



**Haig Girls' School**

# **Welcome to Haig Girls' School**



**2025**

# Programme

**Welcome by Principal**

**Address by AYH**

**Curriculum Briefing**

**Briefing by Form Teachers**



# **Principal's Address**



# VISION

**Empowering every Haig Girl to learn and lead,  
in Service of Others**



# Motto

## Ars Potens Est

**Knowledge is Power  
In Service to School,  
Community & Nation**



**RESPECT**

**INTEGRITY**

**RESPONSIBILITY**

**COMPASSION**

**RESILIENCE**

**HUMILITY**

**School  
Values**





Intrinsic  
motivation

Uniqueness and  
worth of every  
child

HGS core  
beliefs



Character  
and  
leadership

Unconditional love,  
high expectation

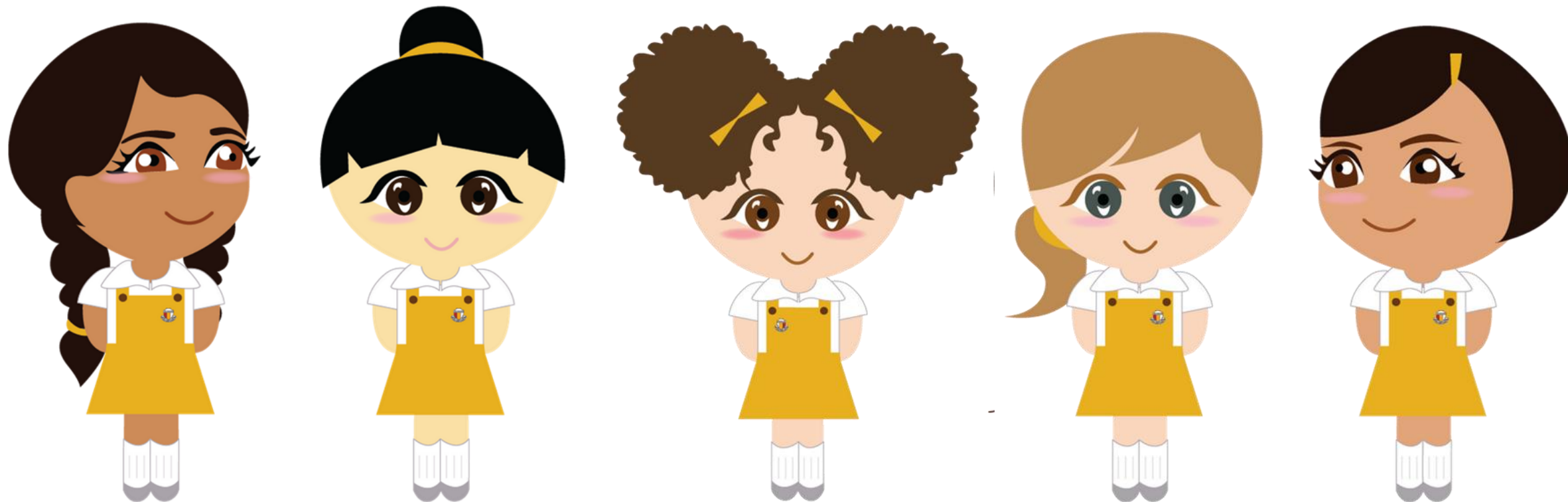
Honour child's  
voice and  
ownership

Growth  
mindset

# Haig Girl Outcomes

**Future-Ready  
Learner**

**Compassionate  
Leader**



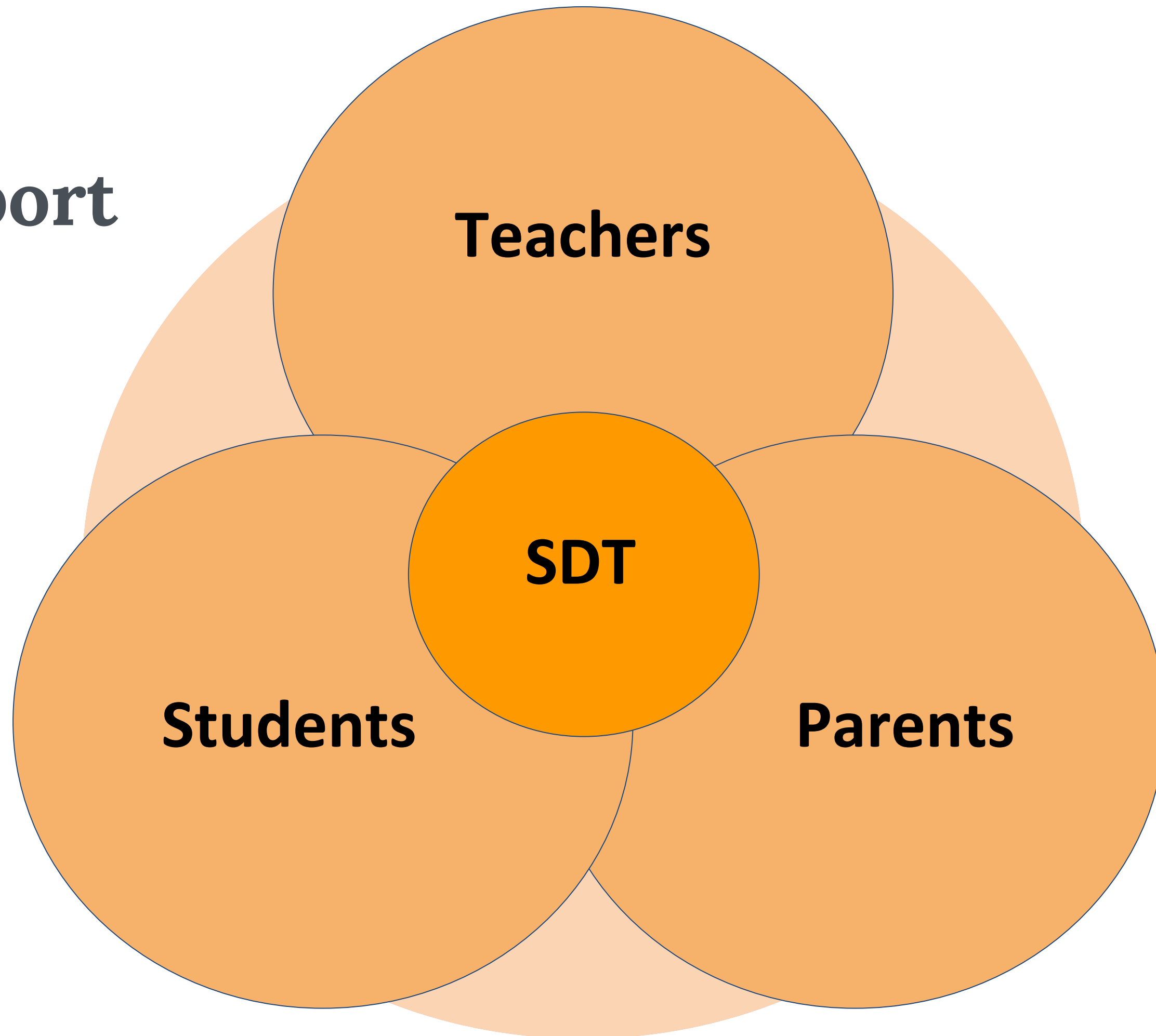


# **Briefing by Year Head (Lower Primary)**



# **Student Development Team (SDT)**

# SDT Support





# Our beliefs



- Students who are happy to come to school and motivated to learn
- Students with healthy self-identity and relationships, able to make responsible decisions
- Students who care for their families, school community and the nation





# Some events planned by SDT

Curriculum Briefing

Parent-Teacher-Child-Conference (PCTC)

Children's Day

P6 Graduation Day





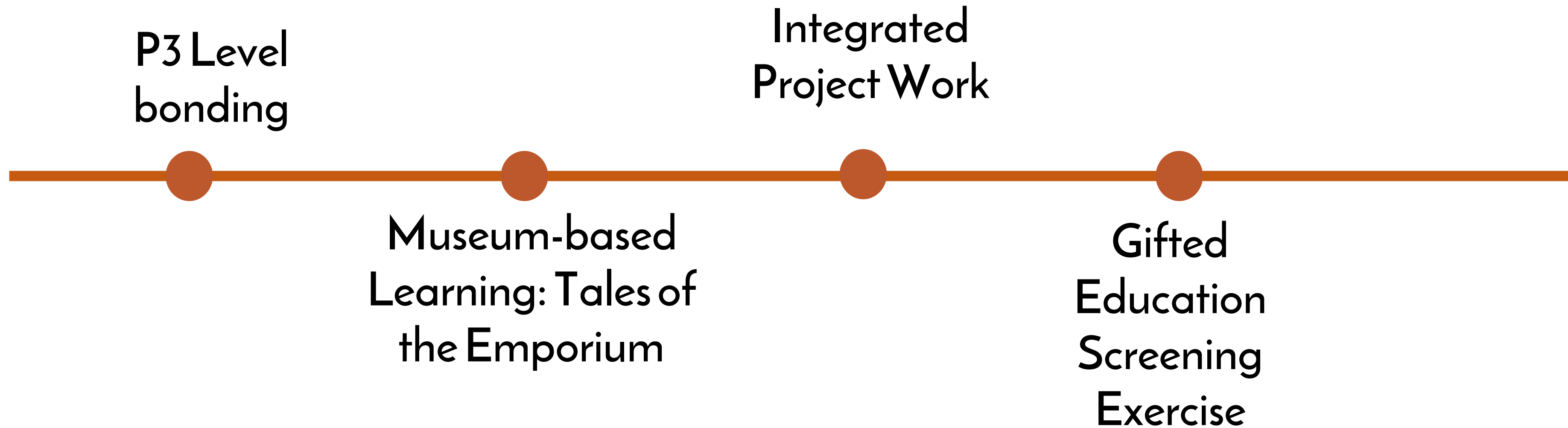


**CHANGES  
AHEAD**

**Transitional  
Year for your  
child**



# P3 COHORT MILESTONE EXPERIENCES



**P3**

## **Class Placement**

**5 classes**

**35 - 40  
students per  
class with at  
least 2 form  
teachers**

**Small group  
teaching  
(selected  
students)**

# P3 Classes

**P3-01**

3 Charity

**P3-02**

3 Grace

**P3-03**

3 Humility

**P3-04**

3 Joy

**P3-05**

3 Kindness

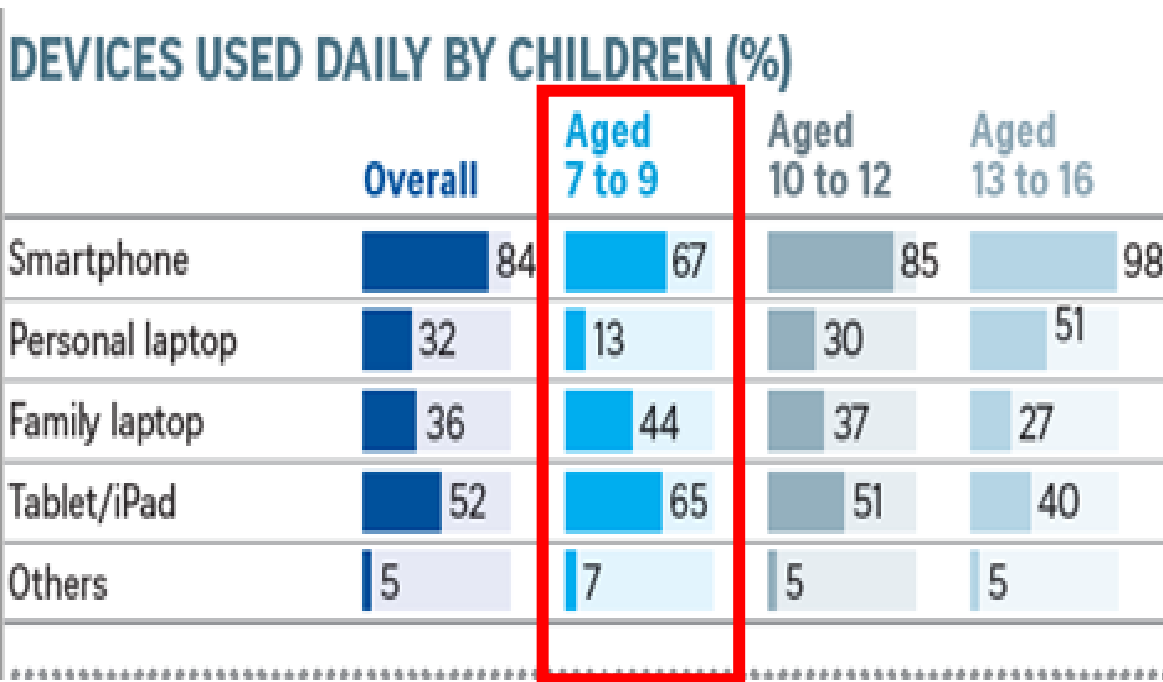


# Practising Cyber Wellness



# Did you know?

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



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

# What is Cyber Wellness?

- Cyber Wellness is about our students being able to navigate the cyber space safely.
- This is done through our 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.**



# What will Pri 3 and 4 students learn about Cyber Wellness during CCE (FTGP) lessons?

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

# What will Pri 3 and 4 students learn about Cyber Wellness during CCE (FTGP) lessons?

## ● Stand up against cyber bullying

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



Family Time in one of the P3 lessons

## ● How to stay safe online

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

## ● Respecting copyright

- Take steps to credit the works<sup>23</sup> by others and avoid plagiarism

- Parents are strongly encouraged to participate in the “**Family Time**” activities in the CCE (FTGP) Journal with your children to reinforce the key cyber wellness messages at home.

# How can parents help your child develop good digital habits?

- As parents/guardians, you play a significant role in helping your child establish healthy digital habits, and learn to use technology in a positive and meaningful way.
- Here are some ways:
  - **Role model good digital habits** for your child/ward (e.g. parents/guardians not using devices during mealtimes).
  - **Have regular conversations with your child** to better understand what they do online, how to stay safe and how to use technology in a responsible manner.
  - **Discuss and develop a timetable with your child** to moderate their time spent on screens.
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the **Parenting for Wellness** Toolbox for Parents.

 Navigating the Digital Age

Page 1 of 2



## Helping Your Child Manage Device Use & Stay Safe Online





### Develop a Family Screen Use Plan

- A family screen use plan consists of screen use rules, their consequences and screen-free activities that the family can engage in.
- As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking these rules clearly.

Your screen use rules can include:

 Device-free times and places

 Time limit for devices

- "What are some suggestions on when and where devices should not be used?"
- "What should we do if we break our agreement?"
- Decide as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
- "What screen-free activities do you think we can do together?"
- Engaging your child in the process of creating screen use rules and inviting them to suggest activities to do together helps increase their ownership of the whole family screen use plan.
- "What do you think of our screen use rules?"



### Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
  - State observation: "I noticed you have been spending a lot of time on your device."
  - Ask open-ended questions: "What do you usually do on your device?"



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 **you've got this!**



# How can parents better support your child's digital habits?

## Achieving balanced screen time

- **Screen time** refers to the amount of time spent using devices each day. Having some screen time can be beneficial, such as when your child uses devices to learn and connect with others.
- However, it is important to be aware that **spending an excessive amount of time using devices is unhealthy**, as it is associated with insufficient good quality sleep, sedentary behaviours, increased obesity, and poorer mental health and well-being.
- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- Children aged 7 – 12 should have **consistent screen time limits**.

## Using parental controls to manage device use and stay safe online

- **Parental controls** refer to a group of settings that put you **in control of what your child can see and do on a device or online**.
- Such controls can allow you to **supervise and monitor your child's online activities and protect them** from inappropriate content, online sexual grooming, cyberbullying and other online risks.
- Parental control settings can be used to **monitor and limit screen time** as agreed with the child.

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.






# At what age should I give my child their first smartphone?



Consider these questions:

- **Does your child need a smartphone?**
  - Does your child need a smartphone to remain contactable?
- **Is your child ready for a smartphone?**
  - Does your child always misplace their things?
  - Does your child obey certain rules set in place?
  - Will your child talk to you about issues which they might encounter while using a smartphone such as unpleasant messages or inappropriate content?
- **Am I/Can I be a good role model for smartphone use to my child?**

# What do I need to know about online games?

- Online games are everywhere, and complex games can be played on the go via smartphones.
- While gaming is fun and can bring about positive impact on children, it can create some negative impacts as well.
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the Parenting for Wellness Toolbox for Parents.

**Navigating the Digital Age**




## Entering Your Child's Gaming World

Online games, when played appropriately, can be opportunities for your child to practise and develop skills such as teamwork, concentration, communication and problem-solving skills.


Playing games also allows your child to receive a mix of intrinsic rewards (e.g. feeling good about their abilities and effort) and extrinsic rewards (e.g. receiving game currency or points) when they succeed. **However, excessive online gaming has pitfalls that you should be aware of.**

If you're worried about how much time your child spends gaming, talk to them about it. Work together to develop a plan to balance gaming with other screen-free activities. Check in regularly with your child to review the plan.


**⚠ Excessive online gaming may increase the risk of:**




1 Cyberbullying



2 Attracting unwanted attention online



3 Excessive in-app purchases



4 Increased levels of anxiety due to the competitive nature of the game

**🗣 Things You Can Say**

Use these conversation starters to find out more about the games that your child plays, as well as to ask them to reflect on their gaming habits.

1 Ask about a game that your child seems to be playing frequently.

What's this game about?

2 Involve your child in setting rules and expectations for when they can play games, for how long, and the consequence of not following the agreed-upon rules.

Let's discuss what would happen if anyone breaks the rules.



3 Prompt your child to think about the benefits and risks of gaming.

Do you chat with strangers you've just met while playing online games?

By understanding how games are designed to encourage your child to keep playing, and the potential pitfalls, you can approach conversations about games more empathetically. This will help you build a positive and healthy relationship with your child.

If their gaming habits continue to be a cause for concern, you may wish to seek help from their school or from community partners such as **Help123 by TOUCH Community Services, Singapore's One-Stop Cyber Wellness Hotline at 1800 6123 123.**

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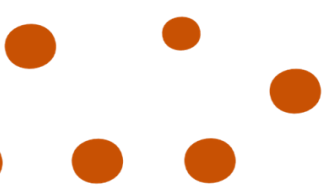


# What can I do if I am concerned about the gaming habits of my child?

- **Discuss your concerns with your child and develop a realistic timetable** to balance their gaming with other screen-free activities. Scan the QR code for conversation tips.
- Review the plan regularly with your child.
- If there is no improvement and their gaming behaviour continues to be a cause of concern, you may want to seek help from the school or other community partners such as Help123 at 1800 6123 123.
- If there is marked deterioration and significant impairment to the child's life, you should consider seeking professional help. The professionals could assess the severity of the problem and recommend appropriate interventions.
  - You may call National Addiction Management Service All Addictions helpline at 6-RECOVER (67326837).



Conversation tips on gaming concerns



# School-Home Partnership





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

**1 Respectful  
Communication**

**2 Role Models**

**3 Real Connections**



# Respectful Communication

## Foster kind words and actions between schools and educators



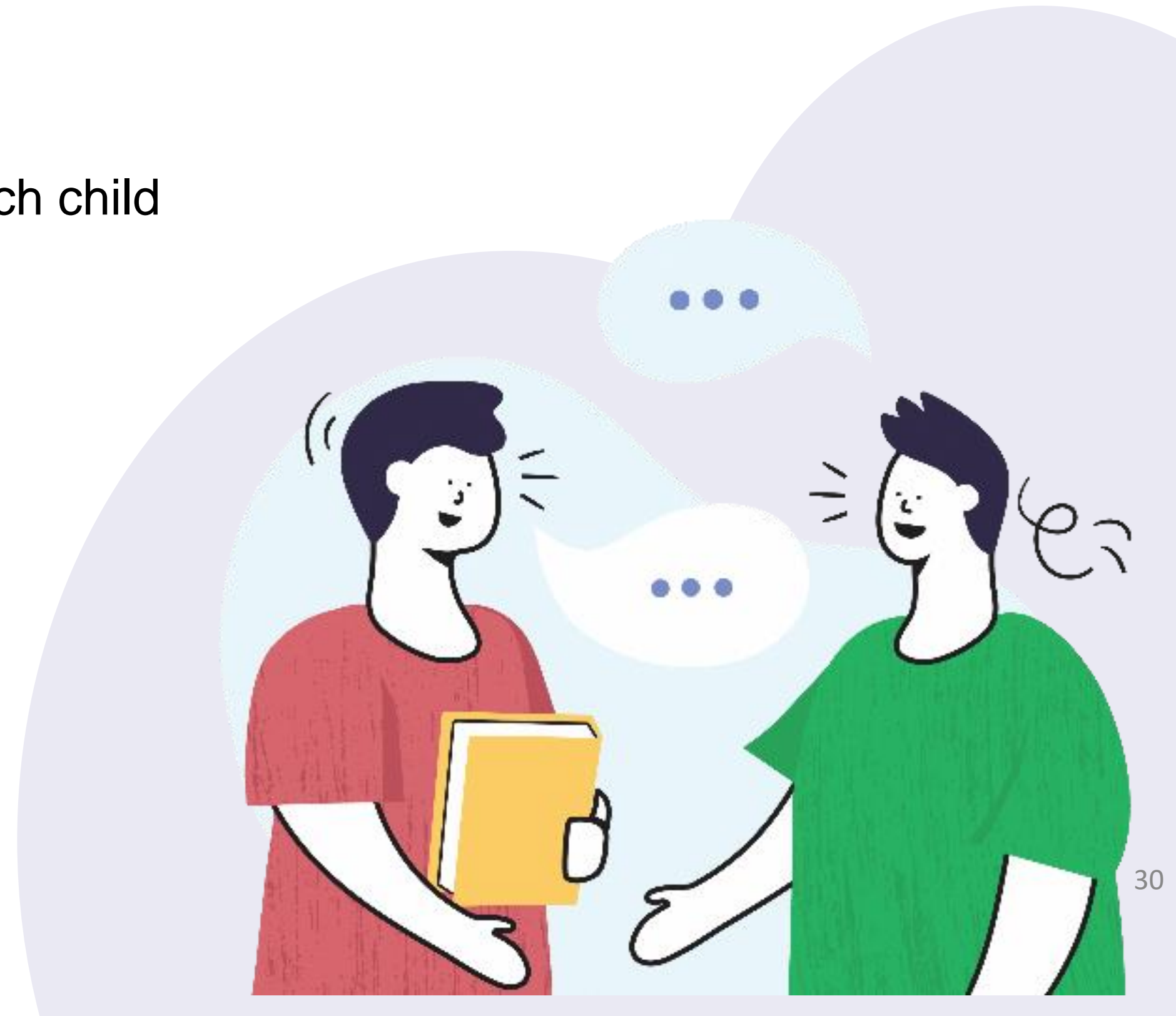
Listen to and understand each other's perspectives and concerns regarding each child



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



Respect each other's time by communicating during working hours



# 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

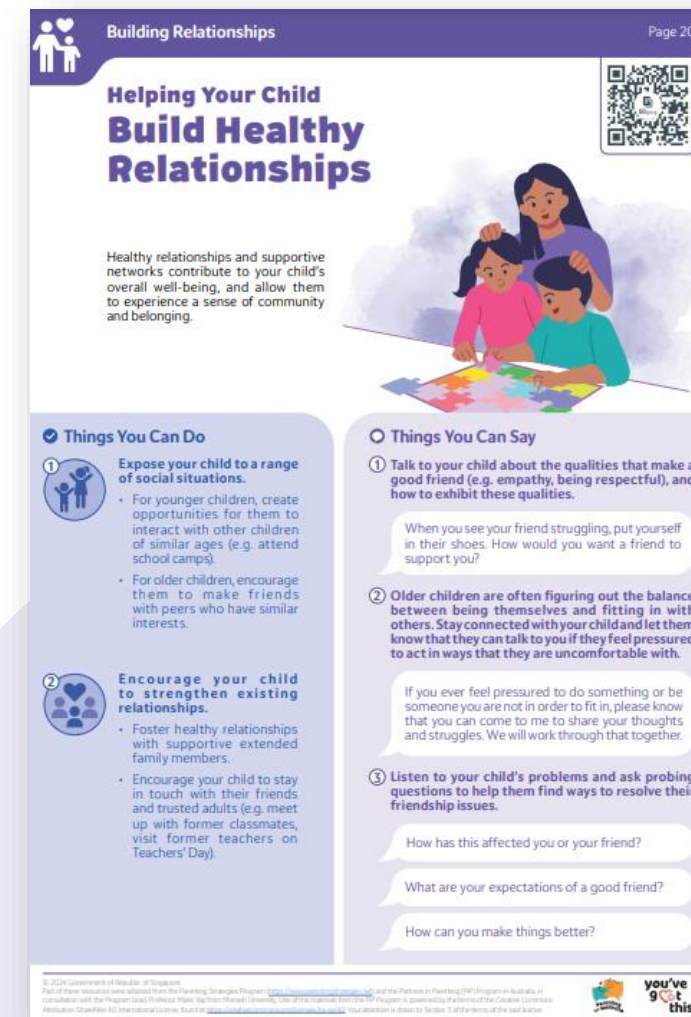
Cultivate strong relationships and healthy habits in this digital age

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.





# Additional Resources:



## *Parenting for Wellness*

For more bite-sized resources (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**.

Keep a lookout for the **Parenting for Wellness website** that will be rolled out in 2025 on Parent Hub (hosted by HPB) for personalised access to the full suite of parenting resources!



# **Curriculum Briefing by Heads of Departments**