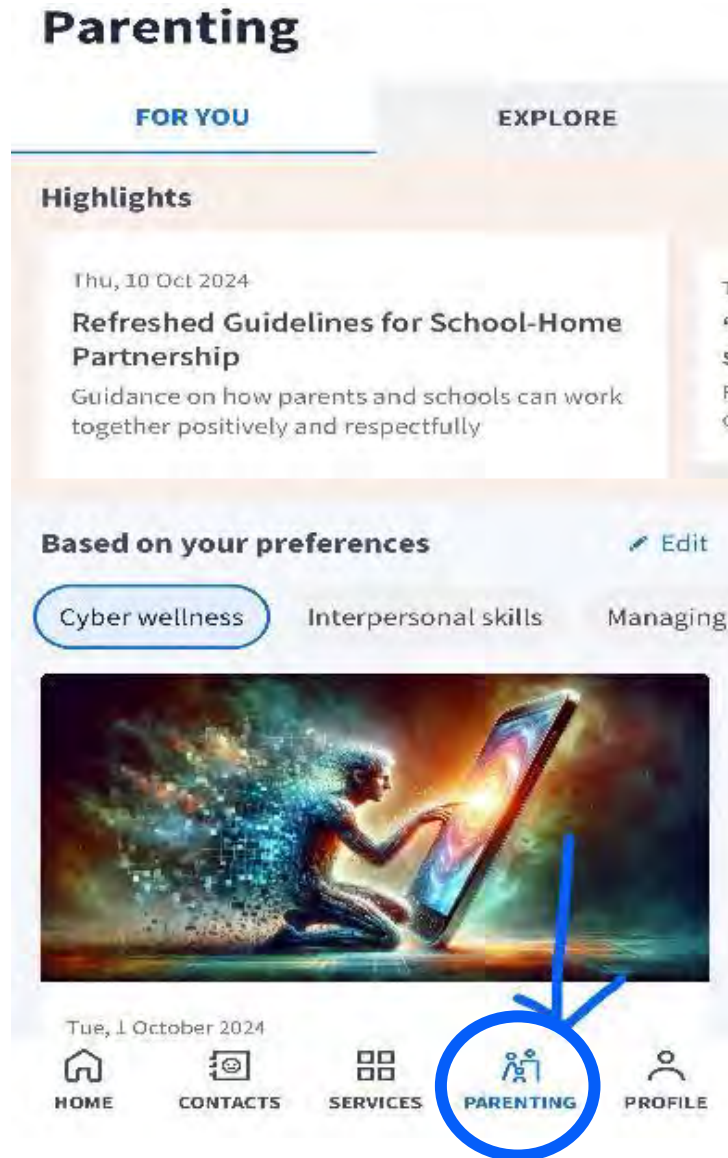




# Check out Parenting Resources on Parents Gateway (PG)

## Repository of parenting resources

A repository for parents to browse resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



Find out more about Parents Gateway here.

# Resources in PG for every educational stage

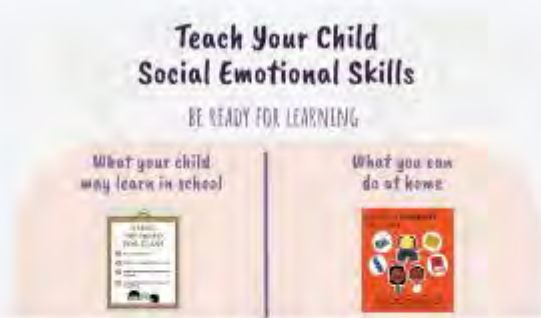


Fri, 23 September 2022

**[Preparing for P1 - PDF] Supporting Your Child Through the Primary 1 Journey**

Click to download or view this issue on preparing your child for P1.

**Find out what your child really needs for Primary 1.**



Mon, 18 October 2021

**[PDF] Social skills to prepare your child for Primary 1**

Click to download or view this resource to learn how you can help your child learn social skills.

**Help develop your child's social and emotional skills by referring to this infographic.**



Mon, 23 August 2021

**Are you over-preparing your child for P1?**

Learn how overpreparing your child may hinder learning.

**Are you over-preparing your child for primary school?**



Wed, 15 December 2021

**[NLB] LearnX Reading - Primary**

Create fun experiences for your child to discover the joy of reading.

**How to cultivate the love for reading? Check out resources from the National Library Board.**

# Check out more resources from MOE

## Parent Kit



## Parent Kit

[www.moe.gov.sg/parentkit](http://www.moe.gov.sg/parentkit)

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.

## MOE Social Media Platforms



[www.instagram.com/parentingwith.moesg](http://www.instagram.com/parentingwith.moesg)



[www.facebook.com/moesingapore](http://www.facebook.com/moesingapore)

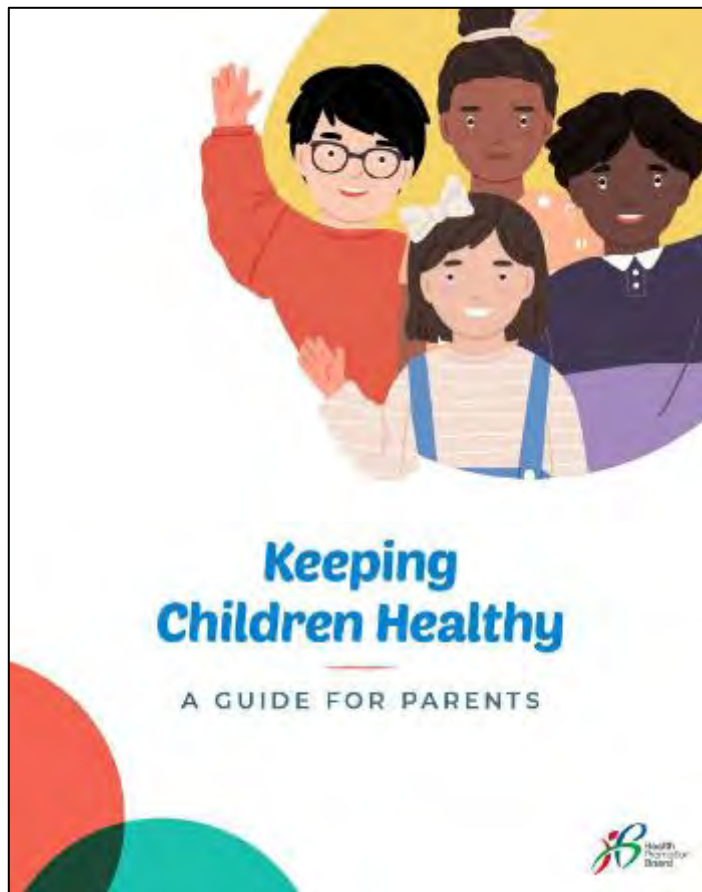


[www.instagram.com/moesingapore](http://www.instagram.com/moesingapore)



[www.youtube.com/moespore](http://www.youtube.com/moespore)

# Keeping Children Healthy



### Is your child transitioning to P1?

Unlike preschool where your child is served meals based on a fixed menu, they will have to start making more independent choices about what they want to eat in primary school.

This transition from being served to choosing for themselves can be daunting for children. Prepare them for it in the following ways:

- a) Talk to your child about 'My Healthy Plate' and highlight the importance of different food groups in our diet. Teach them how to choose a combination of dishes using the 'quarter-quarter-half' method so they learn to incorporate all food groups in their meals.

Here is an example of a meal that is not well-balanced, and a couple that are:



Edition 1



Edition 2



Edition 3

# Family Values Card Game

*Families for Life, in partnership with the Ministry of Education*

- Designed for parent-child bonding and provide opportunities to discuss about family values as a family
- Families can learn how to play the game by scanning the QR code on the game box
- Parents are encouraged to make use of the conversation starters included in the rulebook to engage children in understanding and demonstrating the family values of **love, care and concern, commitment and respect**



# Parent- Child Activity Book is readily available online:

**10 TIPS FOR PARENTS** to help you navigate your child's first year in primary school.

- Chat with your child
- Boost their confidence
- Practise various scenarios
- Create something interesting
- Thank others for their help
- Pledge to do things together



# Parent- Child Activity Book is meant for both parent and child's use:

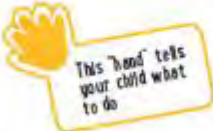
## How To Use This Book?

Primary school is an exciting time for all – not just for the kids, but for parents, too!


In this book, you'll find 10 tips for parents – to help you and your child adjust smoothly to primary-school life. Each tip includes activities which you can do together.

As this is an e-version, you may want to download this and print it, and let your child write or draw on paper. If you prefer an environmental-friendly way, screenshot the pages, or download it and use a mobile application for your child to doodle on it.

With your child, pick the activities that you'd like to do. You don't have to do them all!



This "hand" tells your child what to do



Use an application and allow your child to doodle on it!

© COMMUNICATIONS AND ENGAGEMENT GROUP 2016

## Activities Inside Include:

**Pledge**  
Make promises and keep them

**Boost**  
Every child needs encouragement!

**\*Thank\***  
Show gratitude. It's a great habit!

**Create**  
Make something awesome together!

**(Practise)**  
Get familiar with new routines

**Show-and-Tell\***  
Keep that conversation flowing!

This will be a year of making great memories, together. Have fun learning with your child!

Your adventure begins on the next page.

© COMMUNICATIONS AND ENGAGEMENT GROUP 2016

# Parent- Child Activity Book contains practical tips, tap on it!

## Great Ideas For A Great Adventure

Paste a sticker after you complete each tip!  
Stickers can be downloaded from <https://www.moe.gov.sg/parentkit>

**Before school starts!**

**Tip 1: Get Ready For School**  
Pg 9 - 16  
Dec-before school starts!

**Tip 2: Practise Routines**  
Pg 17 - 28  
Dec-before school starts!

**Tip 3: New Places, New Faces**  
Pg 29 - 38  
Jan-first week of school!

**Tip 4: We Can Do This Together!**  
Pg 39 - 48  
Feb-when learning gets more serious!

**Tip 5: Show Interest In Your Child**  
Pg 49 - 56  
Mar-holidays!

**Tip 6: Time To Let Go!**  
Pg 57 - 66  
Apr-start of term 2!

**Tip 7: Team Up With Teachers**  
Pg 69 - 78  
May-before and after the Parent-Teacher Meeting!

**Tip 8: Every Child Is Unique**  
Pg 79 - 86  
May-before and after the Parent-Teacher Meeting!

**Tip 9: Be A Great Role Model**  
Pg 87 - 96  
Jan-holidays!

**Tip 10: Let's Help Out At Home**  
Pg 97 - 104  
Jan-holidays!

During term time!

## TIP 2

# Practise Routines

Building good habits helps your child cope with the many new things they will encounter this year.

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

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A strong  
partnership to  
develop  
Women of Grace  
and Substance

# School- Home Partnership

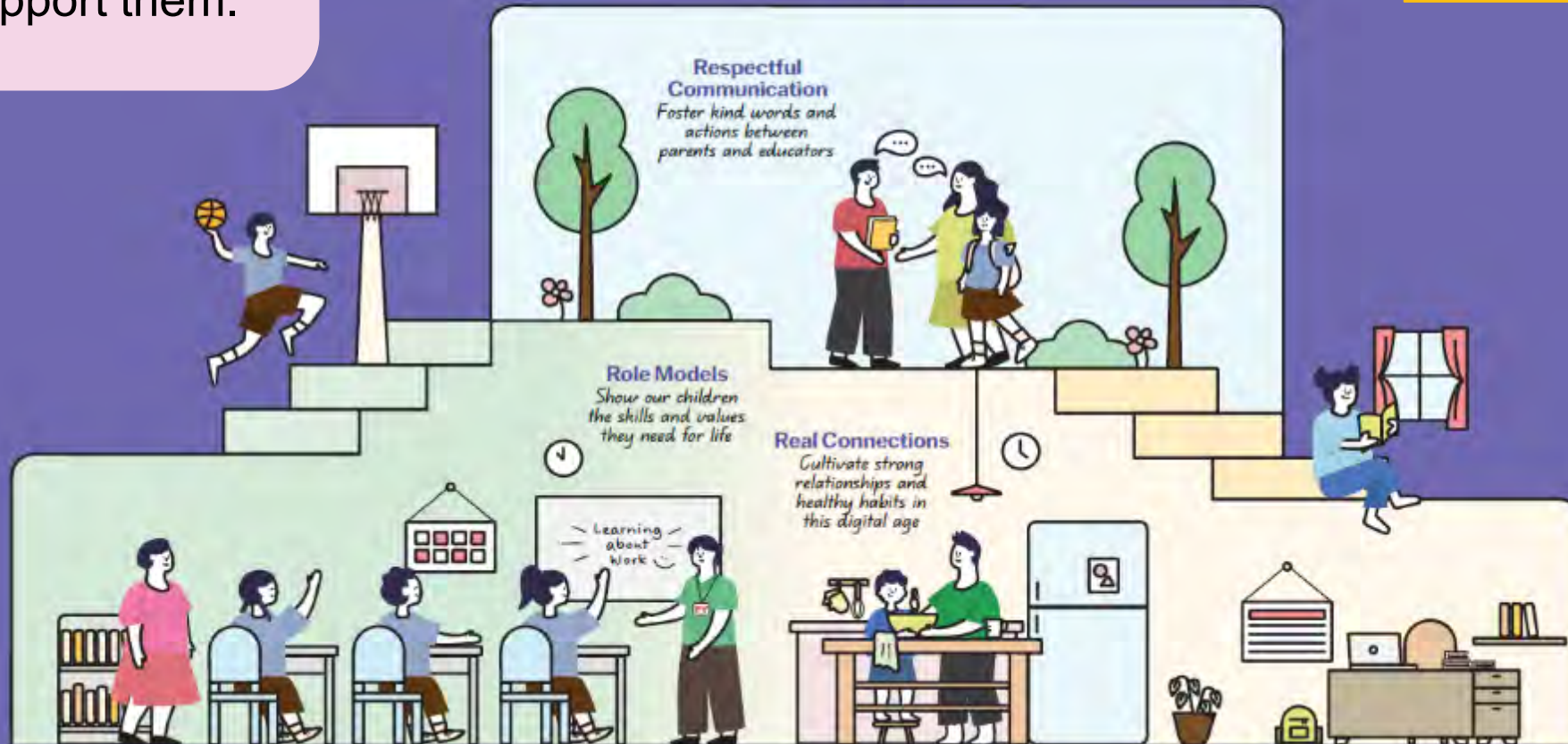
Our children do best when schools and parents work hand in hand to support them.

Guidelines for School-Home Partnership

## Raising a Happy, Confident, and Kind Generation Together

**Note for schools:**

*For more information that can be included in this section, please refer to the notes section.*



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

**1** Respectful Communication

**2** Role Models

**3** Real Connections



# Respectful Communication

## Foster kind words and actions between schools and educators



Listen to and understand each other's perspectives and concerns regarding each child



Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers



Respect each other's time by communicating during working hours



**Note for schools:** For more information that can be included in this section, please refer to the notes section.

# Role Models

**Show our children the skills and values they need for life**



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions



*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*

**Note for Schools:** For more information that can be included in this section, please refer to the notes section.

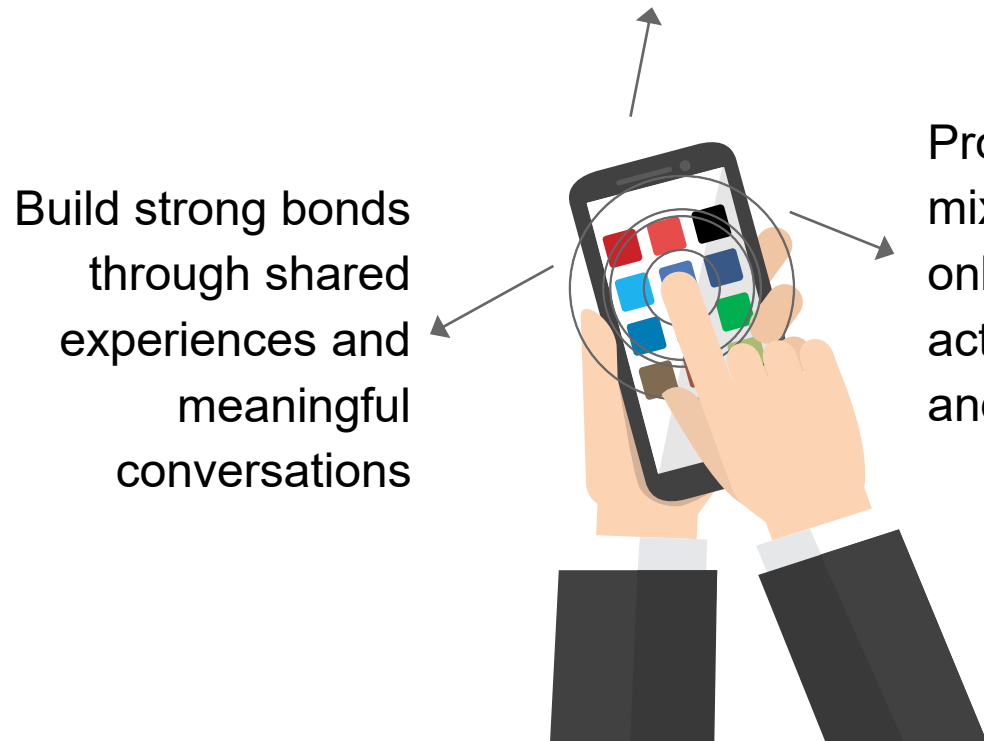
# Real Connections

**Cultivate strong relationships and healthy habits in this digital age**

Establish good habits for our children to stay confident and in control of their technology use

Build strong bonds through shared experiences and meaningful conversations

Provide a balanced mix of engaging online and offline activities, at school and at home



# 1. Let them fail and Learn

Prepare them for the test of life, not a life of tests.



# 2. Let them fall

It is part and parcel of growing up.





# 3. Let them Forget

If they forget, they forget.



# 4. Let them be children

A child who can be herself is a happy child.



# Our Parents

## A supportive and mutually – beneficial relationship

The home and the school represent two of the most critical support systems for our girls.

Having a strong partnership between home and school is associated with many positive student outcomes (academic, behavioral, and emotional well-being).

Likewise, our teachers can do their best work when there is trust in them and the school.





Thank you!

