



# Xishan Primary School Parents Engagement 2025

## **Primary 3** ***Principal's Briefing***

Every Xishanite, A Life-Long Learner, A Contributing Citizen





# School Leaders

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From left:

- Ms Latha (Vice-Principal)
- Mrs Jane Chng (Principal)
- Mdm Sophia Lee (Vice-Principal/Admin)



# Our Primary 3 Year Head



Ms Wong Mei Li  
**Year Head (P3 & P6)**



# Our Primary 3 Form Teachers

3 Self-Discipline

3 Integrity



Mr Chan Zhaoli



Mdm Huang Suhui



Ms Liz Alfreda



Mdm Rosalind Teo



# Our Primary 3 Form Teachers

3 Respect



Ms Lee Yu Xin



Mdm Gong Yaqin



Mr Johan

# Our Primary 3 Form Teachers

3 Resilience

3 Love



Mr Joseph Loke



Mdm Kayla Loh



Ms Yvette Lai



Mrs Brenda Chew



# Our Directional Statements

**Vision** Every Xishanite,  
**A Lifelong Learner,**  
**A Contributing Citizen**

**Mission** To create opportunities where passions are ignited, potential discovered & dreams realised

**Values** Self-Discipline  
Integrity  
Respect  
Resilience

**Motto** Love  
Care  
Share

**Philosophy** Every child can and wants to learn



**Strategic Focus: Holistic Well-Being through Keep C.A.L.M & Give**



**Confident & Connected Learner**

Keep **C.A.L.M.** & **Give** (KCG)  
Framework





Launched on 21 Jan 2025; a national health promotion strategy to enhance preventive care & inculcate healthier lifestyles in children

# School Theme & Collective Goal in 2025

- 1. Celebrating our rich heritage of 88 years & building on our strengths**  
- Xishan spirit of 'Love, Care, Share', committed and caring staff
- 2. Looking ahead to grow and innovate with infinite possibilities as one community**



# Start with 'ME'



## What must Xishanites do to be future-ready?

- **Take responsibility for yourself** – focus on how your actions, words, and choices can positively impact yourself and others.
- If every Xishanite takes charge and plays his/her part, Xishan will be more conducive for learning and play.





**What can I do to play my part  
as a responsible Xishanite?**

I can use kind words and make  
someone's day. Who knows, he  
may pass the kindness  
forward!

Xishan is like a garden.  
Every Xishanite plays  
his/her part by planting  
a seed. Over time, we  
will grow a beautiful  
garden together.

I can keep my areas  
clean & help pick  
up litter I see.  
Let's not pile on  
more work for the  
aunties & uncles!

I can also be  
responsible at  
home. Mummy will  
be pleased that I  
completed my  
homework before  
play time.



# ‘Start with Me’ Term 1 Challenge

*Take the first step to lead yourself!*

Term 1 Value:  
Self-Discipline

## **P1 – P3 Challenge:**

- ✓ Record your homework in your handbook and complete it diligently.

## **P4 – P6 Challenge:**

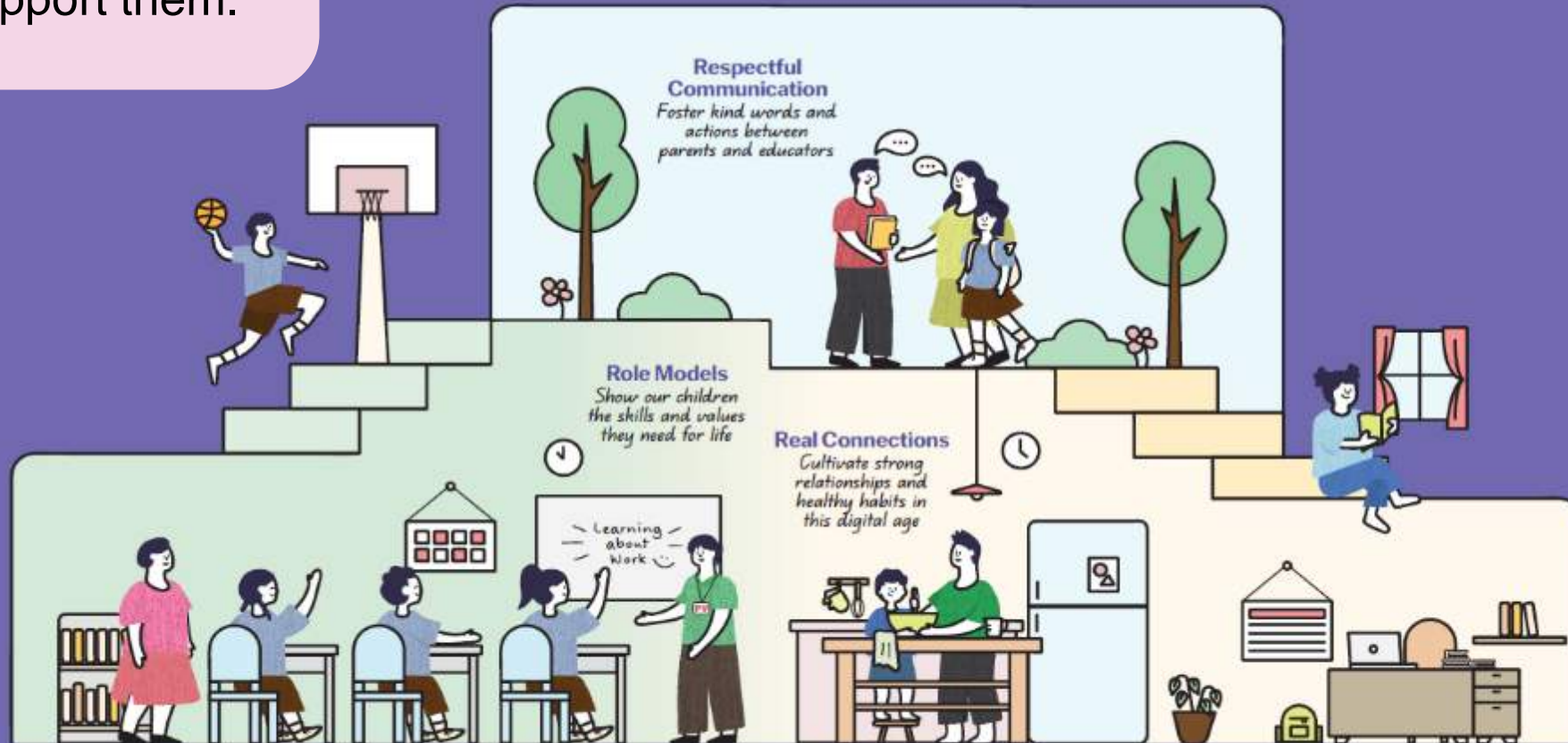
- ✓ Record homework AND use the Term 1 Planner (pgs. 50 & 51) to plan your tasks and manage your time effectively.

# 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





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

## 1 Respectful Communication

*Foster kind words & actions between parents & teachers, including admin staff*



## 2 Role Models

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

## 3 Real Connections

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

# 1. Respectful Communication

**Foster kind words and actions  
between schools and teachers**



Listen to and seek to 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 (weekdays from 7.30am – 5.30pm)



## 2. 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

"PARENTS ARE TEACHERS, AND HOME IS A CHILD'S FIRST AND MOST IMPORTANT CLASSROOM."

- Hillary Clinton





# 3. 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



# Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media



**DEVICES USED DAILY BY CHILDREN (%)**

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

**Age when they started using social media**

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

## Parents may not be aware of the online risks

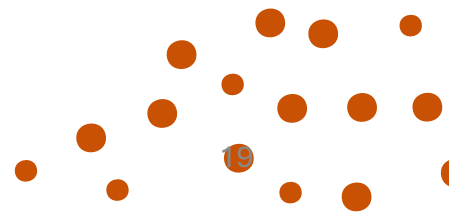
Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023



# MOH's new screen time guidelines for kids under 12



## Below 18 months



- **No screen time** (except for video calls)
- Do not leave screens on in the background

## 18 months to 6 years old



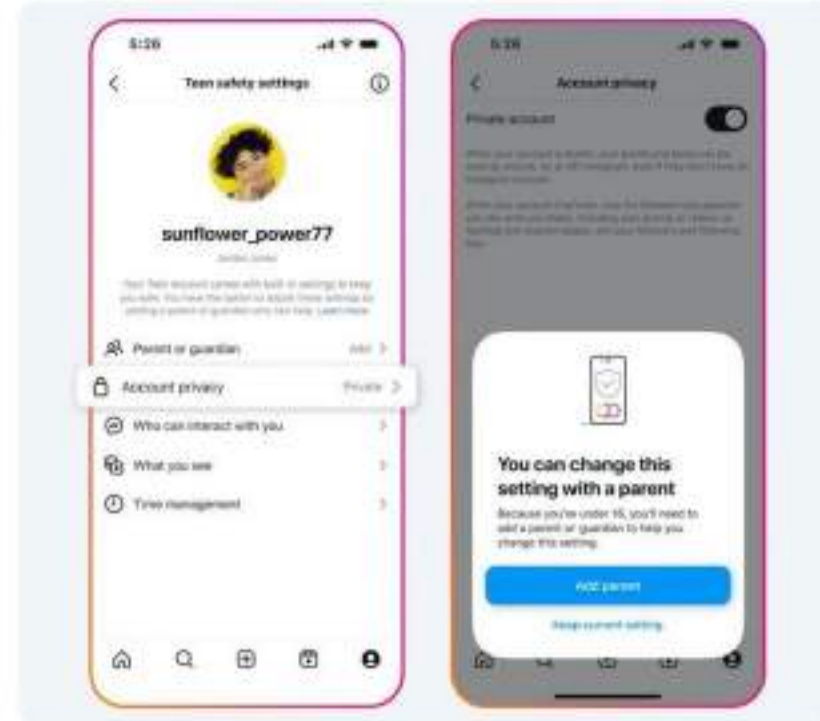
- Screen time: **Under 1 hour daily** outside school
- Watch media with kids when possible
- Do not use screens to occupy or distract children
- Choose age-appropriate educational content
- Do not leave screens on in the background
- **No screens during meals and before bedtime**

## 7 to 12 years old



- Screen time: **Under 2 hours daily**, except for schoolwork
- Avoid giving children mobile devices with unrestricted internet and app access
- Avoid giving children access to social media

# Instagram to restrict features for Singapore users who are under 18





# Don't shield students from devices, but teach them purposeful usage: Minister

Singapore does not take a binary view of device usage, said Education Minister Chan Chun Sing, even as Australia passed a law in late 2024 to ban social media for children aged under 16.

This approach of not banning devices is more challenging, but more practical at the same time, he said.

A local research effort in child development, called Growing Up In Singapore Towards Healthy Outcomes, showed detrimental cognitive impacts when children are exposed to screen time before the age of two.

In an interview with The Straits Times, Mr Chan said the study showed that unsupervised consumption of videos for more than two hours could result in a drop in IQ by the time a child turns seven years old.

For teenagers, he said the greatest concerns are video-gaming and how social media can affect self-worth and lead to incessant comparisons with others.

Despite such potential dangers, students should not be prevented from using devices, but be taught how to use them purposefully, he said.

"It's a bit like discovering fire... Fire can be both good and bad. If you don't know how to use it, you burn down everything. Use it properly, and you can use it to cook and generate electricity," Mr Chan said, adding that people should not be shielded from devices and end up not knowing how to use them.



DUAL NATURE

**It's a bit like discovering fire... Fire can be both good and bad. If you don't know how to use it, you burn down everything. Use it properly, and you can use it to cook and generate electricity. We have to guide them on how to use the device and when to use the device.**



**EDUCATION MINISTER CHAN CHUN SING**, on how students should not be prevented from using devices, but be taught how to use them purposefully despite the potential dangers of video-gaming and social media.

"We have to guide them on how to use the device and when to use the device."

Schools already ban the use of mobile phones during lesson time, he said. Parents also need to manage usage of devices at home, while understanding their children's needs.

"A lot of it is role-modelling. You cannot tell your child don't use the device, but we're all playing with it while having dinner."

Referring to the use of personal learning devices in secondary schools, Mr Chan said that 75 per cent of parents do not change the default settings from the management apps in these devices.

However, half of the remaining parents would like tighter controls and the other half question the

strict measures.

"We have both extreme ends. When parents set it too tight, the child tries to find ways to bypass. If they set it too loose, the child runs all over the place," he said, adding that there is no one-size-fits-all approach to this issue.

Rather, it is about educating children and parents to use devices in an age-appropriate way, he said.

Australia's move to pass a law on Nov 28 to ban social media for those under 16 is "interesting to consider", said Mr Chan, but will be hard to implement and does not solve all problems stemming from social media use in teenagers.

He said that while countries like Singapore and India – which have

identification systems to verify a person's age – can implement such harsh bans, there are ways to bypass them.

He added that social media sites can find ways to get around countries' laws, if they do not have any incentive to align with national objectives.

When applied correctly at the right level, learning devices can be useful in the classroom, said Mr Chan. "You can actually amplify your teaching and learning outcomes," he said, adding that for high-ability students who are able to display self-control and use devices appropriately and responsibly, these are important tools to help them learn.

Students with high needs, on the other hand, should be eased in gradually, to ensure they are able to build skills to regulate how they use devices.

"We are not in the school of thought that says that you must have this blanket (set of guidelines)," he said.

But Mr Chan said the Ministry of Education is clear that pupils in primary schools will not be issued their own personal learning devices. Instead, they will use shared devices available in school.

Educating all students on cyber wellness and cyber security is essential, so that they learn how to use devices responsibly, he said.

"There's never too early an age that they cannot learn. Even at a young age, I think it's about the inculcation of habits."

Elisha Tushara

## Taken from Straits Times (2 Jan 2025)

- Unsupervised consumption of videos for > 2h a day could result in a drop in IQ by the time a child turns 7
- It is more practical in the long run to educate about cyber wellness & inculcate good habits, as well as role-modelling from parents.



# CYBERWELLNESS

2025 Theme:

**Pause, Think, Protect!**

Staying safe online & Keeping the online space safe for themselves and others.

Recess Activities

Assembly Show



## P1 to P3: Poster Challenge

The S.U.R.E Framework (Source, Understand, Research, Evaluate) is a great approach to help students assess the reliability of information.

Join your child/ward by:

- Creating a poster on S.U.R.E Framework
- Commit to going 'screen-healthy' over the weekend on 21/22 Feb



Well



LOVE, CARE, SHARE



Shark Swims in the Streets of USA



STUDENTS LISTENED ATTENTIVELY DURING THE ASSEMBLY, LEARNING HOW TO EVALUATE THE RELIABILITY OF ONLINE INFORMATION USING THE S.U.R.E. FRAMEWORK, EMPOWERING THEM TO HANDLE MEDIA CONTENT RESPONSIBLY IN TODAY'S DIGITAL WORLD.







STUDENTS ACTIVELY ENGAGED IN THE FAKE NEWS CHALLENGE, GAINING VALUABLE SKILLS TO NAVIGATE THE DIGITAL WORLD SAFELY.





# Cyber Wellness segment on our Sch Website:



**XISHAN**  
PRIMARY SCHOOL

ABOUT US ▾

GENERAL INFO ▾

PARTNERSHIPS ▾

DEPARTMENTS ▾

PROGRAMMES ▾

CCA ▾

GALLERY ▾



HOME / PROGRAMMES AND EVENTS / CYBER WELLNESS@XISHAN / CYBER WELLNESS@XISHAN

## Cyber Wellness@Xishan

Applied Learning  
Programme ▾

Learning for Life  
Programme (LLP)



## Cyber Wellness@Xishan

**IS YOUR CHILD A RESPONSIBLE DIGITAL LEARNER ?**

- ✓ Respect for Self & Others
- ✓ Safe & Responsible Use
- ✓ Positive Peer Influence





## Cyber Wellness Tips



How do you manage your time spent on online activities?

<p><b>Losing sleep?</b> Have a tech-free time of 15 to 30 minutes before you sleep. Turn off all gadgets or keep them out of your room for better sleep.</p>	<p><b>Feeling bored or stressed?</b> Don't resort to online activities. Find healthy ways to cope with stress. Pick up a new hobby and pursue your interests. Go out with friends or family.</p>	<p><b>Feeling tired and achy?</b> Give yourself a break. Practice good posture and habits. Exercise and get active. If pain persists, see a doctor.</p>
<p><b>Losing focus?</b> Keep out distractions. Create an internet-free zone. Disable unnecessary notifications. Prioritize your tasks and complete them.</p>	<p><b>Losing track of time?</b> Set a time limit or a schedule. Use a timer or an app to keep track and stick to it.</p>	<p><b>Feeling less love from family and friends?</b> Explore offline activities with friends and family. Make online activities a social occasion which fosters real-life interactions.</p>



How do you deal with cyber bullying?

Do not retaliate or reply	
Save the evidence	
Block the sender	
Update your privacy settings	
Remove content from online services	
Tell a trusted adult (teacher or parents) who can help or call a helpline	
Report the incident to the provider of the service (e.g. social networking sites)	

Source: MQE ICT Cyber Wellness

## XPS ICT Acceptable Use Policy

Xishan Primary School believes in leveraging technology to enhance students' learning and development of their 21<sup>st</sup> Century Competencies. To ensure a safe and conducive online learning experience for our students, they are expected to abide by the guidelines when using any technology devices in school.

### Guidelines for Students

1. I will only use the technology devices for learning and research purposes.
2. I will only use the accounts and passwords assigned to me and not share them with anyone else.
3. I will not share my personal particulars (e.g. home address, email address, phone numbers, account IDs, passwords, or/and personal pictures) with anyone.
4. I will respect the views of others while online.
5. I will only use kind and respectful language and tone when posting comments.
6. I will work collaboratively and acknowledge the efforts of my friends and group mates.
7. I will seek permission and acknowledge the owners of the materials that I use in my work.
8. I will cite the source of the media (e.g. photos, videos and music) used in my work.
9. I will always check for accuracy and reliability of the information accessed.
10. I will not access inappropriate information, content, ads or any material that is not suitable for my age or school.
11. I will remove comments/postings should my teachers find them unsuitable.

**Student:** I understand and agree to follow the rules stated above.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

**Parents/Guardians:** I have read, discussed and explained the content to my child/ward.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*XPS Student Handbook, pgs. 36 & 37*

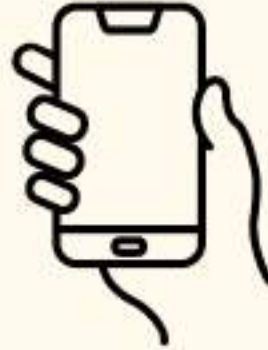
## 10 MOBILE PHONE/SMARTWATCH POLICY

All students are discouraged from bringing their mobile phones/smartwatches to school. Should there be a need for students to bring their mobile phone/smartwatch to school, students can go to the General Office at the beginning of the school term to request for a form on "Request for Permission to Bring Mobile Phone/Smartwatch to School" and have it completed by parents/guardian. School will evaluate and grant permission on a case-by-case basis. Do note that students can be contacted via the General Office and students can use the phone in the General Office to contact parents/guardian if needed.

Students are not to use mobile phones/smartwatches during school hours including recess, CCA and after-school programmes. Students who have been given the approval to bring their mobile phones/smartwatches are to switch them off and put them in their school bags before school start time. Students should bear responsibility for keeping their mobile phones/smartwatches safe. Lastly, students are only allowed to use mobile phones/smartwatches **outside** school compound **after** school hours.

If the mobile phone/smartwatch is (i) not switched off or (ii) not kept in bag or (iii) used within school compound,

Page 8 in  
T1 Bulletin



All MOE primary schools disallow the use of personal digital devices in school during school hours. Learning will be through school's shared devices, under teachers' supervision.

Also shared in Student Handbook page 22:

- Students are discouraged from bringing digital devices to school
- With parents' permission, submit request form
- All mobile phones, smartwatches (and ipads) cannot be used in school during school hours, including after-school programmes.
- Can only use outside school compound after school hours





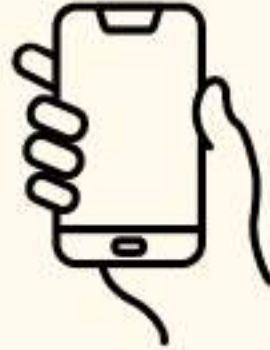
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### First Offence:

- Advice given to student
- Parent will be informed

### Second and subsequent offence(s):

- Confiscation of device
- Parent needs to collect device personally from school

Thank you for supporting us in regulating unsupervised use of technology.



# Learning is an Endeavour

*(endeavour = to make an effort towards a goal)*

- Learning requires hard work & perseverance.
- There are no shortcuts.
- Mistakes are opportunities for growth.
- Sometimes, the process is even more important than the result.
- Everyone can learn.

Amazing growth and transformation happens when we go through the journey of learning, just like how the beautiful butterfly finally emerges from the cocoon.



**What does the butterfly teach us about learning?**



We look forward to a strong partnership with you.

Together, we can nurture lifelong habits, dispositions & skills in our Xishanites.

Thank You.

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**Growing Legacy,  
Creating Possibilities Together**  
Xishan Primary School  
2025

**Start with 'ME'**

Every Xishanite, A Life-Long Learner, A Contributing Citizen

