



St. Margaret's Secondary School

Sec 3-1 to 3-5

Parent-Teacher-Meeting 2022

9 February 2022



Let our Light Shine!

Celebrating 180 years of Charity, Patience, Devotion





Programme



Main Room

Principal's Address

- Supporting Our Young Ladies
- Options After National Exams
- *Key dates to note in 2022*
- *Co-Curricular & Academic Expectations*
- Updates on Education and Career Guidance

Class Breakout Room

Time with Form Teachers

Main Room

Q & A





School Leaders



Vice-Principal
(Academic)
Ms Susan Toh



Principal
Ms Linda Lim



Vice-Principal
(Administration)
Ms Chrystine Woon





Key Personnel





Assistant Year Heads



**Sec 1 AYH
Mdm Suryati Bte
Mail**



**Sec 2 AYH
Ms Carol Soh**



**Sec 3 AYH
Ms Lum Ying Lee**



**Sec 4 & 5 AYH
Mrs Sharon Tan**





Communication Channels

Print

- Publications
- Student Handbook,
- Principal's Monthly Letter
- Termly Progress Reports

Events

- Parent-Teacher Meeting
- P's briefings

Non Print

- Tel: 64664525
- School Website
- Email - **stmargaretss@moe.edu.sg**
- Email addresses of all FTs and Subj Trs
- Parents' Gateway

People

- Formal/ Informal discussions between parents & staff





Communication Channels

Tel: 64664525 (Office)

Website: www.stmargaretssec.moe.edu.sg

Email: stmargaretss@moe.edu.sg

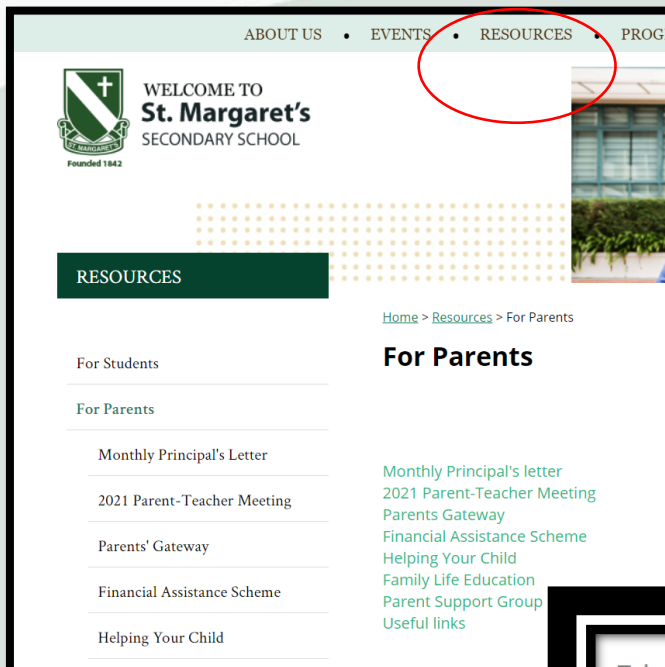
Email addresses of Form and Subject Teachers





St. Margaret's Secondary School

Slides and Resources



Education Stages

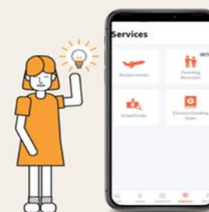
Learning

Technology

Parent-Child Relationships

Well-Being

Personal Growth



NEW ON PARENTS GATEWAY!

PARENTING RESOURCES^{BETA}

NEW

Parents will be able to view resources and tips in the new 'Parenting Resources' on the 'Services' tab.

Here are 3 key features!

1

MOE RESOURCES AT PARENT'S FINGERTIPS

Find Schoolbag articles and Parent Kit issues specially curated by MOE.

SCHOOLBAG
THE EDUCATION NEWS SITE

Parent Kit

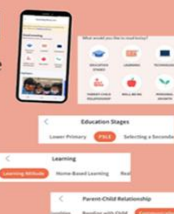


2

6 CATEGORIES TO BROWSE FROM

There are also 27 topics of resources available ranging from 'Learning Attitude', 'Cyber Wellness' to 'School-Home Partnership'.

We will continue to make more useful resources available for parents through this platform.



3

HIGHLIGHTS & LATEST!

This section will highlight recommended reads and the latest resources to parents.



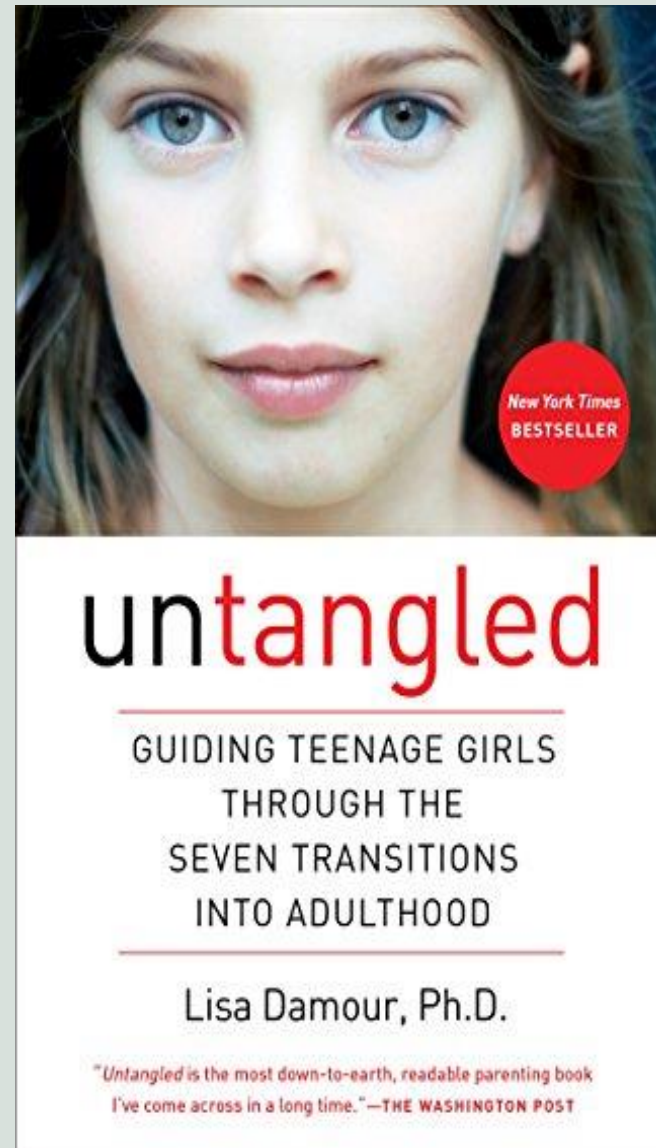
HOW WILL PARENTS BE INFORMED?

The Communications and Engagement Group will be informing parents of this new addition via a **Parents Gateway announcement** on 7 Feb 2022.



Untangled

- Guiding Teenage girls through the seven transitions into adulthood
- Lisa Damour, Ph.D.





Challenge of adolescence (Account of adolescence, anna freud)

I take it that it is normal for an adolescent to behave for a **considerable period of time in an inconsistent and unpredictable manner;**

to fight her impulses **and** accept them;

...

to revolt against them **and** to be dependent on them;

to be stay away from parents **and** to desire heart-to-heart talks with her;

to thrive on imitation of others **while** searching unceasingly for her *own identity*;

to be more idealistic, artistic, generous, and unselfish than she will ever be again, **but** also the opposite: self-centred, egoistic, calculating.



Common Developmental Characteristics during Adolescence



- Learning about her own *identity [SELF]*:
 - Who am I?
 - Where am I headed?
 - How do I fit into society?
- Seeking **acceptance** from **[PEERS]**
- Leaning on good relationship with parents and guidance from them **[FAMILY]**





Engagement

The engaged life



"FLOW"

We think + feel nothing when fully engaged

E

Relationships

authentic, meaningful, life enhancing connections



The related life

R

Positive emotion

P

The pleasant life



feeling good
happiness
satisfaction
resilience
pleasure
rapture
warmth
optimism
self-esteem
comfort

Well-being theory

Goal: to increase FLOURISHING

Martin Seligman 2002

Achievement

A

The accomplished life



inspired action
success
mastery
goals

Meaning

The meaningful life



purpose
passion
fulfilment
contribution
belonging

Motivations

M



What would you like your parents to 'hear' more about at PTM?

Is it possible to be more understanding (understand us from our point-of-view).

I am trying to manage my CCA on top of my studies

Sec 3 is a huge jump from lower sec so just be there for us and give some leeway when our grades aren't up to their expectations at the beginning of the year as we're still adjusting.

There are more subjects and I worry that there may be a dip in my performance

Don't worry about me I am worried that you are worried about me





Changes at Sec 3 (Academic and CCA)

- More rigorous curriculum / New subjects in upper secondary (Pure/Combined Sciences, Social Studies, POA, A Math etc)
- Coursework subjects (F&N, Art, Music)
- Time of taking on additional responsibilities in their CCAs



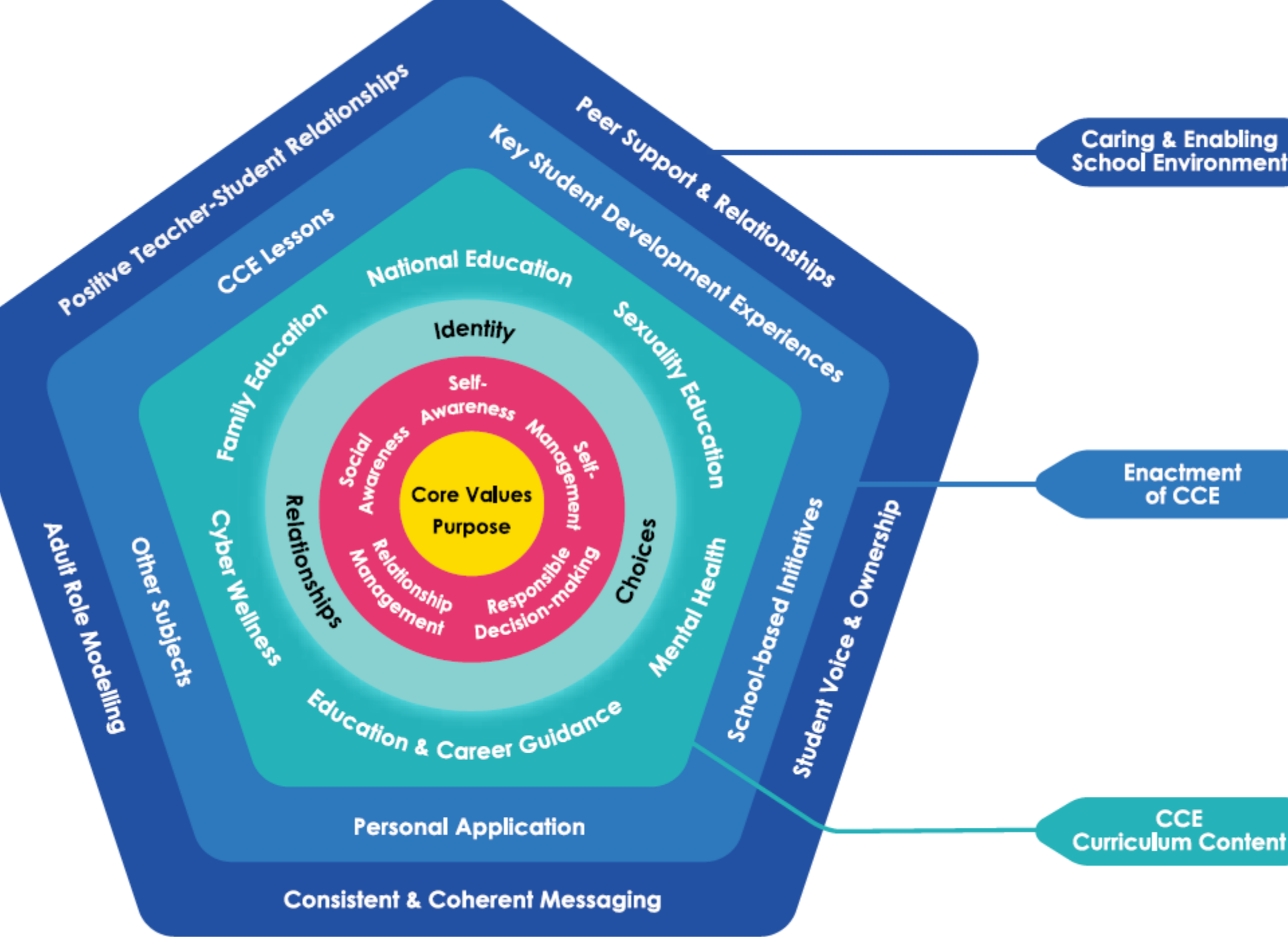
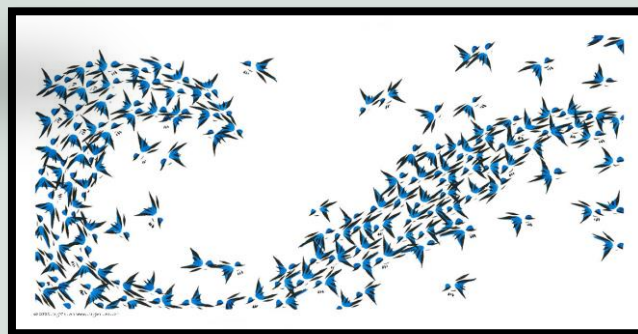


Figure 1: CCE Curriculum Frame



#BeWell
#BeConnected
#BeALight





Supporting your child's transition through

Secondary School

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Find out how your child's preferences are changing. Show interest by asking open-ended questions.
- Make a habit of chatting at a fixed time each day.
E.g. At dinner time.

FAMILIARISE

- Find out what secondary school life is like for students these days.
- Excite him/her about new experiences secondary school students can have.
- Encourage him/her to pick up a new hobby or hone skills in outdoor sports.
- Limit his/her time spent on digital devices.

AFFIRM

- Remember your child's strengths. Build his/her self-esteem in those areas.
E.g. "You have the unique ability to get along well with people."
- Praise and affirm efforts in front of relatives and friends.
E.g. "She is very helpful towards her grandparents."

EMPATHISE

- Acknowledge your child's varying emotions.
E.g. "I understand you feel anxious about starting school without any of your old friends."
- Encourage your child to share thoughts and feelings about the new school.
- Prioritise sufficient sleep.



Spend Time Chatting. Use T.A.D.

Talk

Talk about the different realities faced by teens these days compared to the past.
E.g. How you communicated with friends without social media.

Ask

Ask about his/her thoughts and feelings on people and events around him/her or in the news.
E.g. What are some ways of having wholesome fun? How does he/she feel about the different types of jobs that adults do?

Discuss

Discuss some acceptable boundaries with regard to the use of electronic devices.
E.g. What are some rules for having a mobile phone (with or without a data plan)?

QUICK TIPS

- Listen attentively to understand what your child might be feeling and thinking.
- Avoid providing advice immediately when not asked.

These tips may be used with children of other ages too; it depends on each child's needs. Using these tips in your child's journey through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.



Ministry of Education
Singapore



What adults can do?

- Do not take the rejection personally
- Continue to insist on basic courtesy from the teenager
- Help her be assertive without being mean
- Help the teenager realise that there are problems that are beyond them, and call for help is not betrayal of their friends
- **Technology:**
 - Preparing the teenager for the online world before she is allowed to navigate it but set the terms of use from the start
 - Age appropriate exposure and material provision for the teenager
 - Make clear to teenager rules of virtual social behaviour is the same as that of real social behaviour





What can Parents Do?

- Encourage your teen to **develop solutions** to problems or conflicts. Help your teenager learn to make good decisions.
- Create opportunities for him to use his own judgment, and be available for advice and support.
- Talk with your teen and help her **plan** ahead for difficult or uncomfortable situations.
- Discuss what she can do if she is in a **group** and someone is smoking or under (peer) **pressure** to have physical relationships for e.g.



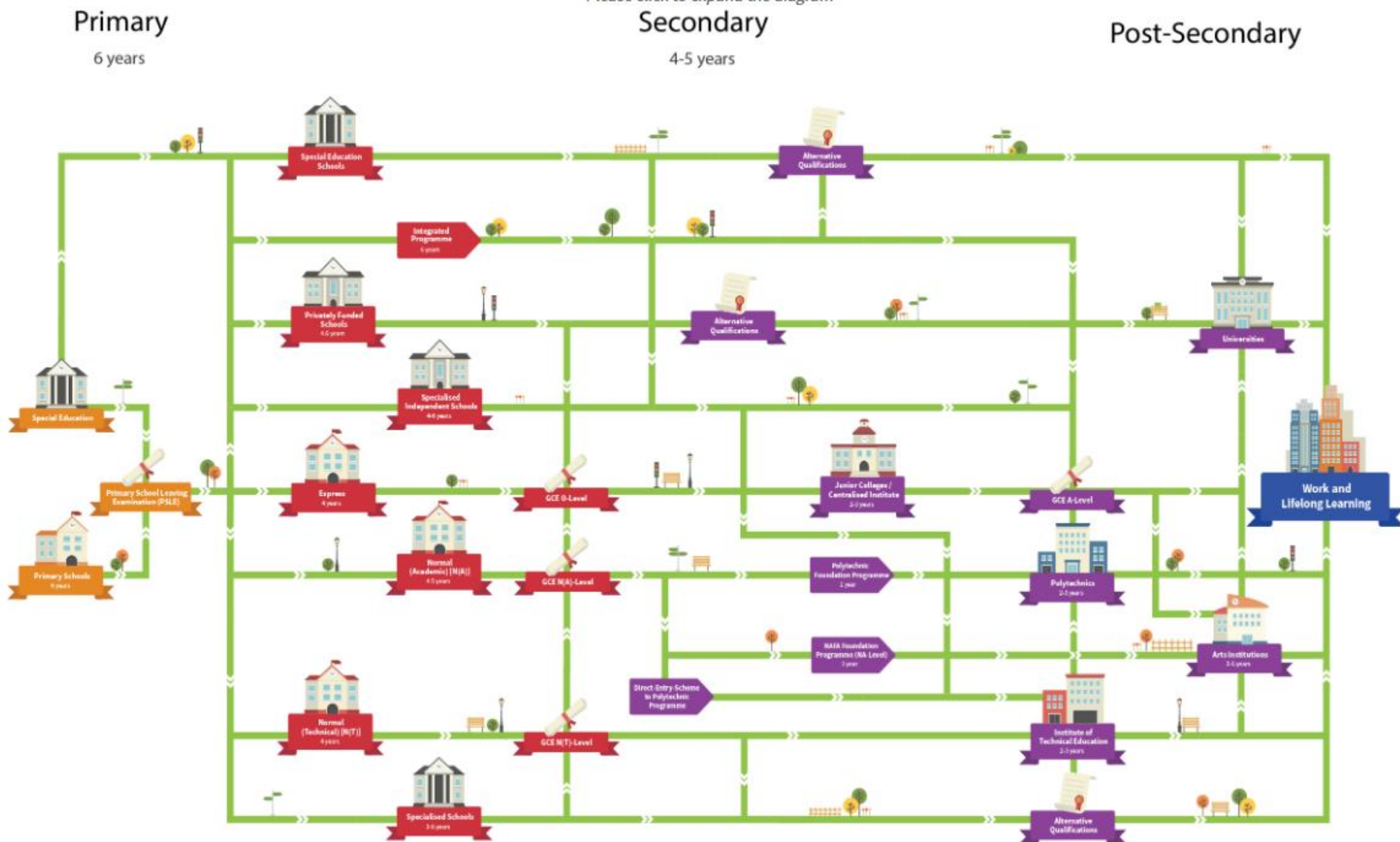


3. Education and Career Guidance



Singapore Education Landscape Overview

Please click to expand the diagram



Many Pathways



Multiple Opportunities



Fulfilling Outcomes for All





- Post-secondary education and admissions section of the website.
- Students can use look for information on JAE, schools and courses offered by the institutions.
- <https://www.moe.gov.sg/post-secondary/admissions/jae>





JOINT PRESS RELEASE



Ministry of Education
SINGAPORE



5 January 2022

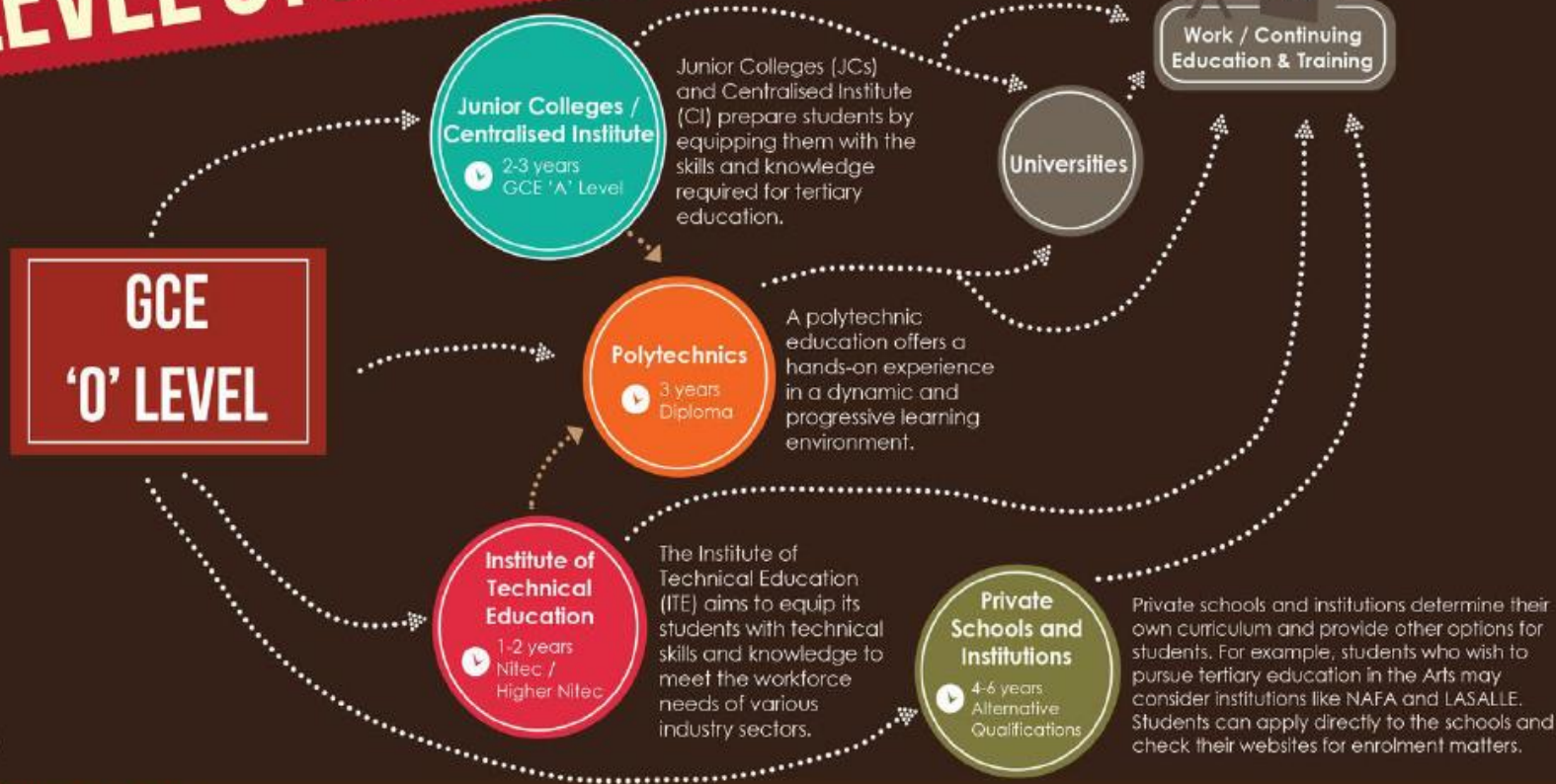
RELEASE OF 2021 SINGAPORE-CAMBRIDGE GCE O-LEVEL EXAMINATION RESULTS AND 2022 JOINT ADMISSIONS EXERCISE

1. The results of the 2021 Singapore-Cambridge General Certificate of Education Ordinary Level (GCE O-Level) examination will be released on 12 January 2022, 2.00pm.

Results Release for School Candidates



EDUCATION PATHWAYS FOR 'O' LEVEL STUDENTS



HOW TO APPLY



JUNIOR COLLEGES /
CENTRALISED
INSTITUTE

L1R5
AGGREGATE

20 OR LESS
for JCs

Students may apply through:

* **Joint Admission Exercise (JAE)**; or

* **Direct School Admission-JC (DSA-JC) Exercise** for those with greater range of student achievements and talents.



POLYTECHNICS

HOW TO APPLY

Students may apply through:

* **Joint Admission Exercise (JAE)**;

* **Joint Polytechnic Special Admissions Exercise (JPSAE)** for students with special aptitude and talents; or

* **Direct Polytechnic Admission (DPA) Exercise** which gives the polytechnic the flexibility to select students based on criteria other than exam results.



**INSTITUTE OF
TECHNICAL
EDUCATION**

HOW TO APPLY

* For **Nitec** courses, students can participate in the **Joint Intake Exercises (JIE)** conducted by ITE.

* For **Higher Nitec** courses, students can take part in the **Joint Admission Exercise (JAE)**.



Options at the end of 4E/5N

No	Option	Requirement / Eligibility to Apply
1	A Levels	To enter a JC: L1R5 must be $\leq 20^*$ (before bonus points) <i>Subject-specific requirements</i> To enter MI: L1R4 must be $\leq 20^*$ (before bonus points) <i>Subject-specific requirements</i>
2	Polytechnic (Diploma)	General: Pass in EL and Maths Aggregate for 5 subjects including EL & Maths (EL R2 B2) must be $\leq 26^*$ (before bonus points) <i>Subject-specific requirements</i>
3	Higher Nitec Course @ ITE	Generally Grade 1 - 7 in English Language Grade 1 - 7 in Mathematics (Elementary or Additional) or Principles of Accounts Grade 1 - 7 in one other subject.
4	Nitec Course @ ITE	Generally Grade 1 – 8 in any 2 subjects



Blended Learning and Home-based Learning Days



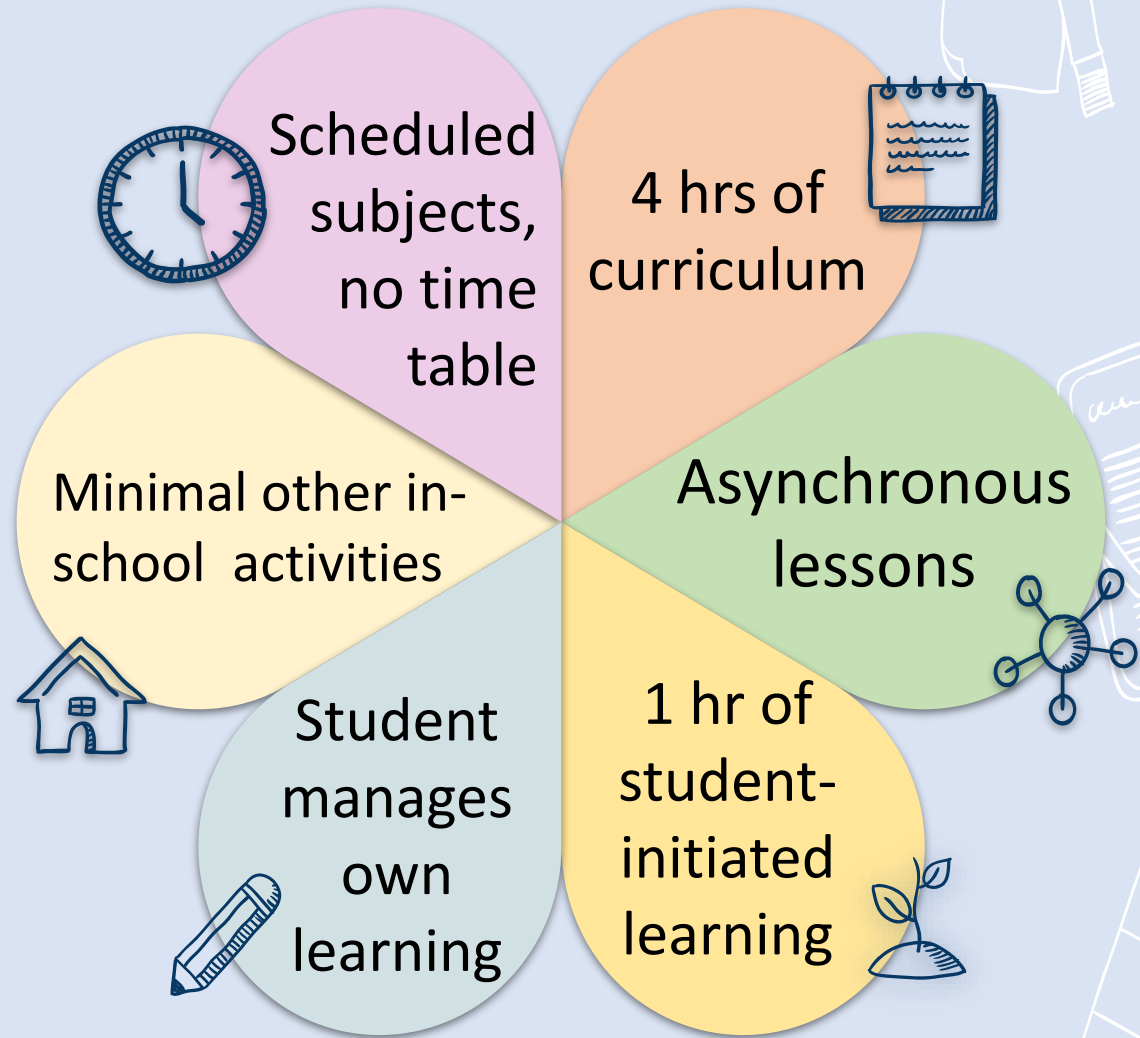
Starting Term 2



Every EVEN Wednesdays
for Secondary 3 students



A Typical HBL day



Self-directed and
independent learners

Passionate and intrinsically
motivated learners



How can I support my child?

1. Work with your child to find a conducive space for them to learn (e.g. stable WiFi connection, set a learning routine together, etc)
2. Allow your child to take charge of and be accountable for her learning (curriculum & beyond) → Cheer her on, encourage her
3. If you do want to be involved, a simple suggestion is to check in at the end of the day and ask her these questions;
 - What did you learn?
 - How did you learn it?
 - How did you know you learnt it?

Semester 1

		Term 2				
	Term 1	T2W2 30 Mar	T2W4 13 Apr	T2W6 27 Apr	T2W8 11 May	T2W10 25 May
Sec 3E / NA	School as per normal, no HBL Days	(1) Mother Tongue (2) Combined Humanities (SS and Elective Hum) (3) 3/1-3/4: Add. Math / POA / Biology / P. Hum 3/5: Biology 3/6 -3/8: Art/ Nutrition & Food Sci / Drama / Add Math				
Sec 3NT		Mother Tongue, Social Studies, Computer Applications, and Art / EBS				

Enrichment Day
(Home-based)

Semester 2

	Term 3					Term 4		
	T3W2 6 Jul	T3W4 20 Jul	T3W6 3 Aug	T3W8 17 Aug	T3W10 31 Aug	T4W2 21 Sep	T4W4 5 Oct	T4W6 19 Oct
Sec 3E / NA	PE(3E) or POA (3N) 3/2 – 3/5 English Language, E Math, P. Chem 3/1, 3/6, 3/7 7 3/8 C. Chem						No HBL on 5 Oct in lieu of End-of-Year Examinations	Enrichment Day (Home-based)
Sec 3NT	English Language, Math, Science, and PE							

Note: The HBL Day schedule for Semester 2 ends in T4W6, as the school term closes in T4W7.

For more information on HBL Days and how you can support your child, visit our HBL Days Parent Resource Site





Key Dates 2022





WELCOME TO
St. Margaret's
SECONDARY SCHOOL



EVENTS

[Home](#) > [Events](#) > [School Calendar](#)

School Calendar

smsscaldar@gmail.com

Today ◀ ▶ February 2022 ▼

Print [Week](#) **[Month](#)** [Agenda](#) ▼

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	Feb 1	2	3	4	5
T1W5						
Eve of CNY		CHINESE NEW YEAR	CHINESE NEW YEAR	12:50pm Assembly (House Ses		
6	7	8	9	10	11	12
T1W6						
CCA Registration			S3NT PTM		12:50pm CCE	
			Class Committee Training			
			HBL Day for Sec 2s		Sec 3NA PTM	
			+2 more			
13	14	15	16	17	18	19
T1W7						
Release of CCA Allocation			2:30pm English/MT DoTS Story		12:50pm CCE / CCA-CCE	
			Total Defence Day			
			3pm DOTS Science Workshop			



Key Dates 2022

Event	Date
Parent – Teacher Meeting	27 May 2022
Racial Harmony Day Speech & Prize Giving Day	22 July 2022
End-of-Year Examinations (marking days)	14 and 17 October 2022
Headstart Lessons	25 October to 4 November 2022
Study Camp	7 to 11 November 2022
Work Attachment / Job Shadowing Programme (TBC)	7 to 25 November 2022





'Commonly' Asked Questions

Qn [Subject Combination]

Are the girls still able to appeal to change the subject? If so, what is the criteria?

The appeal period has already closed.

If you have any concerns about your daughter's learning and well-being, please discuss with her Form Teachers on how best to support her.

You can also write in to the school generic email.





'Commonly' Asked Questions

Qn: [NDLP/PDLP]

What are the rules and regulations for students on usage of the laptop? We, parents, have a hard time in managing our child screen time.

- A. Teaching and learning device
 - Device Management Application (DMA) will also be installed in the student's laptop to allow teachers and parents to manage the device and the software.
 - White-listing
- B. Digital Literacies Programme (cyber wellness)
- C. Acceptable Use Policy for laptop and mobile phone
- D. Working with Students and Parents: Screen-time, ethical and responsible use, etc





Q&A

Use of PLD

Can we install soft-wares like printer drives?

How to track websites visited by children and if unsuitable, how to block those sites/domains?

This can be done if parents opted for DMA Option A or Option B.

Please refer to the announcement titled 'Selecting After-School Device Management Application (DMA) Parent Options for Personal Learning Devices (PLD)' sent out on 12 Oct 2021 for more information on the DMA options.

3) How to manage and monitor screen time?

[control----- >> ----- self regulation]

- DMA Option B (See Qn 2)
- Phone applications?
- OB-Markers Agreement/discussion
- Self Regulation/Self Directed





Qn: [NDLP/PDLP]

Can the PLD be left in school?

Is there going to be a cupboard where students can store their pld?

PLDs cannot be left in school. Students are to take them home every day so that they could complete assignments and charge the PLDs for the next school day. There is storage in classrooms but only for use when students are having lessons at other venues and PLDs are not required. Students are not allowed to store their PLDs in these cabinets after school hours





Use of PLD

DEFAULT SETTING

- This is the selected option, if you do not request for either Option A or B. This option presents you with a dashboard from which you can view your child's/ward's browsing activity.

Option A

- If you wish to have more flexibility with the Personal Learning Device (PLD), you can opt for Option A.
- This option allows you to install applications and to customise your child's/ward's sleep timing, while retaining the web filtering function, to protect your child/ward from unsafe contents.

Option B

- For parents who wish to have total control of the device after school hours, they can opt for Option B.
- In addition to having the ability to install applications of choice, all activities on the device are not logged.
- It is important to note that by not logging activities, there is no content filtering in place to protect your child from unsafe web content. There is also no sleep hour restriction on the device, which means that the child/ward will be able to use the device at any time





Qn: [ECG]

Would there be a talk / workshop for Sec 3 students on education and career guidance this year?

Yes, we will be arranging ECG talks for the Sec 3 students in May and October.

Qn: [ECG]

Are there open houses or talks she could attend to better understand her path after N/ O levels?

Open Houses are conducted by the institutes of higher learning (IHL). Parents/ students can check the school websites for specific details of the Open Houses. The “Calendar of Events” in MySkillsFuture Portal provides details of events organised by the IHLs, including EAE/ DSA training and Open House.

<https://www.myskillsfuture.gov.sg/content/student/en/secondary/education-guide/events.html>





I would like to know what career(s) are suitable for my daughter in the future. What program and how is the school helping each student set her specific education/career guidance based on the multiple pathways for the students? Any interaction or involvement with the parents?

1. Parents/ students may refer to the “World of Work” in MySkillsFuture Portal for industry information.
<https://www.myskillsfuture.gov.sg/content/student/en/secondary/world-of-work/industry-landscape.html>
2. Work Exploration Programme (2 Mar and 25 July).
 - All Sec 3 students are involved in this programme.
 - SLS lesson package which aims to allow students to identify their work and personal values and match them to possible career paths.
3. Work Attachment/ Job Shadowing Programme (between 7 Nov and 25 Nov). Students will be invited to sign up for the programme.

