



# Wellington Primary School

To empower every individual,  
nurture talents and groom leaders



**Town Hall cum  
Meet-the-Parents  
Session  
31 January 2026**

*Wellington Primary School*  
*To empower every individual, nurture talents and groom leaders*



# 2026 Primary 3 Form Teachers

## Form Teachers

3A	Ms Zhou Huiru	Mr Airi	
3B	Mrs Ang XJ	Ms Judy	Mdm Noormarlina
3C	Mr Hakim	Ms Shanu	
3D	Mr Jeremy Chan	Ms Nuruzzulfaa	
3E	Mrs Chen	Mr Daniel Lim	Mr Indra
3F	Mr Kareem	Mdm Lee WF	

# 2026 Primary 4 Form Teachers

## Form Teachers

4A	Mr Cayman Loh	Mdm Faridah	
4B	Mdm Paramesh	Mr Patrick Kong	
4C	Ms Fadilah	Mdm Loh TT	Mrs Gina Tan
4D	Mdm Zulaiha	Mdm Wang GH	
4E	Ms Adelene	Ms Lai Li Fei	
4F	Ms Kristine Loh	Mr Tan Wee Loon	

# WELCOME



**Wellington Primary School**

To empower every individual, nurture talents and groom leaders



more than

It takes a  
<sup>^</sup>  
*kampong* to  
raise a child.

## Mission

To empower every individual, nurture talents and groom leaders

## Vision

Becoming an excellent institution that grows future-ready leaders

## Motto

Empowerment through Education



- ✓ Build strong foundations in holistic development
- ✓ Balance academic rigor with learning dispositions, 21<sup>st</sup> century competencies, values and character development
- ✓ Grow Well SG
- ✓ Partnership with Parents



**What does future-ready look like? How can we help our children be future-ready?**



Power of Care



Actions of  
Excellence



Wellington Primary School Vision

**"Becoming an  
excellent institution  
(school)  
that grows  
future-ready leaders  
(students)."**

Respect | Responsibility | Innovation | Integrity  
Care | Community | Excellence | Empowerment



The Joy of  
Gratitude



Yes, I can!  
Yes, I will!

# The Wellington Way



Power of Care



Actions of Excellence

FIRST, WE  
**FORM**  
OUR WINNING HABITS,  
THEN  **OUR**  
WINNING HABITS  
FORM US.



The Joy of Gratitude



Yes, I can!  
Yes, I will!

# The Wellington Way

Our school values – (RICE)<sup>2</sup>

R	RESPECT	R	RESPONSIBILITY
I	INTEGRITY	I	INNOVATION
C	CARE	C	COMMUNITY
E	EXCELLENCE	E	EMPOWERMENT



**Wellingtonians –**

**A Community of Responsible Citizens**

# WHAT IS IT LIKE IN PRIMARY SCHOOL?

Laying a **strong foundation**

1

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

2

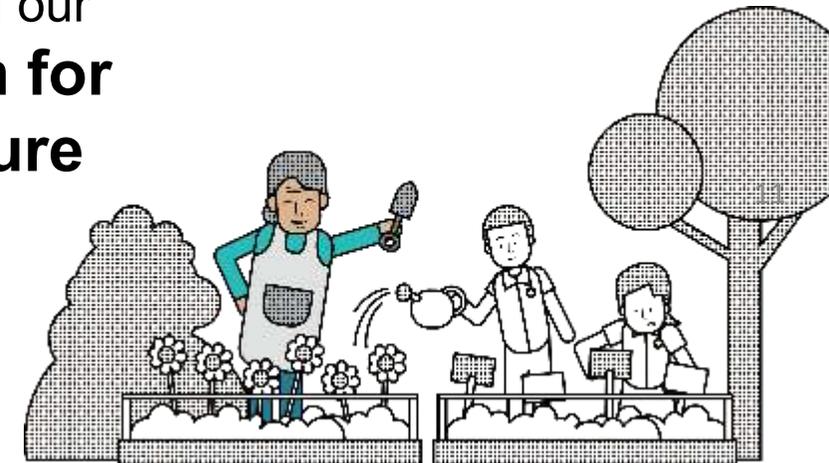
3

4

5

Nurturing **holistic** individuals and **continuous learning**

Preparing our **children for the future**



# Holistic development includes:

Prioritising **the development of soft skills**, including **values, social-emotional competencies and self-help skills**

Focusing on building **learning dispositions** for Lifelong Learning, including **curiosity, confidence** and nurturing the **joy** of learning

Building **strong foundations in literacy and numeracy**



Strengthening **21<sup>st</sup> Century Competencies and Digital Literacy** in an age-appropriate manner

# 6-year Progression in Cultivating Winning Habits

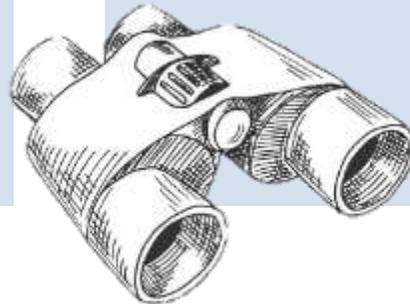
## Lower Primary

Building Roots  
Values & Attitudes



## Middle Primary

Nurturing Peer  
Leaders with a  
Growth  
Mindset



## Upper Primary

Developing  
future-ready  
learners  
geared for  
lifelong  
learning



# Building Strong Foundations: How is it achieved?

**Play** is an essential feature that taps students' inquisitiveness and ignites a self-sustaining passion for learning.

**Differentiated support** for children with differing learning needs

**Balancing rigour with joy of learning** to develop the necessary skills and attitudes towards lifelong learning.

Teachers **pace** teaching and adopt **developmentally appropriate, engaging pedagogies** to deepen learning.



# Deploy engaging pedagogies for joyful and quality learning including 21CC

## Language Learning Activities with emphasis on Socratic Questioning in English



P3 Creating a Supernova Creature



P4 Growing a Plant



Whole school Reading Festival



P5 Writing to PenPal in Xishan Pri



P5 Suggestions to improve  
P5 Camp



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# Deploy engaging pedagogies for joyful and quality learning including 21CC

Immersive & joyful environment for love and effective use of Mother Tongue Language



P3 Cultural Performances at public performing arts venues



Mother Tongue Language Fortnight to promote joy, deepen appreciation of culture heritage and hone communication skills



P5 Hosting of International Visitors



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# Deploy engaging pedagogies for joyful and quality learning including 21CC

## Emphasis on hands-on collaborative problem solving competencies in Mathematics



P1 to P5 students playing Mathematics Games designed by P6s – hands-on, generate interest, application



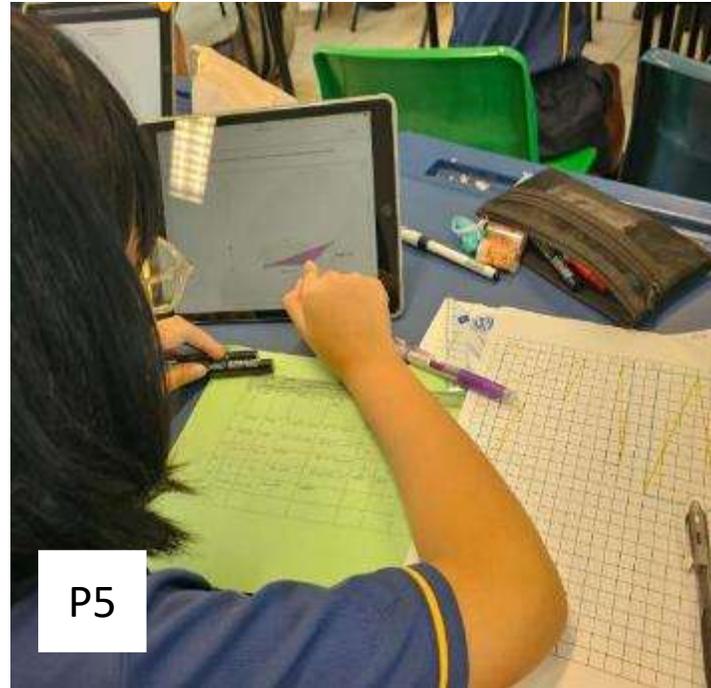
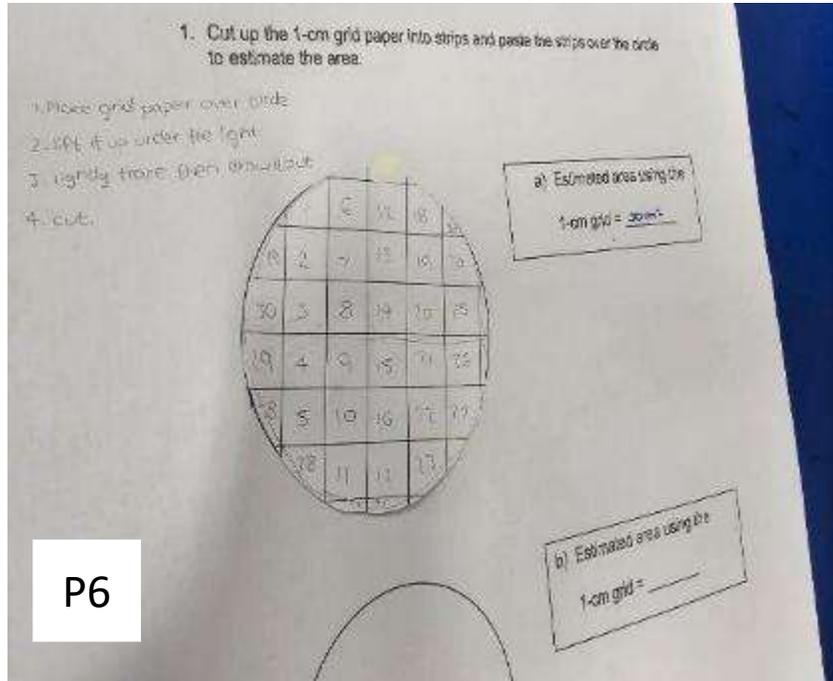
P5 Making own manipulatives to reinforce concept



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# Deploy engaging pedagogies for joyful and quality learning including 21CC

## Emphasis on hands-on collaborative problem solving competencies in Mathematics



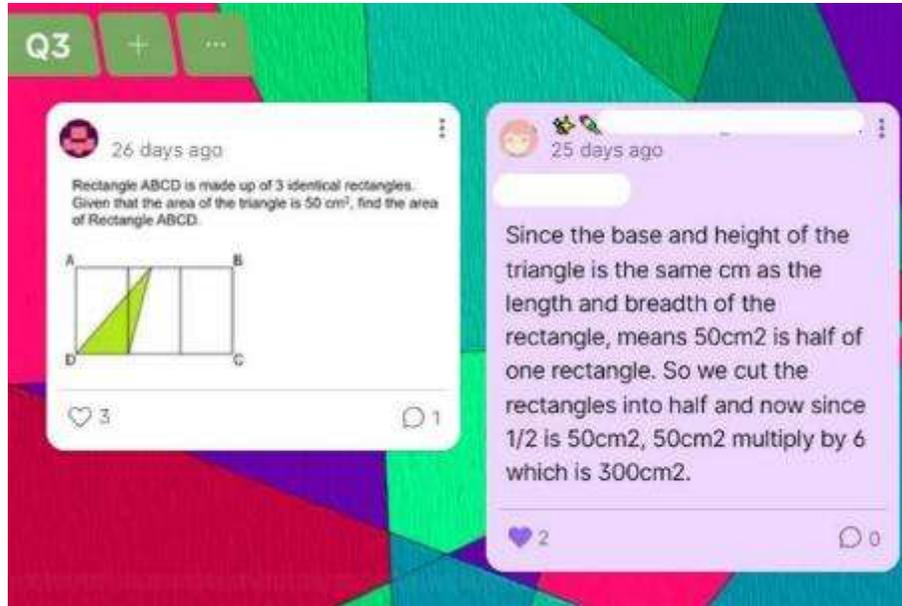
Inquiry learning both online and in person to explore possibilities, reason, evaluate, refine ideas and decision making – CAIT & collaboration



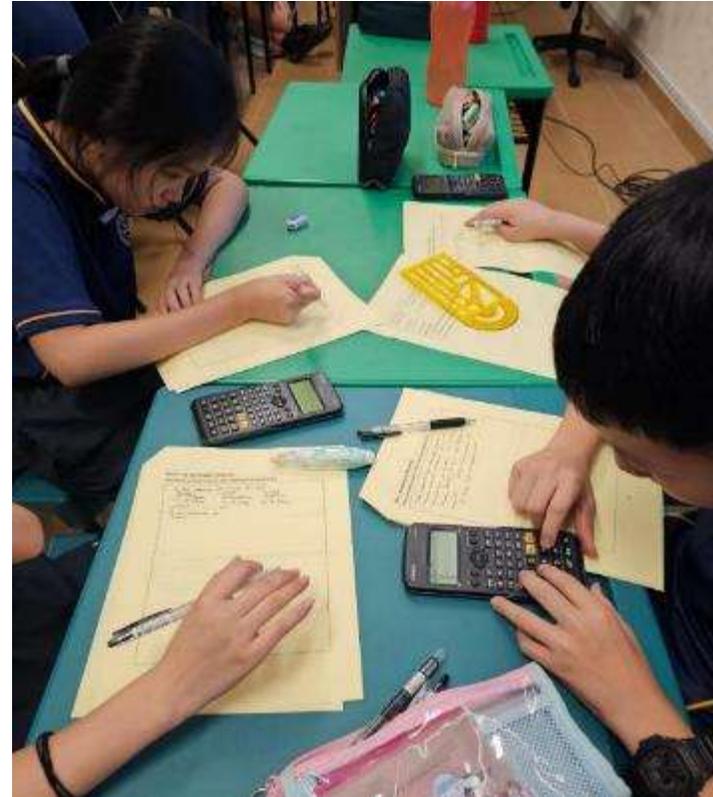
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# Deploy engaging pedagogies for joyful and quality learning including 21CC

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Collaborative learning both online and in person to reason, evaluate, refine ideas and decision making – CAIT & collaboration



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# Deploy engaging pedagogies for joyful and quality learning including 21CC

## Students as Science Inquirers – Ways of Thinking & Doing like a Scientist



**Experiential Learning**



**STEM Challenges**

Hands on challenges for critical, adaptive and inventive thinking and collaboration



Practices of Science: conducting experiments, outdoor observations & reading science articles



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# Deploy engaging pedagogies for joyful and quality learning including 21CC

## Students as Science Inquirers – Ways of Thinking & Doing like a Scientist



**Workshops @  
Singapore  
Science Centre**



**Science Workshop for  
Parents**



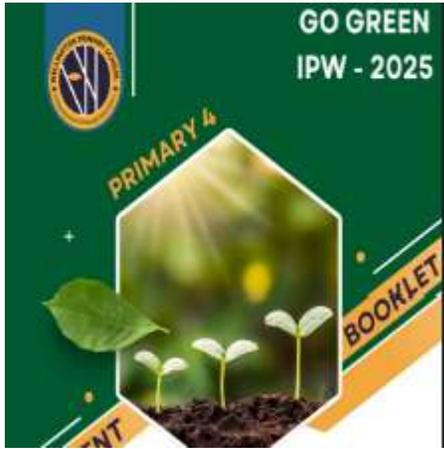
**Discovering the  
World of STEM  
exhibition (with  
NTU)**

Partnerships beyond school to facilitate learning in various contexts to help students appreciate the application of Science in their daily lives, society and the environment.



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# Deploy engaging pedagogies for joyful and quality learning including 21CC



## P4 Interdisciplinary Project Work

### Key Elements of your Project Work

- **Critical Thinking:** You'll observe your plant carefully, track its growth, and analyze what helps it grow best.
- **Problem Solving:** If something goes wrong with your plant, you'll figure out how to fix it.
- **Creativity:** You'll write an article about your experience and share your learning in an engaging way.
- **Collaboration:** Working with your group, you'll share ideas and help each other with your plant observations and record-keeping.
- **Communication:** You'll document your progress, write a letter, and present your findings to others.



**Experiential learning - Growing a plant and documenting their journey.**



### PLANT GROWTH (MATH)

Plotting a Line Graph (Teacher Guided using Numbers App on iPad)

1. Use the data collected (From the Log Sheet) to plot a line graph using the Numbers app on your iPad.
2. Analyze the Graph
  - Look at the trend: Is the plant growing steadily?
  - Identify any patterns or sudden changes in growth.

**Our line graph:**

Week	Height (cm)
Week 1	2
Week 2	4
Week 3	6
Week 4	10
Week 5	15
Week 6	20



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# Deploy engaging pedagogies for joyful and quality learning including 21CC

## Applied Learning Programme – Makers@WTP

### Objective(s):

- Develop 21st CC through making with technology
- Provide meaningful and purposeful age-appropriate opportunities for real-life application of learning
- Provide opportunities for experimentation, self-discovery, and joy of learning through Maker Education



Sphero Bolt & Halocode

### Examples of platforms:

1. ScratchJr and Bee-Bot
2. 3D Gello Pen and Matatalab
3. Electronic Cutting
4. Sphero Bolt and Halocode
5. Quarky
6. Thunkable App



## Stretch & Support for our Students

To cater to students according to their varied learning needs and progress, besides **Differentiated Instruction during curriculum**, school also has the following **learning support & stretch** for our students:

### Support Programme (after-school) for respective subjects

P3-P5 Termly selection by subject teachers, based on aptitude

### Stretch Programme (after-school) eg E2K MA, E2K SC, school-based HAL

P3-P5 Yearly selection by subject teachers, based on aptitude & attitude

#### Other Learning Support offered in line with MOE initiatives:

- Learning Support for Math (P1-P4)
- Learning Support Programme (P1-P2)
- Reading and Remediation Programme (P3-P4)
- School Dyslexic Remediation (P3-P4)
- Mother Tongue Support Programme (P3-P4)

\* Yearly selection guided by MOE

# Grow Well SG is a multi-agency national health promotion strategy that focuses on early intervention in five key areas to shape healthy habits from young

**1**



**Eat Well**  
Fuel for growth and learning. Good nutrition can support growth and enhance overall health and development.

**2**



**Sleep Well**  
Rest for success. Healthy sleeping routines can improve concentration, mood, and physical development.

**3**



**Learn Well**  
Engage in diverse learning experiences for holistic development. Excessive screen use and unrestricted access to digital technology may hinder our children's learning and affect their mental well-being.

**4**



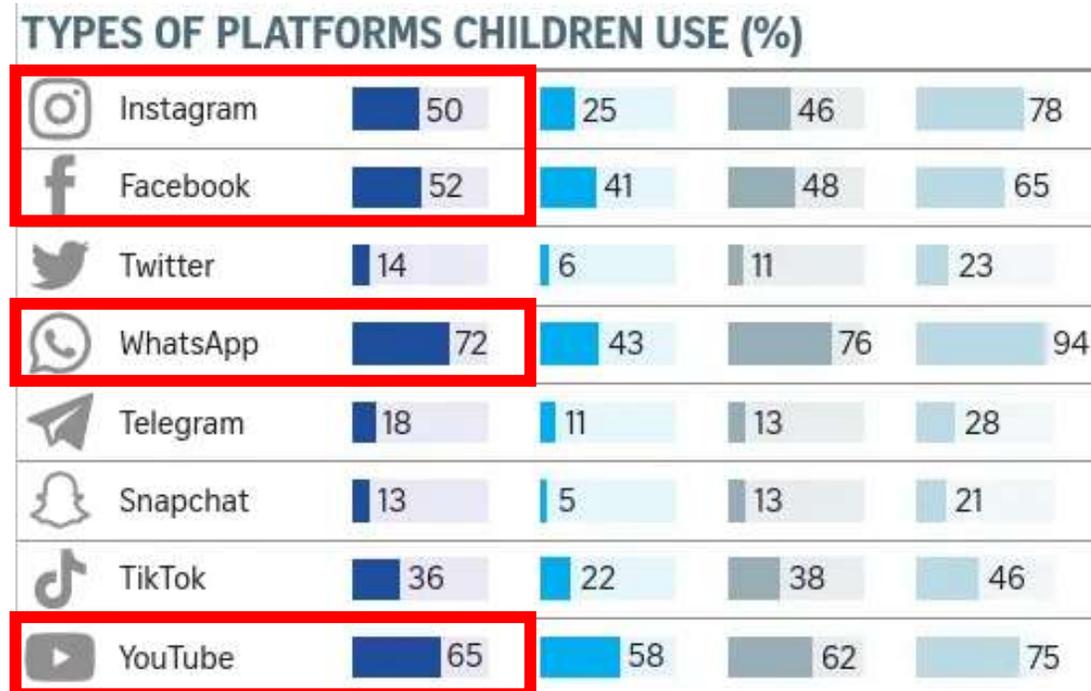
**Exercise Well**  
Active bodies, active minds. Regular physical activity can strengthen bodies, sharpen minds and boost self-esteem.

Equally important is **Bond Well** as bonding well supports and reinforces healthy lifestyles in children.



**Bond Well**  
Connect for better well-being. Strong relationships within the family and social connections with friends can strengthen emotional well-being, resilience, and overall development.





## CURRENT REALITY

About  
a third  
of parents



with children aged  
seven to 12 said they  
had Instagram accounts

## CURRENT REALITY

**Children are  
going online from a  
younger age**

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)



## CURRENT REALITY

# Types and frequency of harmful content our children are exposed to

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

### Parents might not be aware, but...

<b>1 in 3</b> children has chatted with strangers online	<b>1 in 3</b> children has been exposed to pornographic materials	<b>1 in 4</b> children has overshared their personal information
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Source: [MLC-TOUCH Parent Child Poll Findings](#) (30 Nov 2023)



Source: [MDDI Survey](#) (Feb 2024)

# In school during FTGP & other programmes

## What is Cyber Wellness?

**Cyber Wellness** is the ability of our children and youth to navigate the cyberspace safely.

This is done through our **Character and Citizenship Education (CCE) curriculum** which aims to:

- **equip students with the knowledge and skills** to harness the power of Information and Communication Technology (ICT) **for positive purposes;**
- maintain a **positive presence in cyberspace;** and
- be **safe and responsible users of ICT.**

Through the curriculum, your child learns knowledge and skills to have **balanced screen use, be safe online, and exhibit positive online behaviours.**

## Resources

Scan here to find out more about MOE's Cyber Wellness curriculum:



<https://go.gov.sg/moe-cw-education>

# Primary 1 and 2

During  
CCE(FTGP)  
lessons,  
students will  
be taught:

## Basic online safety rules

- Talking to only people you know

## Cyber Contacts

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online

## Importance of a balanced lifestyle

- Especially in exercise, sleep and screen time for health and well-being

## Protecting personal information

- Understand the risks of disclosing personal information



**Family Chat Time!**  
Share with your family members:

- What are the safety rules I must follow to keep myself safe online?
- What do I know about tricky people?

My child/ward knows how to keep safe in the cyberworld!

Parent's / Guardian's signature



Explore Cyber Wellness messages with your child through the **CCE (FTGP) Journal** by participating in “**Family Time**” activities in the journal.

# Primary 3 and 4

During  
CCE(FTGP)  
lessons,  
students will  
be taught:

## Balanced use of digital devices

- Time management and spending time on screen-free activities

## Netiquette

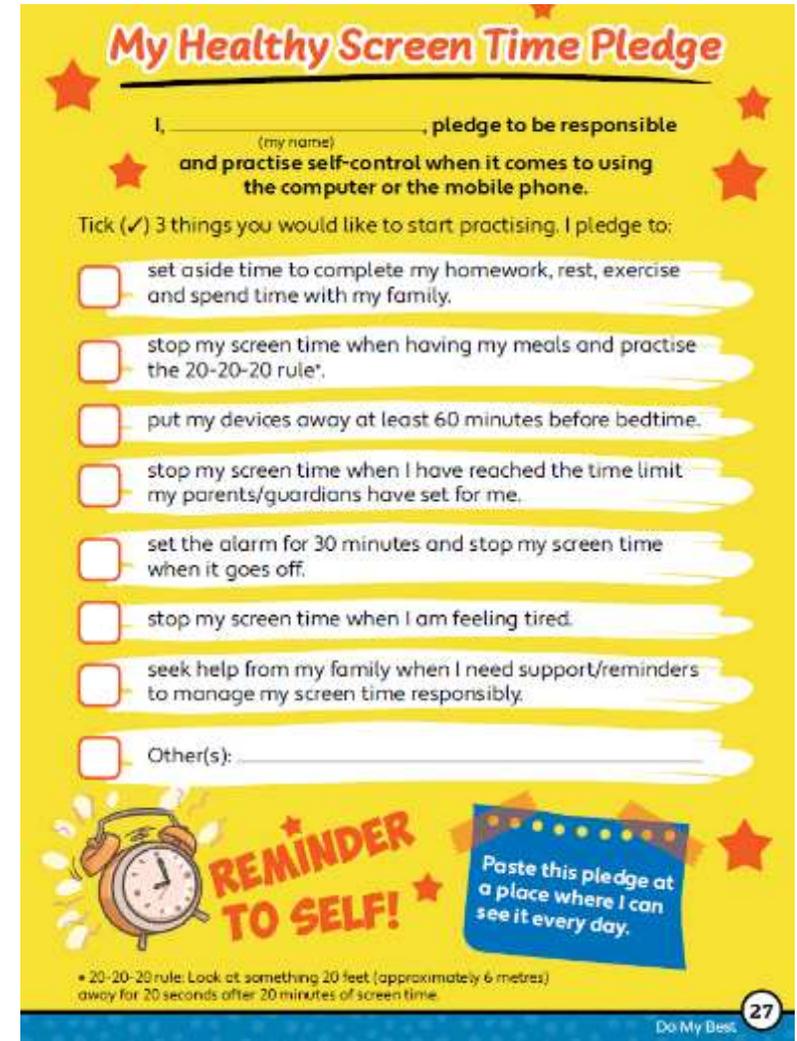
- Show respect to others online
- Be considerate when posting opinions online
- Reflect on how our interactions can affect others online

## Stand up against cyber bullying

- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

## How to stay safe online

- Steps to take to determine if an online friend is trustworthy



**My Healthy Screen Time Pledge**

I, \_\_\_\_\_ (my name), pledge to be responsible  
and practise self-control when it comes to using  
the computer or the mobile phone.

Tick (✓) 3 things you would like to start practising. I pledge to:

- set aside time to complete my homework, rest, exercise and spend time with my family.
- stop my screen time when having my meals and practise the 20-20-20 rule\*.
- put my devices away at least 60 minutes before bedtime.
- stop my screen time when I have reached the time limit my parents/guardians have set for me.
- set the alarm for 30 minutes and stop my screen time when it goes off.
- stop my screen time when I am feeling tired.
- seek help from my family when I need support/reminders to manage my screen time responsibly.
- Other(s): \_\_\_\_\_

**REMINDER TO SELF!**

Paste this pledge at a place where I can see it every day.

\* 20-20-20 rule: Look at something 20 feet (approximately 6 metres) away for 20 seconds after 20 minutes of screen time.

Do My Best 27



Discuss your child's healthy screen time pledge at home and cultivate accountability.

# Primary 5 and 6

During  
CCE(FTGP)  
lessons,  
students will  
be taught:

## Be a positive peer influence online and manage digital footprints

- Speak up and stand for what is right regardless of peer pressure
- Seeking help from trusted adults/sources when needed
- Awareness of permanence of online data and review privacy settings

## Importance of cybersecurity

- Protect oneself from phishing, spam, scams and hacking

## How to verify online falsehoods

- Use S.U.R.E.\* to verify information online

## Staying Safe from Pornography

- Understand the impact of pornography on themselves and others
- Reject pornographic content using the 'Stop-Think-Do' strategy.
- Know that keeping, selling, sharing or forwarding pornographic materials is an offence

*S.U.R.E. stands for **S**ource, **U**nderstand, **R**esearch, **E**valuate.*

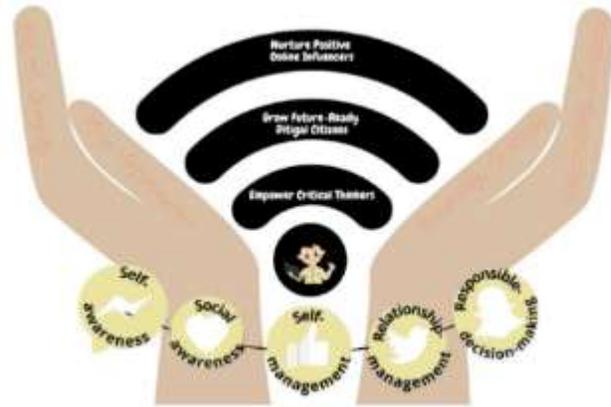
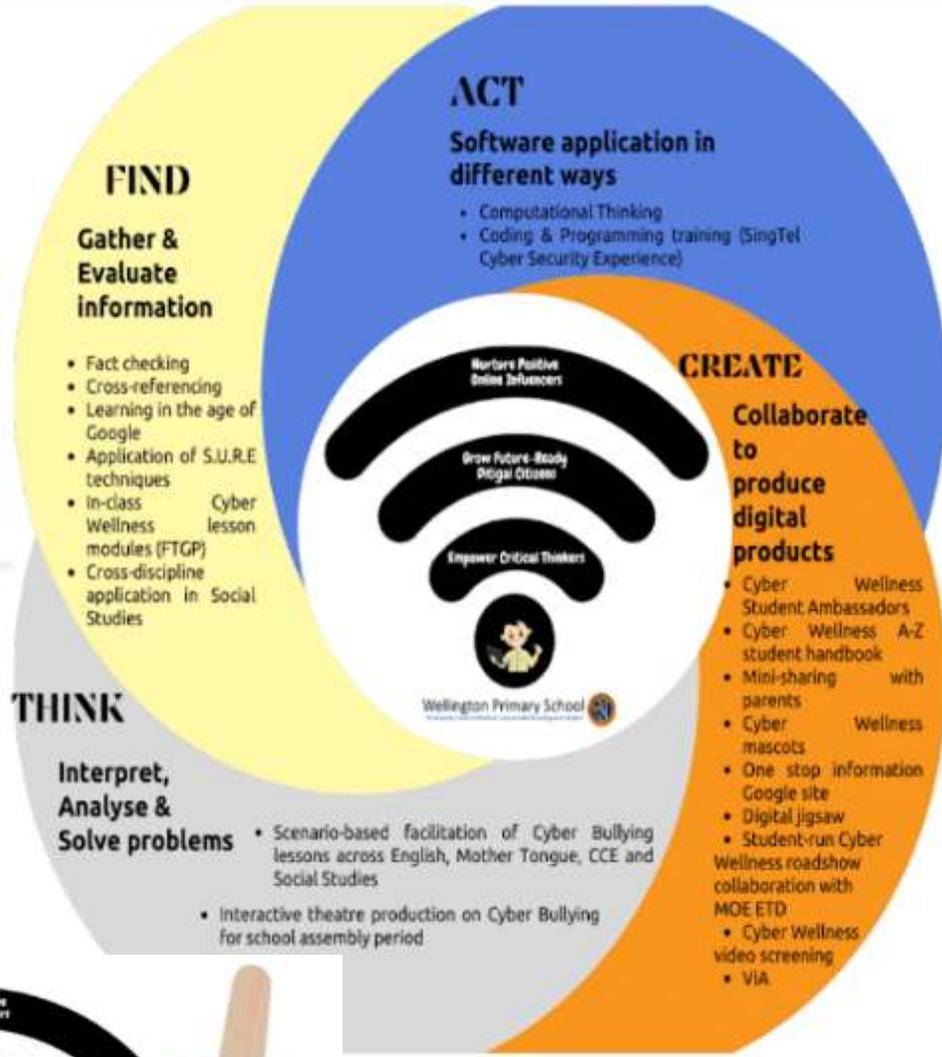
*It is part of National Library Board's Information Literacy Programme.*



Encourage our children to share their experiences as they navigate friendships.



# Cyber Wellness Education @ WTPS Programmes



Created by: Ms Fadilah@ | Wellington Primary School | 2021

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# What is Generative AI (Gen AI)?



# What opportunities & risks does it present?

Gen AI is a type of AI that is probabilistic and predicts the most likely answer. E.g.,



## Opportunities:

- Supports learning through **personalised and instant feedback**
- Assists with **ideation**
- Provides an avenue to **improve** digital literacy, critical thinking, and problem-solving **skills**



## Risks:

- May give **inaccurate or biased** answers
- Tendency for **over-reliance** when overused
- May pose risks if **personal information** is shared
- Can **sound confident even when it is wrong**
- Responds like a person, but it does not truly understand or experience emotions.



About **1 in 3** teens use AI companions for social interaction and **find them as satisfying or more satisfying** than those with real-life friends.<sup>1</sup>

About **1 in 2** teens would **trust AI-generated news story to the same extent or more** than one written by a human.

# Students will develop AI literacy throughout primary school

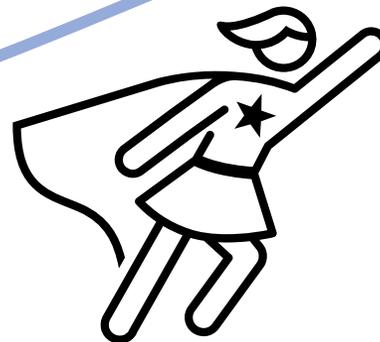
- Under MOE's National Digital Literacy Programme (NDLP), students will develop **9 digital competencies** under the **Find, Think, Apply, Create (FTAC)** Frame. (Scan QR code on the right)
- Students will develop AI literacy over their educational journey.



To access information on MOE's NDLP



Lower primary students will learn to recognise that AI is present in our daily lives



Upper primary students will learn about the risk of misinformation from AI output, that AI output may contain false information, and how some AI features (e.g. those in SLS) can support learning in a safe digital environment

# Primary 1 to 3

How will your  
child use AI for  
his/her  
learning?

**WHAT IS AGE-APPROPRIATE USE OF AI?**

Schools are given guidance on the age-appropriate use of AI. These guidelines are informed by learning sciences.

**P1 to P3**

**Concrete, hands-on learning experiences, and social interactions should be prioritised** to allow students to build foundational knowledge, cognitive and social skills, and human relationships.

- *Direct use of AI tools by students is not advisable as students may not be able to discern the output and may mistake AI as human.*

**P4 to P6**

The use of AI could be **gradually introduced to students** under the guidance of teachers.

- *When using chatbots, students should be supervised and guided to discern the output as they develop in their ability to be safe and responsible users of AI.*

**Sec**

There should be a gradual release of responsibility to **allow for independent use of AI**, so that students learn to use AI to support learning while **not over-relying on it**.

- *Students will be given opportunities to reflect on their use of AI so that they develop into confident and ethical AI users.*

**Pre-U**

As students become **more empowered to use AI as a collaborator**, emphasis on the use of AI in a **safe, responsible, and ethical manner** continues.

- *Students will be given opportunities to innovate with AI and reflect on their use to guard against misuse of AI.*

## **P1 to P3**

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# Primary 4 to 6

How will your child use AI for his/her learning?

**WHAT IS AGE-APPROPRIATE USE OF AI?**

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**P1 to P3**

**Concrete, hands-on learning experiences, and social interactions should be prioritised** to allow students to build foundational knowledge, cognitive and social skills, and human relationships.

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P4 Code for Fun Programme & P5 AI for Fun includes an introduction to emerging technologies (e.g. AI) so that students understand how AI learns using data and can appreciate the benefits, risks, and limitations of using AI.

# Digital literacy



## In school...

3



### Learn Well

Engage in diverse learning experiences for holistic development. Excessive screen use and unrestricted access to digital technology may hinder our children's learning and affect their mental well-being.

A structured approach to integrating basic digital skills in teaching and learning, natural key junctures and platforms are identified:

- Primary 1, students are introduced to school-provisioned devices and given access to their MIMS and SLS accounts.
- **Primary 3 onwards, students progressively experience an increased use of devices for T&L.**
- Secondary 1, students receive their Personal Learning Device (PLD).



## In school...

3



### Learn Well

Engage in diverse learning experiences for holistic development. Excessive screen use and unrestricted access to digital technology may hinder our children's learning and affect their mental well-being.



## E.I.G.H.T Programme v 2.0

***Nurture active self-directed learners through purposeful integration of ICT into curriculum***

- Balance between engaged and self-directed learning with guardrails to safeguard wellbeing
- School-based iPad for P3s from 2026
- P4-P6 continue to bring their own iPads (existing guidelines for use in school and screen use restrictions at home apply)

# Tightened guidelines for use of smart devices in secondary schools



Students will not be allowed to use smartphones and smartwatches during all school hours.

This applies to non-lesson time too – recess, CCAs, and supplementary, enrichment or remedial lessons.



Devices will be kept in designated storage areas or school bags during school hours.



Schools may allow students to use smartphones by exception where necessary.

## Singapore

### Singapore secondary schools to forbid smartphone use during recess, CCA hours

An existing MOE guideline that already prohibits smartphone and smartwatch use during lesson time will be expanded in 2026 to cover all school hours, including supplementary, enrichment or remedial lessons.



Secondary 2 students with their personal learning devices during a subject-level mathematics class at Jurong West Secondary School. (File photo: CNA/Raydza Rahman)

Listen 4 min

**Rationale: Cultivate Balanced screen use habits from young to reduce distractions and safeguard mental health**

# Wellington Digital Device Use Policy

## WePO p.12

- Students are not allowed to bring mobile phones, smartwatches (*with advanced features e.g., wireless communication and photo/video capture*) to schools. Parents will need to inform school in writing for permission to be sought for child to bring such smart device(s) to school. Once permission is granted, students must lock **their smart device(s) in the phone lockers** located near the General Office during school hours. Students should bear responsibility for safekeeping of their device(s).
- Students are not allowed to use mobile phones or smartwatches to text or call during school hours including CCA and after-school programmes. They are only allowed to use them to call or text at the school foyer before they leave for home.
- The school will not be held responsible for any loss or damage to smart device(s) brought to school. If smart device is found in student's possession without school's permission, school will confiscate the smart device. Parents will have to come to school to collect it. Any offences (including cyber-offences such as cyber bullying, accessing or posting inappropriate content) involving the use of smart device(s) may result in the device(s) being confiscated as a disciplinary measure or for the purpose of investigation. Disciplinary action will be taken against the student.



3



### Learn Well

Engage in diverse learning experiences for holistic development. Excessive screen use and unrestricted access to digital technology may hinder our children's learning and affect their mental well-being.

## At home....

- ❖ Create a family media use plan.
- ❖ It must be made to suit you, your family values and parenting style.
- ❖ Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.
- ❖ Discourage your children from relying on AI Companions for social-emotional support, as this may pose challenges for their development
- ❖ Talk to your child's Form teacher if there is any concern.

# Develop healthy sense of self, rooted in strong character, values, empathy



## Managing Disappointment- Be Positive!

When we feel disappointed, we can help ourselves feel better by choosing positive thoughts.

Write down what I can think or say to myself when I feel disappointed.

Taken from P2 CCE Journal P.8

## We Change as We Grow 2

Date: \_\_\_\_\_

### How I Can Support My Friend

# CHEER

- Calm them down**
  - Give your friend time to cool down.
  - Ask your friend to take deep and slow breaths to calm his/her feelings.
- Hear them out**
  - Listen attentively to your friend's words and feelings.
  - Keep an open mind and do not judge.
  - Do not interrupt.
- Empathise with them**
  - Show interest.
  - Check if you had understood your friend's issue and feelings correctly.
- Encourage seeking help**
  - Encourage your friend to tell a trusted adult such as a parent, teacher or school counsellor.
- Refer to a trusted adult**
  - Tell a teacher if you are worried your friend is in danger or may hurt himself/herself or others.

Taken from P4 CCE Journal P.7

Look at the 'I Am, I Can, I Have' statements below and put a tick for those statements that apply to you. It is okay if you don't have many ticks. With time, you can work on them and build your resilience muscle!

I Am	I Can	I Have
<input type="checkbox"/> I am willing to learn from my mistakes.	<input type="checkbox"/> I can choose to think of challenges as new learning opportunities.	<input type="checkbox"/> I have people who encourage me.
<input type="checkbox"/> I am confident of my strengths and skills.	<input type="checkbox"/> I can find different ways to solve my problems.	<input type="checkbox"/> I have people I trust.
<input type="checkbox"/> I am respectful of others.	<input type="checkbox"/> I can find helpful ways to cope with my emotions.	<input type="checkbox"/> I have people who accept me for who I am.
<input type="checkbox"/> I am grateful for the people in my life.	<input type="checkbox"/> I can control my actions.	<input type="checkbox"/> I have people who care and help me when I need it.
<input type="checkbox"/> I am open-minded to different options and outcomes.	<input type="checkbox"/> I can use 'Stop-Think-Do'.	<input type="checkbox"/> I have someone whom I can talk to about my worries.
<input type="checkbox"/> I am curious about things around me.	<input type="checkbox"/> I can use calming down strategies when I need to.	<input type="checkbox"/> I have someone to show and guide me to do things.
<input type="checkbox"/> I am responsible for my actions.	<input type="checkbox"/> I can ask for help when I need it.	
<input type="checkbox"/> I am _____	<input type="checkbox"/> I can call/message Tinkle Friend if I need someone to talk to.	
	<input type="checkbox"/> I can _____	

3

Taken from P5 CCE Journal P.3

## Performance Character Programme

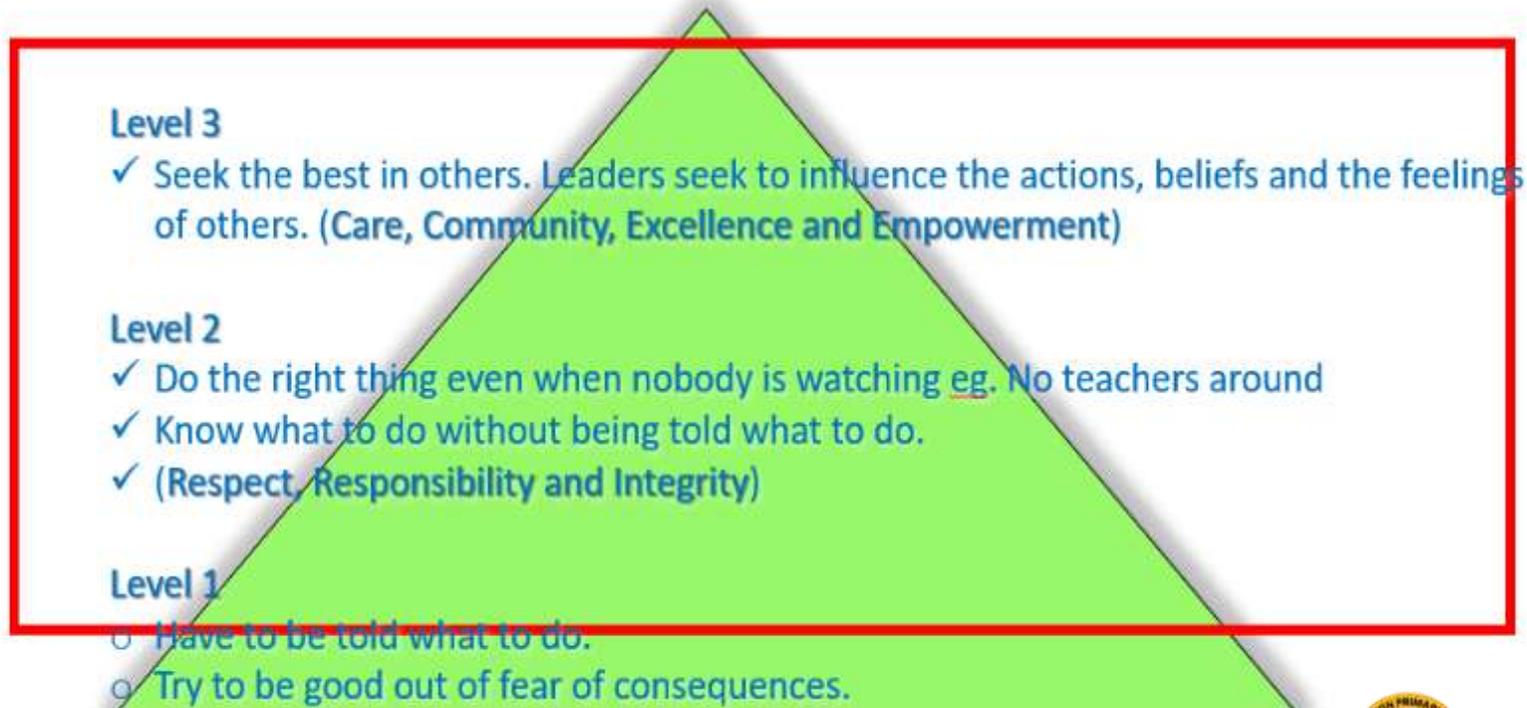
- Goal Setting
- Growth Mind-set
- Sphere of influence
- Chatter
- Delayed Gratification
- Illusion of Success
- Hare and Tortoise Story
- Forgetting Curve
- I can sleep when the wind blows
- 90/10 Principle



**Wellington Primary School**  
To empower every individual, nurture talents and groom leaders

# The Wellington Way

## Code of Conduct



- ✓ **Strive for at least Level 2 behaviour**
- ✓ **Stop, Think Level 2, Do Level 2**
- ✓ **Good Audience Behaviour**





Civic consciousness & Community Spirit through sorting out bowls, plates, cutlery after meals...



Power of Care



Actions of Excellence



... & arranging chairs, picking up litter, returning misplaced items



Exceptional care through bonding and food



P1 Food from the Heart



P2 Sun Plaza



P3 Loving Sembawang



Digital Literacy for Seniors from Resident Network of Wellington [Info Comm CCA]



P4 Bonding with Seniors



P5 Racial Harmony Day PA



P6 World Water Day with PUB



Power of Care



The Joy of Gratitude



Bulan Bahasa 2025



Scouts Founders Day [Scouts]



PassionArt for SG60 [Art Club]



Holistic development in lessons & CCAs and various Performing Arts and Sporting platforms



*Wellington Primary School*  
To empower every individual, nurture talents and groom leaders

**CATEGORY A**

**The Playground That Connects Us**

Mixed Media

Wellington Primary School



**Student Artist(s)**

Chai Yue Ning  
Edan Lee Ho Zi  
Haikya Inayya Binte Muhammad Khalil  
baac John Lin  
Joanne Taw Zi Bin  
Lin Shi Qiang  
Mikayla Arie Muhammad Farid  
Ong Hyun Nee Avery  
Poh Si Kuan, Joviv  
Wei Lechen Ivy

**Artist Statement**

Our artwork features the Dragon Playground, a tiny wonder and beloved icon of Singapore, created using pointillism and inspired by Van Gogh's night sky. Children of different cultures play together, symbolising how shared spaces unite us. This artwork reflects our dream of harmony and blending in a multicultural Singapore.

**Teacher Mentor's Comment**

Throughout this project, my students demonstrated strong collaboration, staying focused on a common goal. They shared ideas, solved problems together, and taught one another new techniques. Their ability to work harmoniously mirrors the message of the artwork — diverse individuals coming together to create something meaningful as one.

Mi Lu (Ife)



**SYF Visual Arts 2025**



**NSG 2025**



*Wellington Primary School*  
To empower every individual, nurture talents and groom leaders

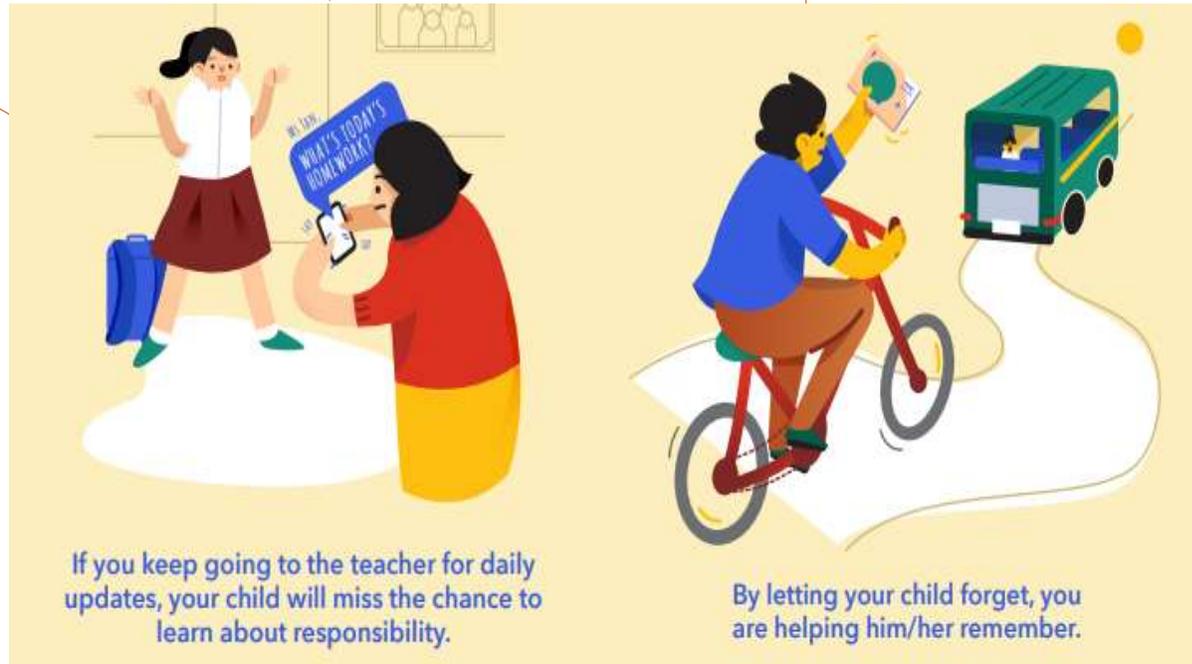
# Preparing our children for the Future..

**Grow their resilience,  
adaptability and  
adversity quotient**

**Children are  
antifragile**

**Guide them to  
problem-solve  
and face the  
consequences  
rather than  
rescue and  
solve the  
problem for  
them**

**Let them make  
mistakes,  
forget things...  
it's ok!**



# ... by providing them with a safe learning environment to support their well-being

## Whole-school educative process of discipline

“discipline” means “to learn” – self management, responsibility & good character

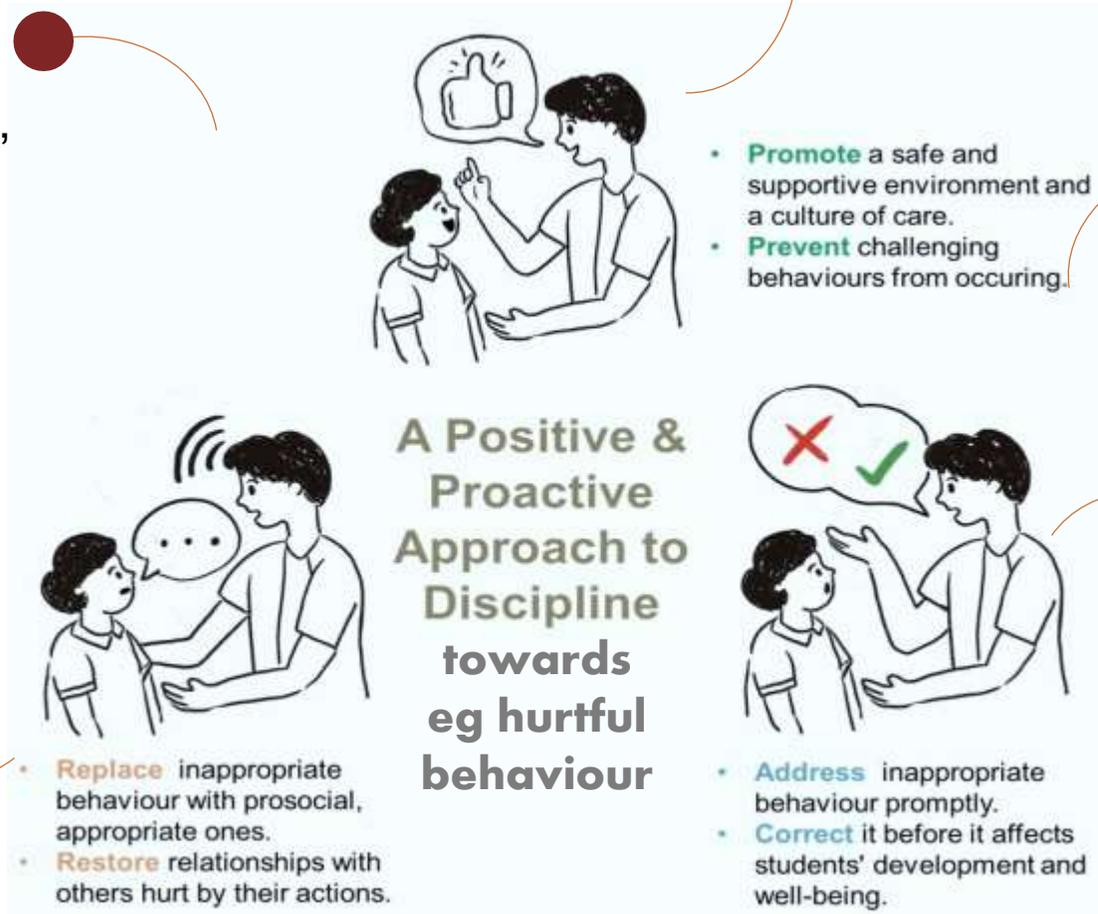
## Support and restore relationships

## Firm but caring & respectful

Consequences to help child learn when poor choices are made

Work with school to support your child

Verbal or Written report to teacher / YH / School



# Raising a Happy, Confident, and Kind Generation Together

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



**Respectful Communication**  
*Foster kind words and actions between parents and educators*



**Role Models**  
*Show our children the skills and values they need for life*



**Real Connections**  
*Cultivate strong relationships and healthy habits in this digital age*



# 3 areas we can work together on to foster School-Home Partnership

## Respectful Communication

Foster kind words and actions between parents 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.

## Role Models

Show our children the skills and values they need for life



- Practise gratitude and find joy in everyday experiences with our children.
- Instil confidence by encouraging responsibility and believing in each child's abilities.
- Model good values in words and actions, at school and at home.

## Real Connections

Cultivate strong relationships and healthy habits in this digital age



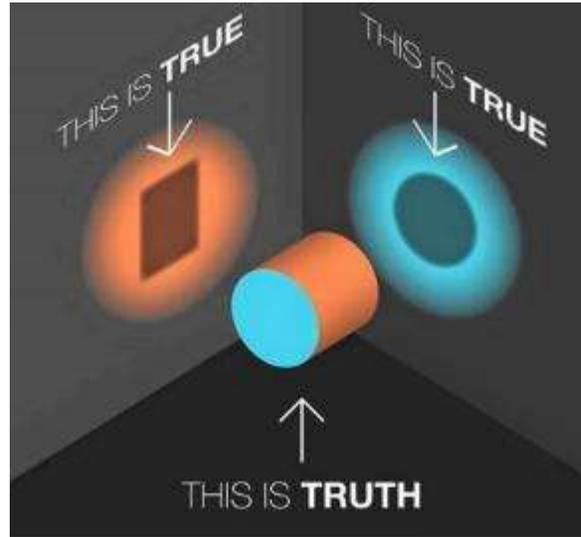
- Build strong bonds through shared experiences and meaningful conversations.
- Establish good habits for our children to stay confident and in control of their technology use.
- Provide a balanced mix of engaging online and offline activities, at school and at home.

# Respectful Communication

Foster kind words and actions between schools and educators



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



# 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** eg 3<sup>rd</sup> party app, school phone, email, face-to-face. Teachers are not required to share their personal mobile numbers.



Respect each other's time by communicating during working hours.  
**Staff working hours 7.15am – 5.30pm**



*refrain from making same day changes to plans that require urgent or immediate communication with teachers to convey to students*

# 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**

Build strong bonds through **shared experiences** and **meaningful conversations**



Provide a balanced **mix of engaging online and offline activities**, at school and at home



*Check out the refreshed Guidance on Screen Use in Children by MOH.*



## Addressing Barriers to Reaching Out for Support



Here are clarifications to the concerns you and other parents may have:

### You may think...

- I don't want others to treat my child differently.
- I don't want my child to have a mental health record that might negatively affect their future.
- I don't know if mental health treatment will work for my child.
- I don't want my child to suffer from the side effects caused by medication.

### In reality...

- Receiving professional help is key to preventing mental health concerns from worsening.
- Your child's needs should be your first priority.
- The opinions of others should not prevent you from ensuring that your child gets the right support they need.
- Government policies and guidelines require fair hiring practices for all, including those with mental health conditions.
- Agencies are educating employers to ensure that they understand and follow these guidelines.
- The mental health professional will involve you in discussions on your child's treatment options and answer any questions that you or your child may have.
- This helps to ensure that the treatment is suitable and effective for your child.
- Medication is not always necessary.
- If prescribed, your child should follow the recommended treatment plan.
- The mental health professional will advise you on possible side effects and how to manage them.
- This treatment plan will be adjusted according to your child's needs.



## A TOOLBOX OF STRATEGIES TO EMPOWER YOU ON YOUR PARENTING JOURNEY

# parenting for wellness

MODULES WILL BE AVAILABLE FROM JAN 2023

## Building Relationships

# How You Parent vs. How You Were Parented



### Understanding Yourself as a Parent

As you embark on your journey to understand your parenting approach and learn ways to better support your child, one of your first steps is to reflect on the values and beliefs that you were raised with and hold dear to. These values guide your parenting decisions and directly impact your relationship with your child.

### Take some time to reflect on the following

- What were your parents' values when they were raising you?
- What values are important to you as a parent, and why do they matter?
- What are your spouse's values, and how are they similar to or different from yours?
- What did the significant adults in your life do or say to make you feel important, loved and cared for? What do you plan to do so that your child can feel the same way?

### Your Relationship with Your Child

As a parent, your values in parenting can affect the way you communicate and interact with your child. This contributes to how they see the world and form their own values. It is also important to understand how you are feeling and how to manage your emotions. Reacting to a situation emotionally can confuse your child as what you say or do may not accurately reflect your true intentions in the moment.

### Take some time to reflect on the following

- What are your biggest hopes or dreams, and worries for your child?
- How are your interactions with your child? How would you like your interactions to be?
- Which topics typically lead to more heated or tense discussions with your child? How can you approach these topics more sensitively?

Tips	Sample Conversations
Share the values that matter to you.	I know when we talk about your studies, we often end up arguing. How do you feel about that? How do you think we can have respectful conversations?
Ask your child what they value and discuss how those values can guide family interactions.	You always call me 'lazy' when we talk about my studies. I don't like it because I've actually been working very hard.
Draw links between the behaviors you are hoping to teach and the values behind them that are important to you and your family.	Thank you for sharing with me. It's important to me that you feel safe to share your honest feelings and thoughts. As long as you try your best at your studies and don't give up easily when you can't resolve the problem, I'm proud of you.

## Helping Your Child Manage Device Use & Stay Safe Online

Page 1 of 2



### Develop a Family Screen Use Plan

- A family screen use plan consists of screen use rules, time consequences and screen-free activities that the family can engage in.
- As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking these rules clearly.

Your screen use rules can include:

- Device free times and places
- Time limit for device

- What are some suggestions on when and where devices should not be used?
- What should we do if we break our agreement?
- Decide as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
- Engaging your child in the process of creating screen use rules and linking them to suggest activities to do together helps increase their ownership of the whole family screen use plan.

### Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
  - Set a conversation: "I noticed you have been spending a lot of time on your device."
  - Ask open-ended questions: "What do you usually do on your device?"



## you've got this!

WISSE EXPECTING 0-2 YEARS 3-6 YEARS 7-12 YEARS TEENS

HOW WILL WE PARTNER HEALTHY MOMENTS CHILD HEALTH PLAN MEDICAL CONDITIONS SPORTS SUPPORT PAGE

### MAKE EVERY HEALTHY MOMENT A FAMILY MOMENT

Build a habit to talk to your child and share with them the world around you. You'll find great and fun ways to turn healthy moments for learning opportunities that bring you and your child closer.

Add your child's profile on HealthySG for personalised tips and activities.

## Toolbox



## Website



**Prepare our children for  
the test of life and not a  
life of tests.**





Wellington Primary celebrates  
25 years in 2026!

# The Wellington Way

*My school is like my second home, where I learn and grow*

The Wellington Way focuses on fostering respect, teamwork, and responsibility among our students.



# Middle Primary Focus

TO NURTURE STUDENTS INTO **PEER LEADERS** WITH A  
**GROWTH MINDSET**



# OUR SCHOOL VALUES – (RICE)

## Level 3 (MP)

- ✓ Seek the best in others. Leaders seek to **INFLUENCE** the actions, beliefs and the feelings of others.  
(Care, Community, Excellence and Empowerment)

## Level 2

- ✓ Do the right thing even when nobody is watching eg. No teachers around
- ✓ Know what to do without being told what to do.
- ✓ (Respect, Responsibility and **Integrity**)

## Level 1

- Have to be told what to do.
- Try to be good out of fear of consequences.



# Building Culture Together

## Our Nation - United as One

Understanding how we connect as a community helps us appreciate our shared values and encourages **responsible citizenship** and safe interactions among everyone.



Our national identity  
and unity as  
Singaporeans



A place where we learn  
and grow together as a  
community



A place where we play  
and interact safely and  
learn the cause and  
effect of choices

# Fabric of Our Nation, Our School, Our Class

Each piece is unique, just like you, just like your friends.



And when all the pieces are joined together, it becomes a beautiful blanket, colourful and unique in every way.

# The Moral Compass: Finding True North

Navigate Choices

Navigate choices



Understand right from wrong

Intentionality



**I STOP, THINK, AND CHOOSE THE RIGHT ACTION.**

It counts even when no one is watching!

