

Sec 4 and 5 Parents Engagement 2023

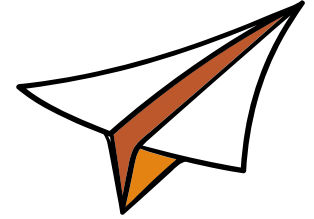
13 JANUARY
2023

Key Personnel

Designation	Name
Principal	Mrs Grace Chua
Vice-Principal	Mr Lin Pei
Year Head Upper Secondary	Mr Mohamed Ashiq
HOD Mother Tongue	Mr Wong Wei Long
HOD PE & CCA	Mr Amir Hamzah
HOD Maths	Mr Victor So
HOD English	Mdm Foong Woon Sin
HOD Science	Ms Chua Wei Tian
HOD ICT	Mr Chua Khoon Wee
LT / Hist	Mdm Mariamah

Designation	Name
Admin Manager	Mdm Hazwani
SH CCE	Mr Daniel Ng
SH NFS	Mdm Siti Mirna
SH Ed Technology	Mr Koh Chun Kiat
SH PE/CCA	Mr Andy Law
ST Music	Ms Leong Su Juen
ST CCE	Mdm Siti Mariam
EGC Counsellor	Mr Syahril Ishak

Agenda



- Opening Address and Context Setting
- Student Well-being & Academic matters
- CCA and LEAPS matters
- Post Secondary Options
- Q & A



Opening Address

Sec 4 / 5 Parents' Engagement Session
13 Jan 2023, via zoom

~ Principal, Mrs Grace Chua



Strategic Directions & Foci 2023



Our Mission. Vision & Core Values

- ▶ **Vision:** Confident Learners, Caring & Resilient Citizens
- ▶ **Mission:** Inspiring Lives, Nurturing Talents, Realising Dreams
- ▶ **Core Values:** Pride, Responsibility, Integrity, Zeal & Empathy (PRIZE)



3 Key Strategic Thrusts

1. Quality learning through skilful design and delivery by teachers
2. Character Development through a Holistic Education
3. Forging Synergistic Partnerships with Parents, Community & Industry

Strategic Foci 2023

- ❖ **Student Agency and ownership of learning**
- ❖ Inter-disciplinary work & real-world applications in prep for post-secondary eg STEAM
- ❖ **21CC** – skills, knowledge, attitudes & values for the future of work etc
- ❖ **ECG and post-secondary options** eg career counselling, e-portfolio
- ❖ **Strengthening Home-School Link for student well-being**
- ❖ Partnering IHLs & Industry to enhance Teaching & Learning
- ❖ Leveraging community resources to support students' well-being

PDLP and fortnightly Blended Learning Days

Students as Future-Ready Learners



- **Self-directed learners** who are intrinsically motivated
- **Connected learners** who continually learn and share information through online networks
- **Digital Learners** who thrive in a digital environment

**Some key changes in 2023: hybrid learning,
AI & greater ownership of learning by students; fortnightly BL
Wednesdays will be mainly asynchronous**

Through HOLISTIC EDUCATION @

Holistic Development @PRSS

*Healthy
Individuals*

Physical

Physically competent with skills, aptitude & attitude to maintain a healthy lifestyle

Individuals with Integrity, Pride, Resilience and loyalty To Singapore

Social & Moral

Resilient and own their learning, rooted citizens with moral courage and integrity

Cognitive

Inquisitive, motivated, reflective, innovative learners who think critically

Intellectual capacity to navigate life's complexities & bring positive change

Aesthetic

Ability to communicate thoughts, ideas, feelings thro' visual and performing arts

*Balanced & Creative
Individuals*

Leadership

Effective leaders who are good communicators, inspiring others to bring about positive change

Active Citizens who make a Difference to the community

Morale

Interests, inclinations and aspirations are nurtured and realised

Individuals with Purpose and Zest in Life

**Confident
Learners
Caring & Resilient
Citizens**



Student Well-Being – PIEs (Physical, Intellectual, Social-emotional)

Ensure sufficient sleep & rest

Eat well (healthy meals)

Exercise regularly

Manage screen time esp use of Hp

Healthy hobbies to balance study

Circle of friends & family members



Caring for student wellness

PHYSICAL, INTELLECTUAL, SOCIAL EMOTIONAL (PIES)

Tiered System of Support:

YHUS: Mr Ashiq

YHLS: Ms Cecilia Ang

AYH: Ms Jasmine Peh

SC: Ms Lorraine Teo

Part-time SC: Mdm Mazirah

SENO: Ms Atiqah

HODPE & CCA: Mr Amir

HODCCE: Mr Joshua Tan

DM: Mr Riffaii

GearUp ic: Mdm Siti Mirna

STCCE: Mdm Siti Mariam

SHCCE: Mr Daniel Ng

PIEs +
PRIZE
Values
+ ECG



Wellness Day



Wellness Bench

Level 3, outside the Library



Swings

Level 1, outside Counselling Room
and in Canteen



PRSS Waves



Library Wellness Corner



Key Initiatives to support Student Well-being

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

**Facing an unsolved problem?
Feeling down or unsure?**

IDH Give Your **Mental Health**
a Helping Hand.

Speak to a peer.

<http://rgg.gg/hereshandform>

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.

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

Speak to a trusted adult.

<http://rgg.gg/hereshand>

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

Brought to you by

DON'T BE AFRAID TO ASK FOR WHAT YOU NEED!

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 - 6pm

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 8322 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

TOUCHLINE is a helpline to provide youths with emotional support and practical advice.
Call: 1800 372 2252

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

SOS

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: pas@sos.org.sg

Here's a Hand

Commendable Performance – N Levels (2022)

Commendable Performance -4NT

No. of As	No. of students
4	1
3	2
2	3

Commendable Performance -4NA

No. of Distinctions	No. of students
6 Distinctions	1
5 Distinctions	8
4 Distinctions	8

Eligibility for PFP and DPP in PRSS

	2020	2021	2022
PFP	11	30	20
DPP	57	69	61

Eligibility for Promotion to 5NA

	2020	2021	2022
PRSS (%)	79.2	86.7	89.7
National (%)	77.7	79.2	78.9

Commendable Performance – O Levels 2022

4E

No. of Distinctions	No. of Students
8 Distinctions	1
7 Distinctions	7
6 Distinctions	8
5 Distinctions	10
4 Distinctions	27
Number of candidates	53

5NA

No. of Distinctions	No. of Students
4 Distinctions	1
3 Distinctions	1
2 Distinctions	3
Number of candidates	5

Overall Performance Across Subjects – 3 Yr Trend (%Pass)

Sec 4 Express

Subjects	2020	2021	2022
English Language	96.8	98.7	96.7
History (17)	100.0	92.1	100.0
Geography	93.1	94.7	97.0
English Literature (7)	80.0	100.0	85.7
Hum(SS,Geog)	87.1	96.7	92.9
Hum(SS,Hist)	93.6	97.6	91.3
Hum (SS, Lit) (11)	-	100.0	100.0
Mathematics	89.8	94.8	94.7

Overall Performance Across Subjects – 3 Yr Trend (%Pass)

Sec 4 Express

Subjects	2020	2021	2022
Additional Mathematics	92.8	89.8	94.7
Physics	97.4	100.0	98.3
Chemistry	93.7	100.0	97.5
Biology	96.6	96.3	97.4
Science (P/C)	88.9	84.4	90.7
Science (B/C)	84.4	88.2	93.1

Overall Performance Across Subjects – 3 Yr Trend (%Pass)

Sec 4 Express

Subjects	2020	2021	2022
Art (8)	40.0	100.0	75.0
Nutrition & Food Science (7)	63.6	44.4	71.4
Design & Technology (3)	92.3	100.0	100.0
Principles of Accounts	71.1	92.3	100.0
Music (1)	100	-	100.0


Thank you for
partnering us
in supporting
your child's
journey @PRSS

*BEST WISHES TO ALL
PASIRIANS FOR A SMOOTH
JOURNEY IN 2023!*



Student Well-Being & Academic Matters

Year Head (Upper Secondary)
Mr Mohamed Ashiq

A solid orange horizontal bar spanning the width of the slide at the bottom.

Post your questions for Q&A using Pigeonhole Live



Scan the QR code or go to
www.pigeonhole.at

Enter passcode

PRSS1301

You may post your questions at any point in time during the session.

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.

Survey Findings: 3 Jan 2023 (Sec 4 and 5)

- 93% agree/strongly agree that they are ready to start the new school year.
- 84% of votes feel positive about the new year (i.e., excited, happy, hopeful)
- 94% agree/strongly agree that their family shares a close and caring relationship.
- 98% students agree/strongly agree that their family members are coping well in the recent months.

Summary: 3 Jan 2023 (Sec 4 and 5)

Things that the graduating students are worried about:

- Unable to live up to expectations set by parents and self
- Concerns over heavier workload ahead of national examinations
- Post-secondary Options

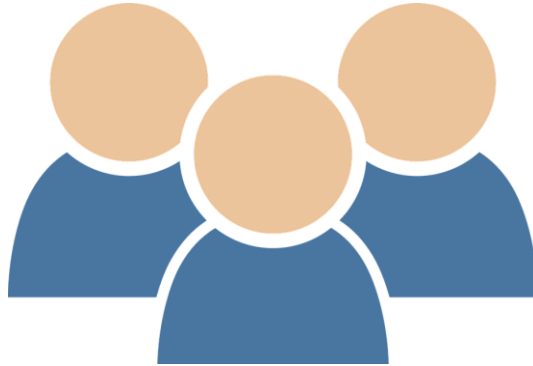
What Parents Can Do...

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
- AED Learning & Behavioural Support

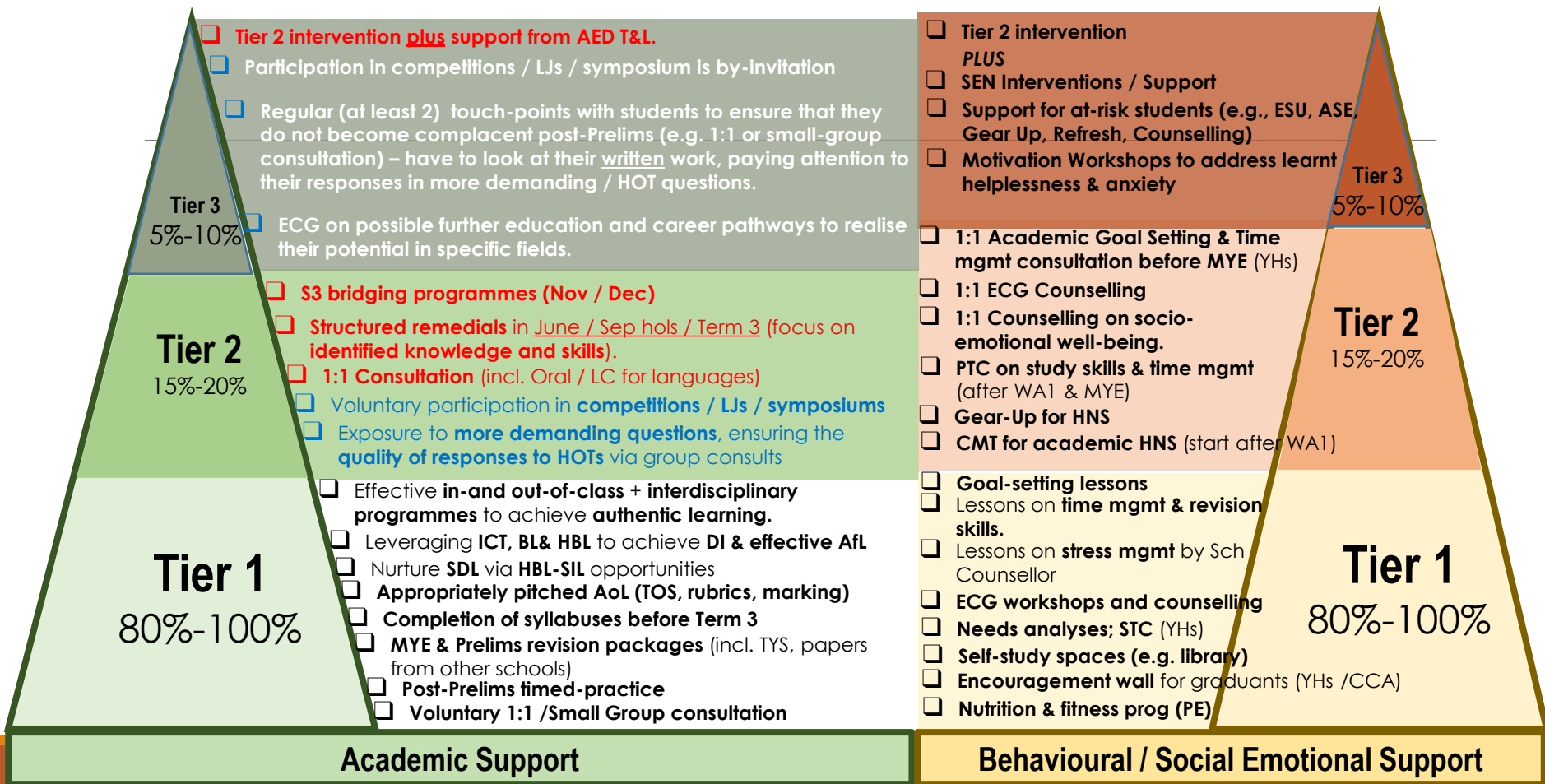
Parents can help to encourage your child to support their peers

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.



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



Helplines for Support

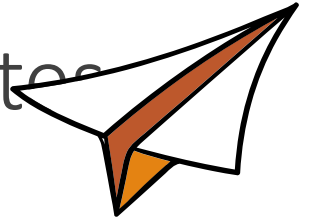
Youth

- **Counselling for Youths** (13 -25 years old) Website: **eC2.sg**
- **CHAT** (16-30 years old) - **6493 6500/6501** (Tuesday to Saturday: 12pm – 9pm) or email: **CHAT@mentalhealth.sg**

General

- **SOS (Samaritans of Singapore) (24 hours) - 1800-221 4444**
- **IMH Emergency Hotline (24 hours) - 6389 2003 / 6389 2004**
- **National CARE Hotline (24 hours) – 1800 202 6868**

Academic Matters - Important Dates



- Term 1 Weighted Assessment (WA1)
 - 6 February – 24 Feb 2023
 - conducted during class time
 - Max 2 subjects per day
 - Test dates will be sent via PG
- Term 2 Weighted Assessment (WA2)
 - 17 April – 5 May 2023

Internal Examination Matters

Examinations	Examination Period
4N Prelim Exam	2-7 Aug, 11-16 Aug
4E5N Prelim Exam	17 – 29 Aug

Academic Support	Period
Structured Consultations	31 May-6 June
Structured Remediation	5 July – 4 Aug
4N Post Prelim Program	25 – 31 Aug, 23 – 30 Sept
4E5N Post Prelim Program	19 Sept – 6 Oct

National Examination Matters

Registration period for GCE O / NA / NT Level Examinations

- **2 – 10 March 2023**

Application Deadline for **Access Arrangements**

- **17 Feb 2023**
- Documents required from family: Doctor's report (medical / psychological)

National Examination Matters

GCE O Level Examinations	Examination Period
MTL Oral Examinations	6 – 14 Jul (PM)
EL Oral Examinations	24 & 28 Jul (PM) 25 – 27 Jul (Full day)
HMTL / MTLB Oral Examinations	25 – 27 Jul (Full day)
Foreign Languages Oral Examination	21 & 22 Sep (Full day) 25 Sep (PM)
MTL / MTLB Listening Comprehension	4 Jul
EL Listening Comprehension	19 Oct
Science Practical Examination	4 – 17 Oct
Mid-Year MTL / MTL Written Examinations	29 & 30 May
Year-End Written Examinations	20 Oct – 10 Nov

Examination timetable will be made available **by 2 Mar**

National Examination Matters

GCE N Level Examinations	Examination Period
NA / NT EL Oral Examinations MTL / BMTL Oral Examinations	25 – 27 Jul (Full day)
NT EL / NA MTL Listening Comprehension	11 Sep
NA EL / NT BMTL Listening Comprehension	12 Sep
CPA Practical Examination	19 & 21 Sep
Year-End Written Examination	Wave 1: 13 – 18 Sep Wave 2: 2 – 10 Oct

Examination timetable will be made available **by 2 Mar**

SEAB deadline for 2023 coursework examinations (TBC)

Nutrition & Food Science

- **GCE N Level** NFS Coursework: Due 10 July 2023 (Term 3, Week 3) by 5pm
- **GCE O Level** NFS Coursework: Due 31 July 2023 (Term 3, Week 6) by 5pm

Design & Technology

- **GCE N Level (both NT and NA)** D&T Coursework: Due 11 July 2023 (Term 3, Week 3) by 5pm
- **GCE O Level** D&T Coursework: Due 25 July 2023 (Term 3, Week 5) by 5pm

Art – Pending instructions from SEAB

School's deadline for 2023 coursework examinations (C&T subjects)

-
1. Candidates are expected to complete their coursework at least 2 weeks ahead of the given deadline.
 2. Reasons for earlier school deadline
 - (a) Allow coursework supervisors to have a final and thorough check so that appropriate feedback can be given for students to make improvements before official MOE deadline.
 - (b) Usually school preliminary exams are also around the same time as coursework deadline. Hence, completing the coursework early will enable students to have more time to better prepare for their preliminary examinations.



CCA MATTERS



Mr Amir Hamzah
HOD PE&CCA



CCA Stand down for Sec 4/5

5th May

*Exception for some sports group and performing arts group who are involved in NSG and performing arts showcase respectively. Training/ CCA Sessions will be kept minimal after 5th May as students should be prepared before this date.



SYF Schedule for 2023

CCA	SYF AP	VENUE
CO	3 – 6 April 2023	SINGAPORE CONFERENCE HALL
DANCE	28 – 31 March	UNIVERSITY CULTURAL CENTRE
DRAMA	4 – 28 April 2023 (excluding weekends and public holidays)	GATEWAY THEATRE
CHOIR	12 - 14 April 2023 17 - 20 April 2023	SOTA
BAND	11 – 14 April 2023 17 – 20 April 2023 3 – 5 May 2023	SINGAPORE CONFERENCE HALL

- CCA standown will be right after SYF 2023
- Investiture for Perf Arts will be in T3 (early July)
- Extra practices will be on needs basis closer to SYF actual performance

LEAPS 2.0 (Recognition for Co-curricular Attainment)

Domains

Leadership – Leadership development

Enrichment – Programmes students go through

Achievement – School Representation

Participation – CCA Attendance and Involvement

Service – Values in Action Projects

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 confirm their LEAPS 2.0 points at the end of May.

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



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

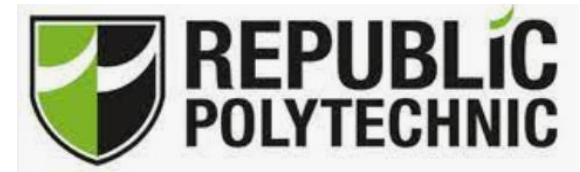
Education & Career Guidance Talk

MR DANIEL NG

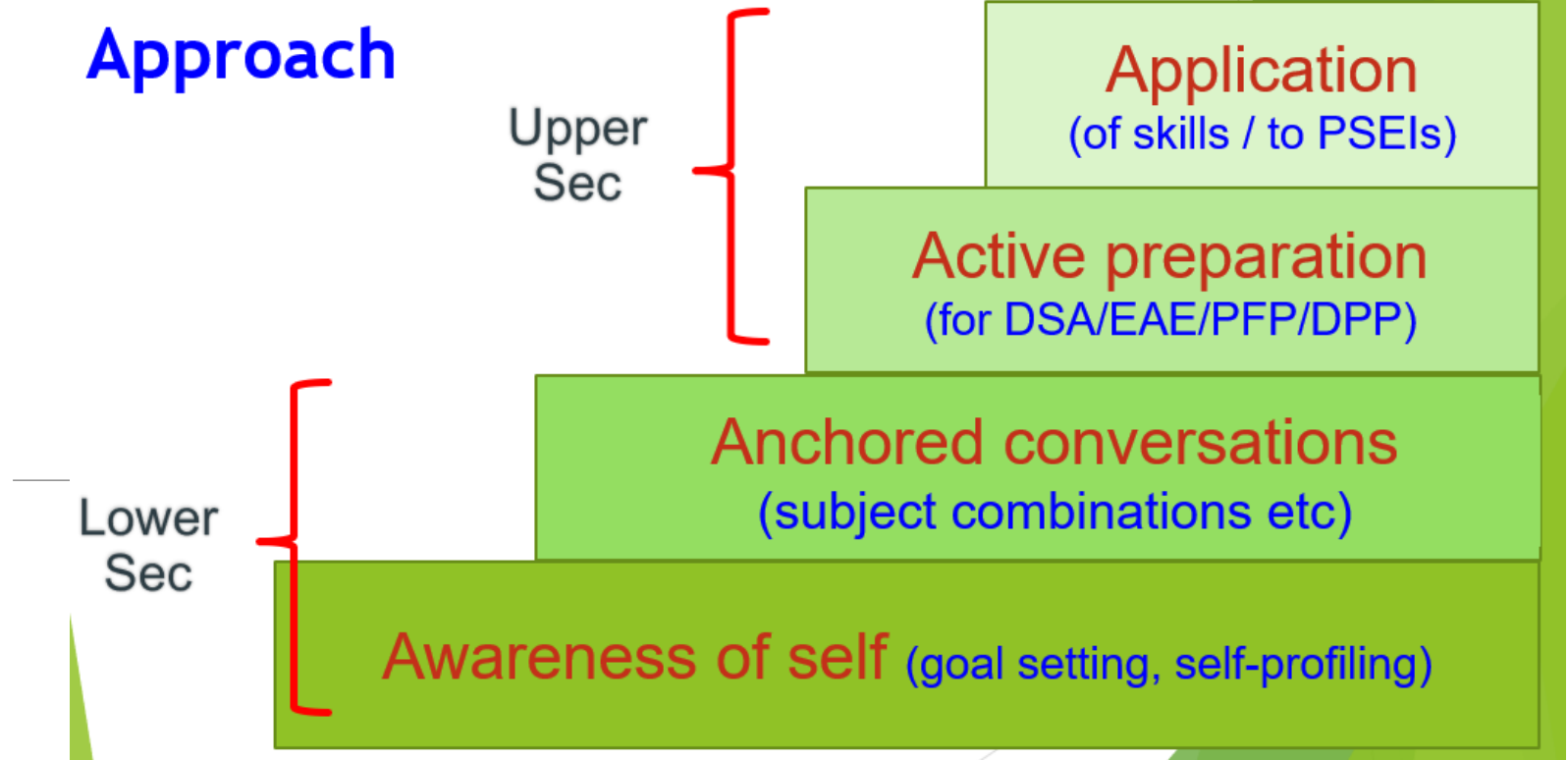
SUBJECT HEAD (CHARACTER AND
CITIZENSHIP EDUCATION)

A solid orange horizontal bar spanning the width of the slide at the bottom.

Education & Career Guidance in PRSS



Broad ECG Approach



Class talks by
ECGC



Experience ITE
Programme

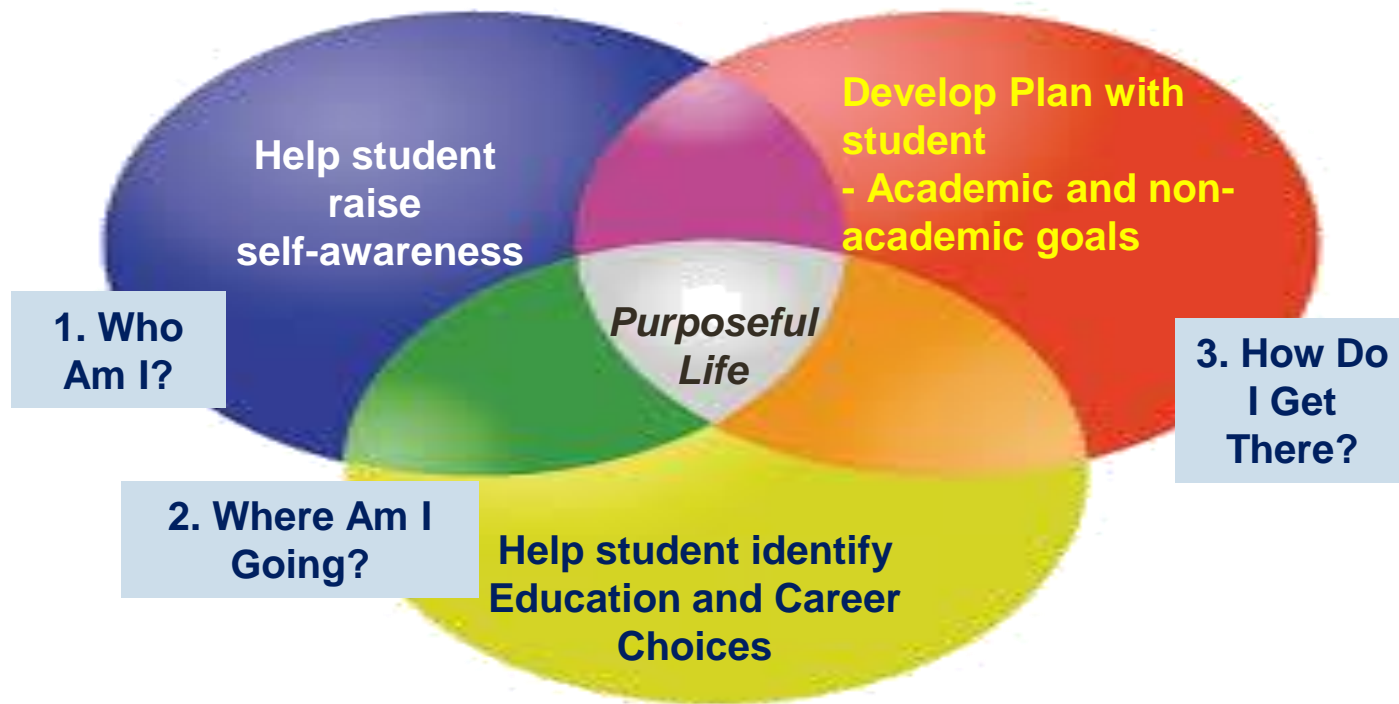


ECG
conversations sec
1 – 3; focused
ECG lessons in sec
4/5

- ECG talks by ECG Counsellor (ECGC)
- EAE / DSA / DPP / PFP workshops by ECGC
- Individual & group counselling / coaching by ECGC by appointment
- Learning Journeys e.g. Experience ITE programme, Poly visits
- Applied Learning Modules at ITE/Poly (ApLM@ITE/ApLM@Poly)
- Career Awareness Day / STEAM Festival
- Level Camps (Camp Quest & Camp Conquest)

ECG Conversations with your child

The 3 ECG Questions



Booking of ECG Counselling Session with Mr Syahril

Scan the QR Code below



<https://go.gov.sg/ecgbooking-2023>

Link:

<https://go.gov.sg/ecgbooking-2023>

Email:

mohammed_syahril_samsudin@schools.gov.sg

Q&A

Thank you!

