



Gan Eng Seng School

Parent Engagement Talk By School Leaders Normal (Academic) Course

24 May 2024 (Friday)

Reminders

- Attend the Zoom session in a conducive environment.
- Use the following name format when joining the Zoom session: [Class _Name of Child] e.g. [3-8_Steven Tan]
- Mute your microphone at all times.
- Turn on your video.
- If you have any questions during the session, please use the Chat function in the zoom to share your question. We will try to answer them as best as possible.

Overview

CESS Vision, Mission, Motto & Values

Gessians' performance at National Examination

Key dates for graduation cohort

Parental Support

VISION

Gessians of
Excellence
Standing &
Significance





MISSION

Nurturing the
best in each &
**Striving ever
onward**



Founded 1885.



MOTTO

ONWARD

Founded 1885.



VALUES

Integrity

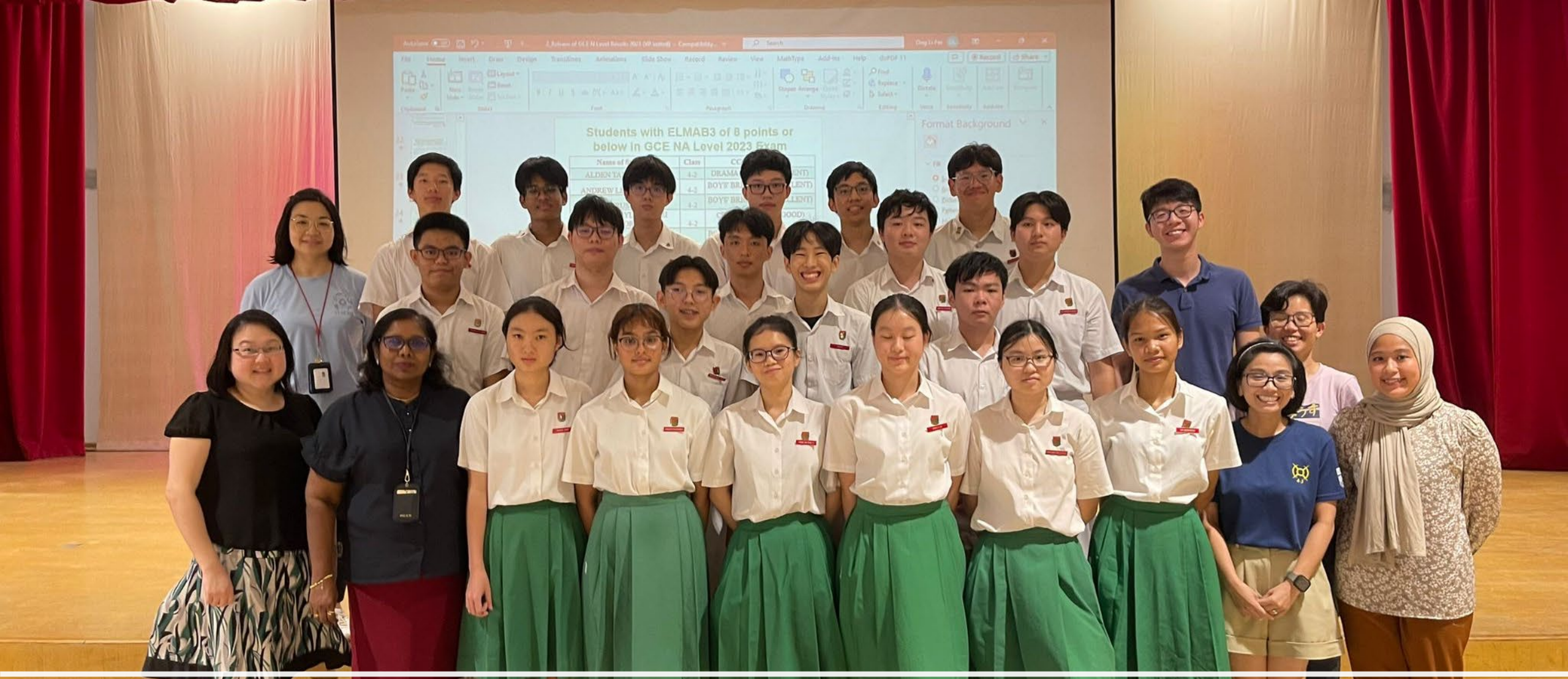
Compassion

Resilience

Discipline

Respect





GCE 'N' Level Results 2023

MOE EDUSAVE CHARACTER AWARD

Eligible for Sec 2 to Sec 5 students.
[Top 2% of Singaporean students who
meet criteria]

Demonstrate and exemplify good
character and values on a consistent
basis.



MOE Edusave Character Award Recipients



KENDRICK PADASDAO TAM
(4-1)
ENTREPRENEUR CLUB (GOOD)



MUHAMMAD HARRAZ DANISH BIN SARPANDI
(4-1)
ENGLISH DRAMA (EXCELLENT)



NUR HAZRYNY BINTE HASIRAN
(4-1)
DRAGON SCOUTS (EXCELLENT)



RUBY TAN LE XUAN
(4-1)
CHOIR (EXCELLENT)



THORIQ AHMAD BIN MUHAMMAD AZHAR
(4-3)
NATIONAL POLICE CADET CORPS (EXCELLENT)



SITI NURSHARINA BINTI NOR HISHAM
(4-4)
TABLE TENNIS (EXCELLENT)



Key Dates For Graduating Cohorts

Assessment Schedule (Normal Academic Students)

Examination	Date
EL Listening Comprehension	10 Sep 2024
MT Listening Comprehension	12 Sep 2024
MT Oral	23 July – 25 July
EL Oral	22 July -25 July 2024
Prelim Exam	2 Aug – 7 Aug 2024 12 Aug -15 Aug 2024
N Level Written Papers	9 Sep – 16 Sep & 30 Sep -8 Oct 2024

Support from school to prepare graduating students for National Examinations

Programme	Date	Students Involved
CCA Suspension	23 April, Tue	All graduating students
MT Intensive Lessons	Term 2 Week 9 to Week 10 - 13 May to 24 May	All students taking Mid-Year O-Level MT papers
Principal's engagement with graduating classes	Term 2 Week 9 – Week 10	All
Meet-Parent-Session (Engagement by School Leaders)	24 May, Friday, 8-9am via Zoom	NA
Parent-Teacher Conference (Meeting with Form Teachers)	30 May & 31 May	
June Intensive Lessons for <ul style="list-style-type: none"> Design and Technology 	28 May, Tuesday to 31 May, Friday	Sec 4 and 5 Design and Technology students

Support from school to prepare graduating students for National Examinations

Programme	Date	Students Involved
Academic Support Programme in the afternoon <ul style="list-style-type: none"> • Afternoon School Programme (ASP) • Time Practice (TP) • Consultation Sessions with Individual Teachers 	Term 3, week 1 to Term 4, week 3 On-going	Identified 4NT/4NA/4EXP/5NA students Identified 4NA/4EXP/5NA students Identified students
MT Intensive Oral Practice (In the morning before first period starts)	Term 3 Week 1 to Week 5	All students taking O and N Level MT papers
EL Intensive Oral Practice (In the morning before first period starts)	Term 3 Week 1 – Term 3 Week 4 (only on Mondays and Wednesdays).	Selected Sec 4 and 5 students

With the calendaring of the events, students are advised to use the mid-year break wisely:

- **Do your revisions**
- **Work on study strategies shared at presentation by Principal**
- **Eat well (balanced nutritious meals), exercise, sleep well**

Parents are encouraged to plan holiday trips only after the GCE exams so that students can focus on their SMART goals

Your child needs you in this race!



Examinations are not the be-all and end-all, but provide the opportunity for children to assess how much they have learnt.

There are things that we can choose to do and not to do, so that we can better support our children academically and emotionally during the examination period.

<https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf>

Question 01: How can I motivate my child to study?

IF YOUR CHILD IS...

- **Procrastinating because he/she is anxious**
- **Distracted by digital devices**
- **Stuck in his/her revision because he/she has forgotten concepts learnt previously**

YOU CAN TRY TO...

- **Guide him/her to break down revision into smaller, more achievable tasks.**
- **Set ground rules together e.g. 10 mins of play after each task is completed. The key is to be consistent and to lead by example!**
- **Encourage your child to revisit the earlier chapters. If needed, ask them to approach his/her teachers and/or older siblings for help.**

Question 01: How can I motivate my child to study?

IF YOUR CHILD IS...

- **Lethargic and lacks energy to do anything**

YOU CAN TRY TO...

- **Guide your child to draw up a schedule which includes time for homework, revision, play, exercise and rest. Recreational activities and rest are key to helping the child de-stress and can boost their mood and energy.**

Parents can also approach your child's teacher to discuss concerns about your child, so that together, better support can be provided.

Question 02: How do I know if my child is feeling stressed?

Some children may fear failure, which further drives up anxiety during examination periods. A fear of failure may be identified through cues such as:

- “If I don’t do well, I think that I will have no future”
- “I am not good enough/ useless/ have no talent”
- “Others will think less of me”



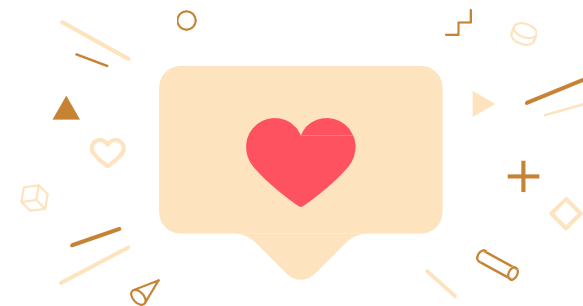
Question 03: What can I do to help my child manage his/her stress?

Know your child's needs and be present

- Pay attention to your child and communicate frequently in an open and supportive manner. Continue with your usual conversation topics (e.g. “How was your day?” and “What are you looking forward to this weekend?”), so that your child's mind is not overwhelmed by the upcoming exams.
- Provide practical support (such as making sure your child has a healthy diet and adequate sleep) to overcome any hurdles he/she may be facing.

Role model

- Share with your child some of your own experiences of dealing with stress, how you managed it and maintained positivity.



Question 03: What can I do to help my child manage his/her stress?

Reassure

- Let your child know that they are loved and accepted regardless of their examination performance.
- Recognise that it is normal to feel stressed, anxious and nervous during the examination period.
- Provide positive feedback and cheer him/her on for every effort.



If you require more advice, please approach the School Counsellor.

Good Stress vs. Bad Stress

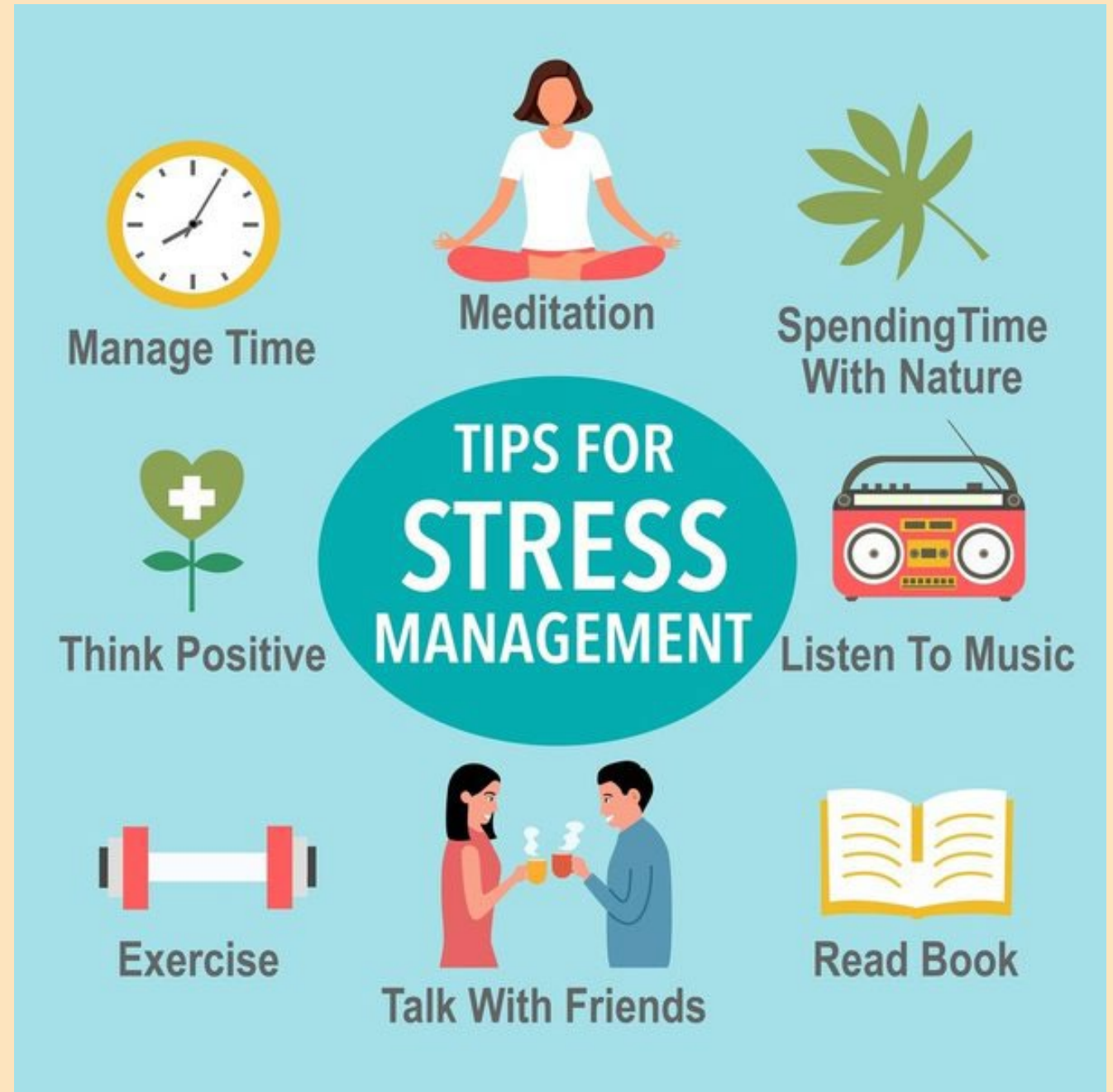
GOOD STRESS

Good stress is pressure that spurs us on toward **growth and progress**. It may be difficult, but we respond with **resilience and improvement**.

BAD STRESS

Bad stress is feelings of **anxiety, nervousness, fear, or depression** brought on by **unpleasant or overwhelming** pressures in life.

How can I manage stress?



Question 04: How can I manage my own stress so that it is not passed on to my child?

Be mindful of what you say, your reactions, and the body language you display. For example, parents may say, *“If you don’t do well, you will not have a good future”*. Parents may use this with the best intentions, to motivate their child to score his/her best. However, the child may see it as an expectation to score high marks so as not to disappoint their parents.

When communicating with your child, focus on positivity, reassurance and calm to keep stress levels low.



Question 04: How can I manage my own stress so that it is not passed on to my child?

To manage your stress or anxiety, you could:

- Regulate your emotions (e.g. deep breathing, focusing on your locus of control)
- Speak to someone you trust (e.g. spouse, family members, close colleagues)
- Ensure sufficient rest, exercise and eat well
- Continue to spend time with your child to bond, e.g. doing household chores or playing a board game together



Support from parents of graduating cohort:

Academic Support Programmes

Students will stay back in the afternoons.

They need your support to keep them physically nourished. PTA will get in touch with you regarding how you can support.

Please email Mr Heng (President of PTA) at shaosheng.heng@gmail.com to show your support for your child.

GRADUATION DAY



20 Sep 2024



