

Secondary 1 Parent Information Session



CHIJ St. Theresa's Convent



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Simple in Virtue
Steadfast in Duty

Programme Outline

Timing	Programme	Remarks
4.30pm – 4.40pm	Welcome Remarks Introduction of Sec 1 Team	Ms Joyce Tan Sec 1 Year Head
4.40pm – 5.15pm	Address by Vice-Principal	Ms Janice Wee Vice-Principal
5.15pm – 5.35pm	Sharing on the National Digital Literacy Programme (NDLP) – 1- to-1 computing	Mr Ng Kok Huat HOD ICT & KM
5.35pm – 6.00pm	Importance of CCA	Mr Darren Ng HOD PE & CCA
6.00pm – 6.15pm	Triple P Programme	Mr Samuel Tay Montfort Care
6.15pm – 6.30pm	Performance by Sec 1 Cohort	Mr Leslie Francis HOD Student Management & Well being



CHIJ St. Theresa's Convent

MISSION

To create a **Christ-centred** school community where all work together for the promotion of love, truth, justice and freedom, with special reference to the needs of persons who are **disadvantaged** in any way.

VISION

We are a community of **Leaders** and **Learners** for God and for Others.

MOTTO

Simple in **Virtue**, **Steadfast** in Duty

SCHOOL VALUES

LOVE, TRUTH, JUSTICE, FREEDOM



LOVE

With commitment, we love God and others.

- We are *patient*,
- We are *forgiving*.
- We encourage a harmonious & *inclusive* atmosphere.
- We endure & persevere when faced with difficulties and obstacles encountered in the *service of others*.
- We provide extra *support* to others in times of need.



Secondary One Level Team

Level Advisor	Ms Janice Wee [Vice-Principal]
Year Head (YH)	Ms Joyce Tan
Level KP	<ul style="list-style-type: none">• Mdm Chin Pooi Pooi (HOD/ Design & Food Studies and Aesthetics)• Mr Leslie Francis (HOD/Student Well-Being and Management)• Ms Tan Siew Hui (HOD/ English Language & Literature)



Contacts of KPs & Care Team

Name of KP	Email Address
Ms Joyce Tan	tan_shu_min_joyce@moe.edu.sg
Ms Chin Pooi Pooi	chin_pooi_pooi@moe.edu.sg
Ms Tan Siew Hui	tan_siew_hui_a@moe.edu.sg
Mr Leslie Francis	munipas_leslie_francis@moe.edu.sg

Name of School Counsellor (SC)/ SEN Officers/ Student Welfare Officer	Email Address
Ms Karene Teo (SC)	karene_teo_wei_fang@moe.edu.sg
Mdm Lisa Yoanna Astan (SEN Officer)*	astan_lisa_yoanna@moe.edu.sg
Mrs Cindy Ho (SEN Officer)*	cindy_cheong@moe.edu.sg
Ms Chua Wen Hui (SWO)	chua_boon_wai@moe.edu.sg

**To support students who need learning and behavioural support (eg. Autistic Spectrum Disorder/ Dyslexia/ other Learning Needs)*



Secondary 1 Level Team

Class	Form Teachers	
1 St. Anne (1A)	Mr Ngiam Xing Hao	Ms Kasthuri D/O Mahanthran
1 St. Bernadette (1B)	Mr Sekaran S/O Govanden	Ms Ho Yeng Yeng
1 St. Clare (1C)	Mr Pek Aik Soon	Ms Quek Ygee Leng
1 St. Deirdre (1D)	Mr Natarajan Saravanan	Ms Shirley Sim
1 St. Elizabeth (1E)	Mrs Clara Ang	Ms Foo Lee Wee
1 St. Faustina (1F)	Mrs Amutha Elangovan	Mr Timothy Chow
1 St. Gemma (1G)	Mr Lim Choon Hong	Ms Eunice Hung



Contacts of Form Teachers

General Office: 6477 5777 (Tel)

Class	Email addresses
1 St. Anne (1A)	ngiam_xing_hao@moe.edu.sg kasthuri_mahanthran@moe.edu.sg
1 St. Bernadette (1B)	sekaran_chinna_govanden@moe.edu.sg ho_yeng_yeng@moe.edu.sg
1 St. Clare (1C)	pek_aik_soon@moe.edu.sg quek_ygee_leng_a@moe.edu.sg
1 St. Deirdre (1D)	natarajan_saravanan@moe.edu.sg sim_ai_ling_shirley@moe.edu.sg
1 St. Elizabeth (1E)	wong_kit_han_clara@moe.edu.sg <i>To be updated at a later date</i>
1 St. Faustina (1F)	amutha_elangovan@moe.edu.sg timothy_chow_rui_jun@moe.edu.sg
1 St. Gemma (1G)	lim_choon_hong@moe.edu.sg hung_pek_hui_eunice@moe.edu.sg



Reporting to School

- Students should report to the school hall by **7.30am** on all weekdays except Wednesdays.
- Wednesdays are designated as late start days with students expected to report to their classrooms by **8.25am**.



School Events for Term 1

Commencement Mass	Friday 10 Jan (8.00am to 9.00am)	Mass for the whole school will be held during curriculum time.
Temperature Taking Exercise	Friday 10 Jan, Tuesday 14 Jan to Wednesday 15 Jan	Students are to bring their thermometers (ODTs). Secondary One students will be issued an ODT in the first week of school.
Sec 1 CCA Trials & Auditions	Monday 13 Jan to Tuesday 21 Jan	Details will be provided nearer the date.
Home-Based Learning Days (HBL)	Thursday 23 Jan Friday 7 Feb Monday 17 Feb Monday 10 Mar Tuesday 11 Mar	Students are to stay at home to attend lessons online according to their normal timetabled curriculum time.



School Events for Term 1

Event	Date/Time	Remarks
CMC Leadership Training (Sec 1-3)	Monday 27 Jan	For CMC members. Details will be provided nearer the date.
Chinese New Year & Pongal Celebrations	Tuesday 28 Jan	Early school dismissal at 10.30am.
Sec 1 Safe Cycling Programme	Tuesday 18 Feb to Friday 21 Feb (Afternoon)	Details will be provided nearer the date.
Total Defence Day Commemoration	Tuesday 18 Feb	Commemoration activities will be held during curriculum time.
Total Defence Day Singapore Food Agency Resilience Preparedness Programme	Wednesday 19 Feb	Programme will be conducted during curriculum time.
House Practice	Friday 28 Feb (2pm to 5pm)	Details will be provided nearer the date.
Education for Life Camp (EFL)	Wednesday 12 Mar to Friday 14 Mar	Residential camp. Details will be provided nearer the date.
Last day of Term 1	Friday 14 Mar	All



Catholic Events for Term 1

Event	Date/Time	Remarks
Weekly Monday Masses	13 Jan, 20 Jan, 27 Jan, 3 Feb, 10 Feb, 24 Feb (7.15am to 8.00am)	For all levels. Catholic Parents are warmly invited to attend mass with their child.
RE Lessons	Friday 17 Jan, 14 Feb, 21 Feb (7.45am to 8.35am)	For all levels. Lessons will be held in school.
COSY Mass	Sunday 19 Jan (2pm)	It will be held at the Cathedral of the Good Shepherd. Catholic Parents are warmly invited to attend mass with their child. More details will be provided nearer the date.
Ash Wednesday Mass	Wednesday 5 Mar (7.15am to 8.00am)	For all levels.



After-School Engagement – GEAR-UP

The ASE programme GEAR-UP is open to all Theresians who need **a structured and planned activity**.

Students who sign up for the programme will be monitored during their self-study time followed by planned activities and skill-based workshops conducted by teachers, adult volunteers, or the school-engaged trainers.

2.30 pm to 5.00pm on Mondays to Fridays



After-School Engagement – Lighthouse



After-School Engagement – GEAR-UP

What should I do if I would want my daughter/ward to be part of the ASE Programme GEAR-UP ?

- Step 1: Indicate Interest – Interested parents are to first indicate interest by signing up on PG. *(You will be receiving a letter in PG next week)*
- Step 2: Confirmation of sign-up days – Upon confirmation of your daughter/ward CCA, you will be requested to select the days that you wish your daughter/ward to sign-up for (est. Feb 2024)





MontfortCare

Parenting Support Programme

In Partnership with:



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MontfortCare

Parenting Support Programme



- Montfort Care is a Social Service Agency (SSA) dedicated to improving the lives of individuals, families and the community facing transitional challenges
- The Parenting Support Team of Montfort Care was appointed by the Ministry of Family Development (MSF) to deliver Evidence-Based Programmes to the schools and community within the Kreta Ayer / Bukit Merah region.

Why Attend?

Rude & Disrespectful

Computer Game Addiction

Social/Friendship Issues

Smoking / Vaping

Telling Lies

Depressed

Poor Money Skills

Boy-Girl Relationships

Parent-Child Relations

Anxiety

Sleeping late

Bullying / Being Bullied

Handphone Addiction

Eating/Diet Issues

Lack of Motivation

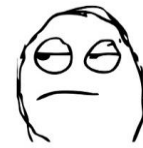


We plan to get you here.

Parenting Pain Scale
(Epidurals not included)



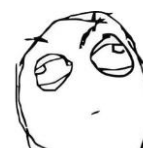
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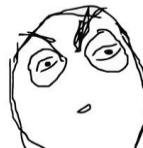
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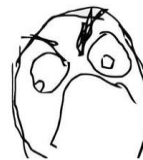
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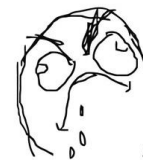
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6



7



8



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Don't wait until you get here...

Types of Parenting Programmes



Seminars / Talks

- Triple-P Seminar Series
- Topical Workshops



Keep a lookout on
Parents Gateway!

Small Groups

- Purposeful Play
- Signposts
- Triple-P Group Online

1 -to- 1 Consult

- Specific concerns
- 4 sessions (1 hr)
- Online (zoom) / In-Person

All programmes are fully funded by the Ministry of Social and Family Development

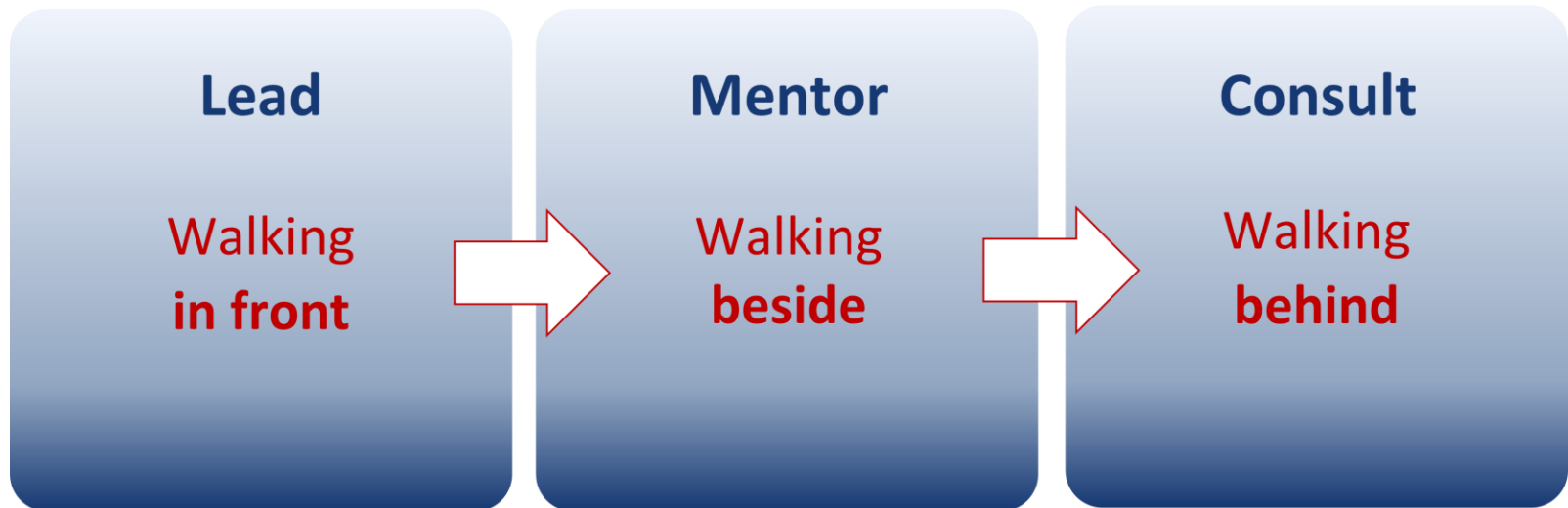
Topical Workshops



- Mindful Parenting (Blindspots)
- Guiding Your Teen in a Digital Age
- Navigating Key Transition Years (Child-Teen)
- Managing Different Parenting Styles
- Debugging our Relationships

- Understanding Emotions & Managing Exam Stress
- Helping Children Regulate Emotions
- Nurturing Child Development
- Transition to P1
- Parent-Child Bonding Time

Shifting Role as a Parent



Leading to Mentoring

Decision

- I make the decisions

Knowledge

- I know better

Focus

- Getting tasks done

Communication

- I say, you listen



Decision

- You decide, I advise

Knowledge

- You may know better

Focus

- Developing your potential

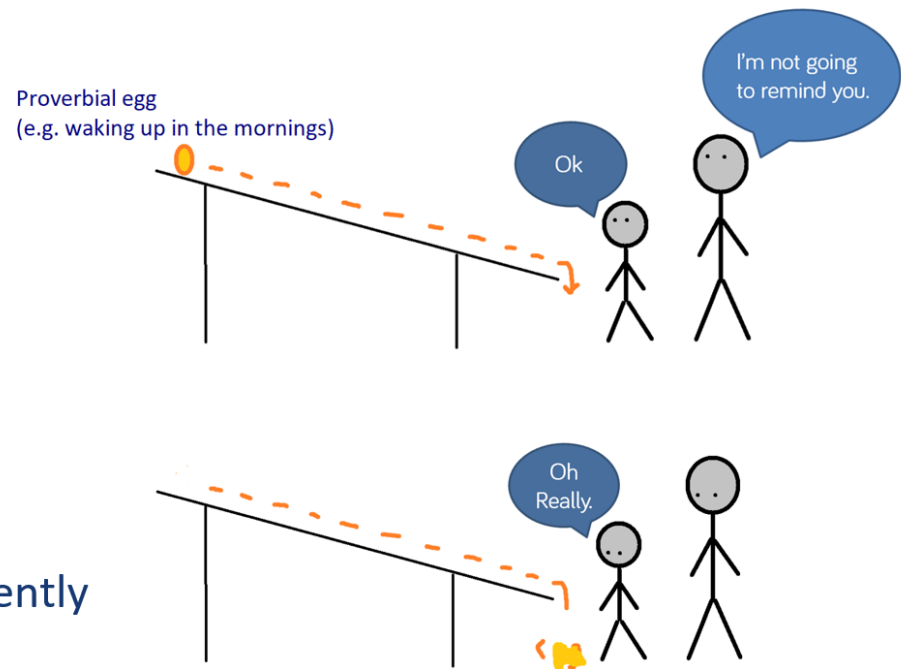
Communication

- I listen, then I share

Sometimes listening can be difficult ... be patient!

Mentoring allows learning from failures

- Allow natural consequences
- Calculated/Acceptable risk
- Ask how they felt about it
- Share your own experiences
- Process what could be done differently
- Affirm their courage/effort



Think of one responsibility that you
will fully hand over to your teen





Keep a lookout for our programmes!

Thank You!

Email Enquiries to:



parenting@montfortcare.org.sg

MontfortCare



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Secondary 1 Performance



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