



GREENRIDGE PRIMARY SCHOOL

Vision: Engaged Learners, Caring Leaders

Parent-Teacher Briefing

30 Jan 2026





Flow of presentation

- Objectives of Parent Teacher Briefing
- Introduction of School Leaders & Key Personnel
- School's Vision, Mission & Values
- School's distinctive programmes – LLP & ALP
- Cyberwellness@GRPS
- School-Home Partnership



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Objectives



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Objectives

- **Strengthen Home–School Partnership**
To build a collaborative relationship between parents and teachers in supporting the child’s education.
- **Clarify Expectations and Goals**
To align expectations regarding learning outcomes, discipline, attendance, and school policies.
- **Share about School Programs and Initiatives**
To explain curriculum updates, assessment methods, co-curricular activities, and upcoming events.
- **Provide Guidance to Parents on Home Support**
To suggest strategies parents can use at home to support their child’s learning and personal growth.
- **Encourage Parental Involvement**
To motivate parents to take an active role in school activities and their child’s educational journey.
- **Address Parents’ Concerns**
To give parents an opportunity to ask questions, raise concerns, and receive clarification.



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School's Mission, Mission Outcomes & Values

Mission: *To nurture future-ready Greenridgeans*

Mission Outcomes:

A future-ready Greenridgean is:

- a self-directed learner with growth mindset (21CC)
- a collaborative team member, who connects with others (connector)
- an empathetic leader, who helps address real-world problems, with iGRPS school values (contributor)
- an innovator, who generates and refines novel and useful ideas (creator)

Values

- Integrity, the Foundation
- Graciousness, our Approach
- Responsibility, our Attitude
- Public-Spiritedness, our Motivation



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Caring Leaders: Nurturing Growth Mindset





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Caring Leaders : A to Z Growth Mindset

A TO GROWTH MINDSET

A Aim for progress

B Be Brave

C Be Curious

D Do your best

E Embrace challenges

F Fail forward

G Grow your brain

H Help others

I Invent

J Just be yourself

K Keep Trying

L Learn from mistakes

M Make a difference

A TO GROWTH MINDSET

N Never give up

O Overcome obstacles

P Put forth effort

Q Question old ways

R Be Resilient

S Set Goals

T Try something new

U Use the 'not yet'

V Be Vigorous

W Work Hard

EXplore

Yield results

Zealous



Positive Relationships



Official (Open) / Non-sensitive

Greenridge Primary School teacher Arivalagan Rajangam, who is head of department for character and citizenship education, enjoys connecting with former students like Chelsea Ong. ST PHOTO: JASON QUAH



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Engaged Learners, Caring Leaders - Positive Parenting



Parent-Child-Teacher Interactions



Parent-Child Bonding Activities



Parenting workshops

Positive Parenting

Caring Leaders by Parents

- Quality relationship time with my child, **bonding** with Family & siblings
- Positive talk with **Growth Mindset A to Z**, Empathy and Respect
- **Partnership** with Teachers

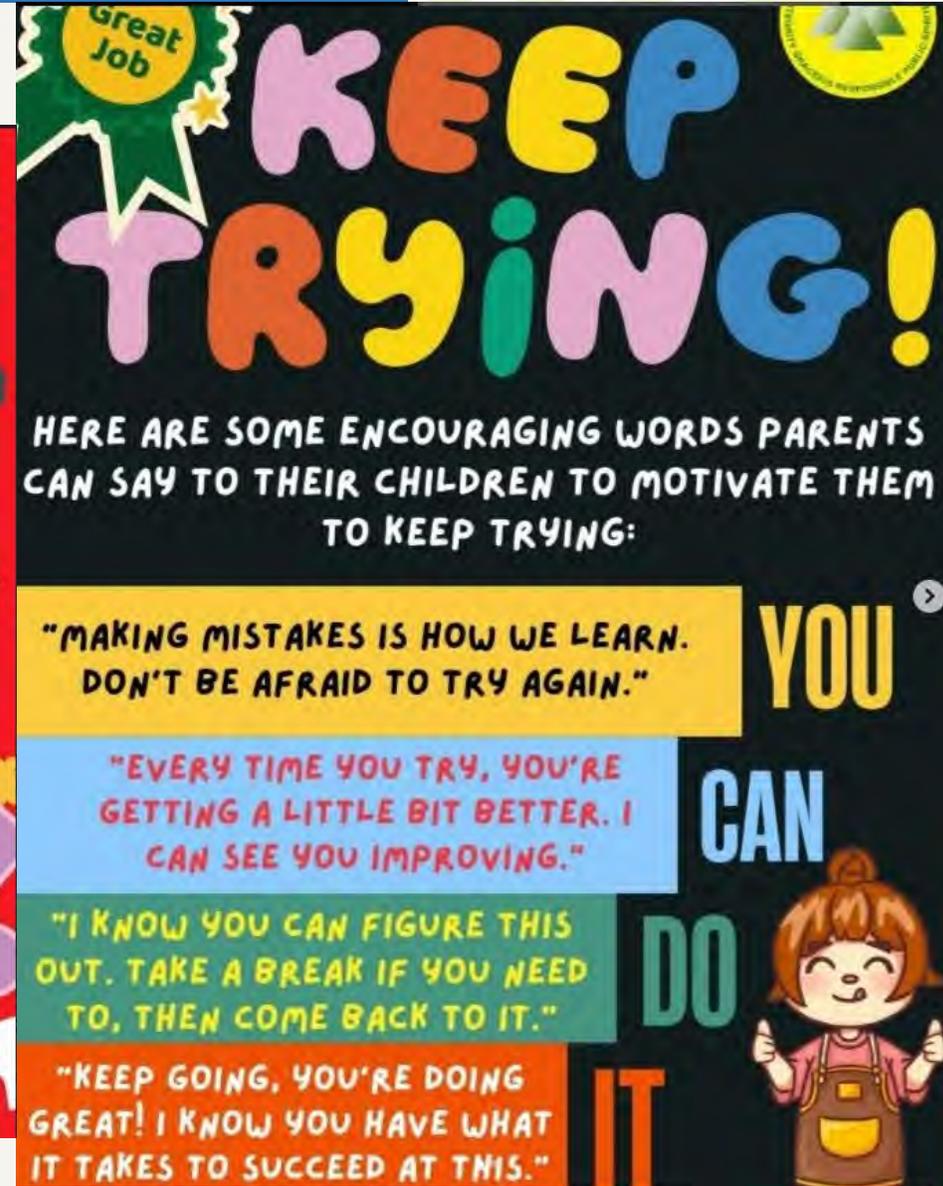
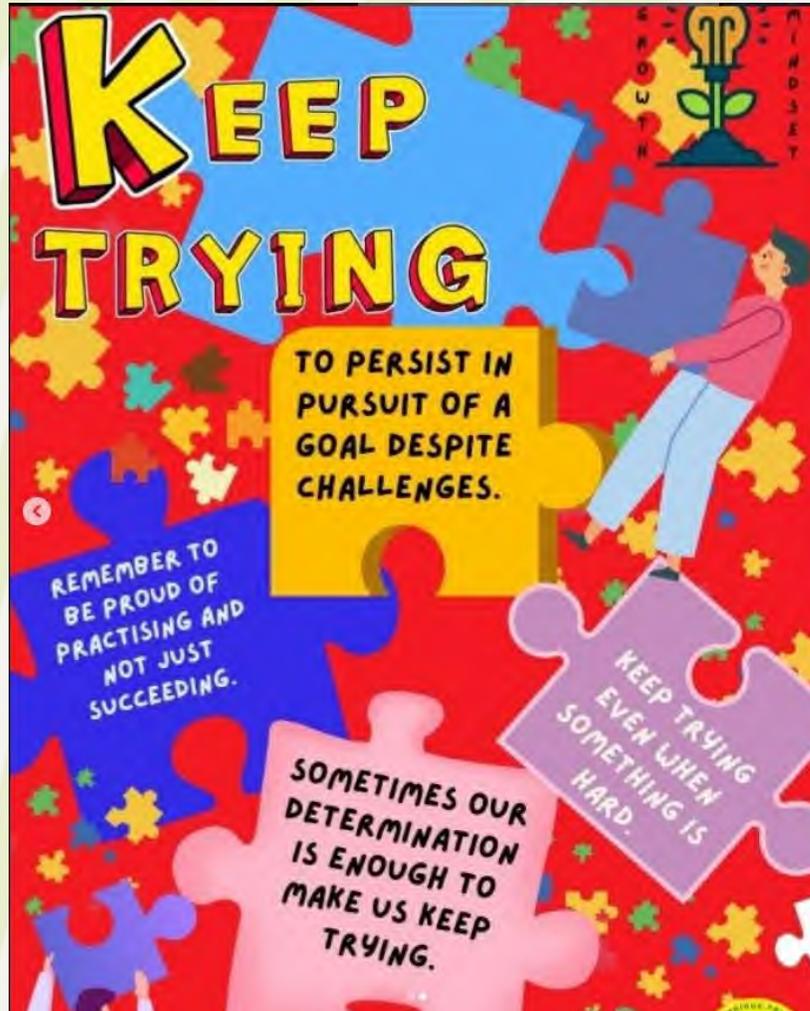
Engaged Learners by Parents

- **Good habits** and practical skills
- Motivation & **Encouragement** in learning
- **Curiosity** in learning, authentic learning



Nurturing Growth Mindset @ HOME

Vision: Engaged Learners, Caring Leaders

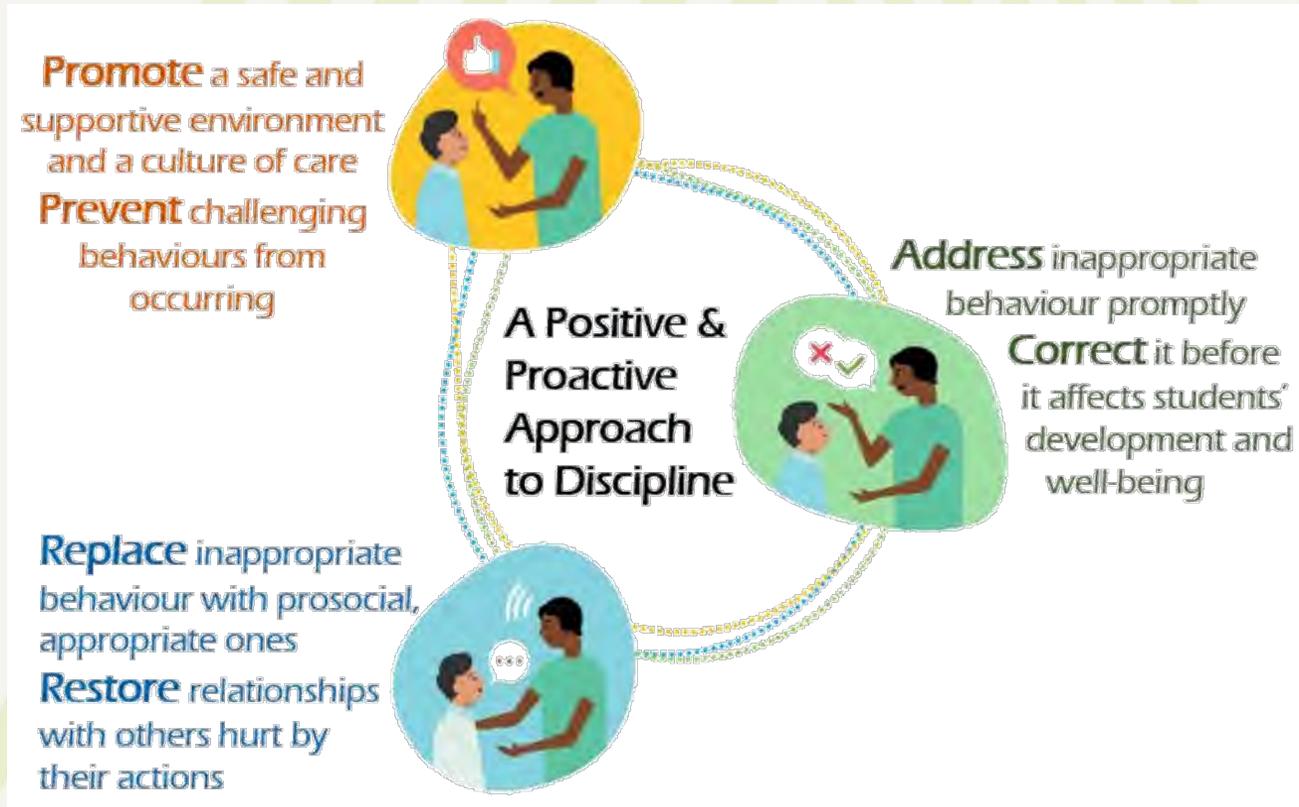




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Caring Leaders – Positive Discipline



OUR PHILOSOPHY TO POSITIVE DISCIPLINE

SCALE UP ZOR

Zones of Regulation			
Blue	Green	Yellow	Red
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space

GRPS Routine

**Routines set
at Tier 1**

**(Whole-
School
Approach)**

GRPS routine

Acronym	Actions	Alignment to School Values	Statement on Class Bingo (common statement for all levels)
G	Greet staff & friends	Graciousness	❖ Greet teachers and friends as a routine
R	Respect everyone	Graciousness	<ul style="list-style-type: none"> ❖ Speak respectfully to others. ❖ Share or write a positive comment for your peers
P	Personal responsibility in oneself' s attire/appearance, punctuality & well-being	Responsibility	<ul style="list-style-type: none"> ❖ Being punctual in coming to school. ❖ Everyone in the class has adhered to termly 'FASHION' check. (at least once)
S	Social responsibility in the well-being of others	Responsibility & Public-spiritedness	❖ Take part in the schools' initiatives on recycling movement / donation drive



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Distinctive Programmes

LLP, ALP - CCE



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Distinctive Programmes

- **LLP**: NE2+ aims to Nurture Ethical and Effective Leaders with Positive Mind-sets
- **ALP**: Computational Thinking to develop empathetic, resilient solvers (CO.D.E.R.S) seeks to develop computational thinking through coding to prepare students for the tech-driven future.



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Learning for Life Programme (LLP)

Student Leadership & Community Service



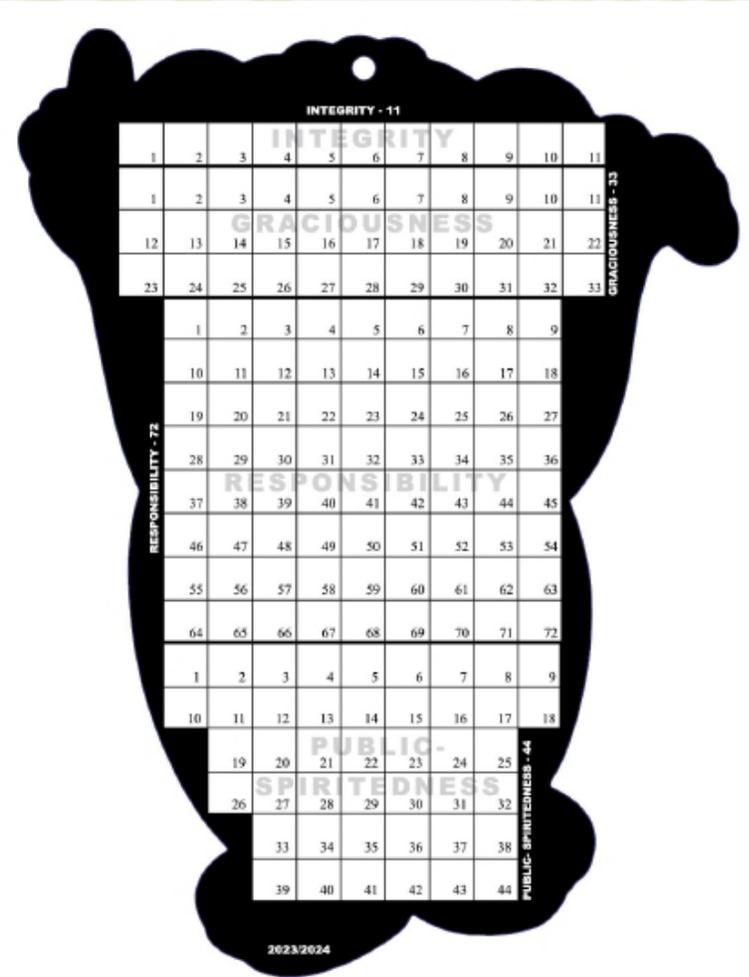
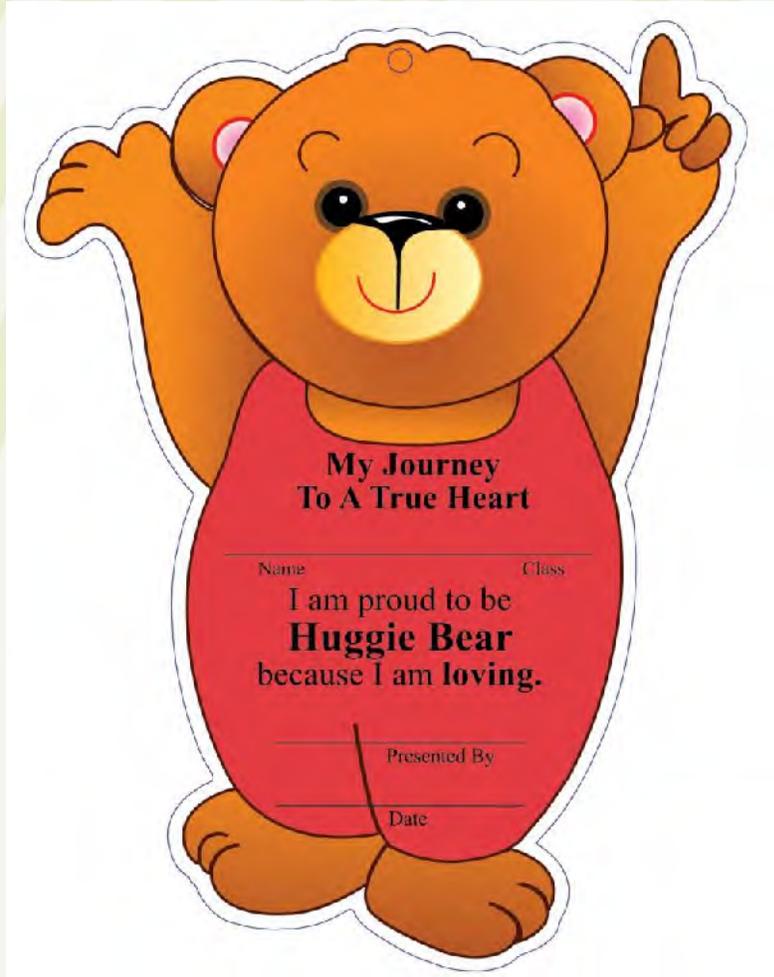
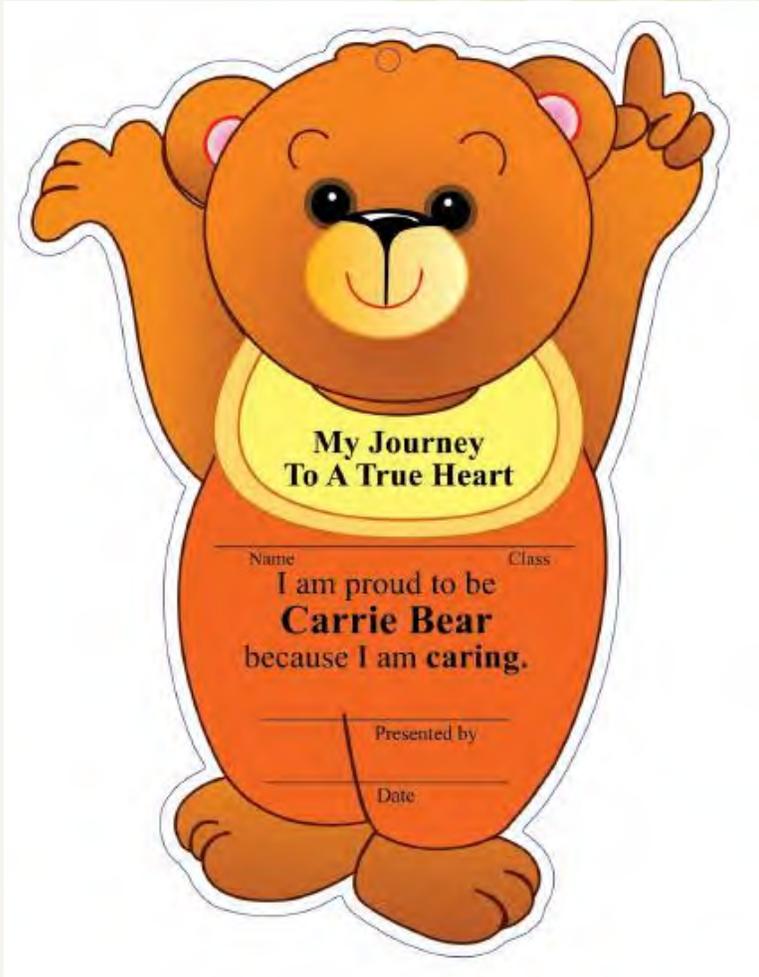
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CCE - JTTH





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CCE - JTTH

My Journey to a True Heart Values Advocate Card Primary 3 & 4				
S/No	Activity	Values	No. of hearts	Signature
1	Sign the Internet Acceptable Use Policy Understand and agree to abide by the provisions and conditions in the Internet Acceptable Use Policy found in the Student's Handbook.	Integrity, Respect, Responsibility	♥	(Form Teacher)
2	Participate in a Fundraising Project Donate or raise funds for the needy. (e.g. Project Hong Bao)	Care, Graciousness, Responsibility	♥	(Form Teacher)
3	Donate Pre-loved Clothing Donate pre-loved clothing for the needy during the Clothing Drive.	Care, Graciousness, Responsibility	♥	(Form Teacher)
4	Donate Food Items Donate food items to families-in-need during the Food Drive.	Care, Graciousness, Responsibility	♥	(Form Teacher)
5	Be a Cyber Wellbeing Advocate/ Ambassador Complete a Cyberwellness Quiz on SLS.	Care, Respect, Responsibility	♥♥	(Form Teacher)
6	Make a Festive Card Make a card during one of the festive celebrations and give it to a friend, neighbour or teacher.	Care, Harmony, Graciousness	♥♥	(MT Teacher)
7	Make a Thank-You Card Make a card for one of your family members or someone you want to thank.	Care, Harmony, Graciousness	♥♥	(MT Teacher)
8	Write a Reflective Journal Write two reflective journals based on articles from the Little Red Dot.	Care, Graciousness, Responsibility	♥♥	(English Teacher)
9	Complete a Social Studies Performance Task (For Primary 3 Only) Create and present a poster or infographic on a given topic.	Harmony, Responsibility, Public-spiritness	♥♥	(Social Studies Teacher)
10	Complete a Social Studies Performance Task (For Primary 4 Only) Create and present a slide show or video on a given topic.	Harmony, Responsibility, Public-spiritness	♥♥	(Social Studies Teacher)
11	Make a Sculpture (For Primary 3 Only) Make a 3D sculpture using recycled materials.	Care, Graciousness, Responsibility	♥♥	(Art Teacher)
12	Design a Landscape (For Primary 4 Only) Design a landscape using printmaking to show the sustainability of land use.	Care, Graciousness, Responsibility	♥♥	(Art Teacher)
13	Participate in Two Maths Quizzes Recognise the challenges when solving Math problems and persevere by exploring alternative solutions.	Resilience, Responsibility	♥♥	(Math Teacher)
14	Care for a Plant (For Primary 3 Only) Observe and record the life cycle of a plant grown from a seed.	Care, Resilience, Responsibility	♥♥	(Science Teacher)
15	Upcycle a Recyclable Product (For Primary 4 Only) Make a little garden using a recycled bottle with at least three different types of plants. (P4 GRPS Junior Science Explorer Card Task No. 5)	Care, Graciousness, Public-spiritness	♥♥	(Science Teacher)
16	Complete Activities on Positive Education Reflect and complete at least two activities on Positive Education/ Growth Mindset found in the Student's Handbook.	Care, Responsibility, Public-spiritness	♥♥♥	(Form Teacher)
17	Apply the 5 Practices of Exemplary Leadership Identify the five practices of exemplary leadership model and show how you can apply them.	Integrity, Respect, Responsibility	♥♥♥	(Form Teacher)
18	Reflect on Values learnt during PE lessons Reflect on a school value you have learnt after engaging in an with your peers during PE lessons.	Respect, Responsibility, Harmony	♥♥♥	(PE Teacher)
19	Participate in a level-based VIA Programme Participate actively in a level-based VIA activity.	Care, Responsibility, Public-spiritness	♥♥♥	(Form Teacher)
20	Participate in a School-based VIA Participate actively in the daily routinised classroom cleaning.	Care, Responsibility, Public-spiritness	♥♥♥	(Form Teacher)
TOTAL NO. OF HEARTS				

Award recognition: Bronze - Nil, Silver - 15 to 24 ♥, Gold - 25 ♥ & above

Name of Student: _____ Class: Primary _____

Name of Teacher: _____

2024

My Journey to a True Heart Values Advocate Card Primary 5 & 6				
S/No	Activity	Values	No. of hearts	Signature
1	Sign the Internet Acceptable Use Policy Understand and agree to abide by the provisions and conditions in the Internet Acceptable Use Policy found in the Student's Handbook.	Integrity, Respect, Responsibility	♥	(Form Teacher)
2	Participate in a Fundraising Project Donate or raise funds for the needy. (e.g. Project Hong Bao)	Care, Graciousness, Responsibility	♥	(Form Teacher)
3	Donate Pre-loved Clothing Donate pre-loved clothing for the needy during the Clothing Drive.	Care, Graciousness, Responsibility	♥	(Form Teacher)
4	Donate Food Items Donate food items to families-in-need during the Food Drive.	Care, Graciousness, Responsibility	♥	(Form Teacher)
5	Be a Cyber Wellbeing Advocate/ Ambassador Complete a Cyberwellness Quiz on SLS.	Care, Respect, Responsibility	♥♥	(Form Teacher)
6	Make a Festive Card Make a card during one of the festive celebrations and give it to a friend, neighbour or teacher.	Care, Harmony, Graciousness	♥♥	(MT Teacher)
7	Make a Thank-You Card Make a card for one of your family members or someone you want to thank.	Care, Harmony, Graciousness	♥♥	(MT Teacher)
8	Write a Reflective Journal Write two reflective journals based on articles from the Little Red Dot.	Care, Graciousness, Responsibility	♥♥	(English Teacher)
9	Complete a Social Studies Performance Task (For Primary 5 Only) Create and present a slide show or video on a given topic.	Harmony, Responsibility, Public-spiritness	♥♥	(Social Studies Teacher)
10	Complete a Social Studies Performance Task (For Primary 6 Only) Create and present a poster or infographic on a given topic.	Harmony, Responsibility, Public-spiritness	♥♥	(Social Studies Teacher)
11	Design a Poster (For Primary 5 Only) Design a poster with a message to show your love for the environment.	Care, Graciousness, Public-spiritness	♥♥	(Art Teacher)
12	Design an Acrylic Painting (For Primary 6 Only) Design an acrylic painting highlighting environmental concerns.	Care, Graciousness, Responsibility	♥♥	(Art Teacher)
13	Participate in Two Maths Quizzes Recognise the challenges when solving Math problems and persevere by exploring alternative solutions.	Resilience, Responsibility	♥♥	(Math Teacher)
14	Conserve Water (For Primary 5 Only) Design a poster on saving water using MS PowerPoint. (P5 GRPS Junior Science Explorer Card - Task No. 5)	Care, Resilience, Responsibility	♥♥	(Science Teacher)
15	Complete Activities on Positive Education Reflect and complete at least two activities on Positive Education/ Growth Mindset found in the Student's Handbook.	Care, Responsibility, Public-spiritness	♥♥♥	(Form Teacher)
16	Apply the 5 Practices of Exemplary Leadership Identify the five practices of exemplary leadership model and show how you can apply them.	Integrity, Respect, Responsibility	♥♥♥	(Form Teacher)
17	Reflect on Values learnt during PE lessons Reflect on a school value you have learnt after engaging in an activity with your peers during PE lessons.	Respect, Responsibility, Harmony	♥♥♥	(PE Teacher)
18	Participate in a level-based VIA Programme Participate actively in a level-based VIA activity.	Care, Responsibility, Public-spiritness	♥♥♥	(Form Teacher)
19	Participate in a School-based VIA Participate actively in the daily routinised classroom cleaning.	Care, Responsibility, Public-spiritness	♥♥♥	(Form Teacher)
TOTAL NO. OF HEARTS				

Award recognition: Bronze - Nil, Silver - 15 to 24 ♥, Gold - 25 ♥ & above

Name of Student: _____ Class: Primary _____

Name of Teacher: _____

2024



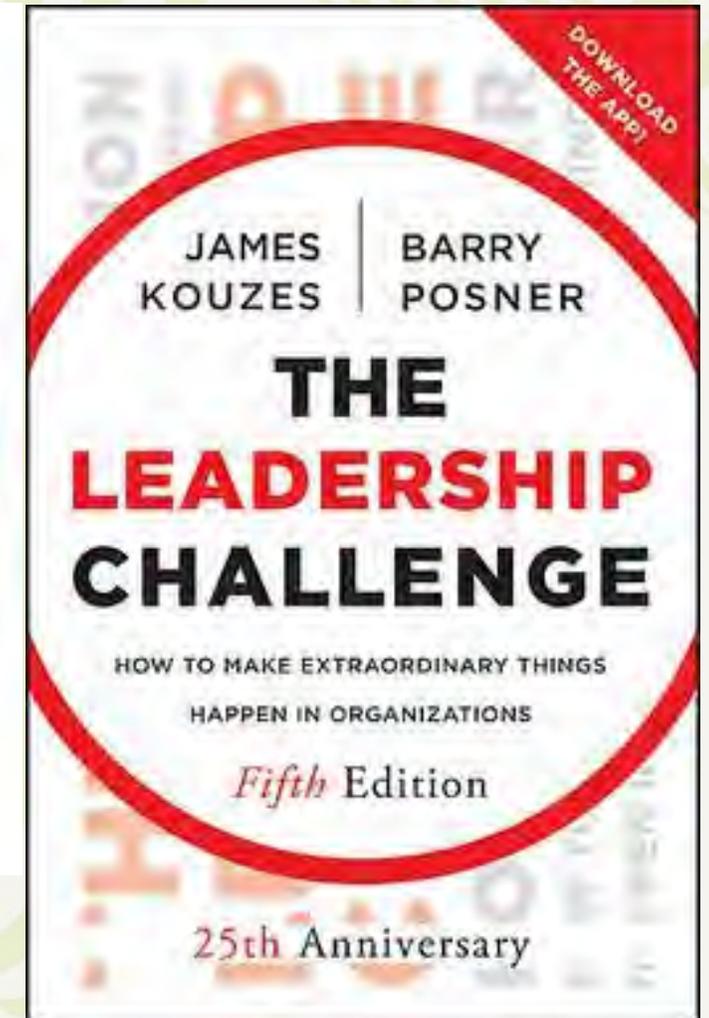
JTTH Gold Awardee
(customised nameplate
with student's name)



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Caring Leaders - 5 Exemplary Practices of student leadership





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Applied Learning Programme (ALP)

Computational Thinking & Makerspace



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Objectives: To equip our students with with
21st century competency skills

basic computational
thinking skills

critical and
inventive thinking

empathetic
problem solvers

resilient and show
perseverance

responsible citizens

effective communication and
collaboration skills

**Computational Thinking to Develop Empathetic, Resilient Solvers
(CO.D.E.R.S)**



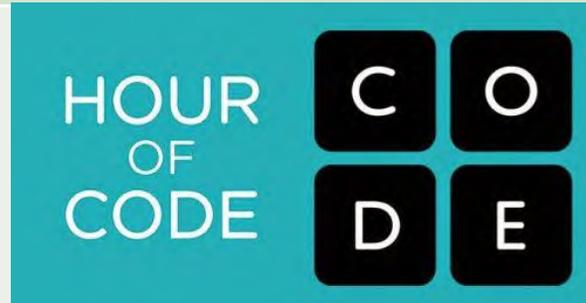
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National Initiative

P6 Code for fun

School based programme

P1 to P6



P1 Kubo



LEARN TO CODE WITH THIS ONLINE KUBO CODING GAME.

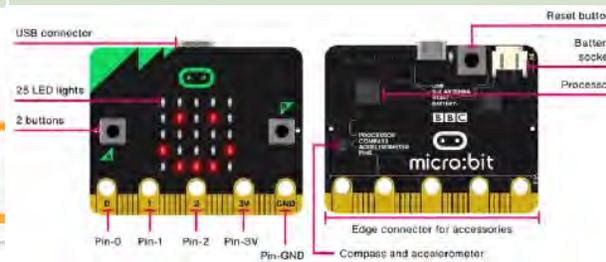
P2 Scratch Jr



P3 Scratch



P4 & P5 Microbits



Maker Activities



Official (Open) / Non-sensitive



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Distinctive Programmes

**ALP LLP Coherence
Head & Heart of CCE**



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Forging Coherence

ALP Focus
STEM

(CO.D.E.R.S)
Computational
Thinking to Develop
Empathetic, Resilient
Solvers

Extend the application
of thinking skills
into curriculum learning

through
Project Work

LLP Focus
Community Service &
Student Leadership

(NE2+)
Nurturing Ethical and
Effective Leaders with
Positive mind-sets



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Nurturing leaders through 'Head, Heart and Hands' approach

ALP - STEM	LLP - Community Service & Leadership	IPW
<p>HEAD/ HANDS</p> <p>DEVELOPING SKILLS Technical Tools</p>	<p>HEAD/ HEART/ HANDS</p> <p>DEVELOPING WILL (& SKILLS) Problem Solving Tools (Design Thinking)</p>	<p>SYNTHESISE KNOWLEDGE & MAKING CONNECTIONS</p>

Students will acquire the ability to make links across different areas of knowledge and to generate, develop and evaluate ideas and information so as to apply these skills to a project task. **e21CC: Adaptative Thinking, Inventive Thinking**

Students will acquire the **skills to communicate** effectively and present ideas clearly and coherently to a specific audience in both written and oral forms. **e21CC**

Students will acquire **collaborative skills** through working in a team to achieve common goals. **e21CC**

Students will be able to **learn** on their own, **apply** what they have learnt, **reflect** on their learning and take appropriate action to **improve** it (Engaged Learners, Caring Leaders).

Gayle Tan • 3rd+
Project Director at Infrastructure Asia // Project Leadership // Ca...
1w • 0

Most people know "Curiosity killed the cat."
Few know the rest: "...but satisfaction brought it back."

That's my word for 2026: Curiosity.

Last year, I helped Greenridge Primary School organize a student hackathon. (Special thanks to Vivienne Yap for leading this)

What I learned really stuck with me:

Education has changed so much. The school has a Makers' Corner where kids can start projects anytime- even during recess. LEGO Mindstorms, 3D printers, tools, materials, inspiration-it's all there waiting for them.

The students volunteered their own time to learn coding for the hackathon. They were genuinely excited to figure things out and try new approaches.

The teachers? They're the real enablers -turning everyday moments into opportunities for discovery.

This reminded me why curiosity matters more than ever.

- When projects seem impossible, I choose curiosity to explore new approaches.
- When views differ, I choose curiosity to understand different perspectives.
- When the path is uncertain, I choose curiosity to find courage.

What's your word for 2026?



Student Agency begins with Curiosity



Official / Open / Non-sensitive



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Why Should We Be Concerned about Cyber Wellness?

The data may surprise you.



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Did you know?

Our children are **going online from a younger age**.

67% of children aged 7 to 9, and **85%** for those aged 10 to 12 in Singapore use **smartphones** every day, and are active on **social media**.

However, research has shown that both **screen time** and **type of screen use** (educational vs recreational) can impact our **children's well-being**.

What does this mean?

We need to help our children achieve **balanced and purposeful** screen use.



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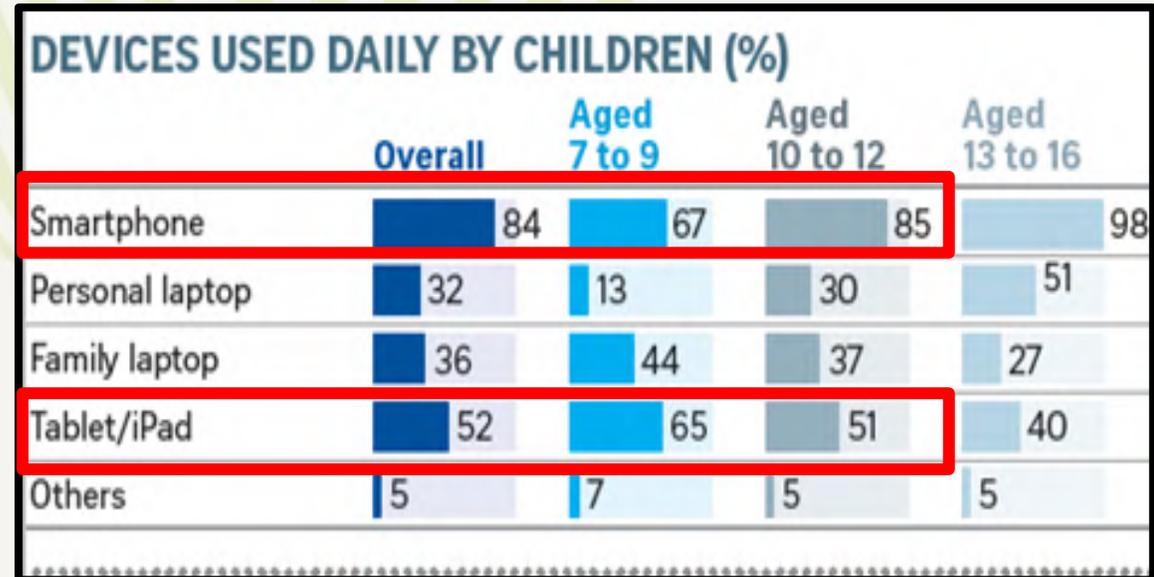


CURRENT REALITY

Children are going online from a younger age

CURRENT REALITY

Two-thirds of these children use a smartphone and/or a tablet/iPad daily.





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Did you know?

A survey of 600 parents in Singapore revealed the types and frequency of **harmful content** our children are exposed to, including cyberbullying, sexual grooming, and sexual harassment.

However, **not all parents are aware** of the **online risks**.

What does this mean?

We need to be **involved** in our children's digital lives, and put in **parental controls** to keep them safe and role-model for responsible use.



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TYPES OF ONLINE HARASSMENT (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Cyber bullying	79	86	93	63
Sexual grooming	30	43	21	26
Sexual harassment	45	43	57	37
Others	15	7	7	26

NOTE: This question was posed only to parents who reported that their children had faced online harassment. The poll is subject to a margin of error that is comparable with other research surveys.

Source: MILIEU INSIG STRAITS TIMES GRAPHICS

CURRENT REALITY

Types and frequency of harmful content our children are exposed to

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

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](#) (30 Nov 2023)



Source: [MDDI Survey](#) (Feb 2024)



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Did you know?

Most social media platforms and popular games have **App Store age-ratings**:

- **12+** : WhatsApp, Instagram, Roblox
- **17+** : Telegram and Discord

But the **majority of our children** have access to social media **before the recommended ages**.

Research shows that **screen use (smartphone and social media access) in young children** is associated with: insufficient good quality sleep, sedentary behaviours, obesity, and mental health and well-being .

What does this mean?

We need to ensure our children's use of devices and platforms are **age-appropriate**, and have **open conversations** with them about their digital habits.



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	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
AGE WHEN THEY STARTED USING SOCIAL MEDIA (%)				
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	0	24	40
13-16 years old	5	0	0	14

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
TYPES OF PLATFORMS CHILDREN USE (%)				
Instagram	50	25	46	78
Facebook	52	41	48	65
Twitter	14	6	11	23
WhatsApp	72	43	76	94
Telegram	18	11	13	28
Snapchat	13	5	13	21
TikTok	36	22	38	46
YouTube	65	58	62	75

CURRENT REALITY

About a third of parents with children aged seven to 12 said they had Instagram accounts

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)



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Cyber Wellness @ GRPS



What is Cyber Wellness?

Cyber Wellness is the ability of our children and youth to navigate the cyberspace safely.

This is done through our **Character and Citizenship Education (CCE) curriculum** which aims to:

- **equip students with the knowledge and skills** to harness the power of Information and Communication Technology (ICT) **for positive purposes;**
- maintain a **positive presence in cyberspace;** and
- be **safe and responsible users of ICT.**

Through the curriculum, your child learns knowledge and skills to have **balanced screen use, be safe online, and exhibit positive online behaviours.**

Resources

Scan here to find out more about MOE's Cyber Wellness curriculum:



<https://go.gov.sg/moe-cw-education>

Primary 1 and 2

During
CCE(FTGP)
lessons,
students will
be taught:

Basic online safety rules

- Talking to only people you know

Cyber Contacts

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online

Importance of a balanced lifestyle

- Especially in exercise, sleep and screen time for health and well-being

Protecting personal information

- Understand the risks of disclosing personal information



Family Chat Time!

Share with your family members:

- What are the safety rules I must follow to keep myself safe online?
- What do I know about tricky people?

My child/ward knows how to
keep safe in the cyberworld!

Parent's / Guardian's signature



Explore Cyber Wellness messages with your child through the **CCE (FTGP) Journal** by participating in “**Family Time**” activities in the journal.

Primary 3 and 4

During
CCE(FTGP)
lessons,
students will
be taught:

Balanced use of digital devices

- Time management and spending time on screen-free activities

Netiquette

- Show respect to others online
- Be considerate when posting opinions online
- Reflect on how our interactions can affect others online

Stand up against cyber bullying

- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

How to stay safe online

- Steps to take to determine if an online friend is trustworthy

My Healthy Screen Time Pledge

I, _____ (my name), pledge to be responsible
and practise self-control when it comes to using
the computer or the mobile phone.

Tick (✓) 3 things you would like to start practising. I pledge to:

- set aside time to complete my homework, rest, exercise and spend time with my family.
- stop my screen time when having my meals and practise the 20-20-20 rule*.
- put my devices away at least 60 minutes before bedtime.
- stop my screen time when I have reached the time limit my parents/guardians have set for me.
- set the alarm for 30 minutes and stop my screen time when it goes off.
- stop my screen time when I am feeling tired.
- seek help from my family when I need support/reminders to manage my screen time responsibly.
- Other(s): _____

REMINDER TO SELF!

Paste this pledge at a place where I can see it every day.

* 20-20-20 rule: Look at something 20 feet (approximately 6 metres) away for 20 seconds after 20 minutes of screen time.

Do My Best **27**



Discuss your child's healthy screen time pledge at home and cultivate accountability.

Primary 5 and 6

During
CCE(FTGP)
lessons,
students will
be taught:

Be a positive peer influence online and manage digital footprints

- Speak up and stand for what is right regardless of peer pressure
- Seeking help from trusted adults/sources when needed
- Awareness of permanence of online data and review privacy settings

Importance of cybersecurity

- Protect oneself from phishing, spam, scams and hacking

How to verify online falsehoods

- Use S.U.R.E.* to verify information online

Staying Safe from Pornography

- Understand the impact of pornography on themselves and others
- Reject pornographic content using the 'Stop-Think-Do' strategy.
- Know that keeping, selling, sharing or forwarding pornographic materials is an offence

*S.U.R.E. stands for **S**ource, **U**nderstand, **R**esearch, **E**valuate.
It is part of National Library Board's Information Literacy Programme.*



Encourage our children to share their experiences as they navigate friendships.

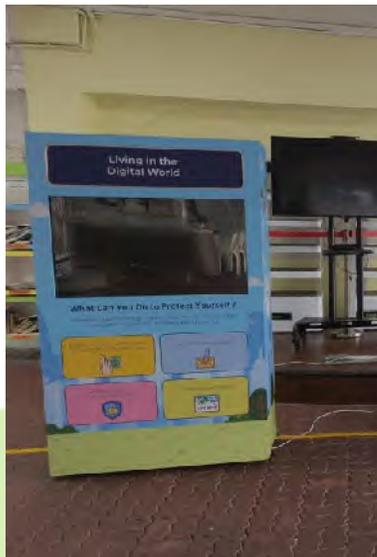
★ Cyber Wellness Week @ GRPS

Last year, a Cyber Wellness Week was dedicated to Safer Internet Day, a global initiative that promotes responsible and safe digital practices among young learners. This was conducted in tandem with the Total Defence Day celebration, focusing on the Digital Defence pillar.

Cyber Wellness Week Activities

+ Be Cyber Safe Pop-Up:

Interactive booths for all recesses.



🌿 Broadcast of CW Messages: On balanced screentime and maintaining Cyber-Wellness @ GRPS



- ✓ Limit screen use to less than 2 hours a day and have a screen time management plan.
- ✓ Keep away devices during mealtimes and 1 hour before sleep time.
- ✓ Replace your screentime with another fun and engaging offline activity!
- ✓ Invite your parents/guardians to join you in a screen-healthy weekend.



Cyber-Wellness @ GRPS

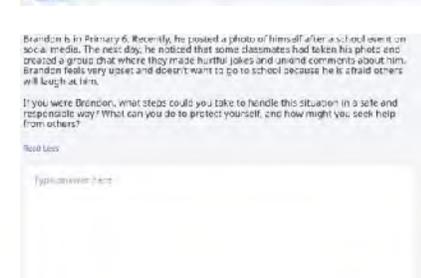
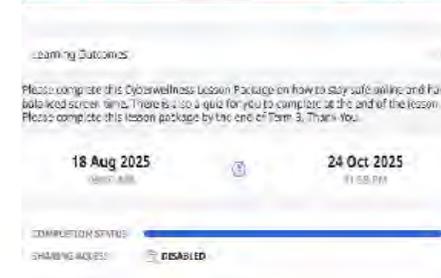
Maintain a healthy balance of online & offline activities

- ✓ Excessive screen time can lead to health-related issues such as tiredness, eye strain and loss of appetite.
- ✓ Balancing online and offline technology use lets you maintain a positive relationship with your family members and loved ones.



♥ CW Quizzes:

Students complete CW quizzes that were assigned to them via SLS.



Cyber Wellness Programmes

CCE (FTGP) lessons – Cyber Wellness



Cyber Wellness is taught through structured lessons during FTGP, with different levels exploring age-appropriate themes.

Assembly Talks



Cyber Wellness Assembly talks which cover digital wellbeing, social media, cyberbullying and current cyber wellness trends.



ICT Champs



Our student ICT Champs also serve as Cyber Wellness Student Ambassadors (CWSAs). They promote cyber wellness values among their peers and lead the decoration of the Cyber Wellness Corner in class to advocate positive digital habits.

What are the school rules on digital device use?

- Our school has an Acceptable Use Policy (AUP) on the use of EdTech Resources. This policy establishes guidelines on the appropriate use of learning devices and accounts to help students use these tools safely and responsibly:
 - i. Responsible Use: All EdTech resources and school networks are strictly for educational purposes and students can only access systems they are authorised to use.
 - ii. Responsible Conduct: Interact respectfully by avoiding offensive language and the sharing of inappropriate and harmful content.
 - iii. Safe Habits: Protect personal data and passwords, avoid interacting with strangers, and report any unusual or inappropriate activity to a teacher.
 - iv. Integrity & AI: Use AI tools only under teacher supervision and maintain academic integrity by not passing off others' or AI-generated work as your own.

Both student and parents' signatures are required (pg 22 of student handbook)

Official (Open) / Non-sensitive

Failure to adhere to the policy and guidelines above will result in disciplinary action in accordance to the school's discipline policy.

I understand and will abide by the provision and conditions of the Acceptable Use Policy (AUP) for use of EdTech Resources.

Student's Name : _____ Parent's Signature : _____

Student's Signature : _____ Date : _____



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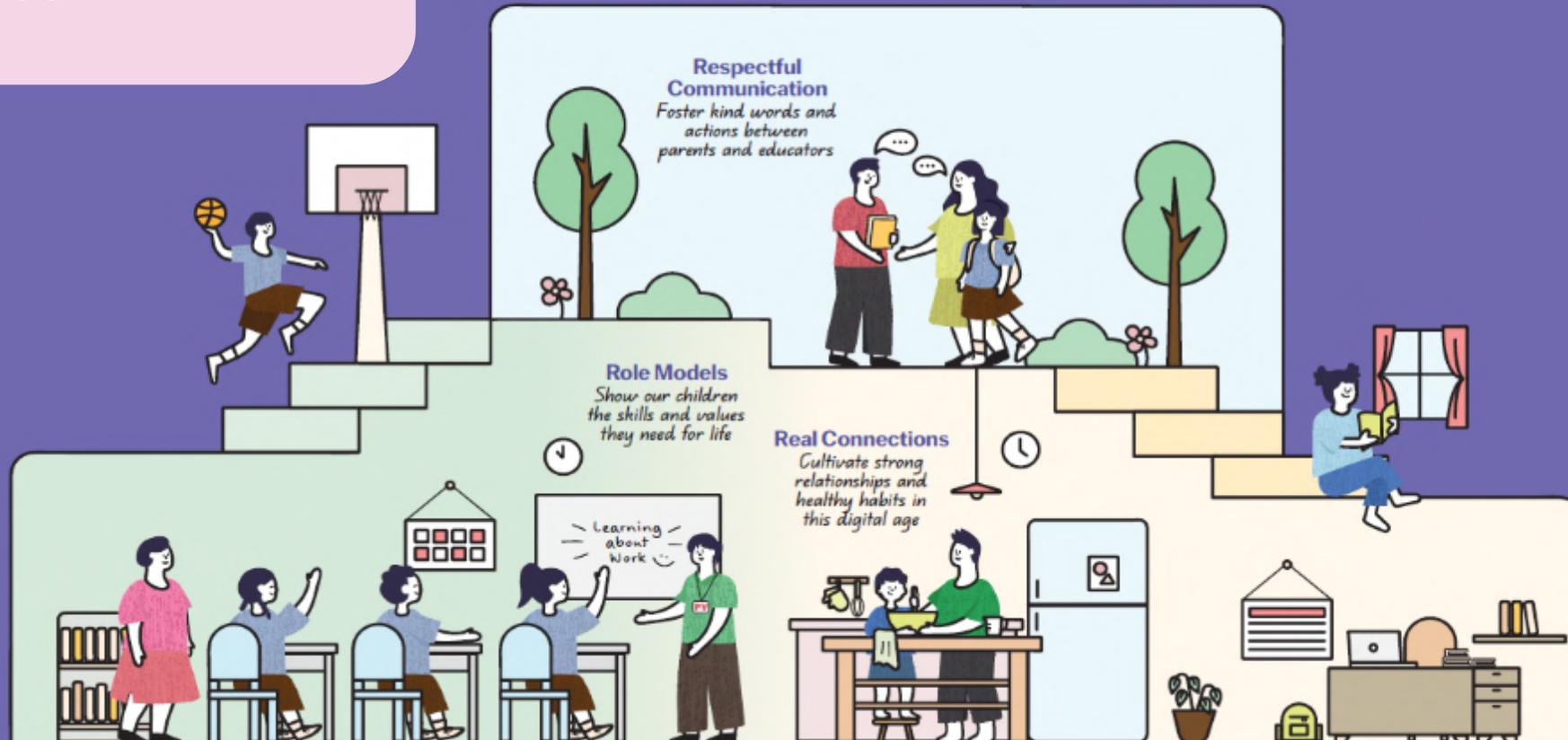
School-Home Partnership

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



Official (Open) / Non-sensitive

A joint effort in 2024 by
the Ministry of Education and COMPASS

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

1 Respectful Communication



2 Role Models

3 Real Connections

Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.



What are the school rules on communication?

- For urgent matters, parents and students are strongly encouraged to contact the school General Office at 6760-4265
- Parents should limit communication with teachers to term time and school hours: phone calls or meetings with teachers should be within school hours (7.30am-5pm) on working weekdays during term time (ie Week 1 – Week 10).
- Parents are highly encouraged to check your Parents Gateway (PG) app regularly. The PG app is actively used by all schools to share updates on school programmes and activities, and for parents to provide consent for their children's participation in school activities.





Key Points from Minister's Message at WPS in Sep 2025

1. Strengthen students' holistic development
2. Enhance support for students of varying needs and strengths
3. Equip Singaporeans to learn for life
4. Integrate sustainability and biodiversity into our curriculum
5. Equip Singaporeans for a world that is transformed by AI

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



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

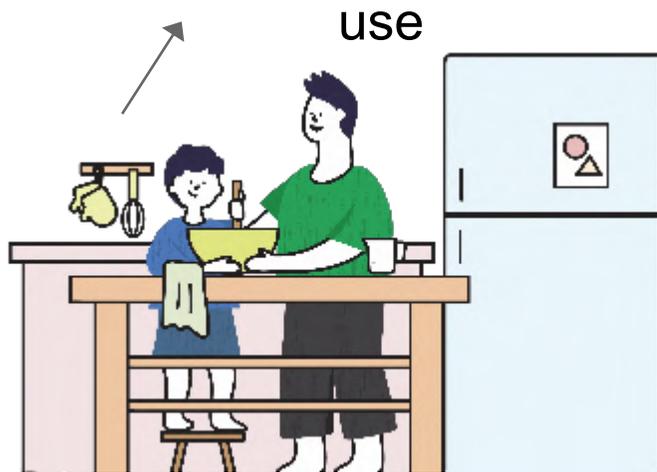


Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.

Real Connections

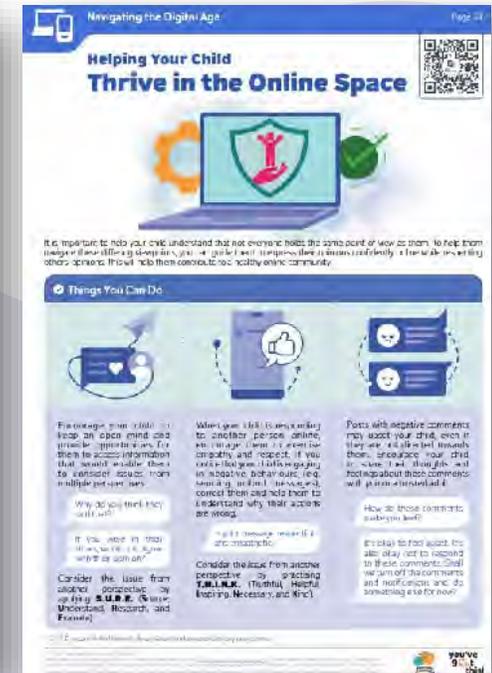
Cultivate strong relationships and healthy habits in this digital age

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



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

Build strong bonds through shared experiences and meaningful conversations



Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.



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Cyber WELLNESS @ GRPS

New MOH guidelines on screen use for children under 12



BELOW 18 MONTHS



- No screen use unless for interactive video chatting
- Do not leave screens on in the background when child is engaged in other activities

18 MONTHS TO 6 YEARS



- Limit screen use to less than an hour a day outside school
- Passive screen use not recommended
- View media together with children where possible
- Do not use screens to occupy or distract child
- Carefully choose age-appropriate educational content
- Do not leave screens on in the background
- No screens during meals and 1 hour before bedtime

7 TO 12 YEARS



- Limit screen use to less than 2 hours a day, unless related to schoolwork
- Develop a screen use plan or timetable
- Have regular conversations with children to find out their online activities
- Do not give children mobile devices with unrestricted access
- Use parental control settings to ensure children access age-appropriate content and apps
- Do not give children access to social media services
- No screens during meals and 1 hour before bedtime

SOURCE: MINISTRY OF HEALTH

What are the school rules on digital device use?

Personal Devices

- Students should avoid bringing items which may disrupt or distract them from their lessons in school.
- Mobile phones, smartwatches* and all other similar electronic devices are strictly prohibited.
- Where disciplinary matters involving social media arise, the school may confiscate devices for investigation purposes or require parents to bring the devices to school for investigation.

* **Smartwatches** include all watches or fitness trackers that can connect to a mobile device or the internet, or that have functions such as messaging, calling, taking photos, recording, or playing media.





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Vaping: Key Facts

- Vaping is **illegal** in Singapore
 - The Government has intensified efforts to combat vaping in Singapore, especially against the emerging trend of e-vaporisers containing harmful substances, such as etomidate.
 - From 1 September 2025, individuals caught possessing, using or purchasing e-vaporisers will face higher penalties.
 - Recalcitrant users may be required to undergo rehabilitation.



For more information and resources:

<https://www.gov.sg/stopvaping/>



QuitVape

- For those who wish to quit vaping, support will be provided through the QuitVape programme.
- **Those who voluntarily seek help will not face penalties for doing so.**
- However, if the individual is separately caught for vaping, penalties under the various laws will be meted out.

For more information and resources:

<https://www.gov.sg/quitvape>



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Support Hotlines

If you want to quit vaping but need support, **help is available:**

- **Health Promotion Board (HPB)'s QuitLine:** 1800 438 2000
- **National Addictions Management Service:** 6389 2200
/ quitevape@nhghealth.com.sg / <https://for.sg/quitvapeppt>
- **WE CARE Community Services:** 3165 8017 or 8391 3023 (WhatsApp) /
help@wecare.org.sg
- **Singapore Anti-Narcotics Association:** 6732 1122 / sana@sana.org.sg
- **Thye Hua Kwan Moral Charities:** 6337 1201 / tsd.referral@thkmc.org.sg
- **Fei Yue Community Services:** 6485 8749 / feiyuevapecessation@fyics.org

**For more information and
resources:**

<https://www.gov.sg/quitvape>



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What can parents do to help?

- Have open conversations with your child about vaping.
 - Be **Casual**: You can **bring up the topic casually**, like if you and your child see vaping content on social media, a vape report on the news, or someone vaping.
 - Be **Curious**: Ask your child what they know or think about vaping. You might be surprised by how much they already know. **Thank them for sharing their thoughts and foster an open dialogue.**
 - Be **Candid**: Then, share your own feelings about vaping in a simple and open way. For example, you could say, "When I see people vaping, I worry about their health. Vaping has a lot of health risks and it's not worth it. I want to help you figure out what to do if someone offers you a vape."

Additional Resources for Parents

Parent's Guide on Vaping (Families for Life)

Attachments

<https://file.go.gov.sg/parents-guide-vaping.pdf>



Join Us! Parent Support Group (PSG)

A team of dedicated parents supporting each other in nurturing their children. Network, share and learn with fellow parents by involving yourself in initiatives such as Parenting Workshops and Career Talks for P5 and P6 students.



Singapore Road Safety Month 2025

A Road Safety Carnival in conjunction with Use Your RoadSense 10th Anniversary

Guest of Honour

Ms Sim Ann

Senior Minister of State

Ministry of Home Affairs & Ministry of Foreign Affairs

Saturday, 31 May 2025



Parents as our Road Safety Ambassadors (RSAs)





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Support for Parents via WhatsApp Chat groups

GRPS Parent Support Group (PSG)

- Invite you to join the WhatsApp chat groups dedicated to connect and support parents
- Chat groups are run by the PSG Exco members who are parents like you
- More information on how to join the chatgp will be sent via PG later today



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GRPS Official Social Media



School Website



School Facebook



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Additional Resources

Bite-sized practical tips and strategies to help you parent effectively in the digital age.



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Parenting for Wellness



For more bite-sized, practical tips and strategies on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

You can also access the **Parenting for Wellness website** on Parent Hub (hosted by HPB) for personalised access to the full content!

Scan here to access the PfW Toolbox for Parents:



Positive Use Guide on Technology and Social Media

Scan here to access the Positive Use Guide:



The **Positive Use Guide on Technology and Social Media** draws on research to support families as they navigate the digital landscape together. It offers strategies for balanced screen time, how to build healthier digital habits and provides tools like self-check worksheets and curated resources. Scan the QR code on the left to access the guide on the Digital for Life website.

Positive Use Guide

Evidence-Based Insights on the Impact of Digital Devices on Child and Adolescent Wellbeing





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You can access all digital parenting resources shared throughout this slide deck by scanning this QR code or click [here!](#) *Send this link via PG to your parents too for their easy access.*

These resources focus on:

- Managing Device Use
- Respectful Communication
- Role-modelling healthy habits
- Fostering Real Connections
- Unlocking their First Smartphone or Smartwatch
- Playing Online Games
- Accessing their First Social Media Accounts
- Cyberbullying
- Parenting for Wellness
- Positive Use Guide
- Grow Well SG

#15 Resources on tips and strategies to support your child when they might be a cyberbully are available at the end of the presentation.



<https://go.gov.sg/cwresources-parent>

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Compilation of Useful Resources

No.	Managing Device Use	
1	Balanced and purposeful screen use	go.gov.sg/pfw-managing-safe-device-use
2a	Guide on Parental Controls on devices	go.gov.sg/pfw-web-parental-controls
2b	Information on in-app safety features	go.gov.sg/pfw-web-app-safety
3	Grow Well SG resources on purposeful screen use	go.gov.sg/growwellsg-learn-well
No.	School-Home Partnership resources	
4	Having open conversations about healthy digital habits	go.gov.sg/pfw-managing-safe-device-use
5	Role modelling respectful conversations	go.gov.sg/pfw-respectful-conversations
6	Providing a safe space for conversations	go.gov.sg/pfw-safe-space
7a	Video: real connections when conversations happen in safe spaces	go.gov.sg/video-opencommunication
7b	Video: healthy screen use starts at home	go.gov.sg/video-familyscreenuse



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No.	Unlocking their First Smartphone or Watch	
8a	Things to consider when setting rules on the use of smartphones	go.gov.sg/pfw-web-involving-children-setting-rules-smartphones go.gov.sg/dfl-first-smartphone
8b	Screen Time settings on Apple devices (iPhone, iPad)	https://support.apple.com/en-sg/108806
8c	Google Family Link	https://families.google/familylink/
9	Video: Preparing your child for their first smartphone	go.gov.sg/video-firstphone
No.	Playing Online Games	
10	Video game ratings	https://imdaonline.imda.gov.sg/Classification/Search/VideoGames/Default.aspx
11a	Entering your child's gaming world	go.gov.sg/pfw-child-gaming-world
11b	Conversation tips on gaming concerns	go.gov.sg/gaming-conversation
No.	Accessing their First Social Media Accounts	
12a	Social Media: Is your child ready for it?	go.gov.sg/pfw-web-social-media-readiness
12b	Tools and resources for managing online safety	go.gov.sg/pfw-managing-safety-online



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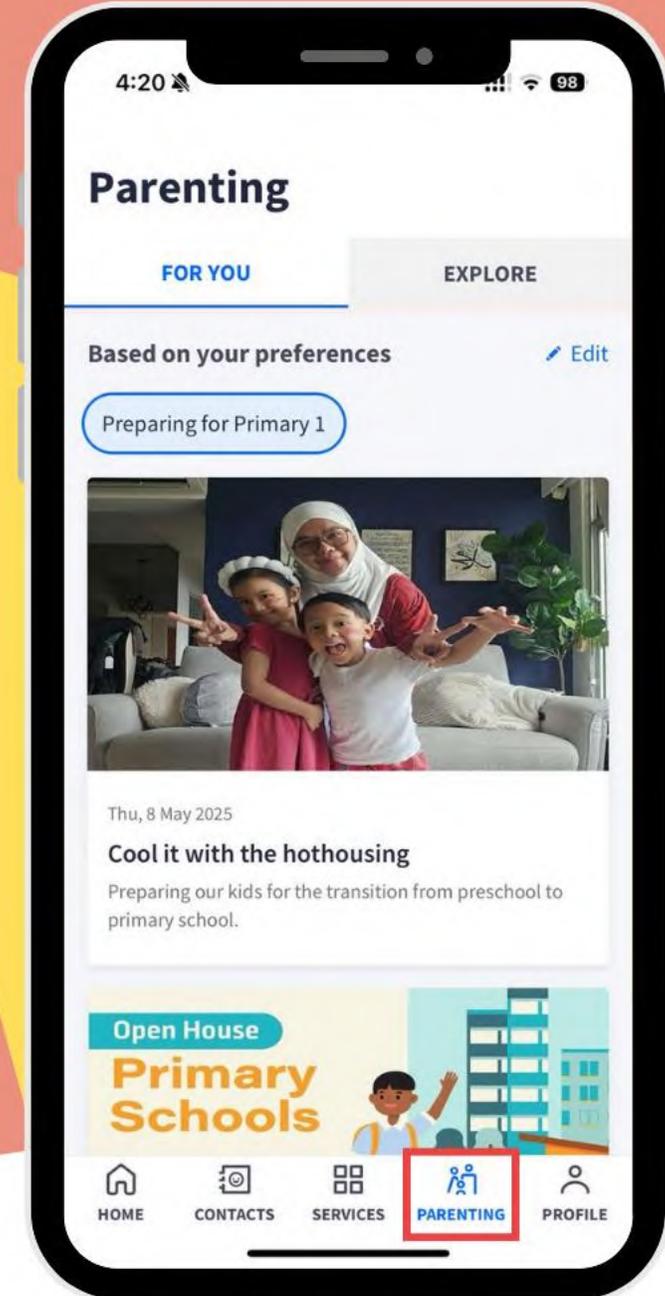
No.	Cyberbullying	
13a	Parenting for Wellness (PfW) Website Module on Cyberbullying	go.gov.sg/pfw-web-cyberbullying
13b	PfW resources – when your child is the victim	go.gov.sg/pfw-cyberbullying-victim
14	PfW resources – how to report incidents through online platforms	go.gov.sg/pfw-web-app-safety
15	PfW resources – when your child is the bully	go.gov.sg/pfw-cyberbullying-bully
No.	Additional Resources	
16a	Parenting for Wellness Toolbox for Parents (condensed info)	go.gov.sg/pfw-toolbox-for-parents
16b	Parenting for Wellness Website (full content)	go.gov.sg/pfw
17	Positive Use Guide on Technology and Social Media	go.gov.sg/positive-use-guide
18	Guidance on Screen Use in Children by Ministry of Health	go.gov.sg/pfw-screen-use-guidance
19	Online platform's online safety tools and resources	Tools and resources for managing your own safety online



Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.





Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



Thank you and join **US to become a
Positive Parent Champion!**





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e-Growth Mindset posters @ GRPS FB & IG, designed by Partnership Committee teachers



Thank You

