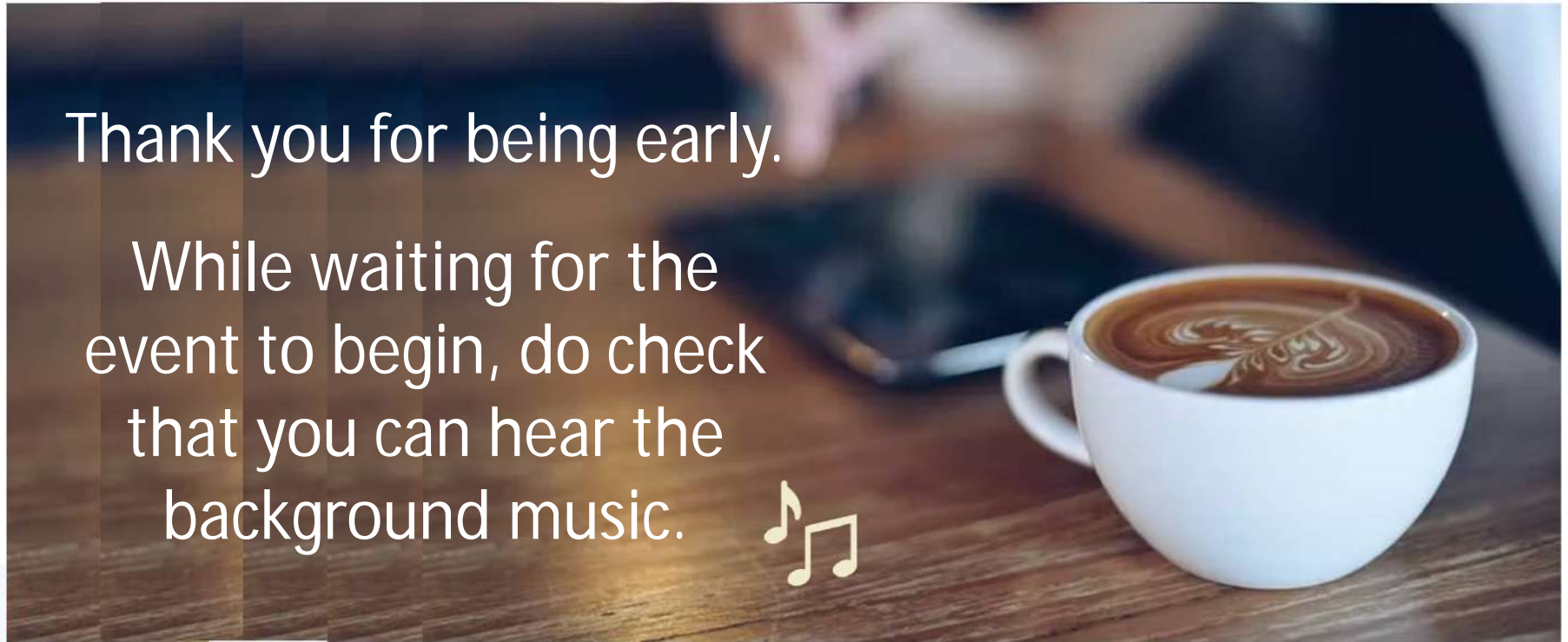




Welcome to the P6 Kopi Chat!

Thank you for being early.

While waiting for the event to begin, do check that you can hear the background music.





Objectives of Kopi Talk

- To provide an opportunity for an informal chat on the school's holistic curriculum and teaching & learning at IJ OLN.
- Questions and feedback are welcome. Just type in your comments or questions at any time via the Chat function.
- We will not discuss
 - Matters regarding other levels
 - Unique / Individual situations

For these, please make an appointment to talk to teacher / SLs.

Our email addresses can be found in

<https://chijourladyofthenativity.moe.edu.sg/contact-us/email-contacts>





Speakers



**Mrs Catherine
Michelle Beins**
Vice Principal



Ms Christina Teo
Principal



Ms Wendy Woo
Year Head (P5 & P6)

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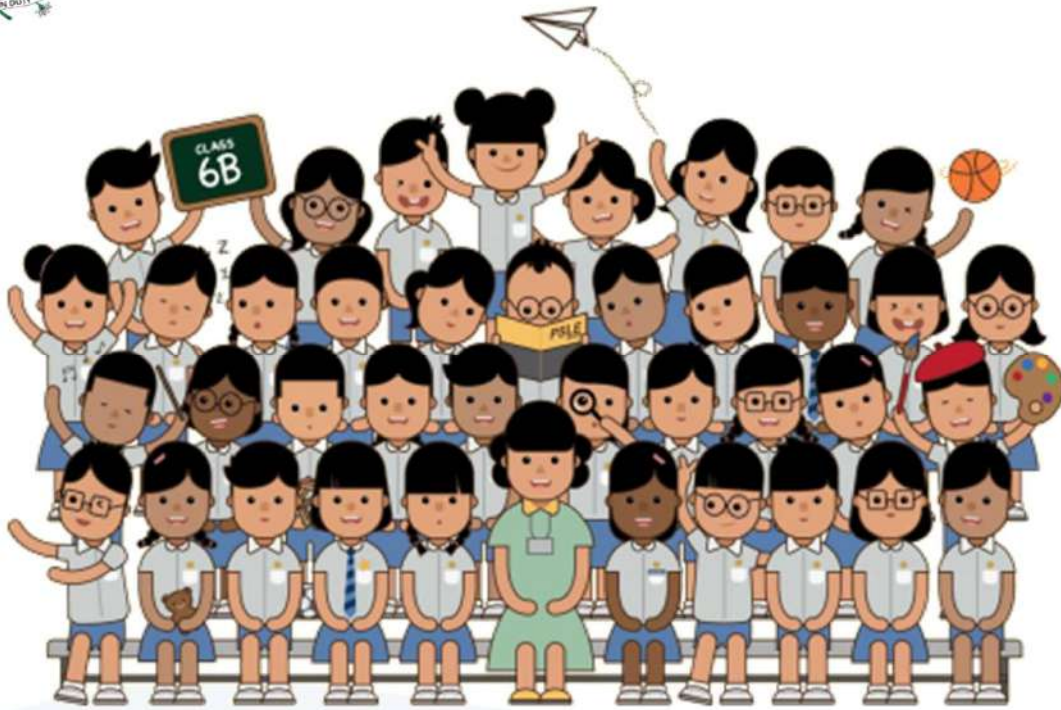
Enjoy our 2022 Semester 1 Photo Montage

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PSLE updates



- **PSLE: Changes from 2021**
- **Important dates**
- **Common Last Topics to be removed**





Networking

Virtual Networking 2022

Principal's Slides

21 Jan 2022

Talk to parents of P5 & P6 Students

Academic Slides

English	P1	P2	P3	P4	P5	P6
Mother Tongue	P1	P2	P3	P4	P5	P6
Maths	P1	P2	P3	P4	P5	P6
Science			P3	P4	P5	P6

Slides for Kopi Chats 2022 (Semester 2)

Pri 1

Pri 2

Pri 3

Pri 4

Pri 5

Pri 6





Information on the PSLE

<https://chijourladyofthenativity.moe.edu.sg/information-for-parents/psle-banding-and-s1-sch-selection>

[Home](#) / [Information For Parents](#) / [PSLE Banding and S1 Sch Selection](#)

PSLE Banding and S1 Sch Selection

Taking the PSLE or progressing to secondary school from 2021 onwards?

Learn about the changes to the PSLE scoring system [here](#).

Learn about the PSLE Scoring and Secondary 1 Posting from 2021 [here](#).

Learn about a secondary school that's suitable for your child [here](#).

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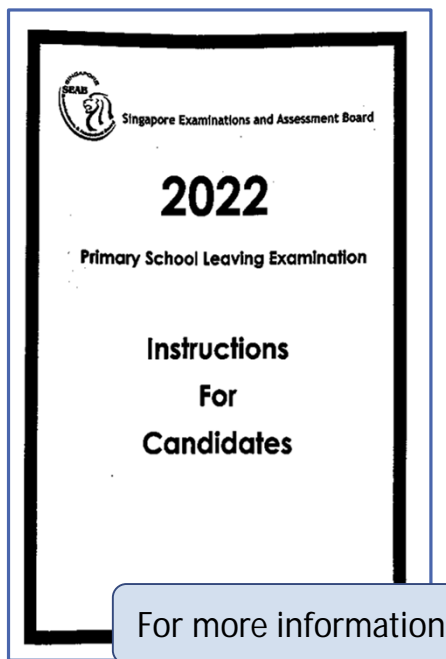




PSLE 2022 – Important dates

Date	Subject	
Monday & Tuesday, 15 & 16 August	Oral Examinations	- Mother Tongue Languages - English Language
Friday, 16 September	Listening Comprehension Examination	- Mother Tongue Languages - English Language
Thursday, 30 September	Written examination	English Language
Friday, 30 September		Mathematics
Monday, 03 October		Mother Tongue Languages
Tuesday, 04 October		Science
Wednesday, 05 October		Higher Mother Tongue Languages

Source - <https://www.seab.gov.sg/home/examinations/psle>



For more information





Preparing for PSLE 2022 – Important dates

Suppl Lessons during the Sept holidays

- Monday 5 Sept
 - Tuesday 6 Sept
- (7.45 to 12.15pm on both days)

Run up to PSLE (written)

Mon 26/9	Tue 27/9	Wed 28/9	Thu 29/9	Fri 30/9
P6 lessons as usual			PSLE EL	PSLE MA
After school CLINIC sessions for P6 students				



NO Pre-PSLE Study Break for P6 cohort

- **[2022] Revert to Pre-COVID:** There will not be a system-wide implementation of study break in the lead-up to PSLE
- In 2021, all primary schools implemented a three-day study break in the lead-up to PSLE. The intent of this measure was to mitigate the risk of school-based transmission and number of P6 students impacted by ringfencing measures.

Mon 26/9	Tue 27/9	Wed 28/9	Thu 29/9	Fri 30/9
P6 lessons as usual			PSLE EL PSLE MA	
After school CLINIC sessions for P6 students (details by Acad Heads)				

PSLE 2021 –  Last re  be removed

Note:
These topics will still be taught but they will not be examined at either Prelims or PSLE.

Standard 1	Primary 6 content up to and including Time, Probability and Statistics
Foundation	Primary 6 content up to and including Geometry, Probability and Statistics
Standard 2	Interaction with the environment

*For skill-based subjects such as English, Mathematics, and Mother Tongue Language, the disruption of learning will not be measured. In such instances, SEA will consider the disruption during marking and grading.





What if my child is unwell during PSLE?

- If a student is not well, e.g. having a fever ($\geq 38^{\circ}\text{C}$) or exhibiting flu-like symptoms, inform her teacher/school and do **NOT** report for examination and we will advise accordingly.
- Students who are unwell should seek medical attention immediately. See a doctor and have the doctor state on the MC that the child is unfit to sit for the PSLE. MC must be submitted to school.





What if my child fails EL / Maths / Sc / MTL?

- PSLE is a placement examination. There is no passing or failing mark.
- It determines how ready students are to access the curriculum at the next level, and the most appropriate course for them.
- Candidates will be emplaced to the various secondary school courses based on their awarded *PSLE score*.
- Impact of each subject's AL → SBB allows eligible N(A) and N(T) students to take selected subjects at a more demanding level at Secondary 1, based on their AL scores for individual subjects rather than the overall PSLE score.
- Impact of poor scores for MTL → Syllabus B in secondary schools



When will a child not progress to a secondary school?

- PSLE score > 30
- PSLE score 26-30 (i.e. N(T) placement) and did not get at least an AL 7 in both EL and Maths.

Placement outcome	PSLE score
Express	4-20
Express/ N(A) Option	21-22
N(A)	23-24
N(A)/ N(T) Option	25
N(T)	26-30 <i>with AL 7 or better in both English Language and Mathematics</i>



Affiliates are eligible for affiliation priority if they:

- Meet the affiliate minimum requirement (AMR) set by the affiliated secondary school; and
- Indicate the affiliated secondary school as their first choice at Secondary 1 Posting
- **There is no change to affiliation policy in the new PSLE Scoring and S1 Posting systems**



HENRY'S SCHOOL CHOICES	
1.	School X
2.	School Y
3.	...
4.	...
5.	...
6.	...

Henry and Joanne are studying in a primary school that is affiliated to School X. The AMR for School X is 12.

Henry will receive priority for admission for School X, as it is his first choice. Joanne will not, as School X is her third choice.

JOANNE'S SCHOOL CHOICES	
1.	School Y
2.	School Z
3.	School X
4.	...
5.	...
6.	...





Affiliation Priority

- Meeting the AMRs does not guarantee admission into the affiliated secondary school:
 - Subject to the availability of vacancies in the school
 - If the demand from affiliates exceeds the available vacancies for affiliates, they will be posted by merit based on their PSLE scores
- Schools will continue to reserve 20% of the places in each course (Express/N(A)/N(T)) for students who do not benefit from affiliation priority





How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]

- Subject syllabus
- Supplementary classes
- PSLE booklet, papers from other schools & materials from IJ OLN's resource packages
 - Done at home and in class
 - For time management, e.g. timed conditioning practices. Started earlier this year.
- Targeted practice during school hours
- Pacing our girls
- Independent learning





How do we help our girls manage stress?

- School focus on GLOW
- Assembly talks
- Integrated into curriculum, e.g. 360 Pockets Of Joy, FTGP
- GLOW mornings
- Teacher chit chats
- School Counsellor's sessions



GLOW with Positivity' approach

- **G**rowing positive engagement & accomplishment
- **L**iving out positive meaning & purpose
- **O**wning positive health & emotions
- **W**eaving positive relationships

What is the difference between good and bad stress?

1. You feel motivated to continue working on a task.
2. Good stress management can build resilience and encourage a positive growth mindset.
3. Good stress can strengthen your immune system, enhance your memory and learning and improve your decision making skills.

Hmmm... I am motivated when faced with challenges!



1. You become easily frustrated.
2. You have a hard time relaxing.
3. You are always overwhelmed and have a hard time handling daily tasks.



How are you so calm during exam week?





How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]

FTGP/Ved Lessons:
Using stories and games to reinforce positive mindsets and help-seeking skills

G.R.A.C.I.A STAR
Adaptability
Self Management

Sem 2 Activity 2
G.R.A.C.I.A STAR
Adaptability
Self Management

Term 3 Activity 1
G.R.A.C.I.A STAR
Adaptability
Self Management

Sem 2 Activity 8

POWER OF GROWTH MINDSET

TAKING BRAIN BREAKS

Roll a die and perform the brain break in the first column. For example, if you rolled a 1 for your 1st roll, do 10 jumping jacks. Roll again to perform the 2nd brain break, then the 3rd. Make the affirmations die as well and roll both dice together. Say the affirmations to yourself during or after you perform the activity!

	1 st Roll	2 nd Roll	3 rd Roll
1	Do 10 jumping jacks	Dance to your favorite song	Balance on one foot as long as you can
2	Imaginary jump rope for 20 seconds	Snake pose for 10 seconds	Do a triangle Pose
3	Run in place for 20 seconds	Dog pose for 10 seconds	Do a bear walk for 1 minute
4	Water-fall pose for 10 seconds	Hop like a frog 5 times	Run in place for 20 seconds
5	Flamingo pose for 5 seconds	Skip for 1 minute	Tip toe for 10 seconds
6	Pretend you are walking on a tightrope	Walk like a robot	Air guitar to your favorite song

POWER OF GROWTH MINDSET

Fill in the blanks with the traits of a person who has growth mindset.

FAMOUS FAILURES (I)

Reflection

Write 3 interesting facts about the persons you've heard. What have you learned about him/her?

1

2

3

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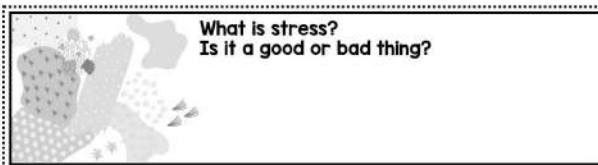


How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]

G.R.A.C.I.A STAR
Adaptability
Self Management

Term 3 Activity 2

MANAGING STRESS



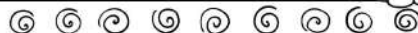
The following scale indicates stress level. 1 represents 'Almost no stress' and 10 represents 'Highly stressed – unable to carry out daily functions like eating and sleeping properly'. What is my current stress level? (Colour the circle that represents your current stress level.)



1 2 3 4 5 6 7 8 9 10



I am stressed by ...



Primary 6 – Page 13

G.R.A.C.I.A STAR
Adaptability
Self Management

Term 3 Activity 2

MANAGING STRESS

Which of the following ways of managing stress is worth a try? Put a tick if you think you will try it.

- | | |
|--|---|
| <input type="checkbox"/> Read a book / magazine | <input type="checkbox"/> Ride a bicycle |
| <input type="checkbox"/> Write a journal / letter | <input type="checkbox"/> Create origami |
| <input type="checkbox"/> Use affirmation self-talk | <input type="checkbox"/> Cook / bake |
| <input type="checkbox"/> Rest, nap or take a break | <input type="checkbox"/> Ask for help |
| <input type="checkbox"/> Go for a walk / run | <input type="checkbox"/> Talk to someone you trust |
| <input type="checkbox"/> Drink water | <input type="checkbox"/> Build Something |
| <input type="checkbox"/> Play a board game | <input type="checkbox"/> Get a hug |
| <input type="checkbox"/> Do something kind | <input type="checkbox"/> Visualise a peaceful place |
| <input type="checkbox"/> Make / play with slime | <input type="checkbox"/> Stretch |
| <input type="checkbox"/> Take a shower | <input type="checkbox"/> Make art |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Use positive affirmations |
| <input type="checkbox"/> Forgive, let go, move on | <input type="checkbox"/> Take slow, mindful breaths |
| <input type="checkbox"/> Practice Yoga | <input type="checkbox"/> Use aromatherapy |
| <input type="checkbox"/> Cuddle with your pet | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Practice gratitude | <input type="checkbox"/> Cry |
| <input type="checkbox"/> Do a puzzle | <input type="checkbox"/> Use a stress ball |
| <input type="checkbox"/> Blow bubbles | <input type="checkbox"/> Look at photographs |
| <input type="checkbox"/> Smile and laugh | <input type="checkbox"/> Eat healthy |

Primary 6 – Page 14

Explicit teaching on stress management skills





Pockets of Joy





How CHIJ OLN Supports Our Girls' Learning

- Explicit teaching of study skills to strengthen self-regulated learning and case studies

WHAT IS SELF-REGULATED LEARNING?

Time for us to find out more...



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What she doesn't realise is...

Not all forms of studying are equal.

For students like Tina, learning to direct time and energy to the most productive ways of studying and learning will result in a more effective and rewarding learning experience, which in turn can boost self-efficacy and motivation.



What she doesn't realise is...

It's not too late...

For students like Cherie, finding the motivation to persevere is the first step. Next, she can learn to seek help, manage her time and environment. Finally start planning, setting goals and lay out strategies to tackle each problem.



How CHIJ OLN Supports Our Girls' Learning

Strategy 1:

I will give myself small goals and try to accomplish them. Once my small goals are achieved, I will motivate myself and get myself a reward.

[View Details](#)

TEACHER FEEDBACK

Strategy 1:

If my parents are at home, I can actually put my phone away in a drawer so that I don't get distracted. I actually share the room with my sister since my grandmother is staying with me. So, I can kick her out of

[View Details](#)

TEACHER FEEDBACK

Strategy 1:

Find new things to learn or do

[View Details](#)

TEACHER FEEDBACK

Strategy 1: Put away distractions.

[View Details](#)

TEACHER FEEDBACK

Strategy 1:

promote reflective dialogue

Strategy 2:

[View Details](#)

TEACHER FEEDBACK

Strategy 1: try to use different study methods and see which one is the most effective.

Strategy 1: Set a goal that is achievable for her and work hard towards it. Never listen to other people's negative comment and keep on trying my best

[View Details](#)

TEACHER FEEDBACK

Strategy 1:

I can think about success instead of failure

[View Details](#)

TEACHER FEEDBACK

Strategy 1:

Instead of being reminded to do my school or tuition work, I will be motivated to do my own work without being reminded to.

[View Details](#)

TEACHER FEEDBACK

Strategy 1: Creating a plan

[View Details](#)

TEACHER FEEDBACK

Strategy 1:

Practice estimating the time to finishing the worksheets

[View Details](#)

TEACHER FEEDBACK

Strategy 1: Set goals and develop a plan





How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]

- Care Package for FTs/Co-FTs to engage our girls emotionally



In this letter, include the following points to help us identify which area you need most help in:

- Your feelings about your preparation for PSLE
- Possible reasons why you think you are/ are not performing up to your expectations
- What motivates you
- The subjects you are most / least confident in
- Strategies you have tried or are trying
- Include any other challenges you are facing
- How can your teachers/school help you



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Ruminating about Rumination - ANTs

9 Types of ANTs



Catastrophising



Blaming self



Labelling



Emotional Reasoning



Unrealistic



Blaming others



Mind Reading / Fortune Telling



Negative-only/ Overgeneralising



All or Nothing





What are **ANTs**?

- **Automatic Negative Thoughts (ANTs)** are negative thoughts and beliefs which influence the way we view ourselves, others, and our situations.





The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]



With and Warmest Wishes

Dear Pri 6 Ladies,

All of us at CHIJ OLN, would like to wish you all the best for the PSLE. Thus, to remind you to persevere and never give up, here is a little motivation pack!

Always remember ... We wish you well, and will always be here for you! We believe in you and are proud of you: an IJ girl who demonstrates the GRACIA values and school motto in all you say and do - Simple in Virtue and Steadfast in Duty.

With Love,

Your Form and Co-Form Teachers

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Simple in Virtue, Steadfast in Duty



Candy

the sweetness, love and care your parents, teachers and friends feel for you.



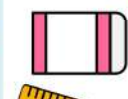
Highlighter

to colour your day and help you see the bright side of things.



Essential Pen and 2B Pencil

to share your thoughts and how much you have learned.



Eraser

to tell you that everyone makes mistakes and how you move on and learn from it is what makes the difference.



Ruler

to keep you on track.



Sharpener

to sharpen your mind.



CARE Pack with Love

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How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]



Uniquely IJ OLN Post sticks for revision
and notes of encouragement

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How CHIJ OLN Supports Our Girls' Learning [academic, exam skills and emotional]

Bookmarks designed by
P6 cohort as gifts for
peers with penned words
of encouragement.



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GLOW with Positivity' approach

- **G**rowing positive engagement & accomplishment
- **L**iving out positive meaning & purpose
- **O**wning positive health & emotions
- **W**eaving positive relationships

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Learning Continues

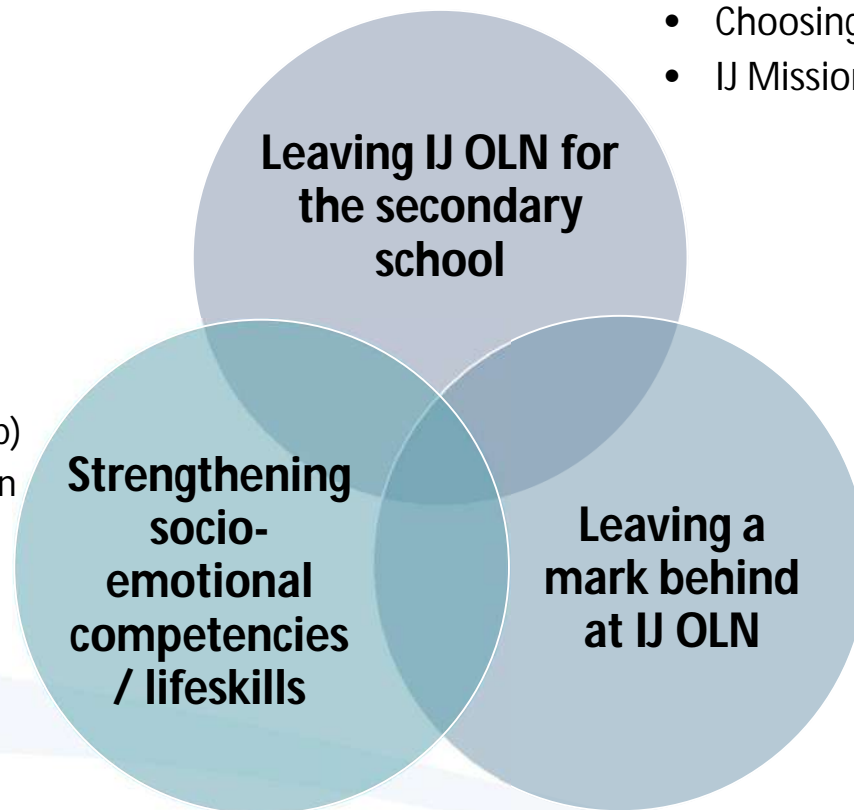
Beyond PSLE





Learning Beyond PSLE

- Secondary School Experiences – Virtual LJ CHIJ SJC
- ECG & Career Awareness Outreach
- Choosing Secondary Schools Talk
- IJ Mission Retreat



- Music Programme
- Legacy Project (installation piece through ART)
- IJ Bazaar for IJHCC
- Project CARE (Sisterly Love + Food Drive for the Needy)

- P6 GRACIA Challenge (Day Camp)
- Transiting from Pri-Sec Education
- SWLJ Movie Experience
- LJ to Asian Civilization Museum
- E-movie experience
- NE Quiz
- Social Etiquette Programme

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How is CHIJ OLN helping your child choose / transit to a Secondary School

Help your child to understand the common challenges



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How does CHIJ OLN help your girl choose a school?

Your Child's Learning Needs

School culture: What is the school's culture and ethos?

Your child's strengths, interests and abilities

RETHINK



Location and transport options:

Is it too far from home? How will your child get to school?

Programmes, subjects and CCAs offered:

Can the school support and develop your child's interests, strengths and abilities?

- ✓ **Shortlist schools that offer programmes that cater to the child's strengths and interests, and that provide suitable learning environments.**
- ✓ Refer to SchoolFinder and the MySkillsFuture Portal for information on the schools' location, school type, CCAs, programmes and subjects they offer to shortlist schools that meet your child learning needs.
- ✓ Refer to the secondary schools' websites and visit their open houses.
- ✓ PSLE-FSBB Microsite - <https://www.moe.gov.sg/microsites/psle-fsbb/posting-to-secondary-school/choosing-sec-schools.html>





Education & Career Guidance Lessons

G.R.A.C.I.A STAR
Responsibility
Responsible Decision Making

Sem 1 Activity 8

My Aspirations & Education Pathway

DISCOVERY TIME!

Your education helps you reach your goals. Through education, you acquire the foundational knowledge and skills, as well as develop the attitude and capacity to do well in your career.

Access the MySkillsFuture website and explore the Singapore Education Landscape. Identify possible pathways for yourself that can help you meet your goals and aspirations.

Refer to the guide to access the "Singapore Education Landscape" module.

Education Pathway

Tick your preferred pathway

An example of an education pathway would be:
Primary Education → Secondary Education doing N(A) → Polytechnic Education → Tertiary Education

Primary 6 – Page 17

G.R.A.C.I.A STAR
Responsibility
Responsible Decision Making

Sem 1 Activity 8

GUIDE: MySkillsFuture Portal

1. Open the web browser and type in the URL:
<https://www.myskillsfuture.sg/content/student/en/primary.html>
2. Click 'login'.
3. Click 'Education Guide' and choose 'Explore Schools'.



4. You can key in text in the search textbox, e.g. CHIJ St Joseph Convent.



Primary 6 – Page 21

G.R.A.C.I.A STAR
Responsibility
Responsible Decision Making

Sem 1 Activity 9

My Desired Secondary School

DISCOVERY TIME!

When choosing your secondary schools, it is important to consider your likes, dislikes and abilities. Access MySkillsFuture website to find out more about the schools you have in mind, and make an informed choice about your future school.

School Choice #1

School Name	
PSLE Range	
Special Programmes	
CCA & Other Information	
This is a school I would like to aim for: YES / NO	
Reason	

School Choice #2

School Name	
PSLE Range	
Special Programmes	
CCA & Other Information	
This is a school I would like to aim for: YES / NO	
Reason	

Primary 6 – Page 24





Stress and the child

“In the context of a reasonably safe environment where children have protective relationships with adults, childhood stress is not a problem. In fact, it promotes healthy growth, coping skills and resilience. It becomes harmful when it is prolonged and when adults do not interact in ways that make children feel safe and emotionally connected.”

Jack P. Shonkoff,
Director, Center on the Developing Child
Harvard University

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BTS Poll results & what we are doing for the P6s

Question:

Which areas are you not coping well in?

Top 3 in order:

- 1) Preparing for examinations
- 2) High expectations from myself and others (e.g. friends, teachers, parents)
- 3) Uncertainty about the future

Emerging Area of Concern:

Difficulty falling asleep : Average of 10 P6 students per class





BTS Poll results & what we are doing for the P6s

Question:

Sometimes we face expectations from ourselves and others to perform well in our studies or other activities. When we feel we cannot meet those expectations, we may feel stressed or anxious. Which of the following is/ are causing you to feel stressed or anxious?

In order of top stressor to least stressor:

- 1) Managing own expectations**
- 2) Managing family's expectations**
- 3) Meeting teacher's expectations**
- 4) Managing friends' expectations**
- 5) I am not stressed by any expectations**



What parents can do

- Support your child
 - A balance between learning and playing / resting, e.g. tuition, additional papers
- Talk & listen
 - Pressing their buttons. They are teens.
 - Negotiate ... what do they need to destress?
 - What is their Lang of Love?
- Tuition: get them to go over mistakes etc and not add extra, e.g. test papers
- Provide conducive study area

5 Love Languages of Children

Physical Touch



- Give encouraging pats on the back and high-fives
- Cuddle and hug
- Give a kiss on the head
- Hold hands on a walk

Words of Affirmation



- Leave sweet notes in lunchboxes or on bathroom mirrors
- Verbalize their successes
- Say "I love you" every day
- Remind them of the wondrous qualities they possess

Quality Time



- Watch a movie
- Read a book
- Bake something together
- Play a card game or sport together

Gifts



- Bake your child's favorite treat for them
- Give your child a flower
- Purchase a book for the two of you to read together
- Assemble a thoughtful care package for your child

Acts of Service



- Make and serve them meals
- Help them practice their sport or engage in their hobby
- Tuck them in at night and read a bedtime story
- Do homework together

* Based on the book, The 5 Love Languages of Children by Gary Chapman, PhD and Ross Greenberg, MD

LOVE • KNOW



Mothership.sg

23h · 🌐

COMMENTARY: "When you hear of how some parents support their children, you may feel conscious or troubled that you have not done as much. I myself have two children, and despite being an educator who is familiar with the design of examinations and the support schools and teachers provide to our students, I am still not immune."

Liew Wei Li, Director-General of Education at MOE, shares her thoughts about the PSLE and how parents should not attach too much significance to the exam, but instead, "role model the right perspectives and attitudes towards such milestones".



MOTHERSHIP.SG

PSLE an important checkpoint, but we as parents cannot let it consume us: MOE's Director-General of Education

THE SUNDAY TIMES | SUNDAY, JULY 17, 2022

Parents shift their focus from good grades to a healthy mind

Nisha Rahim

In the past, Ms Elaine Tan's main concern was supporting her child in getting good grades.

But now, her priority is making sure her daughter is happy and mentally healthy. In the past year or so, she has taken a softer approach towards parenting her daughter, who is a second-year junior college student at River Valley High School (RVHS).

On July 19 last year, a 16-year-old student there allegedly murdered a fellow student, 13, in school.

It has been a learning curve for parents of students at the school, who said they have switched their focus to monitoring their children's emotional well-being and taking care not to add to their stress.

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PRIMARY 6

KOPI CHAT @

CHIJ OLN





THANK YOU

GOD BLESS YOU

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