

**IMPORTANT:
E-register for Bowen Secondary School
and Sec 1 Start Right Programme
by Thu 22 Dec 1pm**

Microsite: <https://go.gov.sg/2023s1regbowen>

Other Essential Matters on the Microsite:

1. Principal's welcome, Year Head's briefing
2. Purchase of Books & Uniforms
3. Information on:
 - Higher Mother Tongue Language (MTL) (for **Express** students only)
 - Subject-Based Banding (SBB) (for **NA** and **NT** students only)
 - MOE Financial Assistance Scheme (MOE FAS) (for all who wish to apply)
 - Arts & Music Special Programme

Sec 1 Registration



<https://go.gov.sg/2023s1regbowen>

Dear Parents / Guardians and Secondary 1 students,

Welcome to Bowen Secondary School!

To help you start Secondary 1, we have compiled key information in this Welcome Pack. Your journey for the next few years in Bowen will be rich and meaningful. You will need to spend time to get ready, so do make time to read this Welcome Pack and take the necessary actions.

The Welcome Pack consists of the following information:

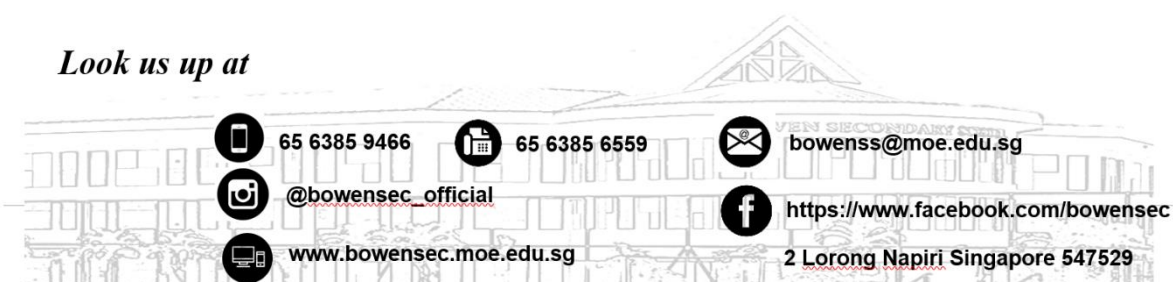
- Bowen Experience
- General School Information
- Checklist for Students for First Two Weeks of School
- Tips for Parents

Should you have any questions, please feel free to approach your child/ward's Form Teachers (emails are on page 3). We look forward to you joining our Bowen Family!

Warmly,

Mdm Sharifah Kamelia (Year Head/Sec 1)

Look us up at



1. Bowen Experience



Bowen aspires to cultivate life-long learning, strength of character and service to others in all of our students. In Bowen, there is a strong culture of care where teachers nurture and guide every Bowenian to grow and to reach for excellence.

Bowen's motto, 'I Believe, Therefore I Am', reflects on our belief that our students can fulfil their aspirations when they believe in their abilities and strive for excellence.



Our cohort theme centres around the **Bowen Experience (B.E)** which corresponds to the lower secondary themes of **Explore and Embrace**. We aim to develop in our students a growth mindset, likened to a butterfly expanding its wings and developing life skills to **Connect, Collaborate and Create**. Our students will be able to work in teams and be the catalyst for positive change within themselves.

Through their academic and holistic journey in Bowen, each Bowenian will have the opportunity to be engaged in our signature programmes, CCAs and activities through experiential learning, exploring their strengths and interests and aspiring to be a **BeacON** of light in making positive impact for self and others.

2. General School Information

Class names & Form Teachers for 2023 Sec 1 Classes



The Sec 1 classes are named after gems with the acronym “To SPARKLE” as we believe each class is a gem of its own and will sparkle in its unique way.

The gems are: **Topaz, Sapphire, Peridot, Amethyst, Ruby, Kunzite, Larimar and Emerald.**

Please refer to the table below for the names of the classes and our team of Sec 1 Form Teachers with their email contacts. If you wish to contact the Form Teachers by telephone, you may call the school office number at 6385 9466 and request for their extension number.

Class	Form Teachers	Emails
1 Topaz	Mr Chew Hui Jie Mrs Irene Leong Ms Ong Ai Lingg	chew_hui_jie@schools.gov.sg low_wai_wan@schools.gov.sg ong_ai_lingg@schools.gov.sg
1 Sapphire	Mr Sheik Habib Ms Corinne Teo	sheik_habib_noor@schools.gov.sg lieu_chee_liang@schools.gov.sg
1 Peridot	Mr Chen Qinghua Ms Ong Eileen Mr Paul Lim	chen_qinghua@schools.gov.sg eileen_ong@schools.gov.sg lim_keng_soon_paul@schools.gov.sg
1 Amethyst	Ms Alamel Moghan Ms Teo Jia Jia	alamel_moghan@moe.edu.sg teo_jia_jia@schools.gov.sg
1 Ruby	Mr Jackson Ng Mdm Ida Lim	ng_chip_khiang_jackson@schools.gov.sg ida_lim@schools.gov.sg
1 Kunzite	Mdm Angela Tan Mdm Sim Sze Hwei	tan_leng_khim@schools.gov.sg sim_sze_hwei@schools.gov.sg
1 Larimar	Mrs Audrey Gan Ms Nurzafirah	audrey_tan_seow_ping@schools.gov.sg nurzafirah_azahari@schools.gov.sg
1 Emerald	Mr Lau Chee Seng Mrs Lee Suping	lau_chee_seng@schools.gov.sg tan_su_ping@schools.gov.sg

An Overview of Important Events for the first 6 weeks of School

Mon	Tue	Wed	Thu	Fri
2 Jan	3 Jan	4 Jan	5 Jan	6 Jan
	Sec 1 Orientation Day 1* First day of school Reporting time – 8.45 am at classrooms	Sec 1 Orientation Day 2* Reporting time – 7.30 am at classrooms (includes Sec 1 Start Right briefing)	Reporting time from this day onwards: 7.30am at classrooms Lessons as per timetable	Lessons as per timetable Sec 1 CCA Experience Day 1^
9 Jan	10 Jan	11 Jan	12 Jan	13 Jan
Lessons as per timetable	Lessons as per timetable	Sec 1 Start Right Programme Day 1	Sec 1 Start Right Programme Day 2	Sec 1 Start Right Programme Day 3 Sec 1 CCA Experience Day 2
16 Jan	17 Jan	18 Jan	19 Jan	20 Jan
Lessons as per timetable** Sec 1 Photo-taking	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable
23 Jan	24 Jan	25 Jan	26 Jan	27 Jan
CNY Public Holiday	CNY Holiday (off-in-lieu)	Home-Based Learning (S1-5)	Lessons as per timetable	Lessons as per timetable Sec 1 Parents Engagement Sec 1 CCA Carnival / CCA Experience Day 3
30 Jan	31 Jan	1 Feb	2 Feb	3 Feb
Lessons as per timetable Deadline for CCA Option Submission	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable	Lessons as per timetable
6 Feb	7 Feb	8 Feb	9 Feb	10 Feb
CNY Public Holiday	CNY Holiday (off-in-lieu)	Home-Based Learning (S1-5) Sec 1 CCA allocation results	Lessons as per timetable	Lessons as per timetable Sec 1 CCA begins

**Secondary 1 students will be dismissed at 1.00pm on Tue 3 and Wed 4 Jan.*

^ DSA students will begin attending their allocated CCA sessions from Fri 6 Jan

*** From Mon 16 Jan onwards, lessons will be as per timetable.*

First day of school, Sec 1 Orientation & Sec 1 Start Right Programme

First day of school

School will start at **9am** on the first day of school (**Tues 3 Jan**). All students are strongly encouraged to report to school and assemble at their classroom by 8.45am.

Students should come in Bowen school uniform (smart formal attire without tie or smart casual attire). **If students are unable to purchase the school uniform before 4 Jan, they may wear their primary school uniform and bring along their primary school PE attire.**

Sec 1 Orientation

To help our Secondary 1 students transit to Bowen Secondary School, all Secondary 1 students will attend a **Secondary 1 Orientation programme** on the first 2 days of school (**Tues 3 Jan – Wed 4 Jan**). They will have opportunities to mingle with friends from their form class (mixed stream) and teaching groups (course of study). Students are required to bring their stationery (including a notebook), PE attire, water bottle and about \$3 for recess per day. The briefing for the Sec 1 Start Right Programme will be held on Wed 4 Jan. More information (including packing list) will be provided on that day.

Sec 1 Start Right Programme

The **3-day school-based Day Programme** from **Wed 11 Jan to Fri 13 Jan** aims to orientate students and ease the transition for students into the new school environment.

The aims of the Sec 1 Start Right Programme are as follows:

1. Foster strong teacher-student relationships and student-student relationships, and promote positive school/class culture.
2. Reinforce school values, instill sense of belonging to the school and provide experiential opportunities for cohort bonding.
3. Introduce and develop core skills and competencies through basic outdoor activities such as simple outdoor cooking, mini expedition, low elements, telematch and team building activities with an emphasis on having a growth mindset.

A Start Right programme T-shirt and meals will be provided for all students.

Both programmes will help your child/ward transition to Bowen Secondary School. We hope that you **strongly encourage** your child to participate actively during the programmes as they present many opportunities for him/her to interact and bond with their peers, seniors, and teachers.

3-Day Co-Curricular Activities (CCA) Experience

CCA participation is compulsory for all students in Bowen Secondary School. CCAs help students to learn values and build their social and emotional competencies, contributing to their holistic development.

To allow our Secondary 1 students to make a more informed CCA choice, students will be able to explore and try out sports and performing arts CCAs during CCA Experience which will be conducted over 3 afternoons (**Fri 6 Jan, Fri 13 Jan & Fri 27 Jan**) in school. Students are strongly encouraged to try out a wide variety of CCAs in addition to those they are interested in. Students will need to bring their PE attire for all 3 days for the CCA Experience.

2023 CCA Experience Schedule

The CCA Experience Schedule will be published in the first week of school of 2023. Students can refer to <http://linktr.ee/bowenpe> for more details.

CCA Selection & Allocation Process

CCA teachers will shortlist students based on interest, talent/potential, CCA needs and vacancies. Students are allocated to the CCA by matching their CCA choices with CCA teachers' recommendations and vacancies in the CCA.

Indicating CCA Preferences

- **From Fri 27 Jan to Mon 30 Jan**, students will indicate 5 CCA choices according to their preference via an online portal. More details will be given to students nearer the date.
- All 3 CCA categories (Sports & Games, Performing Arts and Uniformed Groups) must be included in your child's CCA choices. CCA choices should be indicated from most preferred CCA (1st choice) to least preferred (5th choice).
- Results of the CCA allocation will be announced on **Wed 8 Feb**. All Secondary 1 students will begin attending their allocated CCA session from **Fri 10 Feb**. DSA students need not participate in the CCA Experience and will begin attending

their allocated CCA sessions from **Fri 6 Jan** (subject to prevailing MOE CCA training guidelines).

Sec 1 Parents Engagement

Our annual Secondary 1 Parents Engagement Session will be held on **Fri 27 Jan**. This is held in conjunction with the Sec 1 CCA Carnival. More details will be provided closer to the date.

Student Photo-Taking

Student photographs will be required for your child's/ward's report book and other official school documents. Therefore, a photo-taking session is scheduled for all Secondary 1 students on **Mon 16 Jan**. The session will be conducted in school during school hours. Students will pay a discounted rate of 8 photographs for \$4. Students will be required to be in formal school attire with the school tie for the session.

2023 School Terms

Term	Period	Term Break (<i>Student Protected Time</i>)
1	Tue 3 Jan – Fri 10 March	Sat 11 Mar – Sun 19 Mar (<i>Thu 16 Mar & Fri 17 Mar</i>)
2	Mon 20 Mar – Fri 26 May	Sat 27 May – Sun 25 Jun (<i>Wed 7 Jun - Tue 20 Jun</i>)
3	Mon 26 Jun – Fri 1 Sept	Sat 2 Sept – Sun 10 Sept (<i>Mon 4 Sept & Tue 5 Sept</i>)
4	Mon 11 Sept – Fri 17 Nov [#]	Sat 18 Nov – Sun 31 Dec (<i>Wed 22 Nov - Thu 14 Dec</i>)

[#] The last day of the final school term for schools which will be used as venues for GCE O-Level written examinations, will be Friday, 27 October 2023.

Typical School Week

Time/Day	Mon	Tue	Wed	Thu	Fri
7.30am	Flag-Raising, Pledge Taking & Announcements				
7.35am – 8.00am	Assembly	Silent Reading	Form Teacher Quality Time (FTQT)	Silent Reading	Form Teacher Quality Time (FTQT)
		Form Teacher Time (FTT)	Class Bonding Time	Form Teacher Time (FTT)	Class Bonding Time
8.00am – 9.00am	Character & Citizenship Education (CCE)	Lessons	Lessons	Lessons	Lessons
9.00am – 12.30pm	Lessons	Dismissal subjected to timetable		Dismissal subjected to timetable	Dismissal at 12.30pm
12.30pm – 1.30pm					*CCA

	Dismissal subjected to timetable		Dismissal subjected to timetable		
1.30pm – 2.30pm					
2.30pm – 3.00pm					
3.00pm – 6.00pm	Enrichment Activities/CCA (competition periods only)	*CCA	Student Rest Day	Enrichment Activities	

**Detailed schedule will be issued by respective CCAs*

Our students' safety, well-being and learning are our top priority. **No student is allowed to leave the school during school hours (including lesson time, CCA time and other school activities) for any reason without permission.**

A student is only allowed to leave school before the official dismissal time if he/she:

- has a valid reason and are granted approval, and
- is picked up by his/her parent/guardian from the General Office.

Attendance

Attendance at school and school-related activities (e.g. CCA, Sports Day, Enrichment Days etc.) is **compulsory**, as there will be continuity of learning when there is regular attendance. Students who are absent must submit a valid medical certificate (MC) or a letter from parents with valid reasons immediately upon their return to school after they are absent. Only Medical Certificates from doctors who are registered with the Singapore Medical Association will be accepted.

As it is important that that students attend school regularly, we encourage parents / guardians to excuse their children from school through parents/guardians' letters only for valid reasons such as unforeseen family circumstances.

If students are unwell, we encourage parents to seek medical attention and be excused from school through an MC. We will allow students to be excused from school through parents/guardians' letter **only up to 3 letters per term.**

Students who are absent from school without either MC or parents' letter stating a valid reason will be regarded as having committed truancy, which is a serious offence.

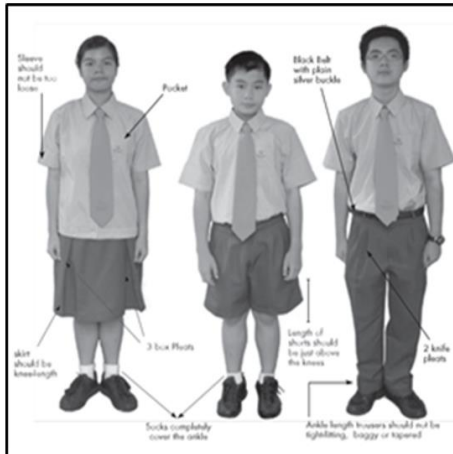
Poor attendance may affect the student's conduct grade and/or weighted assessment.

School Attire

3 Types of Bowen School Uniforms

Smart Formal Attire

Compulsory for Mondays with School Tie to be worn till recess



PE Attire

Attire for PE Lessons only



Smart Casual Attire

(optional)

Alternative for Tuesdays - Fridays



Bowen Female Student's Formal School Attire



Incorrect as button is exposed



Correct as blouse edge is folded in with button hidden

In Summary

- Female student's formal attire with skirt – no need to tuck in, but folded in so that the button at the blouse edge is hidden
- If blouse is not able to remain folded up, then student is to tuck it in.

- The **Smart Formal Attire** (shirt with trousers / shorts for boys, blouse with skirt for girls; with school tie) is compulsory for Monday mornings (7.30 a.m. to 9 a.m.) as the school will convene in the school hall for the weekly morning assembly. After hall assembly, students can take off their ties and choose to change into the **Smart Casual Attire** (polo-shirt, PE t-shirt with trousers / shorts / skirt).

- All students are allowed to change to PE T-shirt **and** formal school trousers/shorts/skirts **after 1.30 p.m.** (Mondays to Fridays).

- For Fridays, deemed as Dress Down Day, students are allowed to report in their CCA, Class T-shirts or PE T-shirts and school trousers/shorts/skirts.
- From **Tuesdays to Fridays**, both Smart Formal Attire (without school tie) and Smart Casual Attire may be worn.
 - The school shirt / blouse should not be worn with sleeves folded or with the topmost button fixed (except when the school tie is worn).
 - Trouser modifications (e.g. tapering and skinny jeans style) are not allowed except for length adjustment. Only black or dark, brown-coloured belts with plain buckles are allowed if needed.
 - Skirt modifications are not allowed. Skirts must not be tight-fitted and must be at knee-length. Folding at the waistline of the skirts is also not allowed.
 - Students should in the Smart Formal/Casual attire during examinations and common tests.
- **Attire for PE Lessons:** Students must wear their PE T-shirt and school black PE shorts for PE lessons. After PE lessons, students must change out of their PE attire and into their shirt / polo-shirt and formal attire bottoms (shorts / trousers / skirt) for classroom lessons.
- **School Tie** (as part of Smart Formal Attire): The school tie should be worn on all morning assemblies on Mondays (Smart Formal Attire) and during formal school events (e.g. Speech Day). Students are also expected to wear their ties when attending formal events outside school such as when receiving Edusave awards, or when representing the school during formal events.
- **School Shoes:** Students are allowed to wear track shoes in only black, white, grey, blue or purple colours (i.e. school colours) to school. Students may also choose to wear black canvas shoes with black or white shoelaces. Side rubber trimmings of the sole can either be black or white. Only white socks are allowed and must be worn such that the cuffs (top part) of the socks are visible. Students who come in slippers may be disallowed entry into the school unless for valid reasons.

Hand Phones and Other Mobile Devices

Responsible use of hand phones and other digital devices (e.g. cameras, smart watches etc.) is expected of all students both in school and out of school. With the introduction of Personal Learning Devices (PLDs) from 2021, students will not need their hand phones for learning or accessing online learning materials. **Hence, during curriculum hours (including CCAs, after school programs, enrichment programs, extra/remediation lessons and learning journeys) all students are required to lock their hand phones in their designated personal lockers. Students are allowed to retrieve their hand phones from the lockers after curriculum hours.**

- **Hand phones should be turned off during curriculum time and should not be a source of distraction during lessons.** Use of hand phones is allowed only:
 - During lessons if teachers use it as part of teaching and learning
 - After school only: at the canteen / foyer
- **Use of hand phones is disallowed at all times in other areas.** For example, classrooms, homerooms, library, science labs, computer labs, ISH / Hall / Field, corridors etc.
- **Students should communicate using messaging apps and social media with respect and courtesy.** The language and images in WhatsApp groups must be respectful and free of coarse language and vulgarities.

It is the responsibility of students to exercise proper care of their hand phones and PLDs to prevent loss, damage and theft. The school may not investigate the theft of hand phones and PLDs. Students should be responsible for their phones / PLDs and should not

- leave their hand phones / PLDs unattended
- leave the hand phones / PLDs in open view, for instance, in the toilet, classroom and canteen.

National Digital Literacy Programme (NDLP) and Personal Learning Device (PLD)

The NDLP was launched in March 2020 to make digital learning inclusive by equipping students with the digital literacies to be future-ready. Through the NDLP, all secondary students will own a school-prescribed Personal Learning Device (PLD). In Bowen, we are using a Convertible Chromebook as our prescribed PLD. All Secondary 1 students will be expecting to receive their PLD in Term 2.

The use of the PLDs for teaching and learning will

1) Support the development of digital literacies

Students will learn digital skills such as gathering and evaluating information online, interacting with the online community, and creating digital products.

2) Support self-directed and collaborative learning

Students can access digital resources on their own to acquire knowledge about a topic of their interest beyond the curriculum. They can also share and build on one another's ideas and refine their own understanding.

3) Enhance Teaching & Learning

A learning environment where students learn with PLDs allows teachers and students to harness technology for greater effectiveness in teaching. For example, instructions, activities and feedback for each student could be more tailored and relevant to students' learning needs.

In Bowen, we have a set a learning routines **R-E-A-D-Y BE!** to guide students to use their PLD responsibly and effectively. You can learn more from our student microsite at <https://go.gov.sg/pdip-studentmicrosite>.

With regards to educating students on Cyber Wellness, our Character and Citizenship Education lesson will include Cyber Wellness lessons that feature, the following topics:

- Cyber Use
- Cyber Identity
- Cyber Relationships
- Cyber Citizenship
- Cyber Ethics

We would also like to partner parents/guardians to ensure that students are well supported in their use of technology for learning.

As parents/guardians, you can help in the following ways:

1. **Model good digital habits** for your child/ward e.g. parents/guardians not using devices during family meals.
2. Know your child/ward well and have conversations with your child/ward about **safe and responsible use of technology**.
3. **Set ground rules** for internet/device usage.
4. Guide your child/ward to **use productivity tools** using his/her PLD, to organise information and simplify tasks for efficiency.

You may want to hear from other parents whose children are already learning in an environment with PLDs from <https://go.gov.sg/parent-voxbop-1>.

The school will be sending more information on the purchase of PLD in January 2023.

Parents Gateway, Events for Parents, and Parents Support

Our school communicate with parents and legal guardians primarily through MOE's Parents Gateway (PG) Mobile App. The PG app is free and easily available. The school will not print hardcopy letters, except for parents / guardians who are unable to access PG for special reasons.

The PG app will bring several benefits, including:

- Providing parents with timely information about school events (E.g. Enrichment and CCA activities)

- Enabling parents to perform a range of functions including giving consent for school trips
- Reducing usage of paper and decreasing environmental impact (hardcopies will not be provided)

The PG App has been implemented in most schools over the course of 2019. If you have two or more children who are in different schools, you will be able to receive notifications for all your children on the same PG App. Both parents should download the PG App so that both parents will receive notices for your child.

We strongly encourage all parents to download and use the PG App as it will bring significant benefits for parents, teachers and the school through more effective communication and for us to better focus on educating our students. Please follow the instruction from <https://tinyurl.com/BWparentsgateway> to download and sign in to PG App. If you are already using PG in Primary School, please ensure that your PG App is updated to the latest version and also allow notifications from the App.

All parents will be invited to all parent events, e.g. talks for parents (topics include inculcating values in your teenager, managing handphone usage), briefings for parents on school programmes and Parent-Teacher Meetings. These are held on weekday evenings / on Saturday mornings. All parents are strongly encouraged to make time for these events, as they will help you play a stronger role as parents, network with other parents, and 'keep in step' with the school.

ParentLink is the name of our Bowen Parent Support Group. ParentLink plays a strong supportive role to the school. Please consider to join the Sec 1 WhatsApp group that is managed by ParentLink, either by sending your handphone number to parentlinkbwss@gmail.com or by scanning the QR code. Rest assured they will respect your privacy and carefully manage your handphone numbers. We will send more information about ParentLink through Parents Gateway.



[Scan to Register]

Financial Assistance Scheme (FAS)

Students who require financial support for school fees, textbooks, uniforms or meals are strongly encouraged to apply for financial assistance. Students who did not manage to submit FAS applications through their primary school or do not have siblings whose FAS applications have been approved are encouraged to apply quickly.

Students who require financial assistance can obtain the **MOE FAS Application** Form at

the General Office. They should **submit the completed form with the relevant supporting documents** (e.g. parent's/guardian's latest pay slips) to the General Office by **Tue 27 Dec 2022**.

If you apply for FAS, please do not buy your books and uniform till you are informed of the application outcome. Parents will not be refunded for purchases made before the application is approved.

Students who need financial assistance in the course of the year may submit applications as required as applications are accepted year-round.

For further enquiries, please contact Mdm. Filzah A Hadi, Administration Manager, at Tel: 6385 9466.

Group Personal Accident (GPA) Insurance for Students

Coverage

The GPA Insurance covers each student when that student is:

(a) In his or her school;

(b) Participating in the school's activities, or any activity related to the school, including Co-Curricular Activities ("CCAs") and sports, regardless of the time at which such activities are conducted and whether the activity is conducted in the school, in Singapore, or elsewhere;

(c) Commuting from (or to) his or her place of residence, including a hostel, to (or from) either the school's premises or the place where an activity covered by the GPA Insurance will be conducted, including any reasonable deviations. For the avoidance of doubt, the Student's place of residence may include a place that is not in Singapore;

Summary of claims procedures

Please refer to Product Factsheet and eSubmission User Guide via GPA portal:

<https://studentgpa.incomegroupins.com.sg/#/dashboard>

Checklist for Students for the first 2 weeks of school **(Tues 3 Jan – Fri 13 Jan 2023)**

KJMM ,

Week/Date	Things to bring	Things to take note
1 Tue 3 Jan (First day of school & Orientation day 1)	<input type="checkbox"/> Stationery & notebook <input type="checkbox"/> \$3 for recess <input type="checkbox"/> Water bottle <input type="checkbox"/> Mask (optional) <input type="checkbox"/> Informal photograph for class noticeboard <input type="checkbox"/> A set of PE attire*	<input type="checkbox"/> Report to classroom by 8.45am <input type="checkbox"/> Report in smart formal or smart casual attire* (tie not needed) <input type="checkbox"/> School dismissal at 1pm
1 Wed 4 Jan (Orientation day 2)	<input type="checkbox"/> Stationery & notebook <input type="checkbox"/> \$3 for recess <input type="checkbox"/> Water bottle <input type="checkbox"/> Mask (optional) <input type="checkbox"/> A set of PE attire*	<input type="checkbox"/> Report to school by 7.25am (Usual school reporting time) <input type="checkbox"/> Report in smart formal or smart casual attire* <input type="checkbox"/> School dismissal at 1pm
1 Thurs 5 Jan (Lessons as per normal)	<input type="checkbox"/> Subject materials based on the subjects as reflected in the timetable given	<input type="checkbox"/> Usual school reporting time <input type="checkbox"/> School dismissal time based on timetable given
1 Fri 6 Jan (Lessons as per normal) CCA Experience Day 1	<input type="checkbox"/> Subject materials based on the subjects as reflected in the timetable given <input type="checkbox"/> A set of PE attire	<input type="checkbox"/> Usual school reporting time <input type="checkbox"/> Estimated dismissal time at 5.30pm due to CCA Experience Day 1
2 Mon 9 Jan – Tue 10 Jan (Lessons as per normal)	<input type="checkbox"/> Subject materials based on the subjects as reflected in the timetable given	<input type="checkbox"/> Usual school reporting time <input type="checkbox"/> School dismissal time based on timetable given
2 Wed 11 Jan – Fri 13 Jan Sec 1 Start Right Programme CCA Experience Day 2	<input type="checkbox"/> Refer to the packing list given on 4 Jan during the Sec 1 Start Right programme briefing	<input type="checkbox"/> Usual school reporting time <input type="checkbox"/> School dismissal time at 5.30pm on 11 & 12 Jan <input type="checkbox"/> Estimated dismissal time at 4pm on 13 Jan after CCA Experience Day 2

* If students are unable to purchase the school uniform before 3 Jan, they may wear their primary school uniform and bring along their primary school PE attire.

Note: Teachers will use textbooks from Monday of Term 1 Week 3 onwards (i.e. Mon 16 Jan), so there are ~2.5 weeks to order and take collection of the books. *Don't worry!*

Tips for Parents / Guardians to help your child / ward to transit to Secondary School

S

Support

- Guide your child/ward in his/her time management.
- Set a routine together & guide him/her how to prioritise his/her various commitments (Studies, CCA etc.)
- Provide a conducive environment at home for learning
- Set firm boundaries (e.g. on handphone and computer usage) and enforce them firmly. NOTE: Most parents find that handphone / computer usage is a big challenge to manage; so start off in Secondary 1 with a firm hold on this issue.

T

Trust

- Trust that they can be independent and be responsible for their own choices.
- Give them freedom of choices when appropriate (e.g. choosing CCAs)
- Stay committed to the mutual agreements and consequences as discussed with your child/ward

A

Affirm

- Affirm your child/ward of his/her efforts. Focus more on process rather than results
- Use positive reinforcements for the affirmation
- Encourage him/her to explore new opportunities and stretch his/her potential based on his/her strengths

R

Rapport

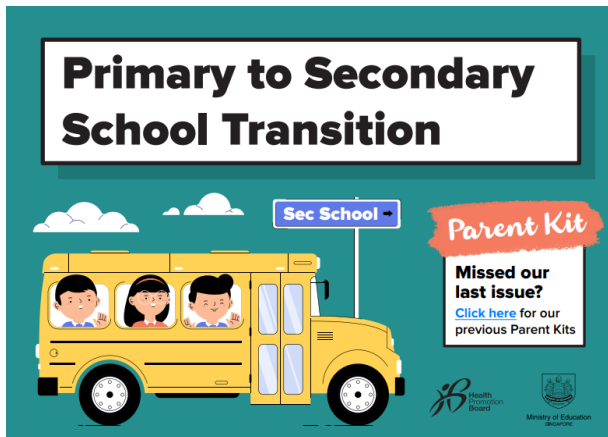
- Be with your child/ward & spend quality time with him/her (bonding time)
- Take time to listen to your child/ward without being quick to judge or provide suggestions
- Provide opportunities to explore diversity of subjects & discover his/her strengths (e.g. bring them to musical plays, playing sports etc.)
- Co-create goals with him/her & keep him/her committed to the goals

T

Talk

- Dedicate time to talk to him/her every day (e.g. dinner time) to find out how his/her school life is. Use open-ended questions.
- Discuss with him/her when he/she needs to make choices. Respect his/her perspectives. Work with him/her for options (within boundaries)
- Acknowledge his/her emotions to encourage him/her to share more
- Talk to him/her on the responsible use of social media and its impacts

Here are some examples of useful resources taken from MOE Parent Kit (<https://www.moe.gov.sg/parentkit>) that parents can explore:



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SCAN ME

<https://www.moe.gov.sg/docs/default-source/document/parent-kit/parent-kit---primary-to-secondary-transition.pdf>



SCAN ME

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



SCAN ME

<https://www.moe.gov.sg/-/media/files/parent-kit/school-home-partnership.pdf>



Instagram:
@parentingwith.moesg

Dear Parent/Guardian of Secondary 1 Bowenians for 2023,

Methodist Welfare Services Family Support Programme (MWS FSP) has been appointed by **Ministry of Social and Family Development (MSF)** to partner with your child's school, Bowen Secondary School to conduct a secular parenting programme. We are pleased to invite you to attend our **fully-subsidised, Positive Parenting Program® (TripleP) Level 2 webinars via Zoom.**

TripleP is one of the world's most effective parenting programmes that equips parents with evidence-based parenting skills. Not only has this programme been proven to improve children's behaviours, it has also significantly improved parenting confidence and satisfaction. TripleP has also helped parents build stronger relationships with their children. This programme was developed by clinical psychologist Prof Matt Sanders at the University of Queensland, with more than 40 years of ongoing research. More details of the Triple P programmes can be found by scanning the QR code and signing up today!



Register for the Triple P Programmes today!

[Scan QR code to register now!](#)



FULLY SUBSIDISED



We look forward to your participation! 😊