



Welcome to **Bedok Green Primary School**

Primary 1's First Day of School

2 January 2026



PHOTOGRAPHY AND VIDEOGRAPHY AT SCHOOL EVENTS/ PUBLICATION OF STUDENTS' WORK

We would like to inform you that photographs/videos of students/parents taken at all school events by the official school photographers may be published on the school's official media platforms (e.g. newsletters, school website or similar platforms) and used for briefings, workshops and other educational purposes. The school may publish photographs, videos and students' work/achievements together with the names of the students from time to time. Please notify the school in writing if you do not wish to grant such permission.



Preparing for the Primary 1 Journey



First Steps @ BGPS (18 November 2025)

Overview

1 Aims of Primary Education

2 Developments in Primary Education

3 What is it like in Bedok Green Primary School?

4 Preparing for School

5 First Four Days of School

6 Transitioning to Primary 1

7 Home-School Partnership

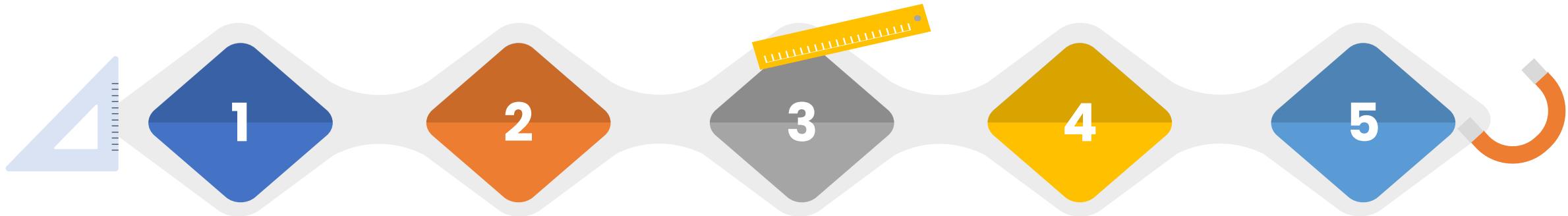


Empowered Learners
Persons of Strength & Character



<https://go.gov.sg/p1bgpsmicrosite>

What is Primary School about?



Laying a strong foundation

Nurturing holistic individuals and continuous learning

Providing learning opportunities, recognising our children's strengths & developing their potential

Preparing our children for the future

Providing a safe learning environment to support their well-being



Tips to Ease the Transition

**Use S.A.F.E.
communication**

**Develop good
habits that
promote
independence**

**Nurture values
and positive
attitudes**

**Relate well to
others**

**Manage the
academic
workload**

**Ensure punctuality
and attendance**

1. S.A.F.E. Communication

Support

your child and encourage them to overcome challenges with your care

Affirm

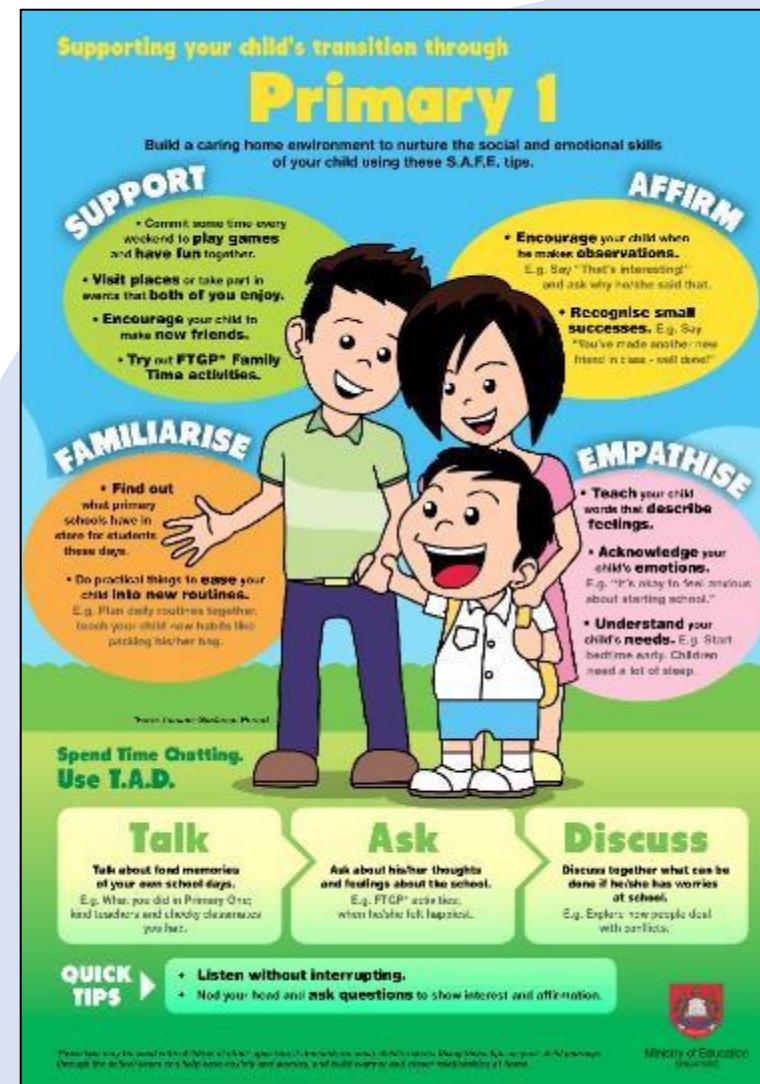
your child by recognising small successes and praising their efforts

Familiarise

your child with new routines gradually and share your experiences in primary school

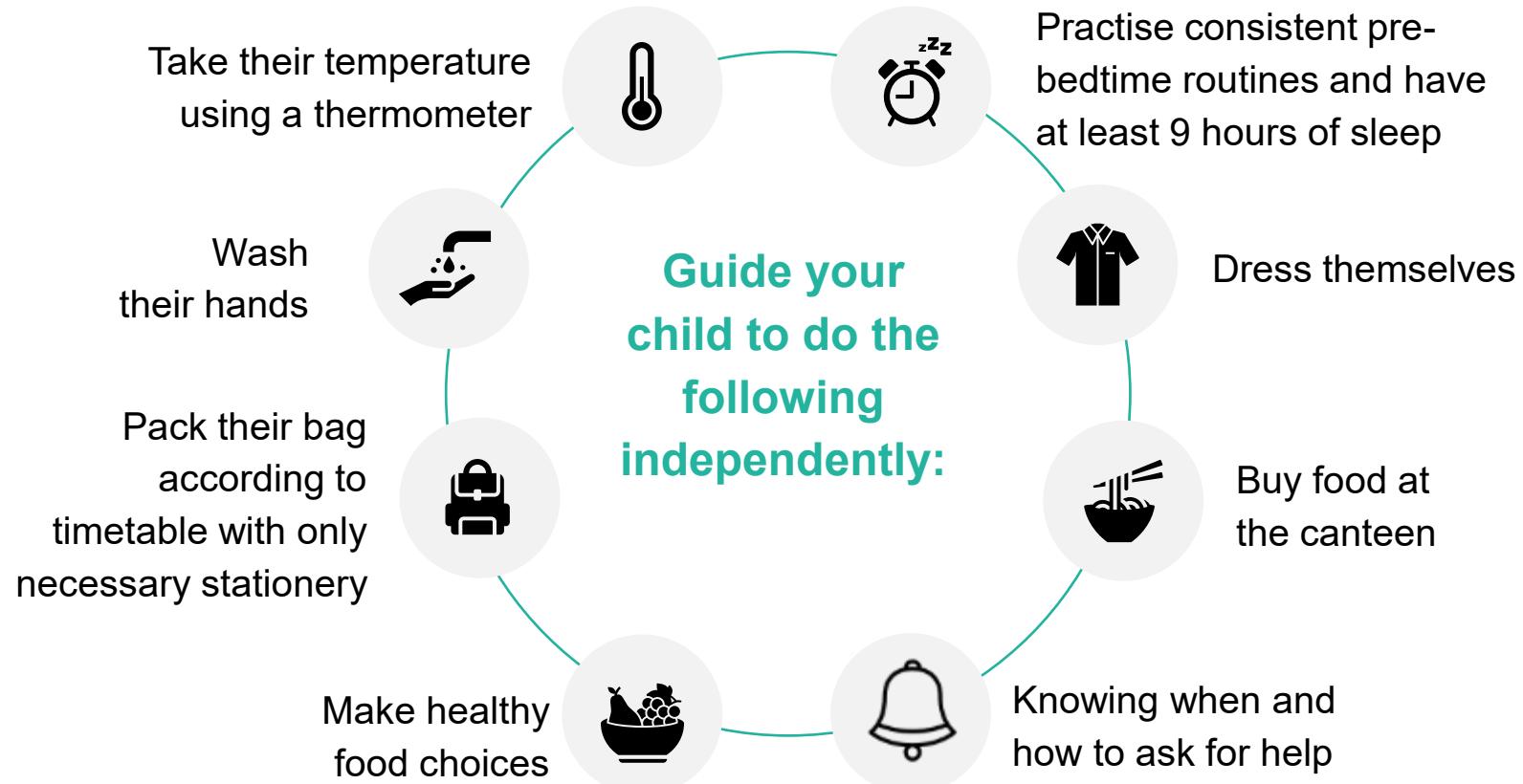
Empathise

with and acknowledge your child's feelings



2. Develop Good Habits

Routines help your child build confidence and learn to manage things by themselves.





IS YOUR CHILD GETTING ENOUGH SLEEP?

When your little one has enough sleep, he or she should feel refreshed and have enough energy to go out and play! Having sufficient hours of sleep means at least 10 hours a day if they are 3 to 5 years old and at least 9 hours a day if they are 6 to 13 years old.

SLEEP DURATION RECOMMENDATIONS

School Age 6-13 Years

9-11 HOURS



Teen 14-17 Years

8-10 HOURS



3. Nurture Values and Positive Attitudes

Values guide our words and actions, and develop character strengths and dispositions.

You can encourage your child to:



Reflect on how to show care and concern, and respect for their friends and family members



Ask questions about their experiences in school, at home and of the world around them



Reflect on learning experiences and try ways to do something better



Persevere even when faced with challenges and use these experiences as a teachable moment to share the importance of building resilience in life



3. Relate Well to Others

Build your child's interpersonal skills by:

01

Modelling the use of friendly and polite phrases

“Hi! My name is...What is your name?”

“Could you help me with...”

02

Providing opportunities for your child to share and take turns during playtime with other children

03

Modelling respectful interactions

“May I please...”

“It's okay if I can't join in...”

“I am sorry I ...”

MAKE NEW FRIENDS

What your child may learn in school

JOINING IN ACTIVITIES

- 1 Choose a good time.
- 2 Look at the person.
- 3 Ask in a friendly way, “Hi, may I join you?”
- 4 Accept the answer by saying “Thank you” or “Okay.”

What you can do at home

SAY HELLO AND SMILE

Hi!
My name is...
My name is...

Practice skill steps with your child to help him/her relate with others and make friends easily. Encourage them to say hello, greet, good morning and smile at their new friends and teachers. These greetings are a great way to connect with people.

Do a short role-play with your child to practise these steps for joining in activities:

- saying hello with a smile and introducing him/herself
- asking politely if he/she can join the group
- thanking them for choosing to include him/her
- saying and feeling okay even if they choose not to

Are you excited to meet your new friends? What do you do or say when you meet your new classmates or join them in group activities? Let's try it!

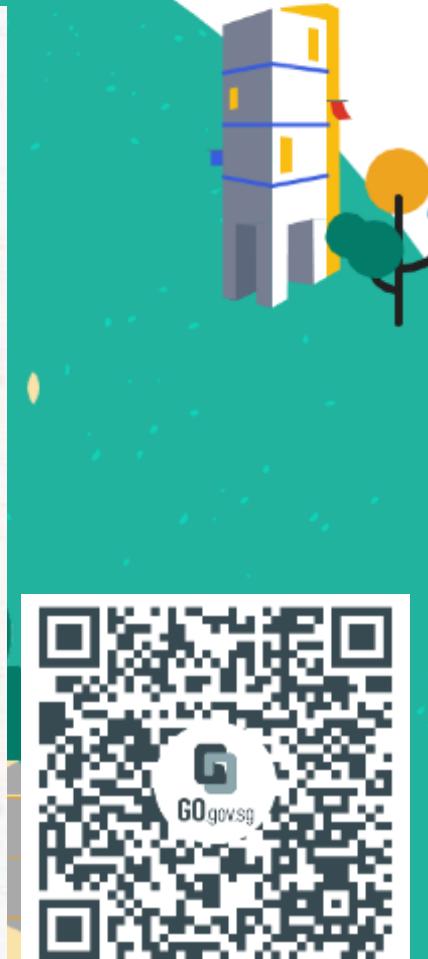
Quick Info:

- The Programme for Active Learning (PAL) helps your child to discover his/her interests and how to relate and work with peers through Sports and Games, Outdoor Education, Performing Arts (Dance, Drama and Music) and Visual Arts.

Explain how doing the above helps him/her to:

- make others feel comfortable
- prevent conflict with new classmates
- be confident

Read more: <https://www.schoolbag.sg/story/how-to-help-your-child-ace-the-first-week-of-school>



Find out more activities from the **P1 Parent-Child Role Playing Activity Kit**

4. Manage the Academic Work



- **Introduce** early literacy and numeracy skills



- **Know** your child's school schedule and events



- **Communicate** regularly with the teachers



- **Check** your child's handbook daily

What does my child need at Primary 1?

Every child develops at a different pace. We will continue nurturing the knowledge, skills and dispositions that your child has developed at preschool:

Values, Social-Emotional Competencies, Citizenship Dispositions	<ul style="list-style-type: none">Understand and Care for OneselfShow Care and Respect for OthersMake Responsible Decisions and Act on Them
Art	<ul style="list-style-type: none">Enjoy Participating in ArtExpress Ideas and Feelings through ArtDemonstrate Awareness of Art from Different Cultural Groups
English Language	<ul style="list-style-type: none">Listen and Speak for Enjoyment and InformationRead with Enjoyment and UnderstandingCommunicate Ideas and Information through Writing or Using Symbols or Letter-Like Shapes
Mathematics	<ul style="list-style-type: none">Basic Understanding of Numbers Up To 10Recognise Simple PatternsCompare Quantities Between Two Groups of Objects
Mother Tongue Languages	<ul style="list-style-type: none">Enjoy and Show an Interest in Learning Mother Tongue Language.Enjoy and Show an Interest in Listening and Speaking in Mother Tongue Language.Demonstrate Awareness of Local Ethnic Culture
Music	<ul style="list-style-type: none">Enjoy Participating in Music and Movement ActivitiesExpress Ideas and Feelings through Music and Movement ActivitiesDemonstrate Awareness of Music and Movement from Different Cultural Groups
Physical Education	<ul style="list-style-type: none">Enjoy Physical ActivitiesDisplay Coordination in Motor TasksDemonstrate Awareness of Healthy Habits and Safety

SCHOOLBAG
THE EDUCATION NEWS SITE

HOME EDUCATION FEATURES TEACHERS' DIGEST MULTIMEDIA FAQ

Home > Put the books down! 6 skills your child really needs for P1

Put the books down! 6 skills your child really needs for P1

14 JUN 2021



MOE Stock Image (*Photo taken before COVID-19)



5. Ensure Punctuality and Attendance



- **Set up a regular bedtime and morning routine**
- **Develop backup plans for coming to school on time**
- **Avoid medical appointments and overseas trips during the school term**
- **Determine if your child's complaint of frequent stomachache/headache is genuine**

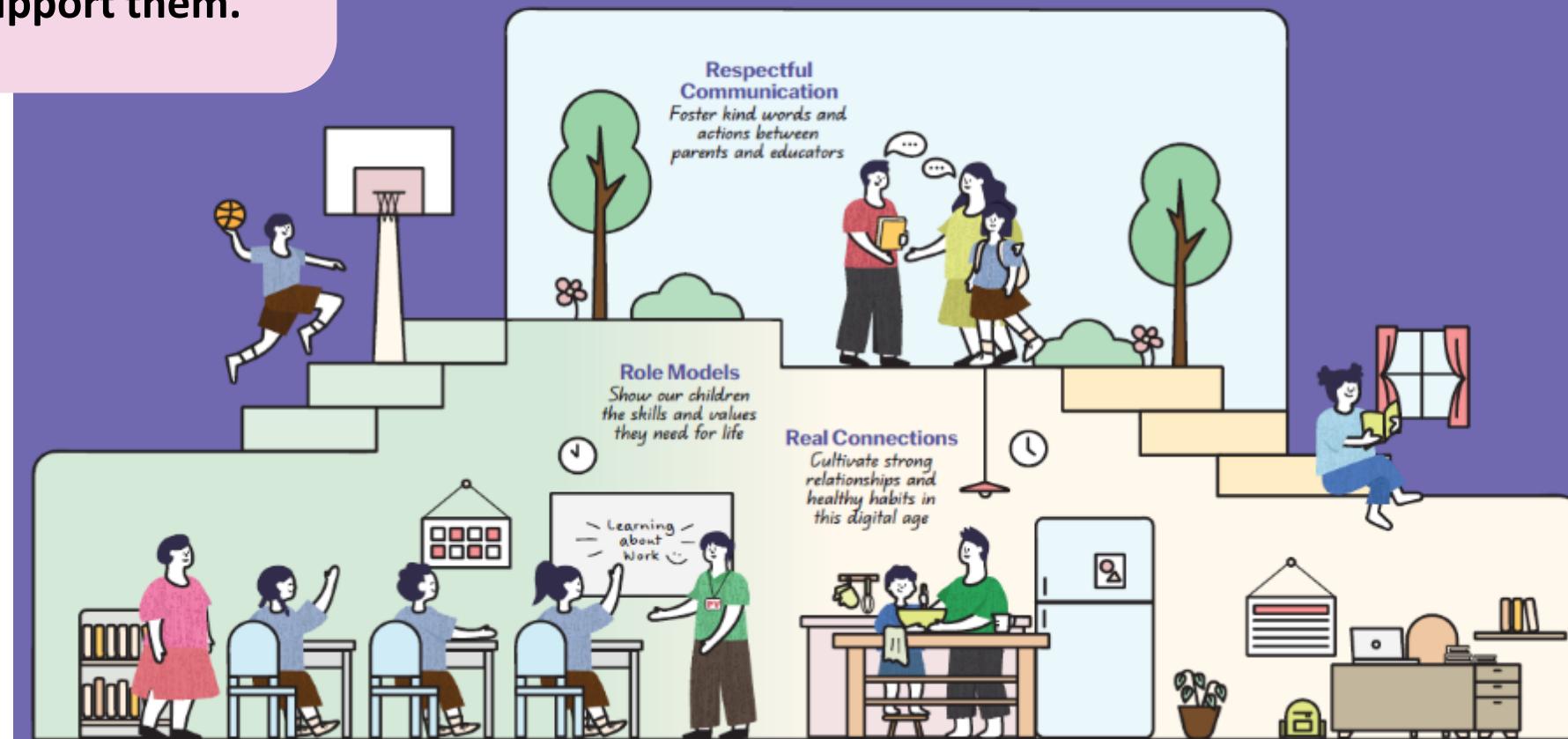


School-Home Partnership

Our children do best when schools and parents work hand in hand to support them.

Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together



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**



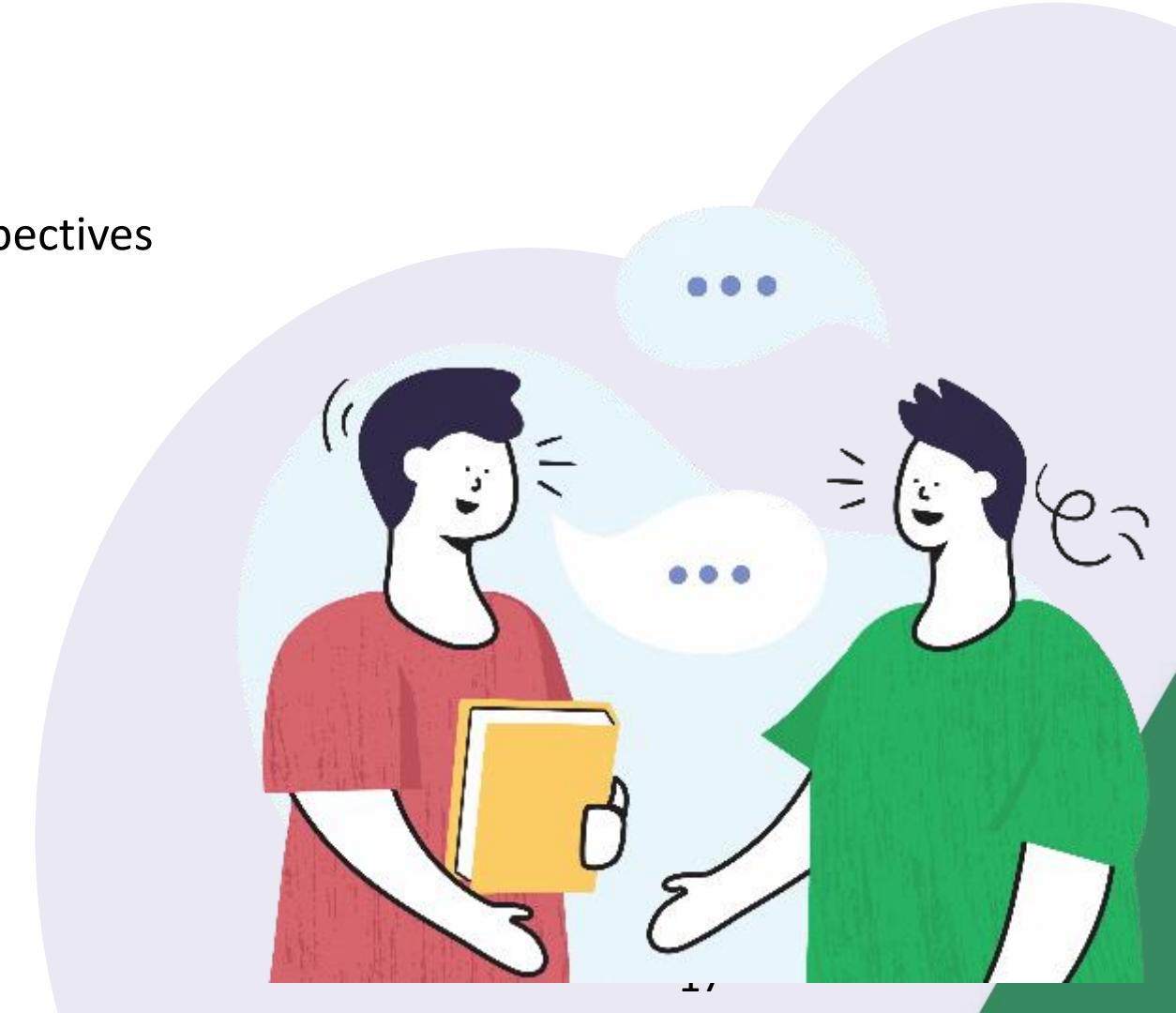
Listen to and understand each other's perspectives and concerns regarding each child



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

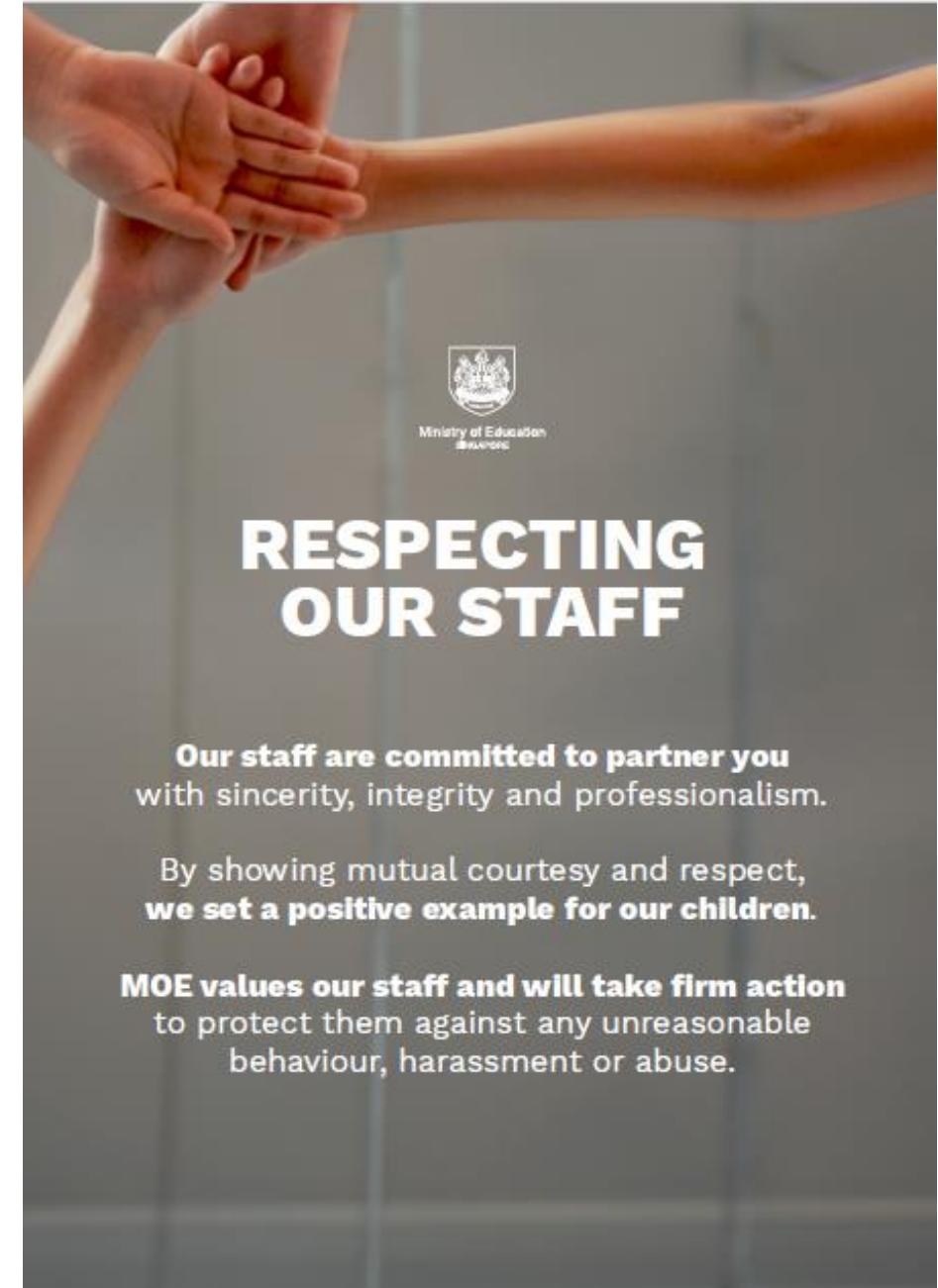


Respect each other's time by communicating during working hours



Engagement Charter

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



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

Building Relationships
Helping Your Child Build Healthy Relationships

Healthy relationships and supportive relationships are important for a child's overall well-being, and allow them to experience a sense of community and belonging.

Things You Can Do

- Expose your child to a range of new experiences.
- For younger children, create opportunities for them to interact with other children of similar ages (e.g. attend school, preschool).
- For older children, encourage them to make friends with peers who have similar interests.

Things You Can Say

- Talk to your child about the qualities that make a good friend (e.g. empathy, being respectful), and how to exhibit these qualities.
- When you see your friend struggling, put yourself in their shoes. How would you want a friend to support you?
- Older children are often figuring out the balance between being themselves and fitting in with others. Show them that it is important for them to act in ways that they are comfortable with.
- If you ever feel pressured to do something or be someone you are not in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.
- Encourage your child to stay true to themselves and their friends and trusted adults (e.g. meet up with former classmates, visit former teachers on Teachers' Day).
- Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.
- How has this affected you or your friend?
- What are your expectations of a good friend?
- How can you make things better?

* SURE is part of the National Library Board's Information Literacy programme. It is a trademark of the National Library Board, Singapore. The National Library Board, Singapore, and the National Information Literacy Programme are not affiliated with the National Library Board of Australia. All rights reserved. © 2024 Government of Singapore.

Navigating the Digital Age
Helping Your Child Thrive in the Online Space

It is important to help your child understand that not everyone holds the same point of view as them. To help them navigate these differing viewpoints, you can guide them to express their opinions confidently online while respecting others' opinions. This will help them contribute to a healthy online community.

Things You Can Do

- Encourage your child to keep an open mind and provide opportunities for them to interact with others that would enable them to consider issues from multiple perspectives.
- When your child is responding to another person online, encourage them to exercise empathy and reflect on what you notice that your child is engaging in negative behaviours (e.g. sending unkind messages), correct them and help them to understand why their actions are wrong.
- Posts with negative comments may upset your child, even if they are not directed towards them. Encourage your child to share their thoughts and feelings about these comments with you or a trusted adult.
- Why do you think they said that?
- If you were in their shoes, would you agree with their opinion?
- Consider the issue from another perspective by practicing T.H.I.M.K. (Truthful, Helpful, Inspiring, Necessary, and Kind).
- Is your message respectful and empathetic?
- Consider the issue from another perspective by applying S.U.R.E. (Source, Understand, Research, and Evaluate).
- It's okay to feel upset. It's also okay to turn off the comments. Shall we turn off the comments and notifications and do something else for now?

* SURE is part of the National Library Board's Information Literacy programme. It is a trademark of the National Library Board, Singapore. The National Library Board, Singapore, and the National Information Literacy Programme are not affiliated with the National Library Board of Australia. All rights reserved. © 2024 Government of Singapore.



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

Your Handy Guide to Cultivating Healthy Screen Use in Children



Tips on healthy screen use for your family!



< 18 months

- No screen use unless it is used for interactive video chatting.



DO NOT...

- ✗ Turn on the TV in the background.

Developed by local paediatricians, academics, and representatives from ministries and agencies.
For more information, refer to Guidance on Screen Use in Children at go.gov.sg/moh-screenadvisory

Manage Your Child's Screen Use

- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your child where necessary.
- Have a plan that balances screen use with other activities.

Model Healthy Media Habits

- Review your own media habits.
- Encourage daily 'screen-free' times, especially during family meals or when interacting with one another.



1.5 to 6 years

- Less than 1 hour of screen use a day outside school.
- Choose educational and age-appropriate content.
- Watch content together and discuss the content with your child.

DO NOT...

- ✗ Use screens during meals and one hour before bedtime.
- ✗ Use screens just to occupy or distract your child.
- ✗ Turn on the TV in the background.

Encourage Meaningful Screen Use

- Make sure your child is watching content appropriate for their age.
- Discuss with your child about what they are viewing.



7 to 12 years

- Less than 2 hours of screen use a day, unless related to school work.
- Agree on a screen use plan or timetable.
- Use parental control settings and check content ratings to ensure content is age-appropriate.
- Talk to your child often on what they are viewing online. Offer advice regularly.

DO NOT...

- ✗ Use screens during meals and one hour before bedtime.
- ✗ Allow access to social media services.
- ✗ Give your child mobile devices with unrestricted access to the internet and applications.



Refreshed Guidance
on Screen Use in
Children by MOH.
Scan the QR code for
more info.

Smartphones and Smartwatches

- Students **are not to use smartphone and/or smartwatches** (except POSB Smart Buddy Watch) during school hours including recess, CCA and after-school programmes.
- Students who bring such devices **are to put them in school bags before school start time**. Students have to ensure that their mobile phones are switched off during curriculum. For smartwatches, they have to be set to '**school mode**'.
- Students should bear responsibility for safekeeping these devices.
- Students are only allowed to use smartphones and/or smartwatches at designated areas **after school hours**, e.g. canteen, foyer.

Available online!

Parent-Child Activity Book



10 TIPS FOR PARENTS

to help you navigate your child's first year in primary school.



Chat with your child

Boost their confidence

Practise various scenarios

Create something interesting

Thank others for their help

Pledge to do things together

Dismissal

P1 classes will be dismissed from these gates:

Gate 1
Primary 1 (1.25pm)
1INT
1RES

Gate 4
Primary 1 (1.25pm)
1BRV
1GRA

Gate 5
Primary 1 (1.25pm)
1RPS
1RSL
1COM

