



# Warm Welcome

**Sec 4 and 5 Meet-Parent-Session 2026**



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# Mr Clarence Loh Year Head (Sec 1 and 4&5)

- Programme
- School Support for Graduating Cohort



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# Programme

6.00 pm	<b>Welcome and Sharing on School Support for Graduating Cohort</b> - Mr Clarence Loh (Year Head)
6.10 pm	<b>In-Conversation “Supporting Your Child Through Graduating Year”</b> Invited speakers: - Dr Priyanka, President, Parent-Teacher Association - Mr Samuel Tay, Senior Manager, Montfort Care Family Service
6.40 pm	Breakout <b>Education &amp; Career Guidance (ECG) Talks</b>
7.10pm	<b>Form Teacher Time – Q&amp;A (Optional)</b>
7.30 pm	End of Session



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## **In-Conversation “Supporting Your Child Through Graduating Year”**

Invited speakers:

- Dr Priyanka, President, Parent-Teacher Association
- Mr Samuel Tay, Senior Manager, Montfort Care Family Service

**Have a question for  
our presenters today?**

**Q&A**



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# Lessons we can learn from NAPFA 2.4km

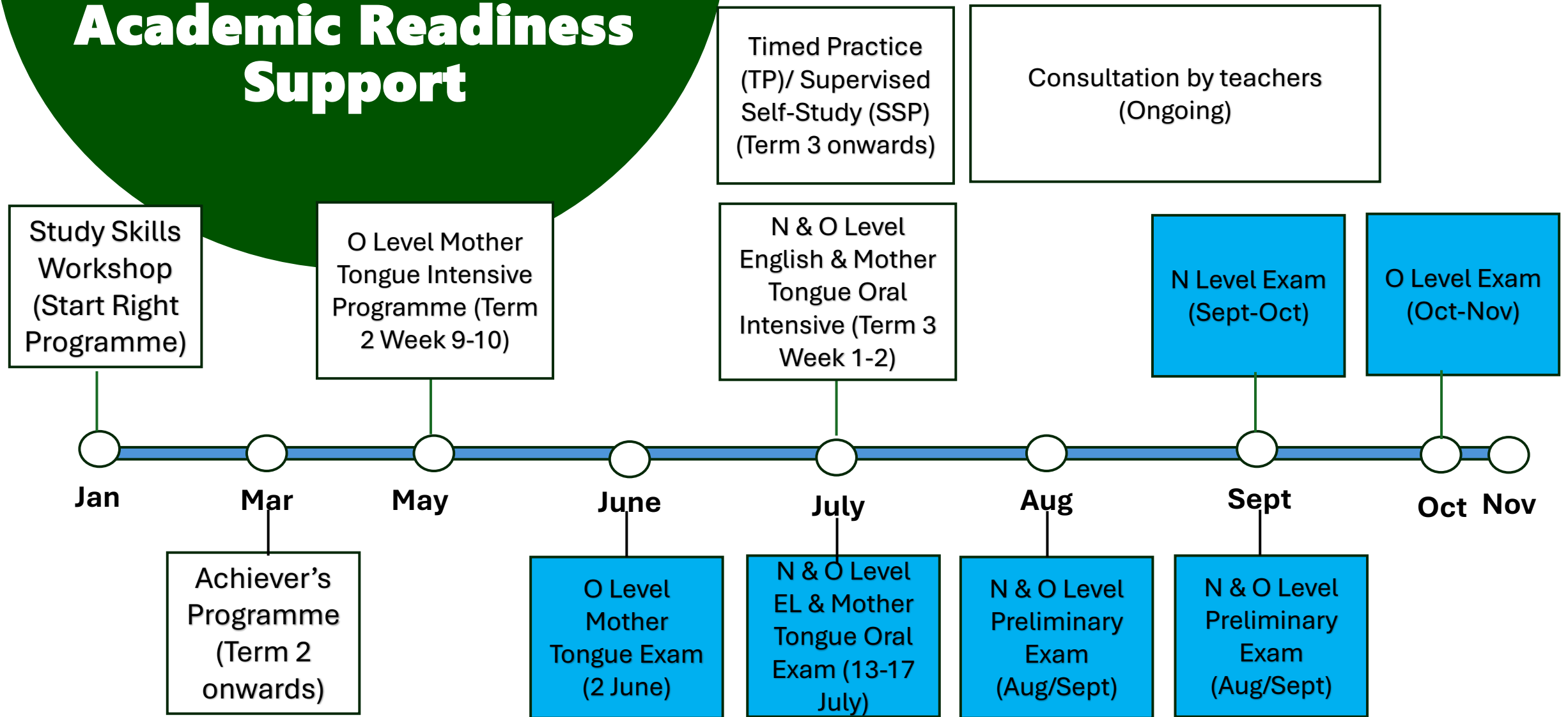
- It is important to pace yourself.
- It does not matter how you start, it is how you finish that is important.
- Definition of success is different for different people. Define your own success!



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# Academic Readiness Support



# Post-Secondary Pathways & Transition Support



*Booth by Singapore Poly*



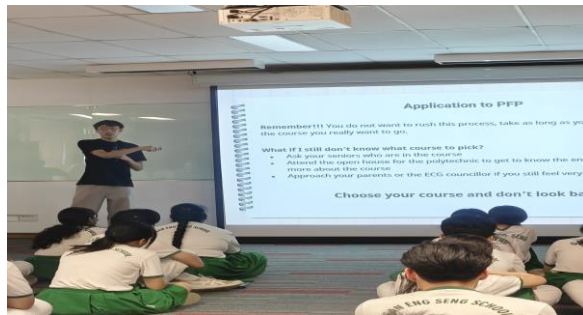
*Talk by ECG Counsellor during Start Right Programme*

- Open Houses (JC/Poly)
- **Sec 4&5 GESS Camp** with focus on Education and Career Guidance
- **Early Admission Exercise** preparatory workshop by ECG Counsellor

# Post-Secondary Pathways & Transition Support



Industrial visit during Sec 4&5 GESS Camp



Sharing by Senior Gessians on their journey



## Sec 4&5 Learning Journeys



# Post-Secondary Pathways & Transition Support



Ms Christina Ho  
ECG Counsellor

Booking Link For Ms Christina  
<https://go.gov.sg/book-ecg-gess>

Email:  
[ho\\_yuin\\_ching\\_christina@moe.edu.sg](mailto:ho_yuin_ching_christina@moe.edu.sg)



# Student Motivation & Engagement Support



*Instilling Growth Mindset during FT Time*

- Principal's Talk with graduating classes (Term 2)
- Termly Check in survey
- Weekly FT Time
- Gessian in the Spotlight (effort-based recognition)

# Well-Being Support



- CCA Stand-Down in April (time-space support)
- Social-emotional support by Student Development Team & Form Teachers
- Peer Support

*Resilience Walk*

# Specialised Personnel



**Mr Sim Kwang  
Mong**  
Senior School Counsellor



**Ms Yap Soo Ting**  
Senior Special  
Educational Needs  
Officer (SENO)



**Ms Hemalatha**  
Roving Student Welfare  
Officer



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# Parent Partnership Support

- Breakfast with Parents (Feb)
- Meet-Parent-Session (March)
- Mid-Year Parent-Teacher Conference (May)



**Sec 1 Meet-Parent-Session 2023!**

*Thank you for walking this journey with us all these years!*



**Sec 4&5 Breakfast with parents**



# Important Dates for National Examinations

N Level	Date
N Level EL & MTL Oral examinations	13 – 17 July
N Level School Preliminary Examinations	3 – 14 August
N Level EL & MTL Listening Comprehension	15 – 16 September
N Level Written Examinations	Part 1: 14 September – 24 September Part 2: 5 October – 13 October
O Level	Date
O Level MTL Written Examinations	2 June
O Level MTL Listening Comprehension	7 July
O Level EL & MTL Oral examinations	13 – 17 July
O Level School Preliminary Examinations	24 August – 14 September
O Level Science Practical	30 September – 13 October
O Level EL Listening Comprehension	15 October
O Level Written Examinations	19 October – 10 November



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# Channels of Communication (Reaching Out to School)

- Parents Gateway
- Term Letter to parents
- Email addresses of staff on school website
- Generic School Email Address: [gess@moe.edu.sg](mailto:gess@moe.edu.sg)
- General Office Contact: **64745594**

## CESS Social Media Platforms



## Teachers

- Contactable during office hours on weekdays
- Will reply within 3 working days

CONTACT US



# Parent Kit

Supporting Our Teens in Choosing Post-Secondary Pathways

6 May 2025



Ministry of Education  
SINGAPORE

Our teens will soon be pursuing their next phase of learning. We may be wondering about the pathways available to them and how we can guide them on their options.

Get started [here](#) to learn about the post-secondary options available to our teens.

Here are 4 tips for parents

## 1 Take a step back from our own expectations

Every teen is unique. Encourage them to think through their options by recognising their own interests and strengths.

Offer advice but avoid pressuring them to qualify for a certain pathway based on our own expectations and experiences.

### Consider these factors

- Overall interest in the course or school
- Travel time between home and school
- Duration of study
- Future work opportunities related to

## 2 Hear our teens out

Ask them about their thoughts and feelings on their strengths, aspirations and preferred pathways. Make them feel heard.

When we observe their interests and strengths, we can intentionally validate them by sharing what we see.

Ask how they would like to be supported. Assure them of our support as they think about their choices.

### Take a moment to reflect

Begin by reflecting how well you understand your teen. Ask yourself, do I know...

# MOE Parent Kit



Ministry of Education  
SINGAPORE



<https://go.gov.sg/e0hwq8>

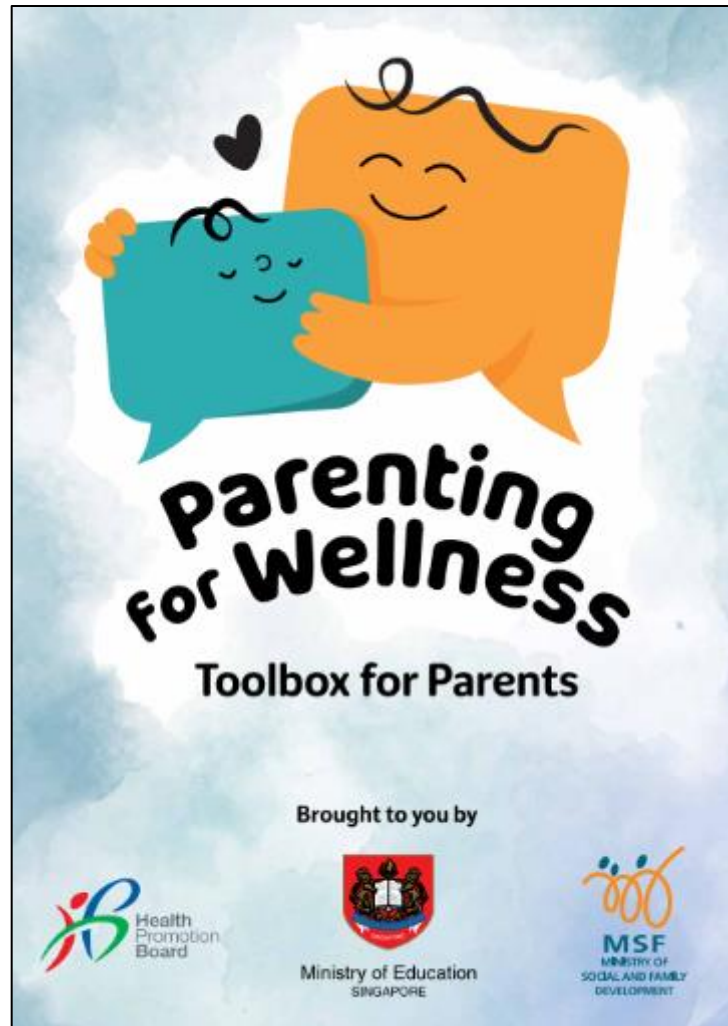
**MOE PARENT KIT**



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# 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.





- In-Conversation: Supporting your child through graduating year

# **Dr Priyanka President Parent-Teacher Association**



- In-Conversation: Supporting your child through graduating year

**Mr Samuel Tay**  
**Senior Manager**  
**Montfort Care Family Service**



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## Supportive or Pressurizing?



Ask – “How can I help with your preparation?”

Ask – “Which schools/courses do you have in mind?”

Share – “We can change our line of work later in life.”

## Mindsets for the Future

Stay curious in learning all things new

Be flexible enough to step out of comfort zones

Possess good social skills & meaningful connections

Manage setbacks well (emotional management & positive mindset)



## Stay engaged & connected

Have meaningful touchpoints

Be an open door for support

17-25 are transitional years





- In-Conversation: Supporting your child through graduating year

## Q&A Segment

This is our school  
We dwell here,  
In contentment,  
We hold here,  
One another,  
Of mankind,  
Of life itself  
And love of God,



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# Breakout Education & Career Guidance (ECG) Talks

- Normal Technical: Sharing by ITE Office (**Venue: MPR 1, Level 1**)
- Normal Academic: Sharing on Poly Foundation Programme (PFP) / Direct-Entry-Scheme to Polytechnic Programme (DPP) (**Venue: MPR 3, Level 3**)
- Express: Sharing on JC/Poly pathways by ECG Counsellor (**Venue: School Hall**)



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# Thank you !

This is our school  
We dwell here,  
Contentment,  
We do here,

