

A circular wreath of various botanical illustrations surrounds the central text. The wreath includes green ferns, a red maple leaf, a green leaf with a white vein, a yellow flower, a green leaf with a white vein, a red leaf, a green leaf with a white vein, a purple flower, and a green leaf with a white vein.

Secondary Three
**Parent
Engagement**

25 February 2025

Key Personnel

Designation	Name
Vice-Principal	Ms Santha Sukumaran
Year Head Upper Secondary	Mr Mohamed Ashiq
HOD Mother Tongue	Mr Wong Wei Long
HOD Maths	Mr Victor So
HOD English	Mdm Foong Woon Sin
HOD Science	Mr Richmond Ang
HOD Humanities	Mr Sim Keng Yam
HOD ICT	Mr Chua Khoon Wee

Designation	Name
HOD SD	Mr Sim Chun Siang
HOD SM	Mr Hafidz Khan
HOD PE/CCA	Mr Amir Hamzah
SH PE/CCA	Mr Andy Law
SH CCE	Mr Daniel Ng
SH Aesthetics	Mr Lokhman



Agenda

Welcome Address by Vice-Principal

Well-being Efforts and Support – YH/US

OBS and CCA Matters – HOD/PE&CCA

Leadership Opportunities– HOD/SD

Q&A – through the CHAT function of TEAMS





Welcome Address

Vice-Principal Ms Santha



OUTCOMES OF SECONDARY EDUCATION

At the end of Secondary school, students should:

- Have moral integrity
- Believe in their abilities and be able to adapt to change
- Be able to work in teams and show empathy for others
- Be able to appreciate diverse views and communicate effectively
- Be creative and have an inquiring mind
- Take responsibility for their own learning
- Enjoy physical activities and appreciate the arts
- Believe in Singapore and understand what matters to Singapore

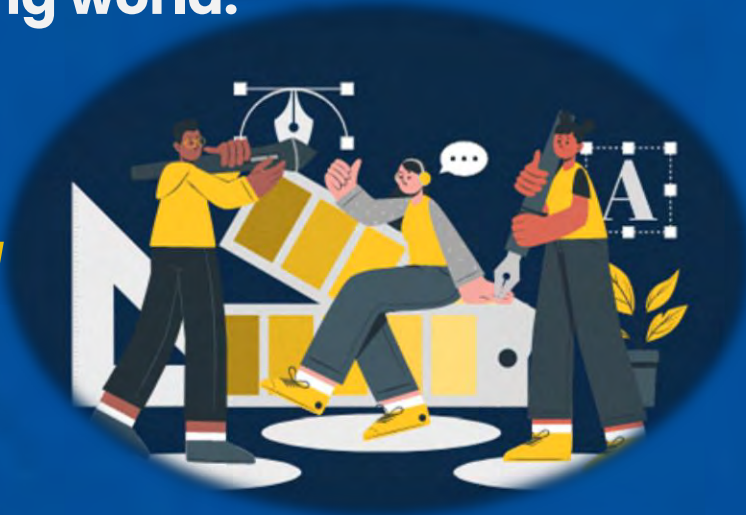


At PRSS, we will build on the SKAV acquired in primary school and lay a strong foundation for post-secondary

Future of Learning

A movement to transform what and how our students learn so that they are able to thrive and harness opportunities in our rapidly changing world.

**Strengthen
21st Century
Competencies**



**Educational
Technology as
capability
multiplier**

**Reimagine learning spaces and partnerships to
provide rich learning contexts**

To advance 21CC development in our system, our understanding of 21CC development has to evolve with the times

Framework for 21CC and Student Outcomes has been enhanced to renew the understanding of how our students can be prepared for a more uncertain and complex world by:

Adaptive Thinking

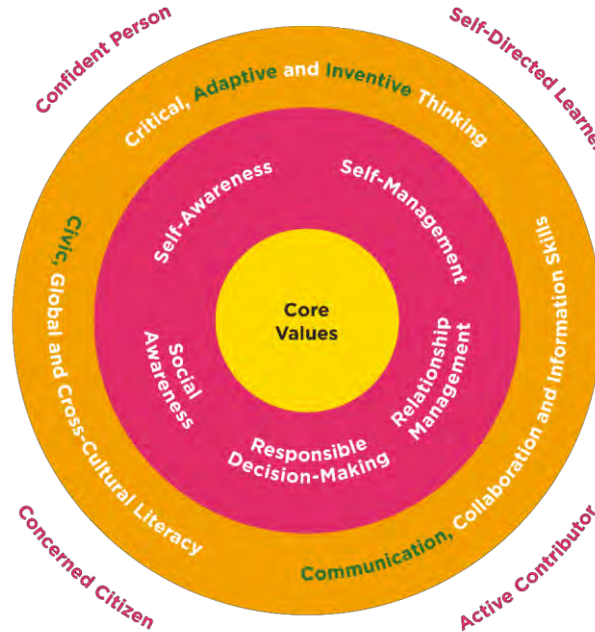
- i. Assesses different contexts to make connections and draw new insights
- ii. Manages complexities and ambiguities

Connector

Civic Literacy

- i. Demonstrates understanding of values, ideals and impact of significance
- ii. Plays active and constructive roles

Contributor



Inventive Thinking

- i. Explores possibilities and generates novel and useful ideas
- ii. Evaluates and refines ideas to formulate novel and useful solutions

Creator

Communication

- i. Effectively communicates information and co-constructs meaning
- ii. Engages empathetically with diverse perspectives

Connector

Our students need to be...

Adaptive Thinking

- i. **confident** in situations in which they do not have established answers and **resilient** in the face of failure; and
- ii. able to respond to changing contexts **nimbly**

Civic Literacy

- i. **willing to act** with shared commitment and ideals when engaging with social and global issues, while remaining grounded in the Singapore context; and
- ii. **discerning** enough to critically assess information that they encounter online and evaluate societal issues

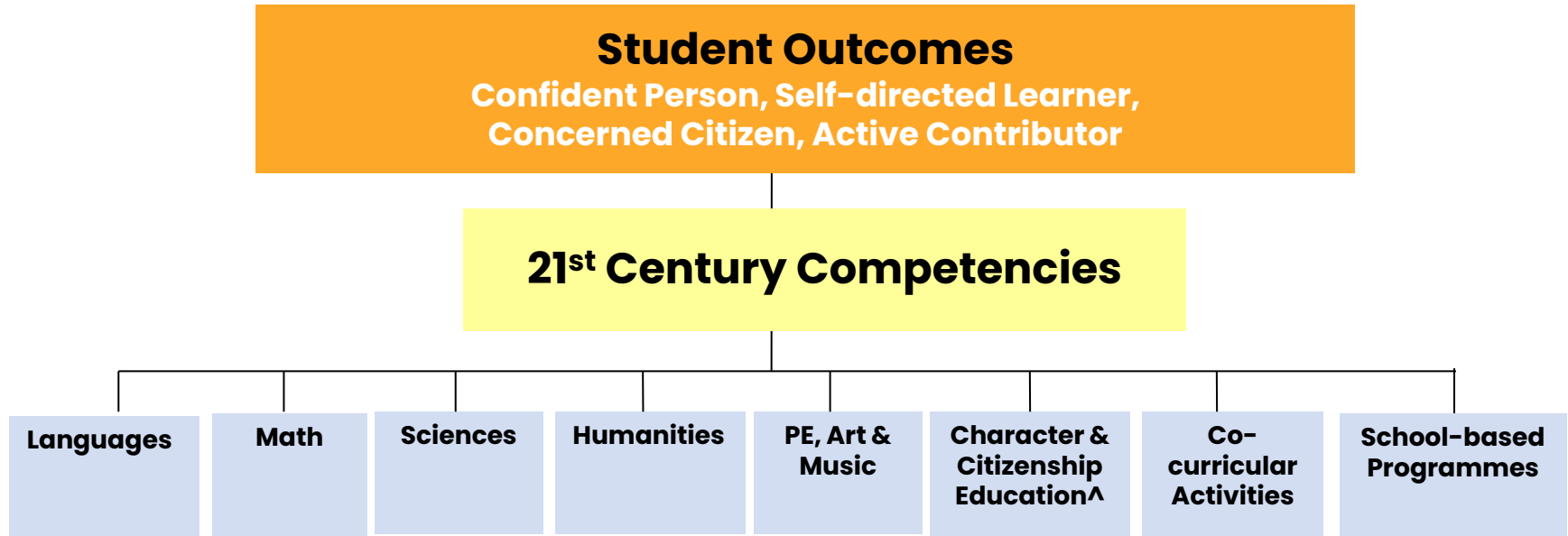
Inventive Thinking

- i. **curious** and **reflective** about what they learn, while being driven by a sense of purpose; and
- ii. cognitively **flexible** in approaching problem-solving

Communication

- i. **courageous** and spontaneous in voicing new ideas and able to persuade others; and
- ii. **open-minded** and **empathetic** so that they can communicate and collaborate across different cultures

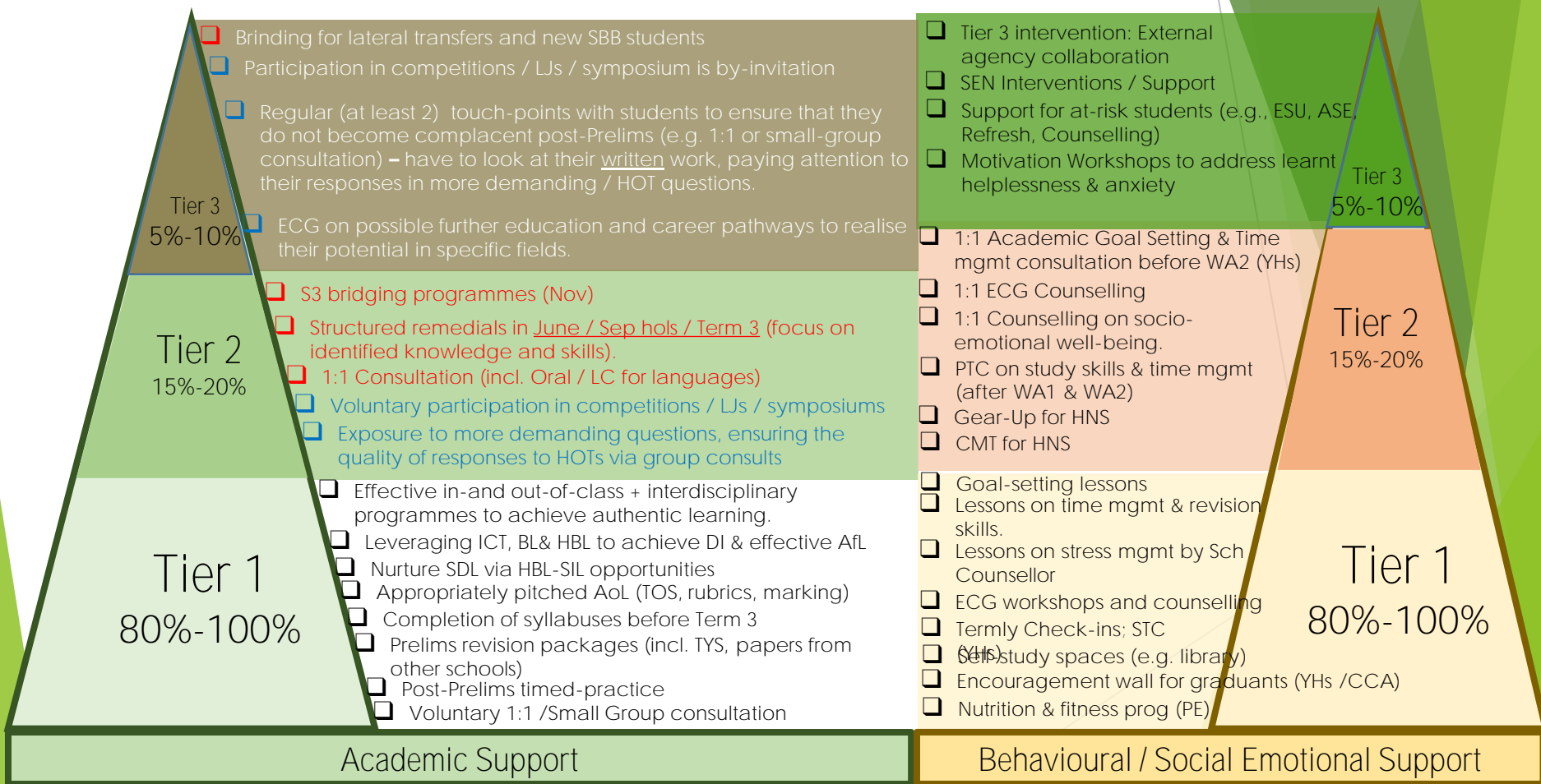
Students' 21CC are developed intentionally through the Total Curriculum*



**Total curriculum refers to students' total learning experiences in a school, in both academic and non-academic areas*

[^]Comprises CCE lessons and Key Student Development Experiences (which include CCA, ECG Experiences, NE commemorative days, SLD experiences, VIA, Cohort LJs, Outdoor Learning Adventure Camps, NRIC presentation ceremony etc). These lessons and experiences should be leveraged to develop students' 21CC as well

Tiered-System of Support Spans Across both Academic as well as Behavioural / Social-Emotional Support Areas

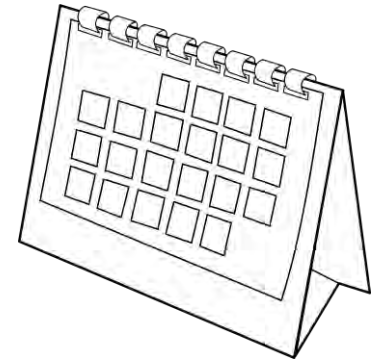


Productive Habits

- ❑ Morning Routines
 - ✓ To ensure students are punctual, have their breakfast, and are ready for the day with relevant learning materials/PLDs
- ❑ Managing Learning
 - ✓ homework & or consolidation of learning for the day
- ❑ Managing Demands
 - ✓ e.g. school work, CCA, other enrichment activities
- ❑ Managing Well-Being
 - ✓ healthy meals, exercise and adequate sleep (8-9 hrs)

Time Management

- ❑ Planning time for learning, fun, exercising, rest, and sleep.
- ❑ Daily and weekly schedules - routines for better balance
- ❑ Managing Distractions
 - ✓ Mobile phones
 - ✓ Online gaming
 - ✓ Social Media
 - ✓ Activities with friends/peers



Use of Digital Devices

- ▶ Handphones allowed but to be locked up during curriculum hours except for recess time, lunch break and after school hrs.
- ▶ Lockers provided outside respective classrooms. Students to bring own lock. Locker is big enough for storage of PLD and Hp but not textbooks. Separate application for rental of lockers is available.
- ▶ PLD is Chromebook

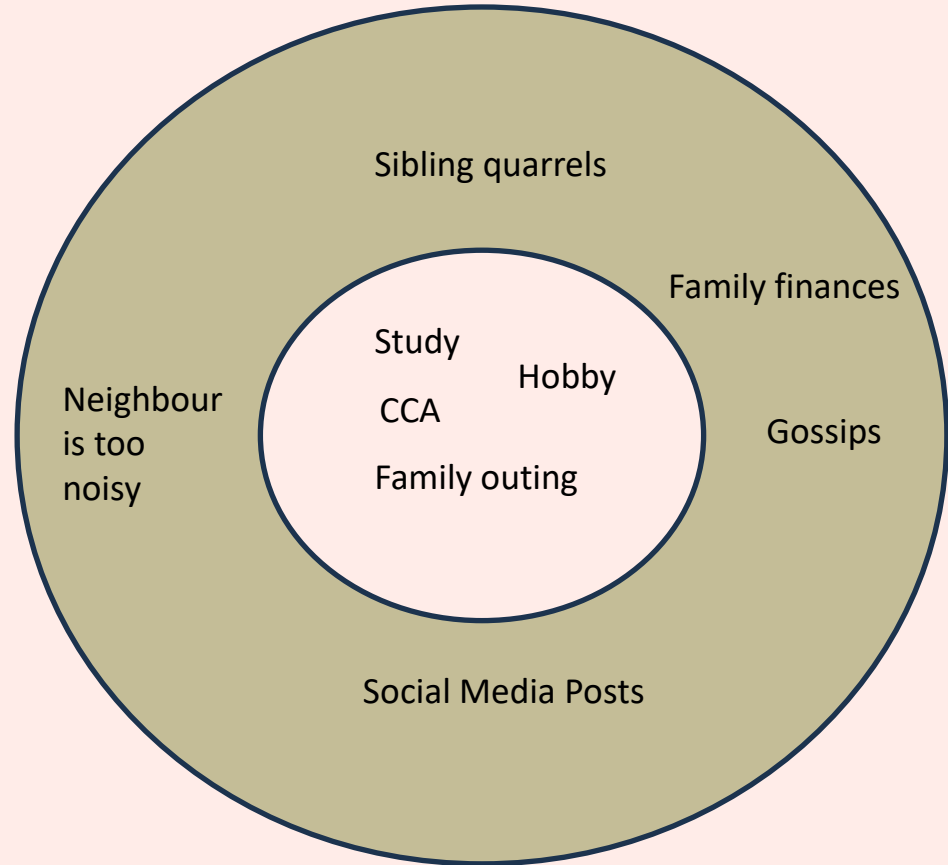
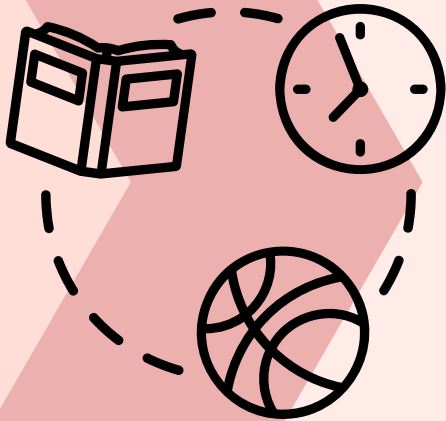


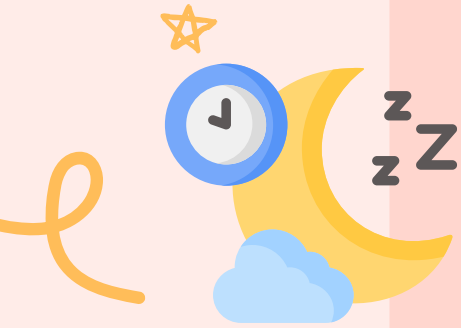
Support your child in managing stress

Merk, 2017



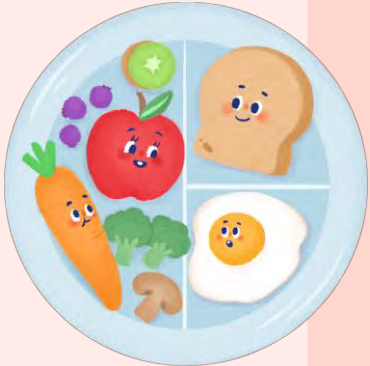
Locus of Control





Ensure consistent basic routine.

- Have a consistent bedtime and routine.
 - Avoid screen time an hour before bed.
- Eat regular, healthy meals
- Manage distractions – social media, TV, gaming, time with friends



Help your teen practice self-care especially during stressful moments.

Such as, pet their animals for a **few minutes** with no distraction. Closing their eyes, taking deep breaths and sit in silence.



Resources and helpful numbers



Excessive Digital use

- Touch: 1800-377 2252
- NAMS: 6 732 6837

Mental Health Helpline

- SAMH: 1800-283 7019
- SOS: 1800-221 4444
- Chat: 6 493 6500



Student Well-being and Support

YH/US Mr Ashiq



Student Well-being Check-in Survey

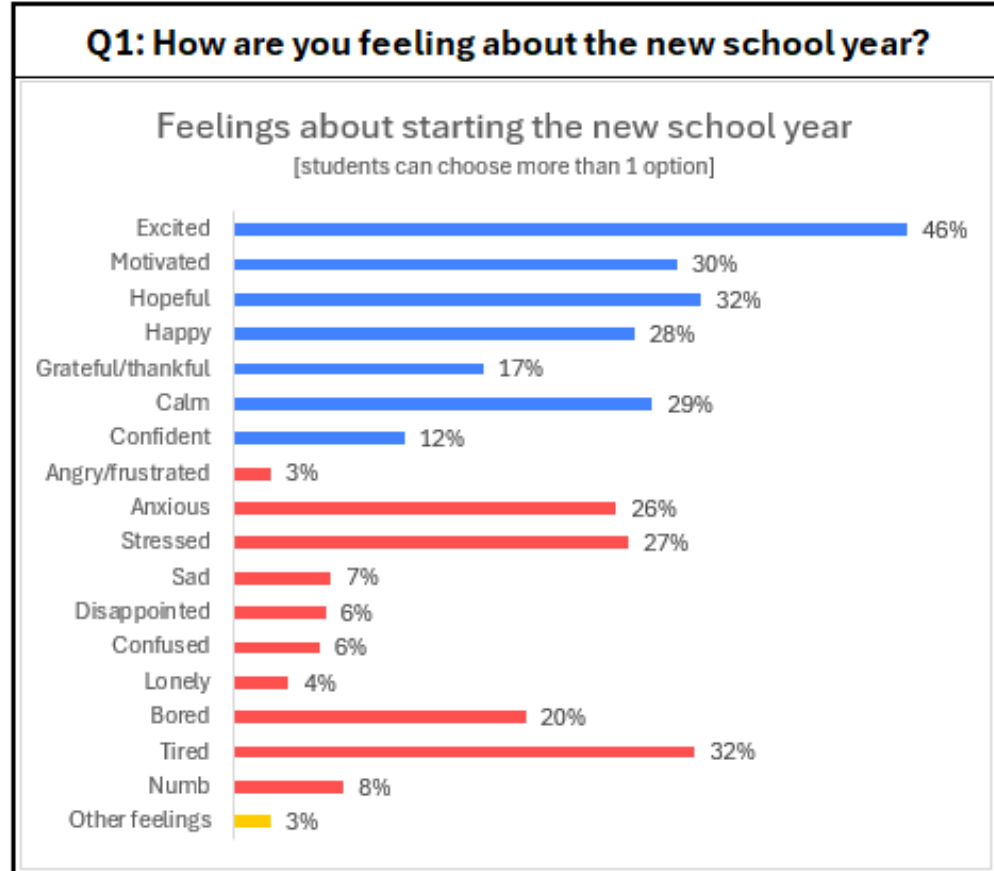


Administered to help HTs:

- Understand students' social-emotional needs, social support network and well-being as they enter the new school year
- Identify students for closer monitoring and support, including those who are having difficulties coping emotionally, facing family-related challenges, or struggling quietly and not reaching out for help.

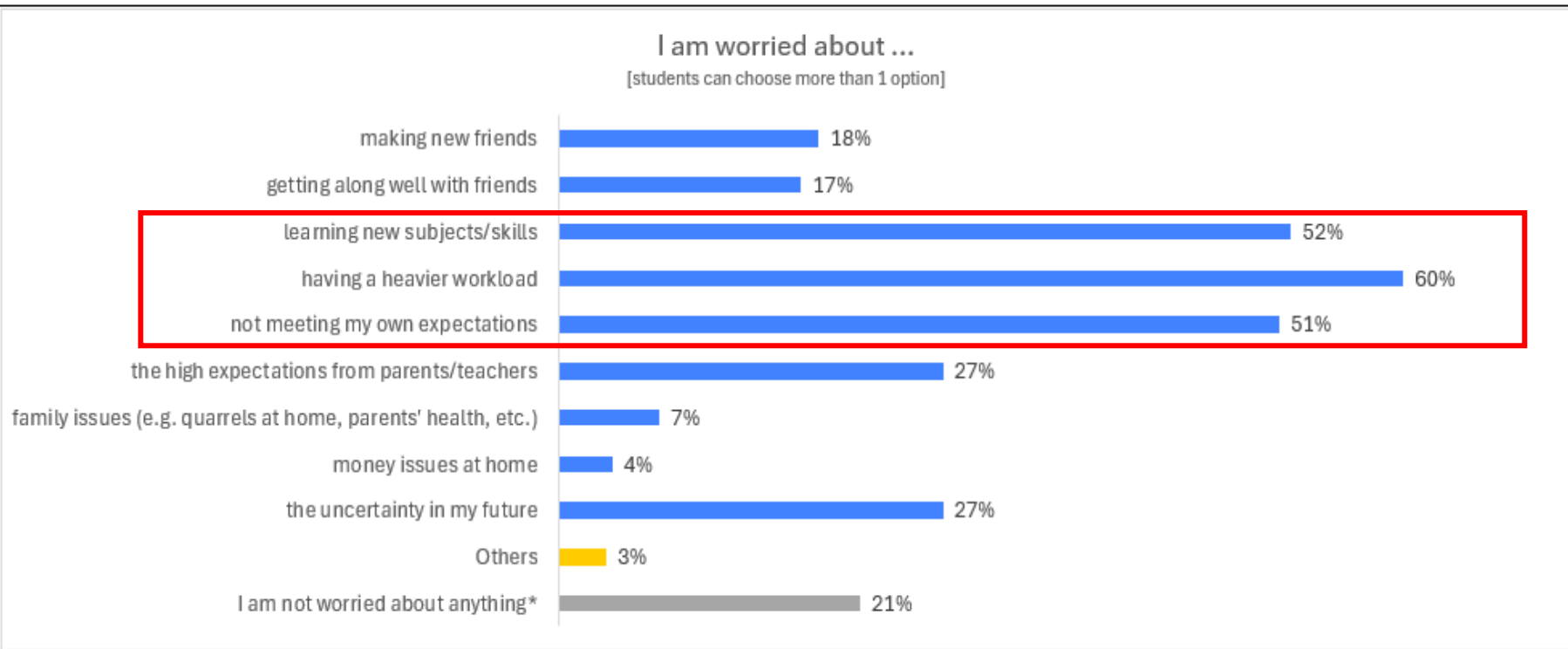
Students' Feelings about 2025

- Majority of the students feel **positive** about the new year (i.e., excited, hopeful, calm)
- Students are generally more anxious and stressed as compared to Sec 2
- Some students are tired and bored



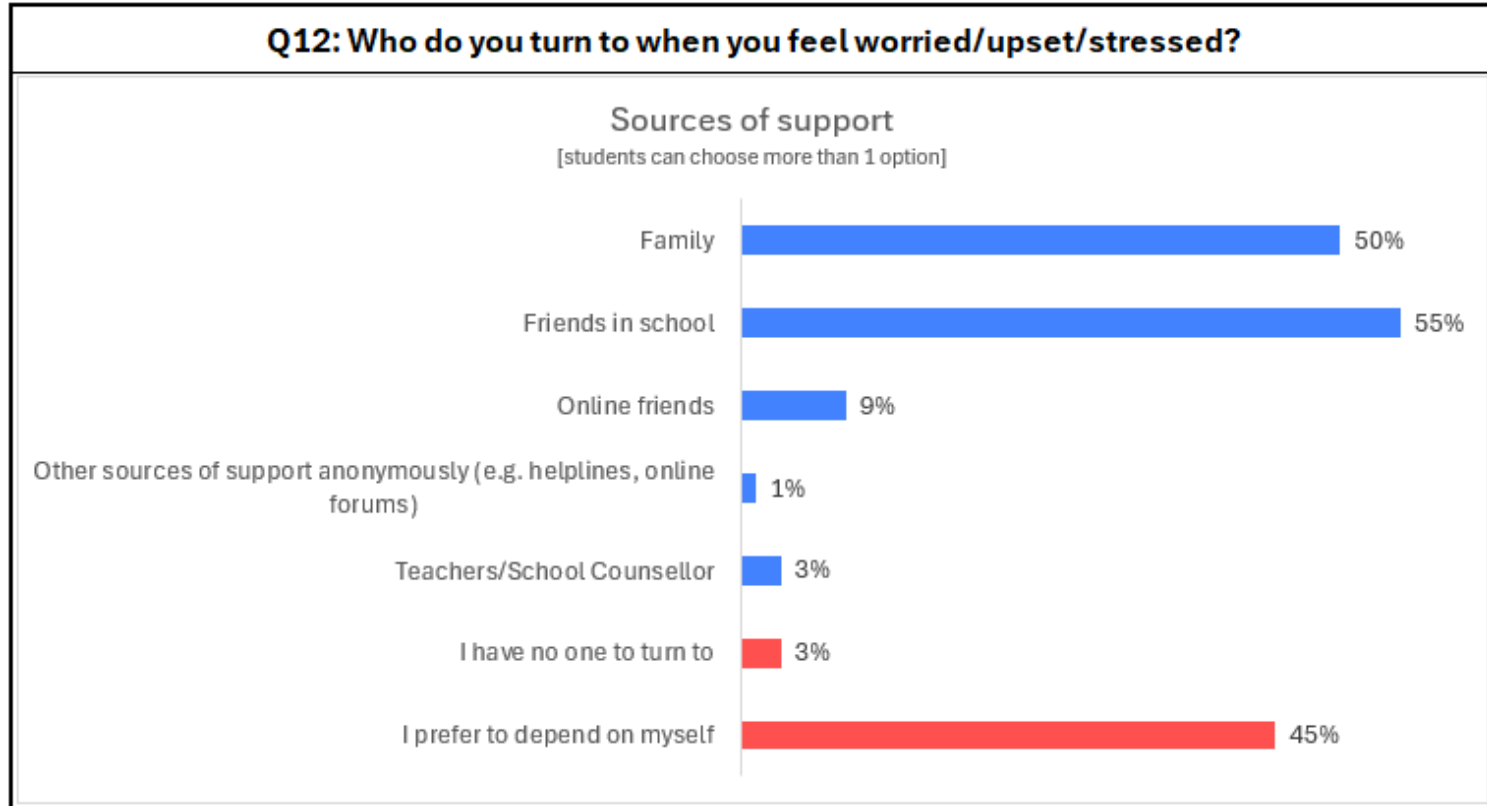
What worries our children?

Q7: What are some things you are worried about as you start the new year? [Diagram 1]



* If student had selected at least one worry and still chose "I am not worried about anything", the latter response will not be considered for the purpose of this chart.

Who do they turn to for support?



Follow Up from the Data Collected

Cohort level program to address issues pertaining to student's concern e.g. assembly programme and CCE lessons

1-to-1 Student Teacher Conference with your Child

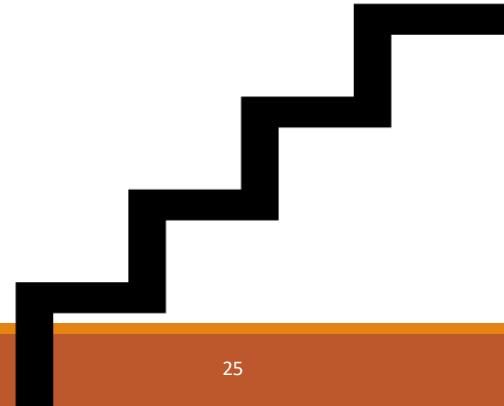
Connecting child with buddy/peer support leader

Referral for students needing more support to school counsellor, SEN officer, Year Heads and/or external referral

What Parents Can Do...

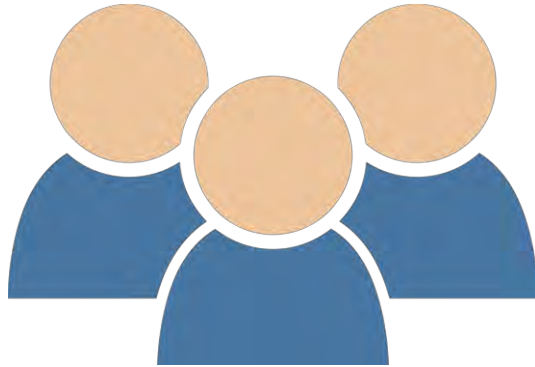
Overcoming stress by breaking down goals into small steps

- ❑ Achieving a big goal may seem overwhelming
- ❑ Break down broad goals into **smaller and realistic targets.**
- ❑ Manage your expectations
- ❑ With each step, you are one step closer to your destination!



What Parents Can Do...

Need a listening ear?



- Home Teachers and Year Head
- Friends
- School Counsellor
- Special Education Needs Officer

Parents can help to encourage your child to support their peers

Encourage them to:

- Check in on their friends from time to time.
- Be **inclusive**.
- Give their friends the reassurance.
- Show **empathy**, put themselves in their shoes.



Sources of Support in School

Here's a Hand

CLC and PSLs

HTs, Teachers

An initiative to support the well-being of all Pasirians.

Facing an unsolved problem? Feeling down or unsure?

IDK

Give Your
Mental Health
a Helping Hand.

Speak to a peer.

Speak to a trusted adult.

Fill up the form, share your questions and we* will reply. No names are required! Your questions will be answered and be featured on our school's TV.

Fill up the form and we will connect you with our teachers or School Counsellor.

*Your questions will be addressed by PRSS Student Leaders with guidance from PRSS teachers.

Brought to you by

TOUCHline

SOS

Official Helplines

eC2

eC2 is an e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.

Youths may chat with a counsellor online at: www.ec2.sg

Monday - Friday
(Excluding Public Holidays):
10am - 12pm & 2pm - 5pm

Help123

Help123 is a service for youth to reach out to someone for cyber wellness issues (from cyber bullying to having your social media account hacked or having an addiction to the Internet).

Call: 1800 6123 123
Find out more: help123.sg

Monday - Friday
(Excluding Public Holidays):
10am - 6pm

mindline.sg

Mindline.sg is an online platform that provides tools, tips and resources to help you manage your health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.

Find out more: www.mindline.sg

Helplines

for seeking guidance and support

TOUCHline is a helpline to provide youths with emotional support and practical advice.

Call: 1800 377 2252

Monday - Friday
(Excluding Public Holidays):
9am - 6pm

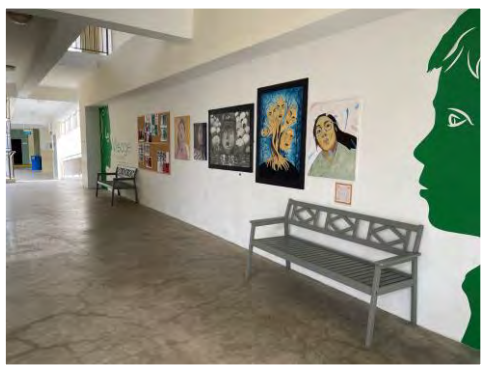
SOS provides round the clock emotional support for those in distress, thinking of suicide or affected by suicide. This service is manned by trained volunteers.

Call: 1800 321 4444
(24-hour helpline)

There is also an alternative avenue of emotional support for those who prefer to write. Response time for this service is within 48 hours, excluding weekends and public holidays.

Email: pat@sos.org.sg

DON'T BE afraid TO ASK FOR WHAT YOU need!



Wellness Benches
Level 3, outside the Library



PRSS Waves

Key Initiatives to support Student Well-being

Self-Management/Regulation



Swings
Level 1, outside
Counselling Room and in
Canteen



Library Wellness Corner



Pop-Up Cafes



Wellness Day
(Semestral)



Harnessing Student Voice

- Feedback Platform
- Pop-Up cafes
- Student Forum



WE WANT YOUR FEEDBACK

NEW

Curriculum (Academic Programme)

Co-curriculum (CCA, CCE, LLP, ALP etc)

Canteen

School Environment

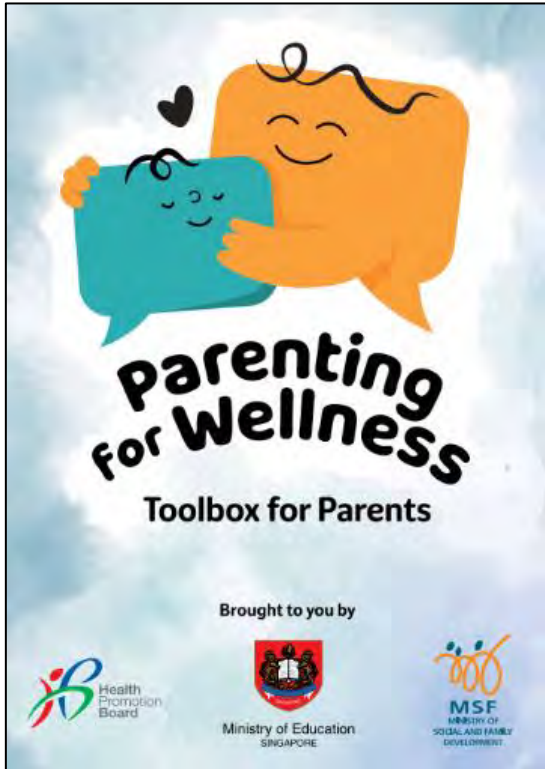
Student Well-being

Others

★★★★★

Good or bad, we would like to hear from you! Scan this QR code and tell us about it!

Latest Resource: Parenting for Wellness Toolbox



An initiative to empower parents with key knowledge and skills to build strong parent-child relationships, strengthen their children's mental well-being and resilience, and parent effectively in the digital age.

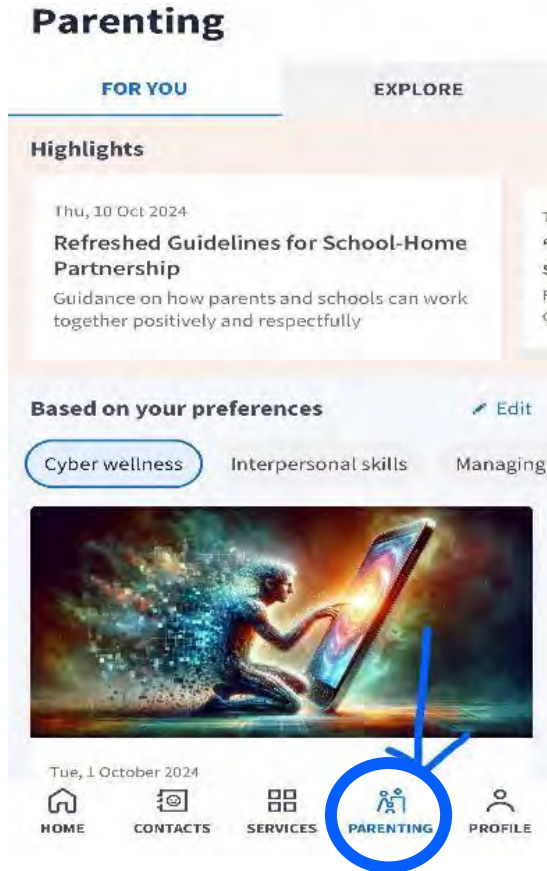
The Toolbox for Parents **comprises bite-sized practical tips and strategies for parents**, such as ways to create a safe and nurturing home environment, build resilience in children, and stay safe online.



Check out Parenting Resources on Parents Gateway (PG)

Repository of parenting resources

A repository for parents to browse resources on topics such as forging parent-child relationships and education pathways.



Find out more about Parents Gateway here.

Check out more resources from MOE

Parent Kit



Parent Kit

www.moe.gov.sg/parentkit

Each Parent Kit issue contains bite-sized actionable tips with supporting resources for parents to help them support their child in their education journey.

MOE Social Media Platforms



www.instagram.com/parentingwith.moesg



www.facebook.com/moesingapore



www.instagram.com/moesingapore



www.youtube.com/moespore

Important Dates for Sem 1



Ongoing- Term 2-3	National Schools Games
28 February	X-Country @ Bedok Reservoir & Blended Learning
3 – 7 Mar 2025	English Language & Literature Festival / Mother Tongue Fortnight
10 March 2025	Sec 3 NRIC Registration
15 - 23 Mar 2025	March School Holidays
April 2025	SYF Competitions
23 April 2025	40 th Anniversary Celebration/Award Ceremony/Student Learning Festival
28 Apr – 16 May 2025	Weighted Assessment 2
19 – 23 May 2025	STEAM Carnival

MOE-Outward Bound School Challenge (MOC) Programme

**KP I/C – Mr Andy Law (SH/ PE & CCA)
Teacher Coordinator – Mr Mohamed Iskandar**



PASIR RIS SECONDARY SCHOOL

Parents Briefing for MOE-OBS Challenge Programme

COURSE DATES:

03 – 07 NOVEMBER 2025

TEACHER CO-ORDINATOR:

MR MOHAMED ISKANDAR

E-MAIL ADDRESS OF TEACHER CO-ORDINATOR:

MOHAMED_ISKANDAR_AHMAD@SCHOOLS.GOV.SG



Ministry of Education
SINGAPORE



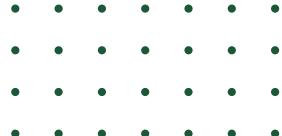
CONTENT

01 What is the MOE-OBS Challenge (MOC) Programme?

02 Safety – Our Top Priority

03 How do I eRegister my child?

04 How can I help to prepare my child for the MOC?



1

WHAT IS THE MOE-OBS CHALLENGE (MOC) PROGRAMME?

A Holistic Education

- As part of the **National Outdoor Adventure Education Masterplan**, students will have opportunities outside the classroom to develop holistically; building up their **ruggedness** and **resilience**.
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**.



Outdoor Adventure Learning Experience For All

Outdoor Education in Physical Education Curriculum

Outdoor skills | Outdoor safety | Sense of Place

During curriculum time	3D2N OAL Cohort Camp	4D3N OAL Cohort Camp	5D4N Multi-school Cohort Camp in OBS
Lower Primary	Upper Primary	2023 (3D/2N) Lower Secondary (Camp Christine)	2025 Upper Secondary
Programme for Active Learning (Outdoor Education)	Outdoor Adventure Learning (OAL) Camp	2024 Sec 2 Cohort Camp Spark (3D1N)	MOE-OBS Challenge Programme



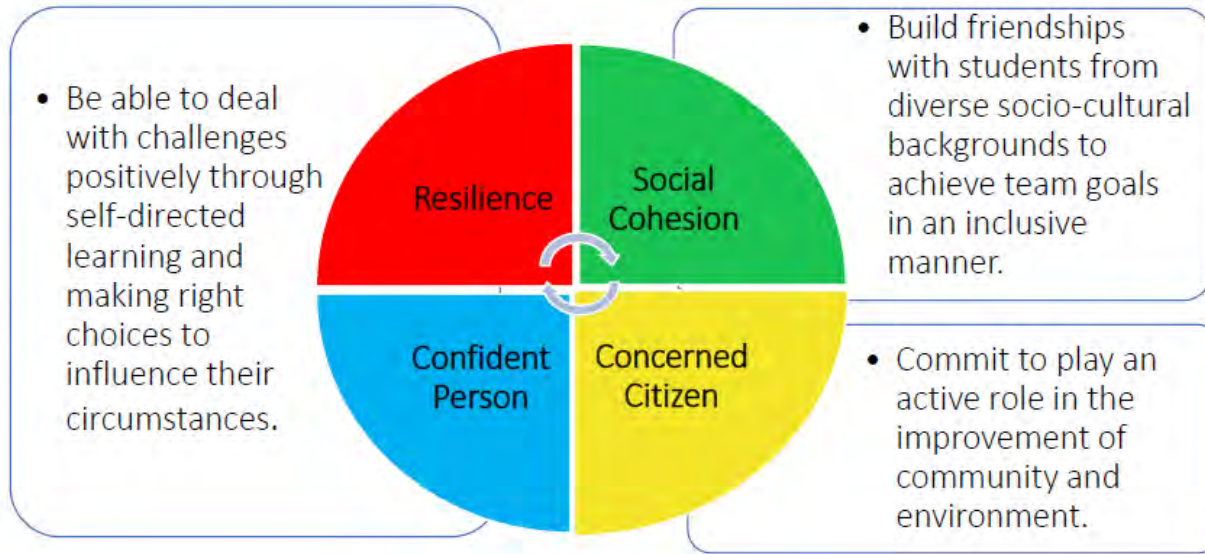
Outdoor Adventure Learning

1. Outdoor Education is a component of curriculum in our schools. The 5D4N expedition-based course will bring together students from various schools, allowing them to interact and work together to overcome various challenges.
2. The experience will provide opportunities for students to:
 - a) Build camaraderie through working together in unfamiliar yet authentic situations;
 - b) Be resilient, have empathy and maintain a positive attitude when faced with adversity.
3. Through overcoming challenging obstacles with their peers, participants learn that it is possible to be innovative and to adapt to their surroundings.



What Will My Child Learn From The MOC?

Learning Outcomes and Objectives



Your Child's Journey

Pre-Course Lessons & Preparation

- Outdoor Education in PE lessons
- Character and Citizenship Education (CCE) lessons
- Pre-course lesson with Form Teacher
- School briefing to cohort



5D4N Course

- Students share their experiences and learning from the course
- Reflect on commitment that they set for themselves during the course – on their actions and behaviour, interactions with others and the environment



Post-Course Lessons & Reflections

- Develop character and learn values and skills through doing and reflection
- Learning in outdoor classroom



Sample of the MOC 5D4N course

5D4N MOC Course





- Students report on Day 1 and will be dismissed on Day 5
- Teachers accompany students to OBS campuses by bus on Day 1 and pick them up on Day 5
- Teachers are not required to accompany students during the course

A construction worker wearing a hard hat and safety vest is holding a child who is wearing a safety harness. The background is a blurred construction site. The entire image has a dark green overlay.

2

**YOUR CHILD'S SAFETY
IS OUR TOP PRIORITY**

Your Child's Safety is Our Top Priority

As the pioneer in Singapore's outdoor adventure education, OBS upholds and delivers quality outdoor adventure programmes



Programme designed with safety in mind



Qualified and certified instructors in First Aid



Registered nurses manning the Medical Centre



In An Unlikely Event Your Child Requires Medical Attention

Student does not require further medical attention



OBS will assess, treat & monitor



Student recovers and is well to re-join the group, and continue with the course



School/Parent not informed, OBS will manage the non-emergency situation

Student requires further medical attention



OBS will assess, treat & monitor



Student's symptoms are not improving, to be conveyed for further medical attention at clinic/hospital



Parent/Guardian informed
School informed

A group of people, including a man and a woman, are gathered around a table on a boat deck. They are wearing life jackets and looking at a map or document. The scene is overlaid with a green tint.

3

HOW DO I eREGISTER MY CHILD?

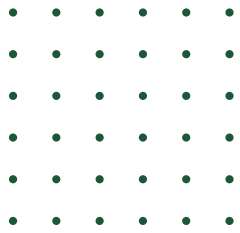


MOC eRegistration and Medical Examination



e-registration will commence from 07 April 2025.

Medical examination window will start from
12 May to 30 May 2025.









Before eRegistration

Have the following information & devices ready:

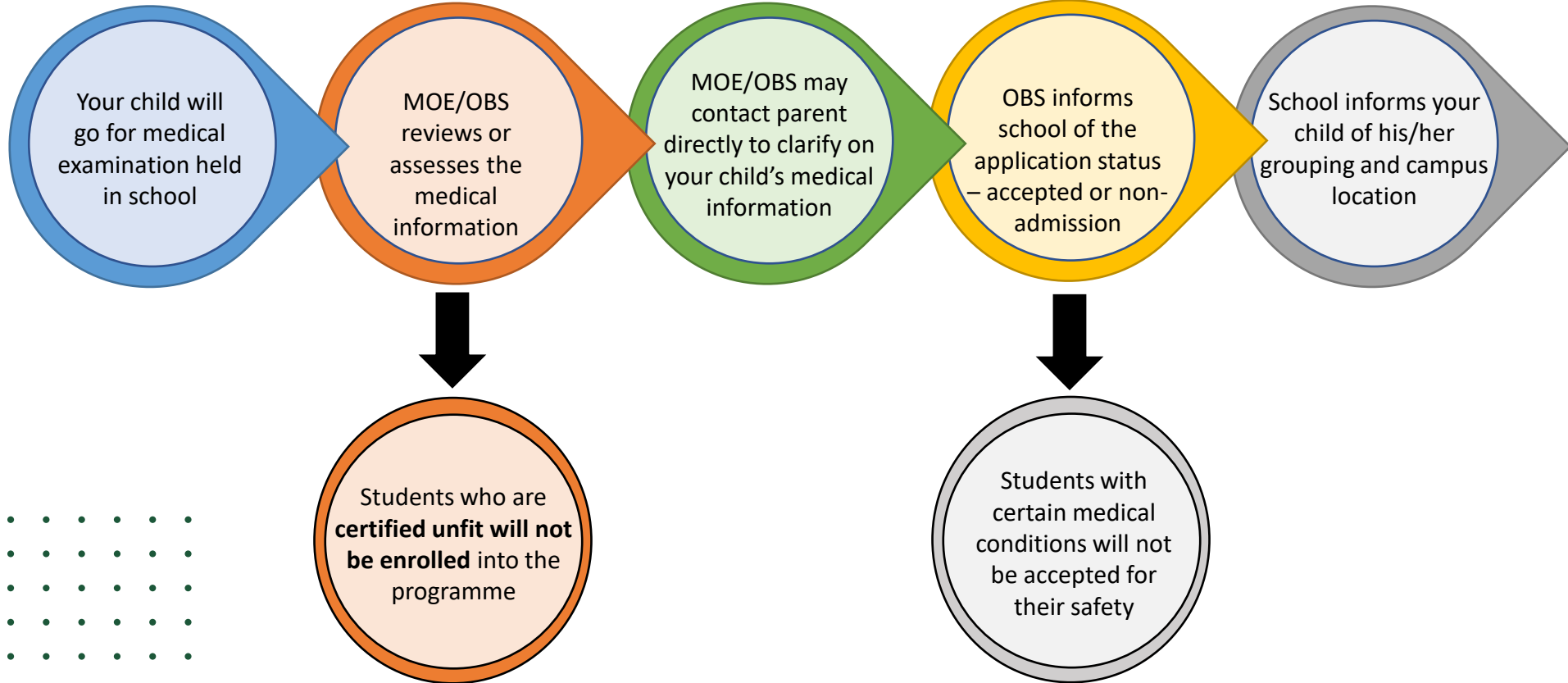
- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your Child's Class
- 4 Your Child's School Email Address
- 5 Your Child's Tetanus Vaccination Status
- 6 Your Child's Height & Weight

Conditions that require a specialist's memo

You will need to provide a specialist's memo certifying your child fit for course if your child is on follow-up for the following medical conditions

-  Breathing e.g.: asthma / exercise-induced asthma
-  Heart condition
-  Blood condition
-  Epilepsy/fits/seizure
-  Bone/joint/tendon injury or condition
-  Behavioural or psychological condition

Enrolment

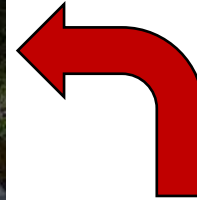
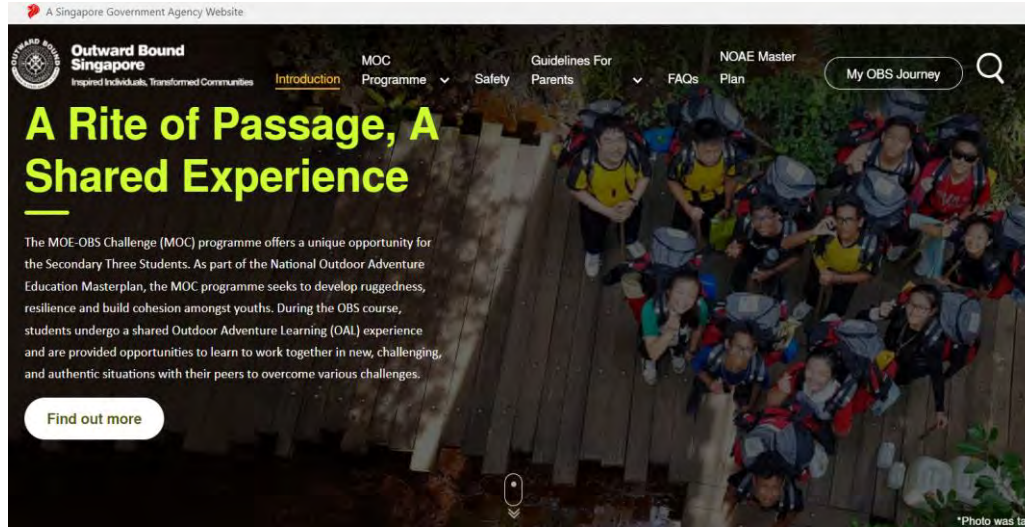




4

**HOW CAN I HELP TO PREPARE
MY CHILD FOR THE MOC?**

MOE-OBS CHALLENGE PROGRAMME WEBSITE



Scan QR Code
to be directed
to the website




- ✓ A customized website specifically for the MOE-OBS Challenge Programme
- ✓ For parents/guardians to keep updated on key information about the programme
- ✓ Parents/guardians can better prepare themselves and their child/ward for the programme

MOC AskGov

- A dynamic FAQ page to address schools, parents or participants enquiries on MOC.
- Consistency of information dissemination & timely updates.
- Teachers, parents and students can find **direct & clear answers** to their questions with keyword search, without having to call or email on straight forward MOC enquiries.



Unlock the experience by scanning the QR code! 



<https://ask.gov.sg/obs>

CCA Matters(2025)

Clubs (2)

Audio Visual Lights
Tinkers' Club

Uniformed Groups (3)

NCC (Land)
NCDCC
NPCC



Performing Arts (5)

Chinese Orchestra
Choir
Concert Band
English Drama
Modern Dance



Sports (6)

Badminton (Boys)
Basketball (B/G)
Floorball (Boys)
Football (Boys)
Netball (Girls)
Volleyball (B/G)



Performing Arts CCA



Singapore Youth Festival Arts Presentation 2025

(1st April to 7th May 2025)



Sec 3 Students will assume senior leadership positions in their CCA from May 2025.

CCA Leadership Handover Ceremony has been scheduled for 30 June 2025.

CCA stand-down will be from Term 3 Week 10.



LEAPS 2.0

(Recognition for Co-curricular Attainment)

Domains

Leadership – Leadership development/positions.

Enrichment – Programmes students go through.

Achievement – School Representation, Achievements.

Participation – CCA Attendance and Involvement.

Service – Values in Action Projects, Service Hours.

Co-Curricular Experience	Basic Requirement for Level of Attainment in Domains	Bonus Points
Excellent	4,3,3,3	2
Good	4,1,1,1 3,2,1,1 2,2,2,1	1 (Minimum 1 for each domain & minimum 7 for total levels added up)
Fair	did not meet above criteria	0

LEAPS 2.0

Students will check their LEAPS 2.0 points at the end of October.

For more information on LEAPS 2.0 Framework, please refer to this webpage



<https://www.moe.gov.sg/education-in-sg/our-programmes/cca/leaps2-0>

A year of transition ...



... the start of countless opportunities and growth

Leadership Framework in PRSS

1. **Structured and comprehensive** leadership development opportunities for **all students**
2. Develop student leaders to embody the **qualities of a creator, connector and contributor**, to take ownership and pride in their learning and environment, care for their peers and **influence their peers positively**.
3. Provide **appropriate training platforms and application opportunities** for student leaders to serve the school and exercise leadership.



Leadership Framework in PRSS



- Student Council
- Peer Support Leaders Peer Mentor
- CCA EXCO
- Green Ambassadors

- Class Leaders
- Peer Support Leaders
- CCA Leaders

- All Students

LEGEND:

Class

CCA

School

Individual Opt-In

Others

LEADERSHIP (Level of Attainment)

	Level 1	Level 2	Level 3	Level 4	Level 5
School-based Leadership Opportunities	<ul style="list-style-type: none"> Completed 2 leadership modules of at least 3 hours each 	<ul style="list-style-type: none"> Class Committee Committee for student-initiated or student-led projects, approved by school (or equivalent) 	<ul style="list-style-type: none"> Class Chairperson Prefect Peer Support Leader Committee for school-wide events⁴ Chairperson/ Vice-Chairperson for student-initiated or student-led projects, approved by school (or equivalent) 	<ul style="list-style-type: none"> Senior Prefect Chairperson/ViceChair person for school-wide events (or equivalent) 	<ul style="list-style-type: none"> Executive Committee⁵ of Student Council / Prefectorial Board (or equivalent)
			<ul style="list-style-type: none"> Lower Sec CCA Committee (or equivalent) 	<ul style="list-style-type: none"> Lower Sec CCA Executive Committee Upper Sec CCA Committee (or equivalent) 	<ul style="list-style-type: none"> Upper Sec CCA Executive Committee (or equivalent)
National Youth Achievement Award		<ul style="list-style-type: none"> NYAA Bronze 	<ul style="list-style-type: none"> NYAA Silver and above 		
Uniformed Groups (Rank/Appointment)	<ul style="list-style-type: none"> Lance Corporal (or equivalent) 	<ul style="list-style-type: none"> Corporal Patrol Second Assistant Patrol Leader (or equivalent) 	<ul style="list-style-type: none"> Sergeant Patrol Leader (or equivalent) 	<ul style="list-style-type: none"> Staff Sergeant Senior Patrol Leader (or equivalent) 	<ul style="list-style-type: none"> Warrant Officer Master Sergeant Station Inspector Troop/ Company Leader (or equivalent) Assistant Company Leader

e.g. VIA Projects

Enabling Platforms for Student Leader Groups

Class Leaders Committee (CLC) / Peer Support Leaders (PSL)	CCA Leaders	Student Councillors
<ul style="list-style-type: none">• Class Leaders Training for all CLC and PSLs (PM Workshop on 14 March, 2:30pm – 5:30pm)• Student Development Workshop for Chairpersons (Full-Day Workshop on 3 June)• Facilitation Skills and Peer Mediation Training for Vice-Chairpersons and PSLs (Full-Day Workshop on 3 June)• Role-specific training• Mentoring by PSL Peer Mentors• Form Teacher guidance and regular check-ins	<ul style="list-style-type: none">• Role-specific training• Facilitation Skills and Peer Mediation Training for CCA Chairpersons (Full-Day Workshop on 3 June)• Mentoring by alumni• CCA Teacher guidance and regular check-ins	<ul style="list-style-type: none">• Student Development Workshop for newly appointed Student Councillors (Full-Day Workshop on 3 June)• Student Leadership Nexus (dialogue and exchange with other schools)• Student Council Camp (Full-Day Camp on 5 June)• Student Development Committee Teacher guidance and regular check-ins

Empowering Platforms for Student Leader Groups

Class Leaders Committee (CLC) / Peer Support Leaders (PSL)	CCA Leaders	Student Councillors
<ul style="list-style-type: none">• Role-specific initiatives and activities (e.g. Cyber Wellness Campaign, Eco-stewardship Activities)• Lead class-based initiatives and activities (e.g. Celebration of Life, Chinese New Year Celebrations, Teachers' Day Celebrations, Student-Initiated Activities)• Here's a Hand Ambassador• Pop-Up Café Ics• Green Ambassadors	<ul style="list-style-type: none">• CCA specific initiatives and activities• Lead CCA based activities (e.g. VIA initiatives)• Co-conduct training sessions alongside trainers (e.g. coaches, instructors) or teachers	<ul style="list-style-type: none">• School improvement projects (e.g. enhancing school spirit, supporting mental wellness, improving sleep hygiene, renewing learning spaces)• Student well-being outreach efforts• Plan and lead school-based activities (e.g. Investiture, Teachers' day)• Developmental opportunities (e.g. public speaking, event management, proposal pitching)

Mental Wellness Outreach (by Student Councillors)

- Student Council's efforts to **prevent and address mental health challenges early** by creating a **positive and inclusive school environment**.
- Initiative aims to **encourage open conversations** about mental health and build a **positive peer support culture**.



Improving Sleep Hygiene (by Student Councillors)

- Student Council's efforts to share **practical tips and good sleeping habits** to raise awareness on how teenagers can improve sleep hygiene.
- Initiative aims to **encourage exchange of good practices** among peers.

HOW TO GET A GOOD NIGHT'S SLEEP

HAVING TROUBLE SLEEPING?
HERE ARE SOME TIPS TO HELP YOU GET A GOOD SLEEP.

EAT BUT NOT TOO MUCH
A hungry stomach could keep you awake, but so can an overfull stomach.
Do eat, but avoid eating a big meal just two to three hours before bedtime.

EXERCISE REGULARLY
Not only can exercise help you become more alert throughout the day, it can also tire you out, allowing you to sleep easier and faster.
Exposure to sunlight can also help regulate your sleep cycle.
However, do note that exercising too

LISTEN TO MUSIC
Soothing music can put us at ease and help prepare us for sleep.

SLEEP Hygiene
Five effective tips to establish healthy sleeping habits

Stay clear of stimulants late in the day
Avoid beverages and foods that contain caffeine (e.g. coffee, energy drinks).

Regular exercise
A regular exercise routine can help contribute to improved sleep.

Stick to a consistent sleep schedule
Going to bed early and waking up early

Create a relaxing bedtime/pre-bedtime routine
Any relaxing activity about an hour before bed helps create a

Abstain from device an hour before bed
Keep screen use to a minimum at least an

Here's A Hand Initiative (by Peer Support Leaders)

- PSL's efforts to **champion and advocate for well-being of Pasirians**, and **normalize help seeking**, especially for students who are afraid to ask for help or speak to someone
- Students can scan QR code to share their concerns or worries and Year Heads & HOD/SD will have purview of form to provide assistance alongside HTs



#PRSSCare Movement

(by Peer Support Leaders)

- PSL's efforts to **foster bonds & belonging** to the school community, and create a **culture of kindness and appreciation** for self and others
- Platform for juniors to **show encouragement for and motivate graduating students** who are taking their national examinations.



Q&A