

**CLEMENTI PRIMARY SCHOOL  
P6 PARENTS' WEBINAR  
23 MARCH 2022**

# OUTLINE OF SHARING

- PSLE SCORING SYSTEM
- SECONDARY ONE POSTING
- CHOOSING A SECONDARY SCHOOL
- DIRECT SCHOOL ADMISSIONS
- SUPPORTING YOUR CHILD IN MANAGING SCREEN TIME
- STRESS MANAGEMENT AND MENTAL WELL-BEING

# CHANGES TO THE PSLE SCORING AND S1 POSTING SYSTEMS

**SUPPORTING STUDENTS AND PARENTS IN MAKING  
INFORMED SCHOOL CHOICES FOR PSLE**



# OVERVIEW

## PSLE SCORING SYSTEM & S1 POSTING SYSTEM

- How the PSLE Scoring System Works
- How the S1 Posting System Works

## SUPPORTING STUDENTS AND THEIR PARENTS IN MAKING INFORMED SCHOOL CHOICES

- Understanding the PSLE Score Ranges
- School Choice Journey



# WHAT IS THE INTENT OF THE PSLE?



**A useful checkpoint at the end of primary school**

**A fair way to determine secondary school posting**



Over the years, we have been changing the education system to help our students discover and develop their strengths and interests, while moving away from an over-emphasis on academic results. Our PSLE Scoring changes reduce an over-emphasis on academic results by:

**1**

**Reducing fine differentiation of students' examination results at a young age.**

**2**

**Recognising a student's level of achievement, regardless of how his/her peers have done.**

**3**

**Encouraging families to choose secondary schools holistically based on students' strengths, interests and abilities.**

# HOW THE PSLE SCORING SYSTEM WORKS



# FROM T-SCORE TO SCORING BANDS

## a) Reduces fine differentiation of students' examination results at a young age

- Students with similar scores in each subject are grouped into wider scoring bands measured in 8 ALs.

## b) Reflects a student's individual level of achievement

- Students' ALs for each subject reflect their level of achievement, rather than how they have performed relative to their peers.

AL	RAW MARK RANGE
1	≥ 90
2	85 – 89
3	80 – 84
4	75 – 79
5	65 – 74
6	45 – 64
7	20 – 44
8	< 20

# GRADING OF FOUNDATION SUBJECT GRADES

- Foundation subject grades are graded in scoring bands from **AL A to C**.
- To derive a student's overall PSLE Score for S1 Posting, AL A to AL C for Foundation level subjects are **mapped to AL 6 to AL 8 of Standard level subjects respectively**.
- Similar to the PSLE T-score system, this mapping is based on the learning and assessment load of the subjects, and informs students of how ready they are for the curriculum in secondary school.

FOUNDATION LEVEL AL	FOUNDATION RAW MARK RANGE	EQUIVALENT STANDARD LEVEL AL
A	75 – 100	6
B	30 – 74	7
C	< 30	8



# 4 SUBJECT ALs WILL BE ADDED TO FORM THE OVERALL PSLE SCORE

- The PSLE Score can range from 4 to 32, with 4 being the best.
- Students are placed in secondary school courses based on their PSLE Score – Express, Normal (Academic) or Normal (Technical).

ENGLISH LANGUAGE	AL 3
MOTHER TONGUE LANGUAGE	AL 2
MATHEMATICS	AL 1
SCIENCE	AL 2
<b>PSLE SCORE: 8</b>	

PLACEMENT OUTCOME	PSLE SCORE
EXPRESS	4 – 20
EXPRESS / N(A) OPTION	21 – 22
N(A)	23 – 24
N(A) / N(T) OPTION	25
N(T)	26 – 30, with AL 7 or better in both EL <u>and</u> MA

*Express, N(A) and N(T) courses will be phased out by 2024.*

# ELIGIBILITY CRITERIA FOR HIGHER MOTHER TONGUE LANGUAGE (HMTL)

## ELIGIBILITY CRITERIA FOR HMTL

- (i) An overall PSLE Score of 8 or better**
- or**
- (ii) An overall PSLE Score of 9 to 14 (inclusive); and attain**
  - **AL 1 / AL 2 in MTL or**
  - **Distinction / Merit in HMTL**

- The eligibility criteria for taking HMTL takes reference from past criteria.
- It ensures students can cope with the higher academic load.
- Secondary schools continue to have the flexibility to offer HMTL to students who do not meet the criteria if they:
  - have high ability and interest in MTL, and
  - are able to cope with the learning load required.

# ELIGIBILITY CRITERIA FOR MOTHER TONGUE LANGUAGE (MTL) 'B' IN SECONDARY SCHOOLS

- The MTL 'B' curriculum is designed to help students in the Express and N(A) courses who face exceptional difficulty coping with MTL.

<b>ELIGIBILITY CRITERIA FOR MTL 'B'</b> <b>(FOR STUDENTS OFFERED THE EXPRESS OR N(A) COURSE)</b>
<b>AL 7 or 8</b> in Standard MTL <u>or</u> <b>AL B or C</b> in Foundation MTL

- Schools have discretion to offer MTL 'B' to students who face exceptional difficulty with MTL but do not meet the eligibility criteria at Secondary 1 based on PSLE results.
- As students progress in secondary school, they may also take up MTL 'B' if they are assessed to be suitable by their schools.

# SUBJECT-BASED BANDING (SECONDARY)

## [SBB (SEC)] ELIGIBILITY CRITERIA

- SBB (Sec) provides students posted to the N(A) and (NT) courses with **greater flexibility** to take various subjects at a more demanding level based on their subject-specific strengths.
- Under the new PSLE Scoring System, the SBB (Sec) eligibility criteria is as follows:

FOR STUDENTS POSTED TO THE N(A) OR N(T) COURSE	
PSLE SUBJECT GRADE	OPTION TO TAKE SUBJECT AT
AL 5 or better in a Standard level subject	Express level
AL 6 or better in a Standard level subject <u>OR</u> AL A in a Foundation level subject	N(A) level

- As students progress in secondary school, they continue to have opportunities at various junctures to take subjects at more demanding levels based on their performance in school.
- Students posted to the Express course will take all their subjects at the Express level.

# SUBJECT-BASED BANDING (SECONDARY) [SBB (SEC)] ELIGIBILITY CRITERIA

**N(A)-Level  
English**

**N(A)-Level  
Mother Tongue**

**Express-  
Level  
Math**

**N(A)-Level  
Science**

**EXAMPLE:**

ENGLISH LANGUAGE AL6

MOTHER TONGUE AL6  
LANGUAGE

**MATHEMATICS AL5**

SCIENCE AL6

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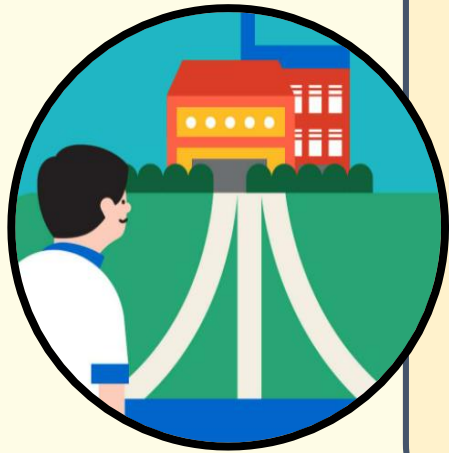
**PSLE SCORE: 23**

Offered N(A) course



# FULL SUBJECT-BASED BANDING (FULL SBB)

- MOE is expanding Subject-Based Banding to Full SBB in secondary schools.
- This is in line with the changes to PSLE Scoring to recognise each student's own level of achievement and encourage them to choose secondary schools that fit their strengths and interests.
- Full SBB aims to further nurture the joy of learning and develop multiple pathways to cater to the different student profiles. Through Full SBB, we want students to:



- have greater ownership of their education, and learn each subject at the level that best caters to their overall strengths, interests and learning needs, and
- have more opportunities to interact with friends of different strengths and interests.
- not be held back by negative self-concepts and labelling.
- have increased access to post-sec pathways, while having strong fundamentals in their subjects so that they are able to thrive in the pathway they choose.

# FULL SUBJECT-BASED BANDING (FULL SBB)

• The following are changes that students will experience from Full SBB:

- Removal of Express, N(A) and N(T) courses
- Mixed form classes
- Common Curriculum subjects
- Offering subjects at a more demanding level, including Humanities subjects
- Common National Examinations
- Post-secondary Admissions *(More information will be made available at a later date.)*



# FULL SUBJECT-BASED BANDING (FULL SBB) TIMELINE

Link to PSLE-FSBB Microsite



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



**2020**

Full SBB pilot commenced in 28 secondary schools. Feedback from pilot schools has been positive.



**2022**

Full SBB will continue to be rolled out to more schools in phases.



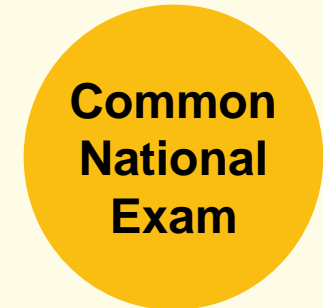
**2023**



**2024**

From 2024,

- There will no longer be Express, N(A) and N(T) courses.
- Students will be able to study subjects at different levels that suit their interests, strengths and learning needs.

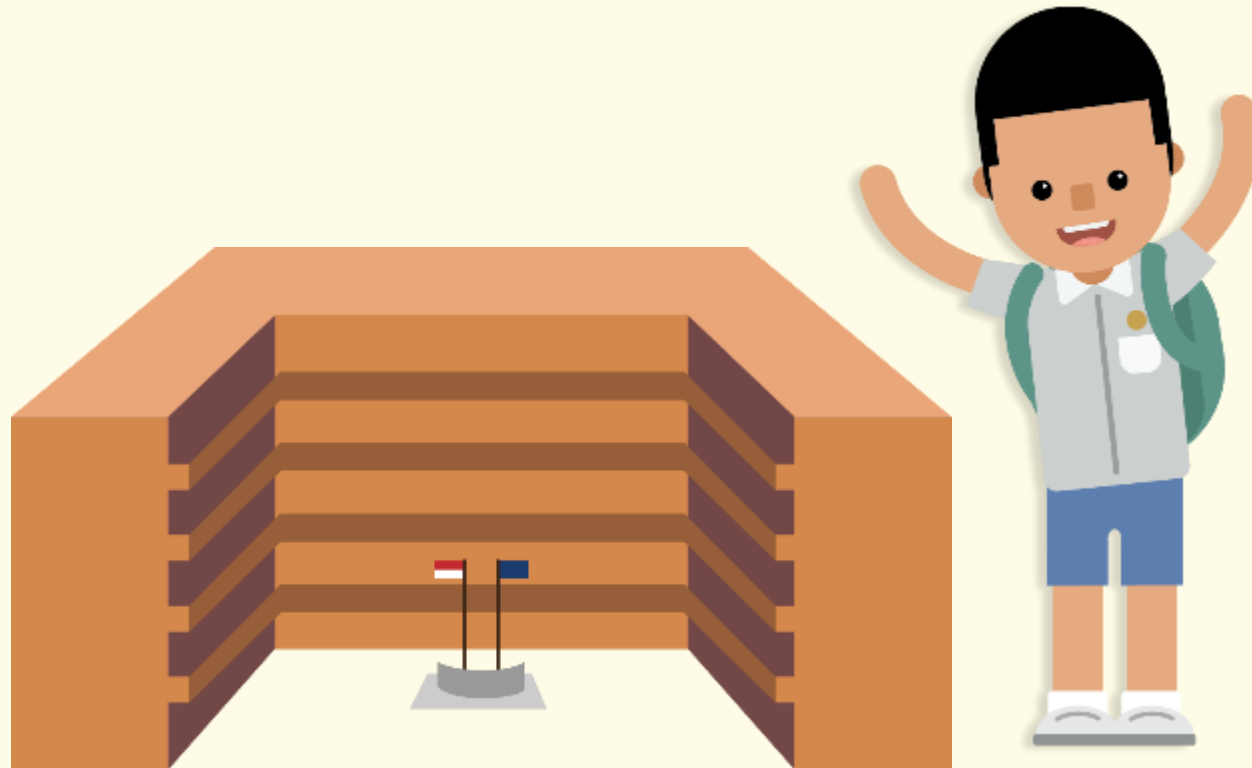


**2027**

From 2027, students will sit for the common national examination and receive a new national certification with subjects at different levels.



# HOW THE S1 POSTING SYSTEM WORKS



# CHOICE ORDER OF SCHOOLS MATTERS MORE

- Students continue to have **six choices** in selecting their secondary schools.
- Similar to past years, students continue to be posted to a secondary school based on **academic merit, i.e., PSLE Score**, and their **school choice order**.
- If there are two or more students with the same PSLE Score vying for the last remaining place(s) in a school, the following tie-breakers will be used in the following order:
  1. **CITIZENSHIP**
  2. **CHOICE ORDER OF SCHOOLS (New tie-breaker from 2021 onwards)**
  3. **COMPUTERISED BALLOTING**
- The new tie-breaker based on school choice order recognises the different considerations that families have in making school choices.



# Tie-breakers

## in the new S1 Posting System


Tie-breakers are used only if there are two or more students with the same PSLE Score vying for the last available place(s) in a school.

Here's a simplified example.

5 students are vying for the last places in the schools of their choice.


**Jane**  
Singapore Citizen  
16 pts

SCHOOL CHOICES:  
1) Sch A  
2) Sch ...  
3) Sch ...  
4) Sch ...




**Bryan**  
Singapore Citizen  
20 pts

SCHOOL CHOICES:  
1) Sch B  
2) Sch ...  
3) Sch ...  
4) Sch ...




**Mary**  
Singapore Citizen  
20 pts

SCHOOL CHOICES:  
1) Sch A  
2) Sch B  
3) Sch C  
4) Sch ...




**Alan**  
Permanent Resident  
20 pts

SCHOOL CHOICES:  
1) Sch A  
2) Sch B  
3) Sch D  
4) Sch ...



**Rina**  
Permanent Resident  
20 pts

SCHOOL CHOICES:  
1) Sch A  
2) Sch B  
3) Sch D  
4) Sch E




Students with better scores will be posted first

Jane has a better PSLE score. She will be posted first, to **School A**.



Tie-breaker #1: Citizenship

Bryan, Mary, Alan and Rina have the same score.

As Jane has taken the last available place in School A, Bryan, Mary, Alan and Rina will vie for the last available place in their next choice, **School B**.

Bryan and Mary are Singapore Citizens. They will have priority to enter **School B**.



Alan and Rina will be tie-broken out as they are Permanent Residents. They will be considered for their next choice, **School D**.



Tie-breaker #2: Choice order of schools

Because Bryan ranked School B higher than Mary, he will be posted to **School B**.



Since Bryan has taken the last place in School B, Mary will be posted to **School C**.



Alan and Rina have both ranked School D as their third choice. They will go through computerised balloting to vie for the last remaining place in **School D**.



Tie-breaker #3: Computerised balloting

Through computerised balloting, Alan is posted to **School D**.



Since Alan has taken the last place in School D, Rina will be posted to her fourth choice, **School E**.






# PSLE SCORE RANGES FOR INDIVIDUAL SECONDARY SCHOOLS



# PSLE SCORE RANGES FOR ALL SECONDARY SCHOOLS

- Use the PSLE Score ranges as a reference alongside other important factors, such as the school's distinctive programmes, Co-Curricular Activities (CCA), culture, ethos, and proximity to home when shortlisting school choices that would best fit a student's educational needs.
- The 2021 PSLE Score ranges for individual secondary schools will be available for your reference on <https://moe.gov.sg/schoolfinder> and <https://go.gov.sg/exploreschools> by end March 2022. They reflect the PSLE scores of the student posted into these schools at the 2021 S1 Posting Exercise.
- A school's PSLE Score range (including Cut-Off-Point) for a particular year is not pre-determined before the posting, and may vary from year to year, depending on the cohort's PSLE results and their school choices in that year's S1 Posting Exercise.



SchoolFinder Tool	MySkillsFuture Student Portal (Primary)
 <a href="https://www.moe.gov.sg/schoolfinder">https://www.moe.gov.sg/schoolfinder</a>	 <a href="https://go.gov.sg/exploreschools">https://go.gov.sg/exploreschools</a>

# PSLE SCORE RANGES FOR INDIVIDUAL SECONDARY SCHOOLS

The PSLE Score range refers to the PSLE Score of the first and last student admitted to a particular school in the previous year via the S1 Posting Exercise. This shows the range of student profiles who enter each school.

## Example

XX Secondary School  
PSLE Score range of 2021

Express	15	20
Normal (Academic)	21	24
Normal (Technical)	25	28

PSLE Score of the first student posted into the school in the respective courses

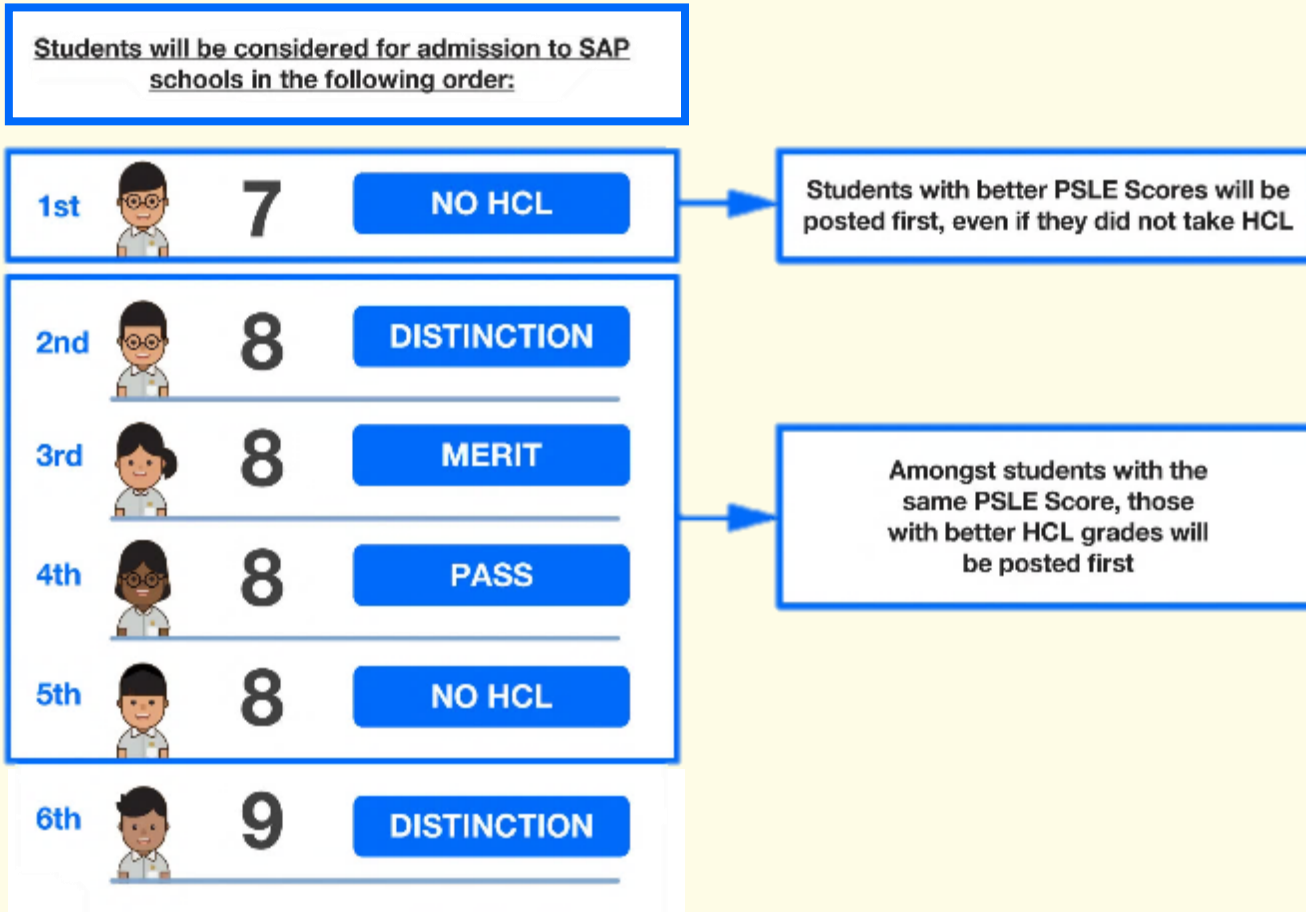
PSLE Score of the last student posted into the school in the respective courses [i.e., the school's Cut-Off Point (COP)]

# USE OF HIGHER CHINESE LANGUAGE (HCL) FOR ADMISSION INTO SPECIAL ASSISTANCE PLAN (SAP) SCHOOLS



# HCL POSTING ADVANTAGE FOR ENTRY TO SAP SCHOOLS WILL CONTINUE

Students who obtained a Distinction/Merit/Pass for HCL at the PSLE and an overall PSLE Score of 14 or better will receive a posting advantage when applying to SAP schools.



- Students' HCL results are denoted as 'D' (Distinction), 'M' (Merit) or 'P' (Pass).
- Students who obtain (i) a Distinction / Merit / Pass in HCL and (ii) a PSLE Score of 14 or better are eligible for posting advantage to SAP schools.
- Students are ranked taking into account their performance in HCL.
- This posting advantage applies before the tie-breakers for S1 Posting.



# EXAMPLE OF AN SAP SCHOOL'S PSLE SCORE RANGE

While students need not take HCL to enter SAP schools, students who pass HCL receive a posting advantage for admission. To reflect this, the PSLE Score ranges of SAP schools include the HCL grades of the first and last student admitted in the previous year via S1 Posting.

## Example

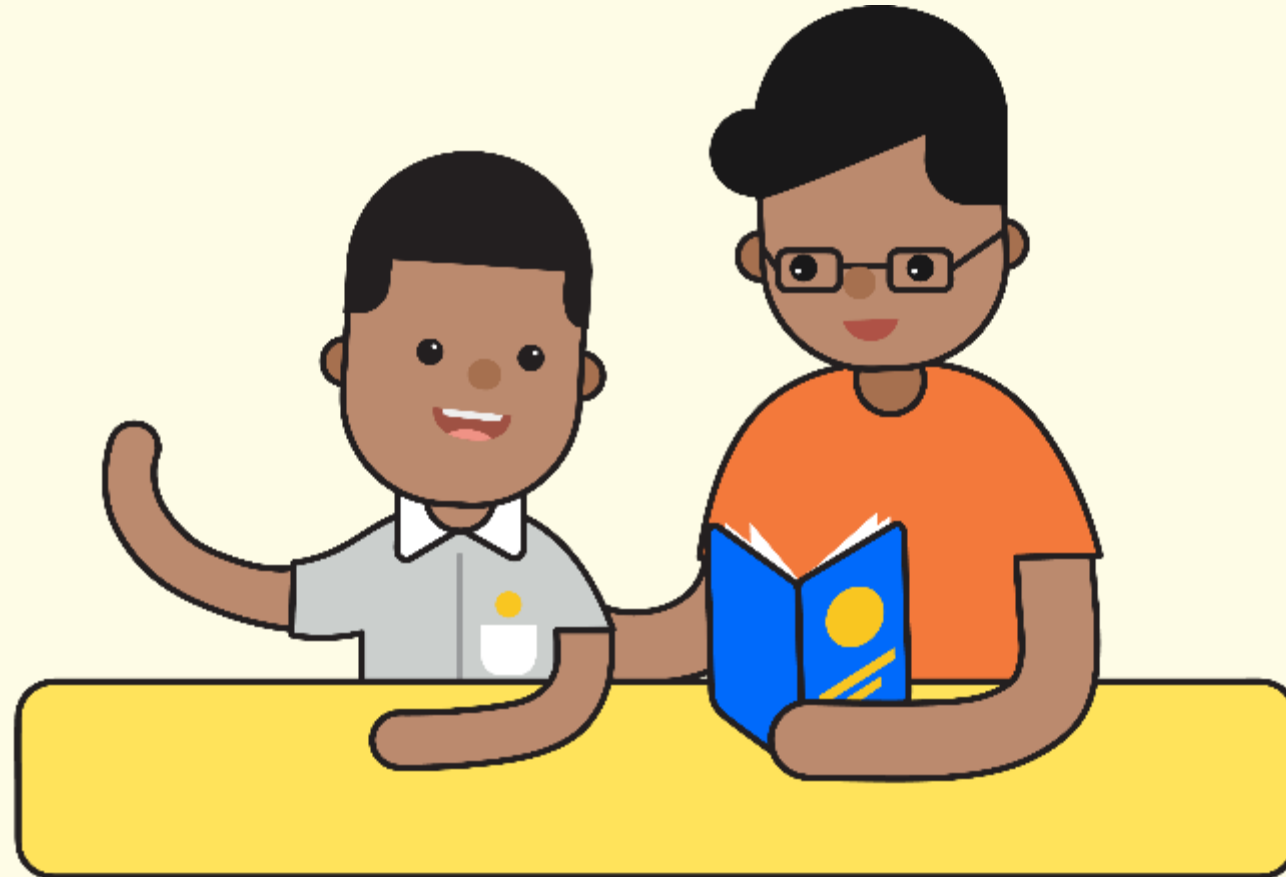
XX Secondary School  
PSLE Score range of 2021

Express	5 (D) – 12 (P)
Normal (Academic)	
Normal (Technical)	

PSLE Score and HCL grade of the first student posted into the school in the Express course

PSLE Score and HCL grade of the last student posted into the school in the Express course [i.e. the school's Cut-Off Point (COP)]

# CHOOSING SUITABLE SECONDARY SCHOOLS WITH YOUR CHILD

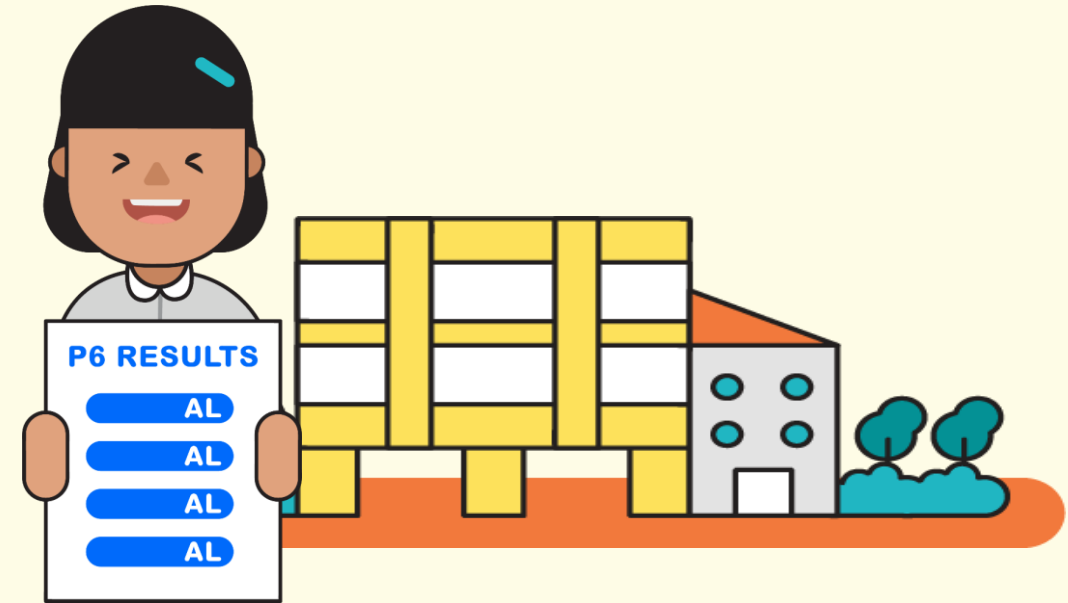


# SCHOOL CHOICE JOURNEY

- The PSLE Score ranges are a **useful reference point** for parents and students to consider secondary schools.
- Use this information, together with other **important factors** such as the secondary schools' distinctive programmes, CCAs, ethos and cultures, to shortlist schools that would best fit the educational needs of the student.
- If your child has specific talents and strengths beyond the PSLE (e.g. areas such as sports, performing arts and leadership), consider the **Direct School Admission-Secondary (DSA-Sec)** as an alternative admission pathway to access secondary schools that have talent development programmes in these areas.



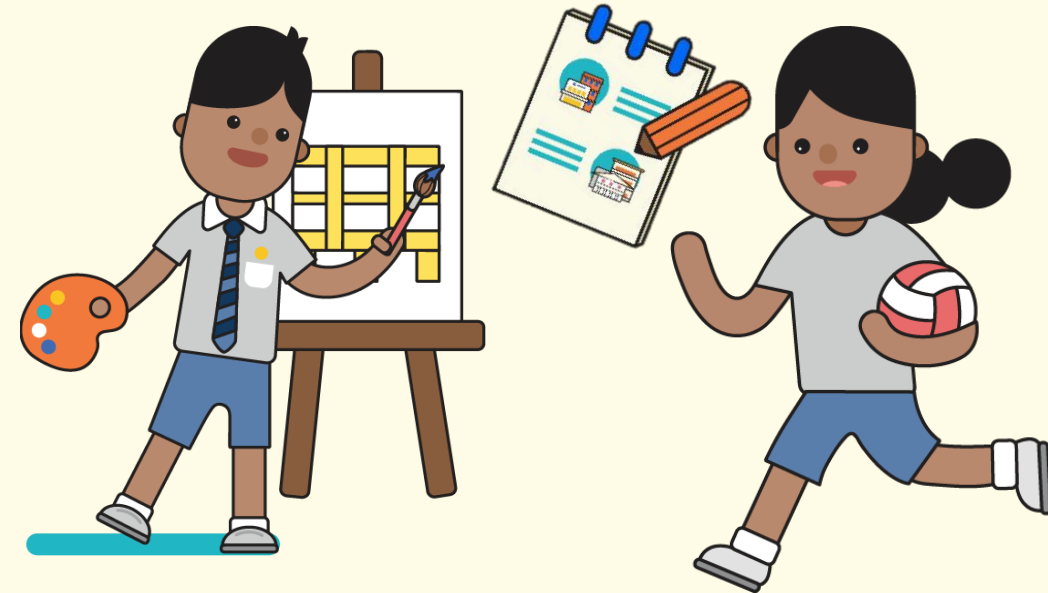
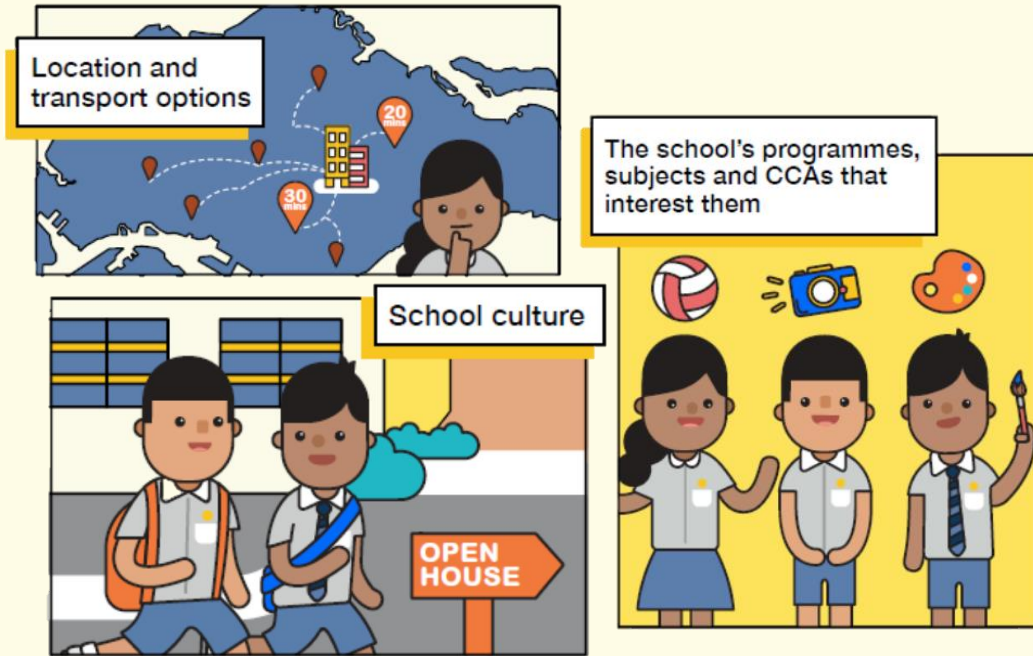
# PREPARING FOR THE S1 POSTING EXERCISE



Use all 6 options with a range of Cut-off Points as this will increase your child's chances of being posted to a school of their choice.

Take reference from schools' PSLE Score ranges, which serves as a guide for you and your child to shortlist school choices. Consider at least 2-3 schools where your child's PSLE Score is better than the school's Cut-off Point.

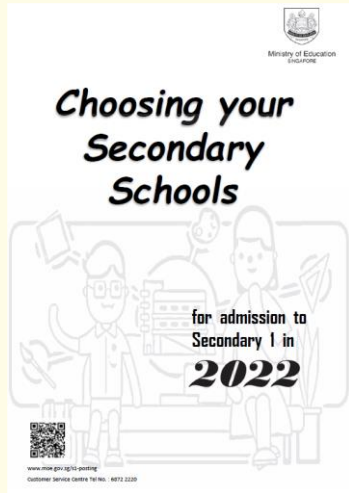
# PREPARING FOR THE S1 POSTING EXERCISE



Shortlist schools that offer programmes that cater to the your child's strengths and interests, and that provide suitable learning environments.

Rank your child's preferred school higher in the school choice order. This will increase your child's chances of being posted to that school, if tie-breakers are required.

# PREPARING FOR THE S1 POSTING EXERCISE



- Release of **PSLE** results
- Submission of **Secondary 1 Option Form**



- Release of **S1 Posting** results

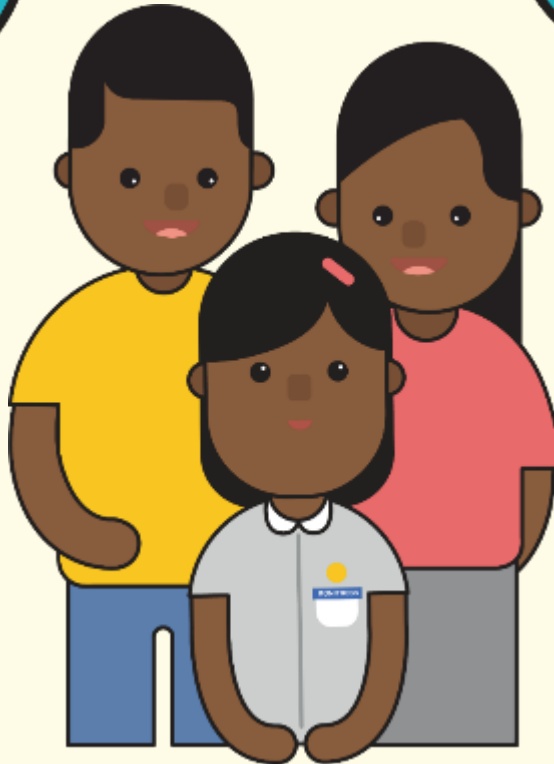


# TIPS FOR PARENTS!

Be open and flexible when discussing your child's preferences, needs and choices.

Manage your own expectations and do not project these expectations onto your child.

Have regular conversations with your child to understand more about his/her interests and aspirations.



Affirm your child and offer support when he/she shares his/her plans with you.

# FIND OUT MORE ON THE PSLE-FSBB MICROSITE!



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





# OTHER RESOURCES

1

SchoolFinder Tool

SCHOOL FINDER



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

2

“Welcome to Secondary School” video



<https://go.gov.sg/welcome-to-secondary-school>

3

Secondary School Education Booklet



<https://go.gov.sg/pse-sec-sch-brochure>

4

ECG Parent Guide



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

# DIRECT SCHOOL ADMISSION (DSA)



# ENTERING A SECONDARY SCHOOL



## PSLE/S1 POSTING EXERCISE

- Based on a student's **PSLE score**
- Most students enter secondary schools this way



## DSA

- Based on a diverse range of **talents and achievements in specific academic subjects or non-academic areas, beyond what the PSLE recognises**
- Allows students to **access school programmes to develop their talents.**

# ELIGIBILITY

Students can apply for DSA-Sec based on a wide-range of talents, including:

- Sports and games
- Visual, literary and performing arts
- Debate and public speaking
- Science, mathematics and engineering
- Languages and humanities
- Uniformed groups
- Leadership (for example, prefects)

# DSA-SEC APPLICATION PORTAL

- DSA-Sec provides students an opportunity to enrol in a school based on their talents, potential and achievements that cannot be demonstrated through the PSLE.
- Students will be able to apply for DSA through a centralised DSA-Sec Application Portal, using a common application form
- The portal streamlines and simplifies the DSA application process, making it convenient for students and parents

# IS DSA RIGHT FOR YOUR CHILD?

Talent

Passion

Commitment

Yes, if your child has **talent in an area** which a school offers the DSA in.

And if your child is **passionate** about and **committed** to developing his/her strength **in that area in that school**.

# WHAT ARE SCHOOLS LOOKING FOR?

- Different set of selection considerations and processes
- For example, auditions, trials, tests, selection camps, portfolios, personal statements.

Generally, schools are looking for candidates with:

<b>Talent, passion, commitment</b>	<b>Strong personal qualities</b>	<b>Good academic fit</b>
Schools may ask your child to submit a portfolio showcasing your child's talent and achievements e.g. participation in Junior Sports Academy or other competitions	Schools may look at your child's CCA record, participation in VIA or personal statements.	Schools may look at your child's Primary School results.

# IF MY CHILD HAS A DSA CONFIRMED OFFER, DOES IT MEAN THAT THE PSLE RESULT WILL NOT MATTER?

- The PSLE result will still be used to determine the secondary school course your child is eligible for [i.e. Express, Normal (Academic), Normal )Technical)]
- Even if your child has a Confirmed Offer, he/she must qualify for a course offered by the school to be successfully admitted through the DSA.



# IF MY CHILD HAS A DSA CONFIRMED OFFER, DOES IT MEAN THAT THE PSLE RESULT WILL NOT MATTER?

## Example:

Tom has a DSA Confirmed Offer given by Beacon Secondary School, which offers the Express Course only. However, Tom's PSLE result qualifies him for the Normal (Academic). Hence, Tom will not be able to go to Beacon Secondary School and will take part in the S1 Posting Exercise.

# DSA TIMELINE

<i>Period</i>	<i>Process</i>
<b>Application Stage</b> <b>(May - June)</b>	<b>Gathering information on Schools</b> Students obtain information on DSA-Sec Schools, such as distinctive programmes, selection criteria, dates of trials, interviews, etc. by <ul style="list-style-type: none"><li>• checking the schools' websites</li><li>• calling the schools</li></ul>
	<b>Application</b> Parents and students to apply via DSA-Sec online portal

# DSA TIMELINE

<i>Period</i>	<i>Process</i>
<b><u>Stage 1:</u></b> <b>Selection Stage</b> <b>(~June to August)</b>	Shortlisted students go for selection tests/camps/interview at the DSA-Sec schools OR selection facilitated by primary schools.  Students receive outcome of application from the school(s) applied for i.e. Confirmed Offer (CO), placed on Waiting List (WL) or Rejected
	Students given a CO are guaranteed a place in the school <b>provided they qualify for an academic course offered by the school</b> e.g. Express, Normal (Academic) or Normal (Technical) based on their PSLE results.

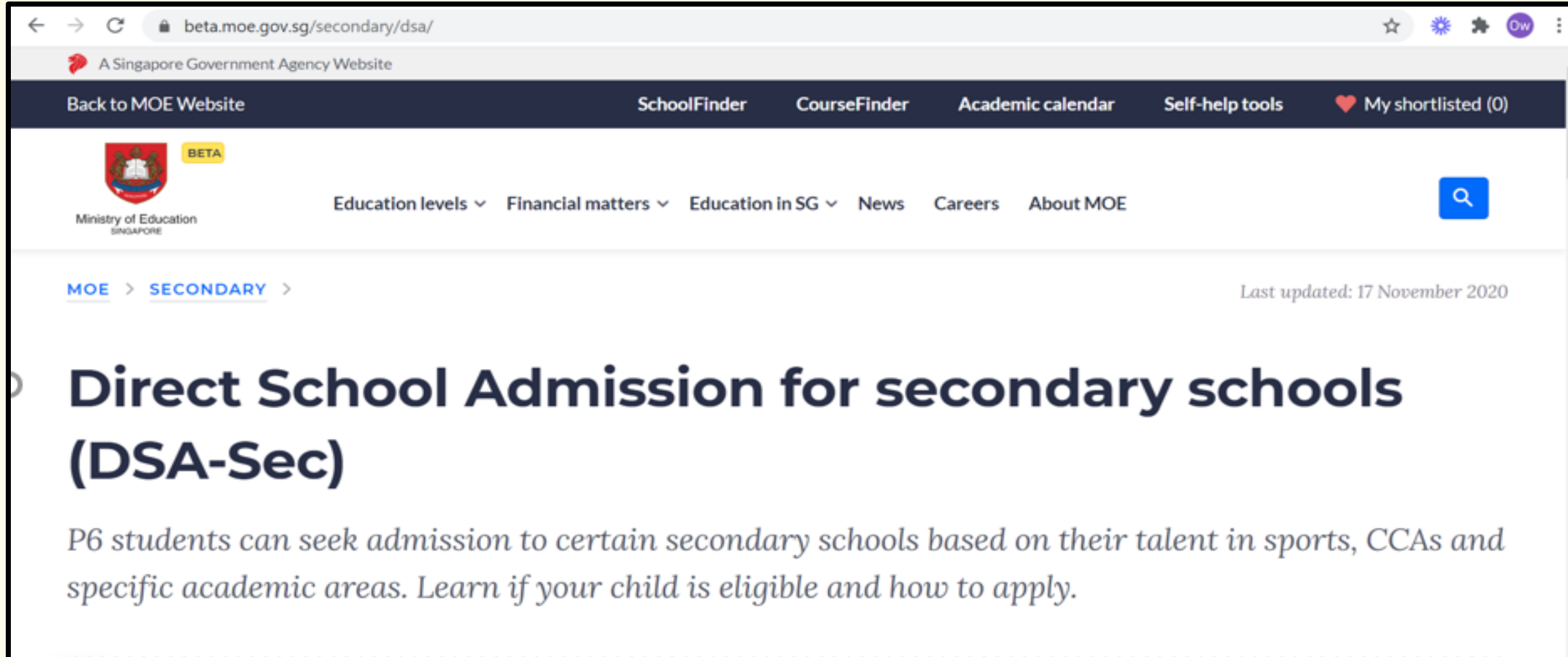
# DSA TIMELINE

<i>Period</i>	<i>Process</i>
<b><u>Stage 2</u></b> <b>Exercise School Preference Stage</b> <b>(~Oct)</b>	<p>During the Exercise School Preference stage, candidates who receive at least one DSA offer may indicate their school preferences, up to a maximum of three choices.</p> <p>They can do so online via the DSA-Sec Internet System (DSA-Sec IS) or physically at their primary schools.</p> <p>DSA offers not taken up will be considered as lapsed.</p>

# DSA TIMELINE

<i>Period</i>	<i>Process</i>
<b><u>Stage 3:</u></b> <b>Results Release</b> <b>Stage</b>  <b>(Nov)</b>	<p>DSA-Sec Exercise allocation result will be released together with the PSLE results to students</p> <p>Student who is unsuccessful in the DSA-Sec Exercise will be notified of the outcome of the application and the Secondary 1 Posting Exercise</p>

<https://beta.moe.gov.sg/secondary/dsa/>



The screenshot shows a web browser window with the address bar displaying [beta.moe.gov.sg/secondary/dsa/](https://beta.moe.gov.sg/secondary/dsa/). The page header includes navigation links: "Back to MOE Website", "SchoolFinder", "CourseFinder", "Academic calendar", "Self-help tools", and "My shortlisted (0)". The MOE logo and "BETA" tag are visible on the left. A menu bar contains "Education levels", "Financial matters", "Education in SG", "News", "Careers", and "About MOE". A search icon is on the right. The breadcrumb trail reads "MOE > SECONDARY >". The main heading is "Direct School Admission for secondary schools (DSA-Sec)". A sub-heading states: "P6 students can seek admission to certain secondary schools based on their talent in sports, CCAs and specific academic areas. Learn if your child is eligible and how to apply." The page is dated "Last updated: 17 November 2020".

beta.moe.gov.sg/secondary/dsa/

A Singapore Government Agency Website

Back to MOE Website SchoolFinder CourseFinder Academic calendar Self-help tools My shortlisted (0)

Ministry of Education SINGAPORE

Education levels Financial matters Education in SG News Careers About MOE

MOE > SECONDARY >

Last updated: 17 November 2020

## Direct School Admission for secondary schools (DSA-Sec)

*P6 students can seek admission to certain secondary schools based on their talent in sports, CCAs and specific academic areas. Learn if your child is eligible and how to apply.*

# SUPPORTING YOUR CHILD IN MANAGING SCREEN TIME

Many students are watching TV and using computers, gaming consoles, tablets and smartphones.

How can we ensure that it is part of a healthy lifestyle and not become a distraction?

# SUPPORTING YOUR CHILD IN MANAGING SCREEN TIME

- Recommendations for an acceptable amount of screen time:
- No screen time for children under 2
- 30 minutes a day for children aged 2 to 12
- Two hours a day for teens and adults



# SUPPORTING YOUR CHILD IN MANAGING SCREEN TIME

Is your child -

- sleeping enough?
- physically healthy?
- engaged with school?
- connecting socially with family and friends, online and offline?
- enjoying a variety of hobbies and interests?
- doing physical activity every day?
- having fun and learning while using screens?
- using quality content?

# SUPPORTING YOUR CHILD IN MANAGING SCREEN TIME

## Tips for managing screen time

**Accountability.** Draw up an agreement with your child on the duration that he/she can use the electronic devices.

**Be realistic.** If your child is spending a lot of time on screens, start by setting smaller, more attainable goals. Instead of jumping right to the recommended **30 minutes** a day, start by cutting the current screen time by half.

# SUPPORTING YOUR CHILD IN MANAGING SCREEN TIME

## Tips for managing screen time

**Go outside.** Bring your child out – take a walk, play games.

**Create a phone-free zone.** Making family meals a phone-free zone is an easy way to start. An added benefit is that eating meals together as a family has been linked to decreased obesity.

# STRESS MANAGEMENT & MENTAL WELL BEING



- **How to Identify Early Signs of Stress Symptoms**
- ➔
- **Parent - Child Chat about Symptoms & Stressors**
- ➔
- **Coping & Calming Strategies**
- **Helplines**



# How To Identify Early Signs Of Stress Symptoms

# WHAT'S GOING ON BEHIND THESE SYMPTOMS OR BEHAVIOURS

## Anxiety presents itself in many different ways...

[www.thepathway2success.com](http://www.thepathway2success.com)

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

[www.thepathway2success.com](http://www.thepathway2success.com)

Clipart by Kate Hadfield & Sarah Pecorino



## **DISTRESS** Signals

Warning signs are often an appeal for help. There are several warning signs of distress that can be observed in students which may indicate the need for additional support.

When signs are present **IN COMBINATION** or in **MORE EXTREME** or **LONG-LASTING** forms, it may be more indicative that the students may be experiencing significant emotional and social distress. If in doubt, seek help and advice from your School Counsellor.

**D**

**Displaying** out-of-character behaviour

**I**

**Injuries** that are unexplained (including cuts, bruises or burns)

**S**

**Sudden** changes in appearance, interests or habits (including eating or sleeping)

**T**

**Temperament** changes (irritable, agitated, moody, stressed or anxious)

**R**

**Rebellious/** aggressive behaviour

**E**

**Extended** absence/ deliberate social withdrawal

**S**

**Struggling** to pay attention/ increased lethargy

**S**

**Sending/** posting moody or morbid messages (including expressions of death)



**Parent-Child**

**Chat About**

**Stressors And Symptoms**



# WHY IT'S IMPORTANT TO TALK ABOUT OUR FEELINGS AND EMOTIONS

- **Helps to Calm us down**
- **Reduce Worry , Anxiety that Leads to early Stress**
- **Learn ways to Cope with a problem effectively**
- **Release bottled up emotions Positively**

## 5 Ways to Acknowledge Tough Emotions

[www.thepathway2success.com](http://www.thepathway2success.com)



- 1 **“It’s normal to feel however you feel. I’m here to talk about it when you are ready.”**
- 2 **“I can tell you feel upset. What do you think would help you right now?”**
- 3 **“I don’t know exactly what you’re going through, but I’m here for you.”**
- 4 **“I can tell you feel [insert emotion]. Let’s take a walk and talk about it.”**
- 5 **“Tell me how you are feeling. I’m listening.”**

- It can be very powerful when parents take time to sit and listen carefully to children about what emotions or stress that they are bottling up .
- Have a non judgmental , open and calm posture which will make your child feel safe to confide in you.
- Listen carefully and ask them to express in any way that they are comfortable.
- Let them talk, draw, journal out the internal struggle or stress they are experiencing or feeling overwhelmed.
- Chat openly with your child to Identify Areas of Stress,
  - Issues at school
  - Are they struggling with school work, tuition work , activities after school?
  - Find ways to reduce these stressors and to brainstorm with them some solution pathways
- Ask if they would want to have someone to talk to - a teacher , school counsellor or others..

# Teach your child how to look within



## RATE YOUR ANXIETY

@theanxietyhealer

- 1 Everything is ok.
- 2 I am a bit frustrated, but I can cheer up easily.
- 3 Things bother me, but I am coping ok.
- 4 Today is a not the best day. I need some extra self-care.
- 5 My anxiety is starting to impact my everyday life.
- 6 Intrusive thoughts are very hard to cope with today.
- 7 I am very anxious and it is all that I can think about.
- 8 I cant eat or sleep. It was hard to get up this morning.
- 9 I cant function. I need to reach out for support.
- 10 Life seems unbearable. I need to contact a crisis line.



# **MINDFUL PREPARATION**

- Encourage time management strategies and limit over scheduling**
- Work with them to build in some relaxation techniques and activities in between their study time, tuition time and leisure activities**
- Incorporate stretches, deep breathing, mindful art or exercise into their daily routine to relieve anxiety and stress**
- Limit screen time - <https://www.touch.org.sg/about-touch/tips-and-resources/details/2018/09/26/5-ways-to-manage-screen-time-without-scream-time>**
- Analyse with them how to use social media appropriately**
- When , How , Reason and Time that they can use screen devices**
- Decide on screen device behavioural contract between parent and child – No detrimental games such as Roblox - Fortnite – Call of duty etc.**

# Coping Strategies

**Calming Techniques to use**

**before Anxious moments or days**

# 1. BE PREPARED!



Do a good job studying so that you can feel confident about taking the test.

# 2. HAVE A POSITIVE ATTITUDE

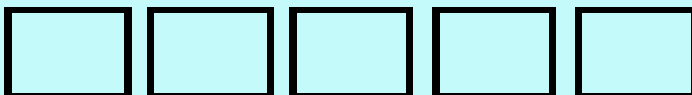

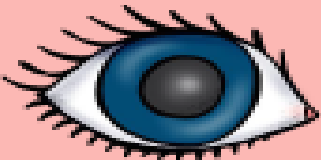
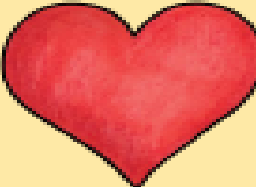




Use positive self-talk to quiet the negative thoughts roaming in your head.



# Mindful Morning



5	Slowly take five deep breaths.	 
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Deep breathing activates the parasympathetic nervous system (part of the nervous system that controls reactions to stress), as well as redirect the mind to a simple task, distracting from anxious thoughts

Breathing exercises can help children by

- Relaxing the body
- Refocusing the mind
- Reducing stress and anxiety
- Lowering heart rate
- Increasing the body's oxygen levels, increases calming effects.



## RAINBOW BREATH



Breathe in the first color.  
Fill up your body with it, from your toes up to your head.

Breathe out all your worries.

REPEAT IT WITH ALL 7 COLORS OF THE RAINBOW.



# Grounding Your Body and Mind

## Why practice grounding?

Grounding is a relaxation exercise that can be used at any time to focus on the present moment rather than our worries, which helps calm our bodies and minds. Grounding exercises can improve concentration, decrease anxiety, and enhance decision-making and problem-solving skills.

As kids grow older, they face new stressors and challenges. By helping your child develop healthy  **coping skills**  (tools to help them manage their feelings and reduce stress), you're helping them become more  **resilient**  (better able to handle life's ups and downs).

# GROUNDING WITH YOUR FIVE SENSES

WHAT ARE

IDEAS

5

THINGS YOU CAN SEE



**THE SUN**  
A LIGHTSWITCH  
**BIRDS FLYING**

4

THINGS YOU CAN FEEL



**A BREEZE**  
THE FLOOR  
**THE SURFACE OF YOUR DESK**

3

THINGS YOU CAN HEAR



**CAR HORN**  
A DOG BARKING  
**CLOCK TICKING**

2

THINGS YOU CAN SMELL



**FOOD COOKING**  
LAUNDRY DETERGENT  
**FRESH CUT GRASS**

1

THING YOU CAN TASTE



**GUM**  
BREAKFAST  
**TOOTHPASTE**

Positive self-talk is a critical skill for building resilience. It's the voice that reminds us we can get back up again, even when it feels like we can't.



Flip the negative script!



# **10** Positive Self-Talk Phrases Every Person Should Know

[www.thepathway2success.com](http://www.thepathway2success.com)

1

**Every day is a fresh start.**

2

**I am a work in progress.**

3

**Challenges help me grow.**

4

**It's okay to feel how I feel.**

5

**I'm in charge of my choices.**

6

**I am grateful for what I have.**

7

**I am enough.**

8

**My voice matters.**

9

**I am resilient.**

10

**I can do tough things with hard work.**



~~This is too hard.~~

**I am still  
learning.**

~~I give up.~~

**I can use a  
different strategy.**

~~I keep making one  
mistake after the other.~~

**My mistakes help  
me learn and grow.**

~~I have never  
done it before.~~

**This is an  
opportunity to try  
something new.**

~~There is no way  
that it will work.~~

**I can learn to  
make it work.**

~~I failed and I  
embarrassed myself.~~

**I'm proud I even  
tried, that took  
courage.**

**Advise Them To Have A Chat**

**With Their Teachers About**

**Academic Difficulties**

# SUPPORT HELPLINES

- Advise them to talk with a trusted adult
  - If they would want to have a private chat with their Teachers or School Counsellor



### 24-HOUR HELPLINES

Samaritans Of Singapore  
1800 221 4444

Institute of Mental Health  
6389 2222

National Care Hotline on  
6202 8888



### CAREGIVERS

Caregivers Alliance Limited  
6460 4400

### COUNSELLING

Singapore Association  
for Mental Health  
1800 283 7019

TOUCHline  
1800 377 2252

Care Corner  
1800 353 5800



## HELPLINES



Children's  
SOCIETY  
Caring for the Future

### Contact us

Tinkle Friend (for primary school children)  
1800 2744 788 (Helpline)  
[www.tinklefriend.sg](http://www.tinklefriend.sg) (Online Chat)

You can also contact us at  
[info@childrensociety.org.sg](mailto:info@childrensociety.org.sg)



(65) 6377 0122

Blk 162 Bukit Merah Central

(65) 6377 0121

#05-3545 Singapore 150162

[tcs@touch.org.sg](mailto:tcs@touch.org.sg)



### CHILDREN & YOUTH

Tinkle Friend  
1800 274 4788

Community Health Assessment Team  
(CHAT)

6493 6500 / 6493 6501



# Q & A SEGMENT

**PLEASE TAKE A MOMENT TO SHARE  
YOUR FEEDBACK WITH US!**



# THANK YOU

