



Cedar Primary School



P3 Student Development and Well-Being



Holistic Education

Effort Determines Success

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Our students

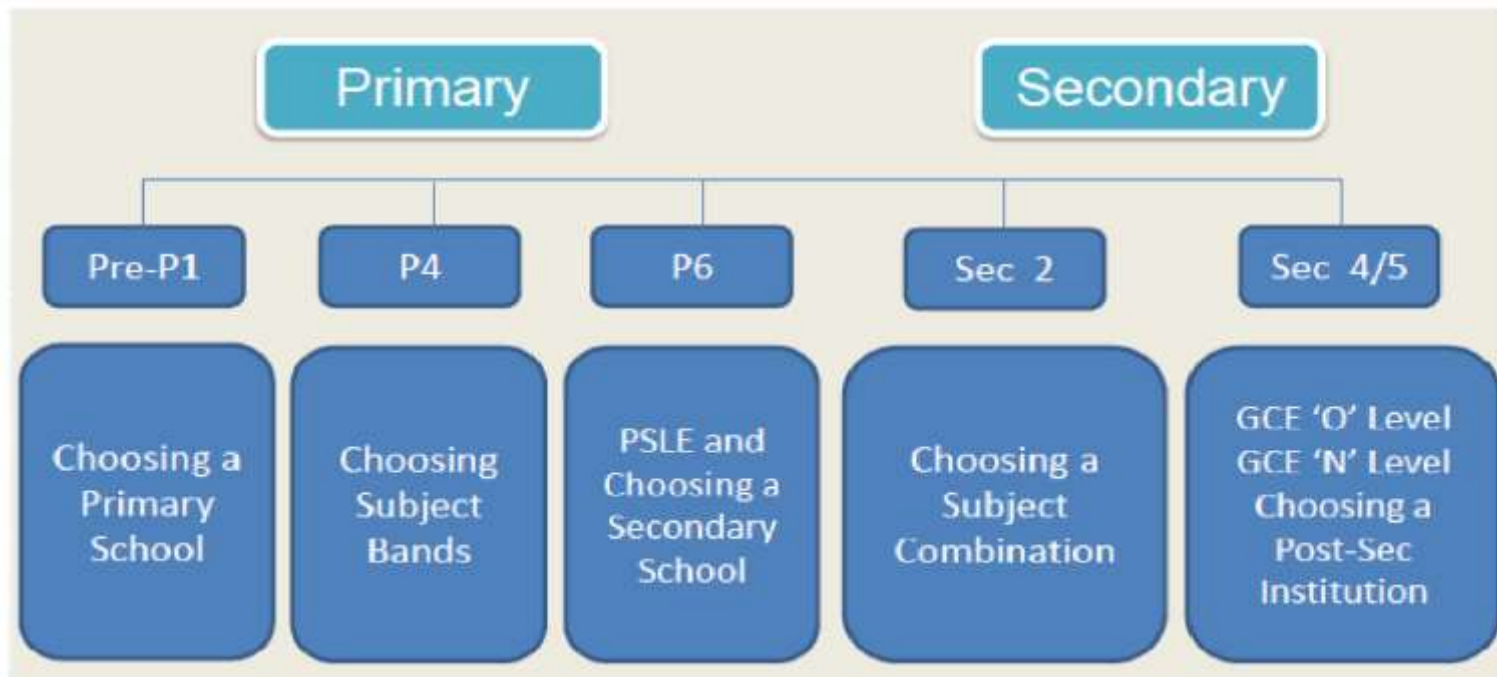
Our holistic education encourages your child to learn more and develop a curiosity that goes beyond formal education. Learn how your child can discover and nurture their strengths and interests, cultivate important values, and realise their full potential to seize opportunities of the future.





Cognitive Development

Key Milestones in Your Child's Education





What is Different at Primary 3?

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity



- Class size
- Subjects: 4 subjects
EL, MT, Mathematics & **Science**
- Assessments
- Co-Curricular Activity (CCA)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0730	PE	EL	PE	PE/MT	MT
0800	MT	PE	PE	PE/MT	MT
0830	MT	PE	PE	MT	PE
0900	MT	PE	PE	MT	PE
0930	MT	PE	PE	MT	PE
1000	PE/MT	PE/MT	PE/MT	PE/MT	PE/MT
1030	PE	MT	MT	MT/PE	PE
1100	EL	MT	MT	MT/PE	PE
1130	PE	MT	MT	EL	PE
1200	PE	MT	MT	EL	MT
1230	MT	EL	EL	EL	MT
1300	MT	EL	EL	PE	PE

3 RESPECT

Let's Start!

Be careful! Follow the traffic light!



Purpose of Co-Curricular Activities (CCA)

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

The CCA Programme:

- Provides students with a platform to discover their interests and talents
- Inculcates values and develop 21st Century Competencies
- Encourages cross-age and cross-class interaction
- Provides service and leadership opportunities and experiences
- Fuels in the students a life-long love for a particular activity, be it a sport or a musical pursuit. This helps the students to lead a balanced life in adulthood.

Developing Cedarians holistically through CCA Excellence.



Types of Co-Curriculum Activities

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Sports and Outdoor Education CCAs develop robustness, fair play and team spirit in students.

The Arts CCAs instil in students a sense of graciousness and an appreciation for the rich culture and heritage of a multi-racial society.

Uniformed Group activities aim to inculcate in students self-reliance, resilience, discipline and a spirit of service to others.

Inventiveness, Language and other CCAs allow students to explore and extend their interests in wide-ranging and specialised areas which may be knowledge-based or skills-based.



CCAs in 2026

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

CCAs in 2026

INVENTIVENESS	SPORTS AND OUTDOOR EDUCATION	THE ARTS	UNIFORMED GROUPS	LANGUAGE AND OTHERS
<ul style="list-style-type: none">• Future Innovators Programme• InfoComm Club• Robotics Club	<ul style="list-style-type: none">• Adventure Club• Athletics• Football• Softball• Sports Club	<ul style="list-style-type: none">• Art Club• Music Ensemble• International Dance	<ul style="list-style-type: none">• Boys' Brigade• Girls' Brigade	<ul style="list-style-type: none">• Kindness Club• Cedar Theatre



School-Based Assessment



School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

For 2026 P3 students, they will sit for the following:

Term 1	*Term 2	Term 3	Term 4
Class Test 1	Class Test 2	Class Test 3	End-of-Year Examination
10%	15%	15%	60%

Removal of Mid-Year Exams for all levels:

- In line with our efforts to shift away from an over-emphasis on examinations, and nurture an intrinsic joy of learning.
- More time and space for students to further develop 21st Century Competencies and engage in more student-centric learning.



Class Tests & Year-End Examinations

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Supporting your child's first steps into formal assessment.

Your child may be experiencing

- *Some stress and anxiety from an increase in academic load with a new subject (Science) and experiencing Class Tests, and End-of-Year Examination (EYE) for the first time.*
- *Concerns about meeting one's own expectations and those of others (e.g. peers, parents, and teachers)*
- *Disappointment from receiving results that do not match invested efforts and expectations*



Class Tests & Year-End Examinations

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Tips on how you can support your child

- *Show interest in what your child learns each day, not just their homework or test preparation.*
- *Remind your child that assessments are important ways to understand gaps in learning and to use feedback from these assessments to improve. Emphasise that these assessments do not define a child's worth or future.*
- *Recognise and affirm your child's effort rather than just the outcomes. Celebrate small improvements.*



Class Tests & Year-End Examinations

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Tips on how you can support your child

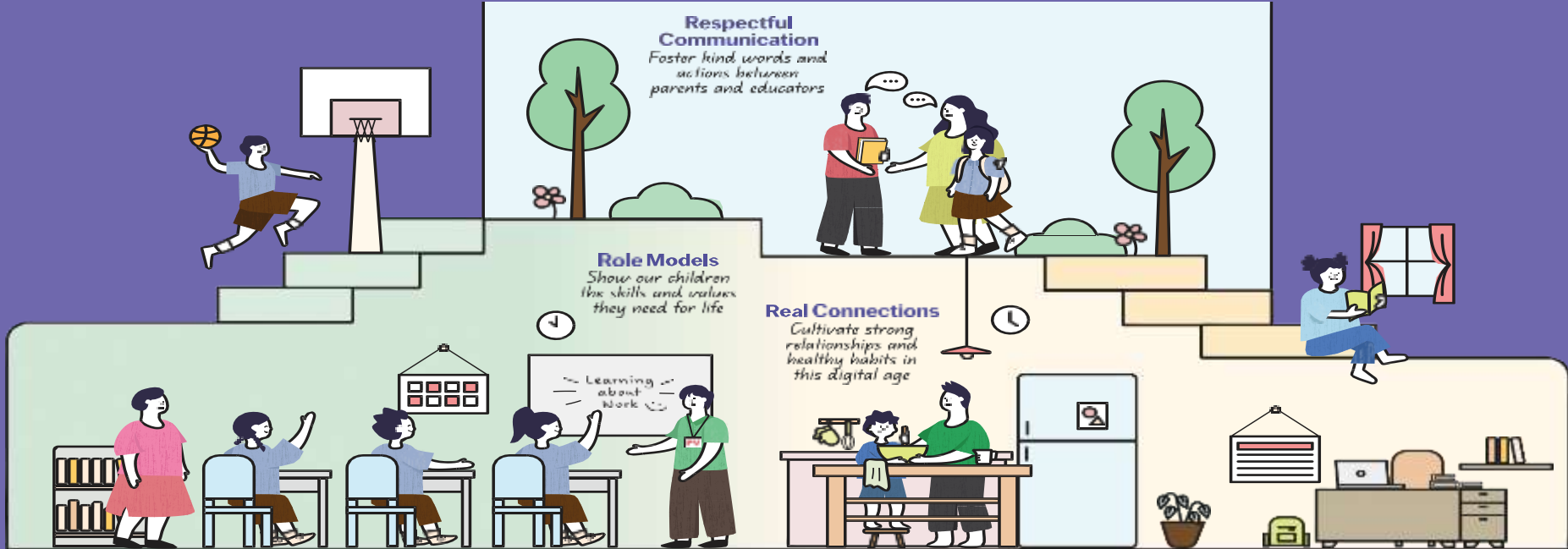
- *Support your child in viewing setbacks as learning opportunities, while acknowledging feelings of frustration or sadness as part of the process. This will help promote a growth mindset – the believe that their abilities can be developed through dedication, effort, and learning from challenges.*
- *Manage your own expectations and stress, as these can place additional pressure on your child. Reassure your child that they are loved regardless of academic performance.*



School-Home Partnership: Raising a Happy, Confident, and Kind Generation Together



Raising a Happy, Confident, and Kind Generation Together





Respectful Communication

Foster kind words and actions
between parents and educators



- **Let us listen to and understand each other's perspectives and concerns regarding each child.**
- **Communicate kindly using official channels:**
 - Leave a message in the Student Handbook or with the General Office (*e.g. to inform us that your child is unable to attend school*)
 - Email your child's/ward's form/subject teachers.
- **Respect each other's time by communicating during working hours.**
 - We seek your understanding to contact us during official school operating hours (**7 am to 5 pm, Monday to Friday** on school days)
- **Model the use of courteous and respectful communication and acceptable social norms through daily interactions**
 - help your child learn how to engage in respectful conversations so that he/she can become a better communicator, friend and support to others.



School-Home Communication

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Parents Gateway: Digitally Connecting Parents and School

- **one-stop mobile app** for parents and schools to communicate key administrative matters
- **updates** on programmes and activities
- allows **parents to** perform administrative functions such **as providing consent** for their children to participate in school activities



For more information, you may visit <https://pg.moe.edu.sg/faq>



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.**

Encourage your child to

- Attempt his/her homework on his/her own and submit on time
- Be punctual for school
- Be school ready – pack the bag, wallet and/or recess food daily

- **Model good values in words and actions, at school and at home.**

- Reiterate our school values of **Kindness, Integrity, Resilience, Responsibility and Creativity** as depicted in the Mark of a Cedarian, which is found in our Student Handbook
- Use **Growth Mindset language** and **Well-being strategies** taught to help students cope with challenges, stress and to manage self.



Real Connections

Cultivate strong relationships and healthy habits in this digital age



- **Build strong bonds through shared experiences and meaningful conversations.**
 - Reading together daily for at least 20 minutes.
 - Exposing your child to different social situations with extended family and peers during social activities like family gatherings and CCA and camps both in and out of school.
- **Establish good habits for our children to stay confident and in control of their technology use.**

The Habits include:

 - Sleeping at regular hours to ensure sufficient sleep – about 9 hours each night.
 - Limit use of mobile and gaming devices
 - Designate a specific quiet study area at home
 - Ensure focus and no distractions whilst doing/revising schoolwork.
- **Provide a balanced mix of engaging online and offline activities, at school and at home.**



Inculcating Independence & Responsibility

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity



Effort Determines Success



Independence & Responsibility

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Aligned to our school value of responsibility, we encourage our P3 students to

- Be responsible of packing their own school bags daily
- Take responsibility for their words and actions
(Stop, Think, Act)
- Taking the initiative to complete their homework after school (student handbook)





Independence & Responsibility

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Stop

- Avoid knee-jerk reactions

Think

- Evaluate feelings and consequences

Act

- Execute a responses that is thoughtful





Independence & Responsibility

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Aligned to our school value of responsibility, we encourage our P3 students to

- Help out with simple chores at home (e.g.: clean up own room/area, clean up after meals)
- Having a daily routine to follow after school hours

Sophie's
DAILY SCHEDULE

8:00	Wake Up	
8:30	Breakfast	
9:00	Get dressed	
10:00	Reading time	
11:00	Snack	
12:00	Outdoor play	
1:00	Chores	
2:00	Quiet time	
3:00	Free time	
4:00	Free time	
5:00	Dinner	
5:30	Family time	
6:00	Family time	
7:00	Get ready for bed	
8:00	Bedtime	



Growth Mindset

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity



Effort Determines Success

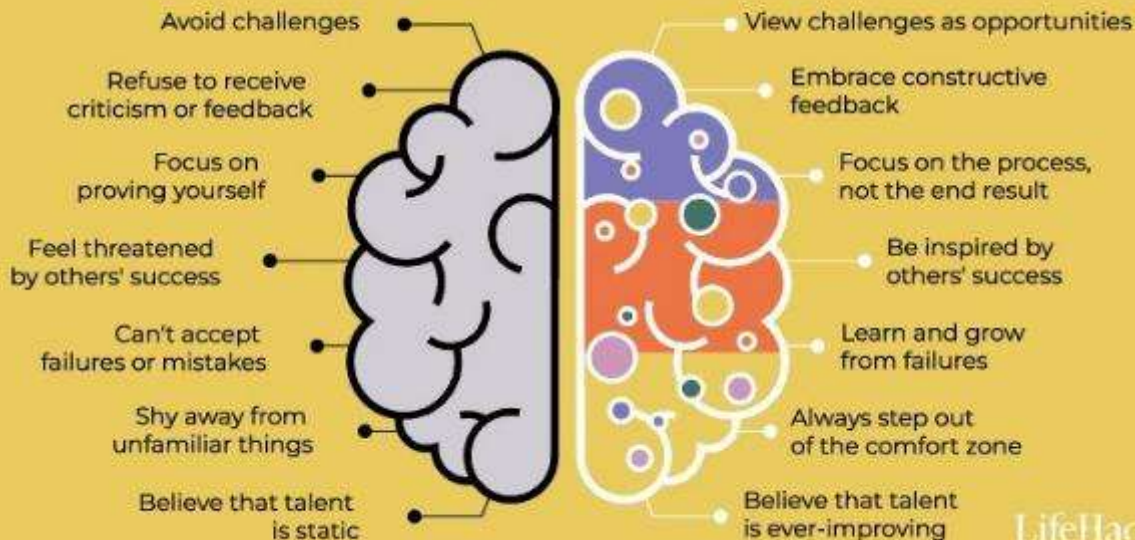


Growth Mindset

Effort Determines Success

School Values: Integrity, Kindness, Resilience, Responsibility, Creativity

Fixed Mindset vs Growth Mindset



LifeHack



Growth Mindset

- Believe that every child wants to and can learn
- View mistakes as learning opportunities
- Focus on learning and progress, not grades
- Grow resilience ★

MY GROWTH MINDSET STATEMENTS



I can CHANGE my MINDSET with my WORDS!



INSTEAD OF:

I am not good at this.



I am great at this.



This is too hard.



This is too easy.



I can't do this.



This is good enough.



I won't try because I might fail.



I am afraid I will make a mistake.



I give up.



I am not as smart as my friends.



I CAN SAY:

I am not good at this YET, but I will learn.

I practiced and learned how to do this.

This will require effort and finding the right strategy.

How can I make this more challenging?

I need some feedback and help from others.

Is it my best work? Can I improve it?

If I fail, I can try again until I succeed.

When I make a mistake, I will learn from it and do better.

I will succeed if I put forth effort and find a better strategy.

I am in charge of how smart I am.



Cyber Wellness for Your Child



"How do we ensure that our young make the right choices, and survive well in the online world? (...) Schools can work with parents and make a big difference."

– Minister Ong Ye Kung, Committee of Supply Debate 2020





Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media



Parents may not be aware of the online risks

Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023



DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%



What is Cyber Wellness?

- Cyber Wellness is about our students being able to navigate the cyber space safely.
- This is done through our 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.**



Promote Cyber Wellness at Home

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Tip 1: Advise your child on time spent online

- Ask your child what he/she enjoys doing online.
- Through conversations, decide together how much time he/she should spend online (i.e. set screen time limit).
- Make a firm decision on the off-limit hours such as bed time and meal times.
- Encourage him/her to engage in more tech-free interaction (e.g. outdoor activities) and less digital screen time.

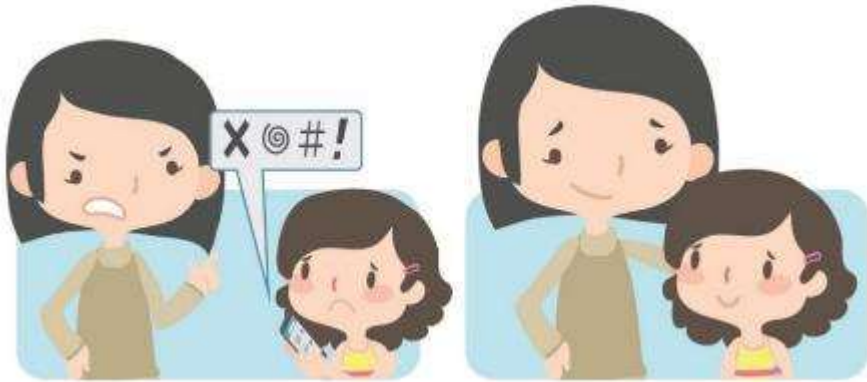




Promote Cyber Wellness at Home

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Tip 2: Guide your child on online etiquette



- Regularly check with your child about the types of conversations in their chat groups or social media.
- Advise him/her not to post comments that might hurt others.
- Encourage him/her to alert the teachers if they encounter cyber-bullying, or if a friend/classmate is getting bullied online.



Promote Cyber Wellness at Home

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Tip 3: Teach your child to stay safe online

- Remind your child not to chat or share personal information with strangers online.
- Guide him/her to set strong passwords, and ignore suspicious links/files sent by strangers or in pop-up boxes.





Promote Cyber Wellness at Home

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Tip 4: Direct your child to behave responsibly online



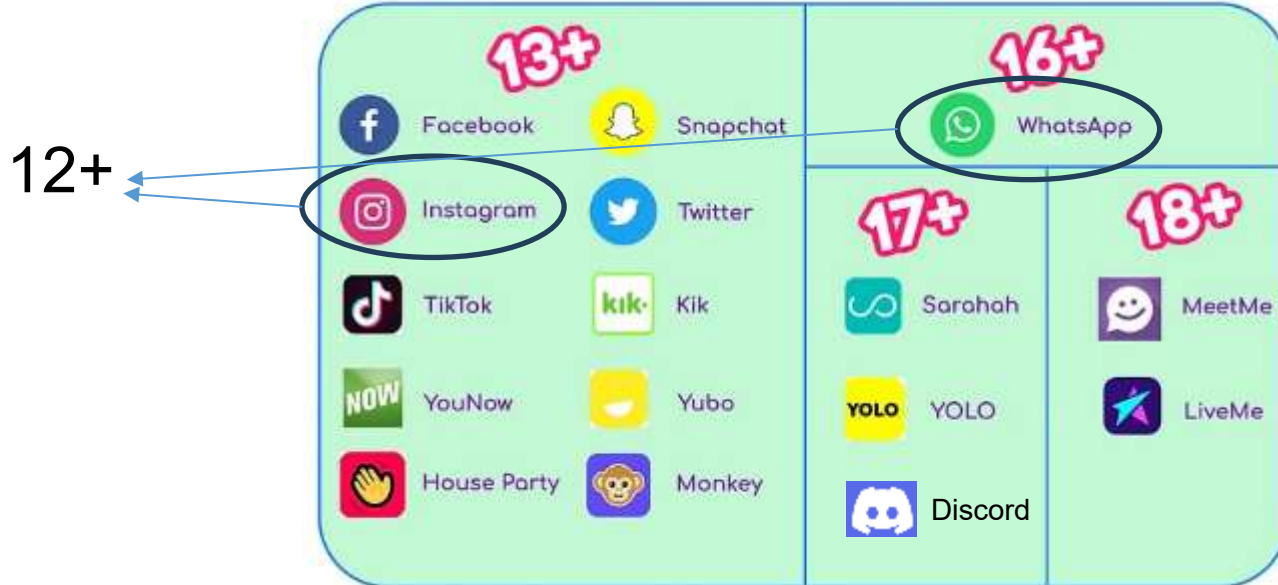
- Encourage your child to verify information with multiple sources. Get them to check with you or a trusted adult when in doubt.
- Have an open discussion with your child on harmful internet content.
- Explain to him/her the necessity of parental control and privacy filters, if you intend to install them in their digital devices.



Supporting your child - Cyberwellness

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Know the apps/games and their age restrictions





Supporting your child - Cyberwellness

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

Know the apps/games and their age restrictions

Age restriction: 12+
Allows for interaction
online with other players.
Parental Controls can
and should be set up.



Age restriction: 10+
Online interaction.
Content descriptors that
include "Fantasy
Violence" and "Mild
Blood."



Age restriction: 10+
Online interaction.
Content descriptors that
include "Fantasy
Violence".



Supporting Your Child

School Values: Kindness, Integrity, Resilience, Responsibility, Creativity

What your child may be experiencing

- Having to **adapt to new environment** and longer days
- Needing to adjust to **new friendships**
- Managing **new routines** and responsibilities
- Navigating **increased structure**

Teachers build strong TSR (Teacher-Student Relationship), encourage PSR (Peer-Support relationship) and have routines in their lessons.

How you can support your child

- Find time for **regular conversations**. Encourage your children to share their thoughts and feelings openly. Let them know that you will listen with an open mind too.
- Discuss **ways to manage different encounters** that may come their way, especially the ones they may feel worried or anxious about.
- **Build their confidence** (e.g. celebrating effort and small improvements, share stories of your own school challenges, etc.)




Supporting Your Child

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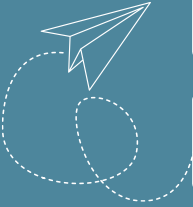
BE THERE

- B**elieve in your child's potential
- E**ncourage them daily to give their best
- T**reasure the learning process, not the results
- H**elp your child develop good studying habits
- E**xpectations – realistic expectations on your child's capability
- R**ecognise symptoms of stress and address them
- E**mpathise the challenges your child may be facing

A child is going to remember
who was there,
not what you spend on them.
Kids outgrow toys and outfits,
but they never outgrow time
and love.
-UNKNOWN-



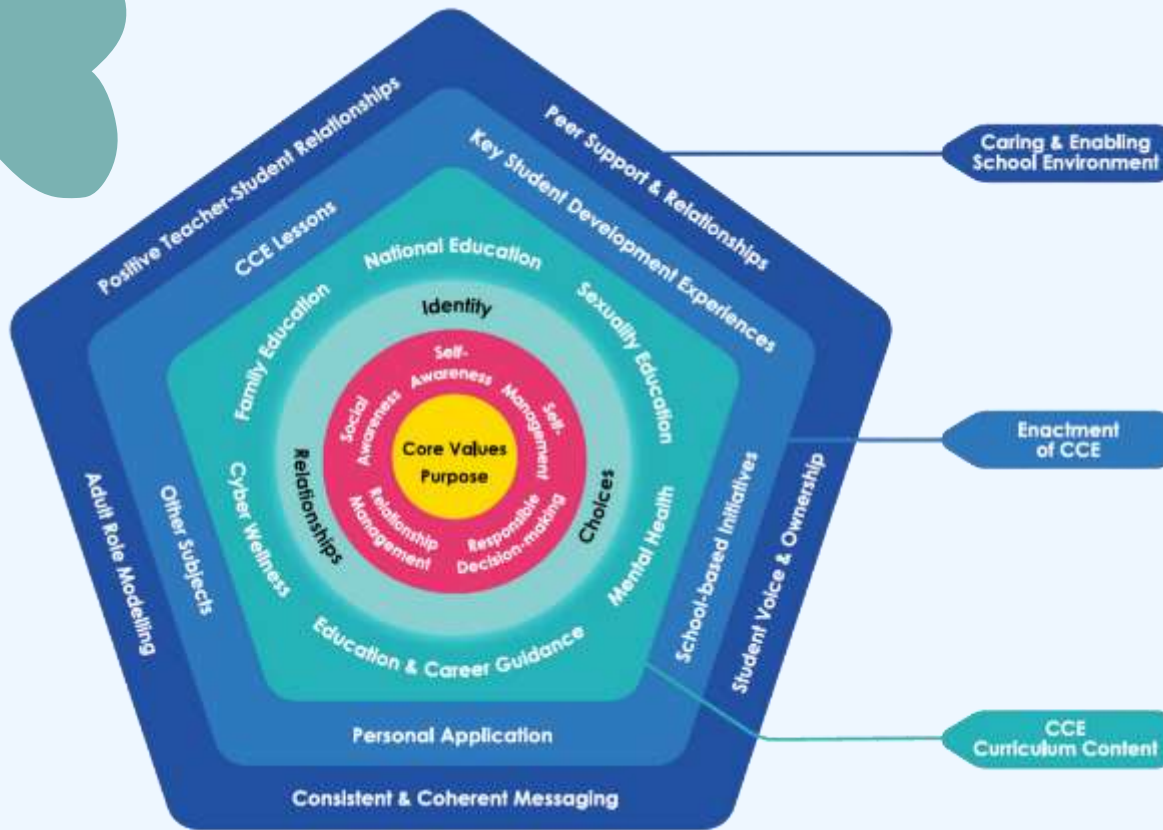
CHARACTER AND CITIZENSHIP EDUCATION (CCE)




Curriculum Briefing for P3 Parents 2026




CCE 2021 CURRICULUM FRAMEWORK





Goals of Character and Citizenship Education (CCE)



**Good
Character**



**Resilience
&
Well-Being**



**Active
Citizenship**



**Future-
Readiness**





OVERVIEW OF CCE CURRICULUM (P3)



CCE (FTGP)	CCE (MTL)	Student Development Experiences
<ul style="list-style-type: none">• Cyber Wellness• Family Education• Education and Career Guidance• Mental Health• National Education	<ul style="list-style-type: none">• Aligned with CCE (FTGP) lessons• Lessons based on 6 core values (R3ICH)	<ul style="list-style-type: none">• National Education (NE) Commemorative Days• Values in Action (VIA) Project• Cohort Learning Journey





CITIZENSHIP DISPOSITIONS



A Sense of Belonging

To develop a deeper understanding of who we are as Singaporeans, and a shared understanding of the values that are important to us as a nation.



A Sense of Reality

To be aware of contemporary realities - including Singapore's constraints and vulnerabilities - which affect us as a nation amidst the backdrop of a less predictable world.

A Sense of Hope

To have confidence and optimism in Singapore's future and the resilience to face the challenges ahead.

The Will to Act

To be active citizens who have a collective resolve and a sense of shared mission towards building a Singapore for all.

CYBERWELLNESS EDUCATION

A Healthy Balance 1

My Online Screen Time Reflection!

1. Our screen time includes work and play when using digital devices. Put a tick (✓) in the boxes to indicate the online activities you did in the past week.



2. Do you take a break after 20 minutes of online screen time?
Circle your response: Yes No

3. List 2 other activities besides screen time that are important to you.
(i) _____
(ii) _____
Do you spend enough time for these activities?
Circle your response: Yes No

23 © The Mix Book

More Than Words 2

Showing Care and Concern in My Online Communication

In the different scenarios, think about how you can communicate with your friends and loved ones in a way that shows you care about them.

1. Your cousin sends you a message and you are not sure what they mean. Write your response to him in the space below.

2. Your friend sends you a message to tell you that he is very worried about the examinations. Circle the sticker(s) as your response.



24 Care and Respect for Others



- Understanding what responsible behaviour entails when exploring cyberspace
- Learning the knowledge, skills, values, and attitudes one should possess to protect oneself online

A Sense of Reality

MENTAL HEALTH EDUCATION

- Building Resilience in our children
- Managing emotions and stress

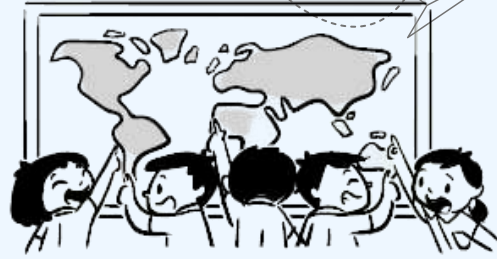


A Sense of Hope

NATIONAL EDUCATION (NE) COMMEMORATIVE DAYS



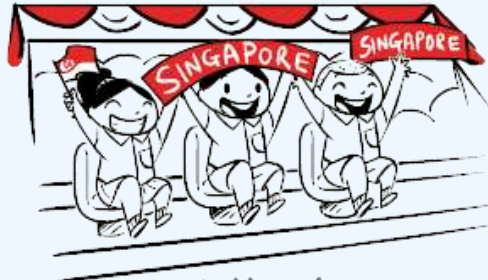
Total Defence Day



International Friendship Day



Racial Harmony Day



National Day

A Sense of Belonging

Keeping Us Safe

Where Can I Find These Things in My School?

1. The staff of the school have marked the school for the fire drills. Where do you go in the event of an emergency? Draw a floor plan of the school.

Where can you find a map of the school in your school?

2. How do we know if we are in any danger? What are the signs and symbols we should look out for? Draw a sign for a fire alarm. Where can you find them in your school?

Symbol	Location
	Fire Alarm Control Station

Unity in Diversity

The Golden Rule: Treating Others The Way We Want to Be Treated

Esther's Birthday Party

Michelle is invited to Esther's birthday party. She is excited to go. She is invited to the party by Esther's mother.

She is invited to the party by Esther's mother. She is excited to go. She is invited to the party by Esther's mother.

Esther's mother is invited to the party by Esther's mother. She is excited to go. She is invited to the party by Esther's mother.

Esther's mother is invited to the party by Esther's mother. She is excited to go. She is invited to the party by Esther's mother.

Unity in Diversity

The Golden Rule: Treating Others The Way We Want to Be Treated

Esther's Birthday Party

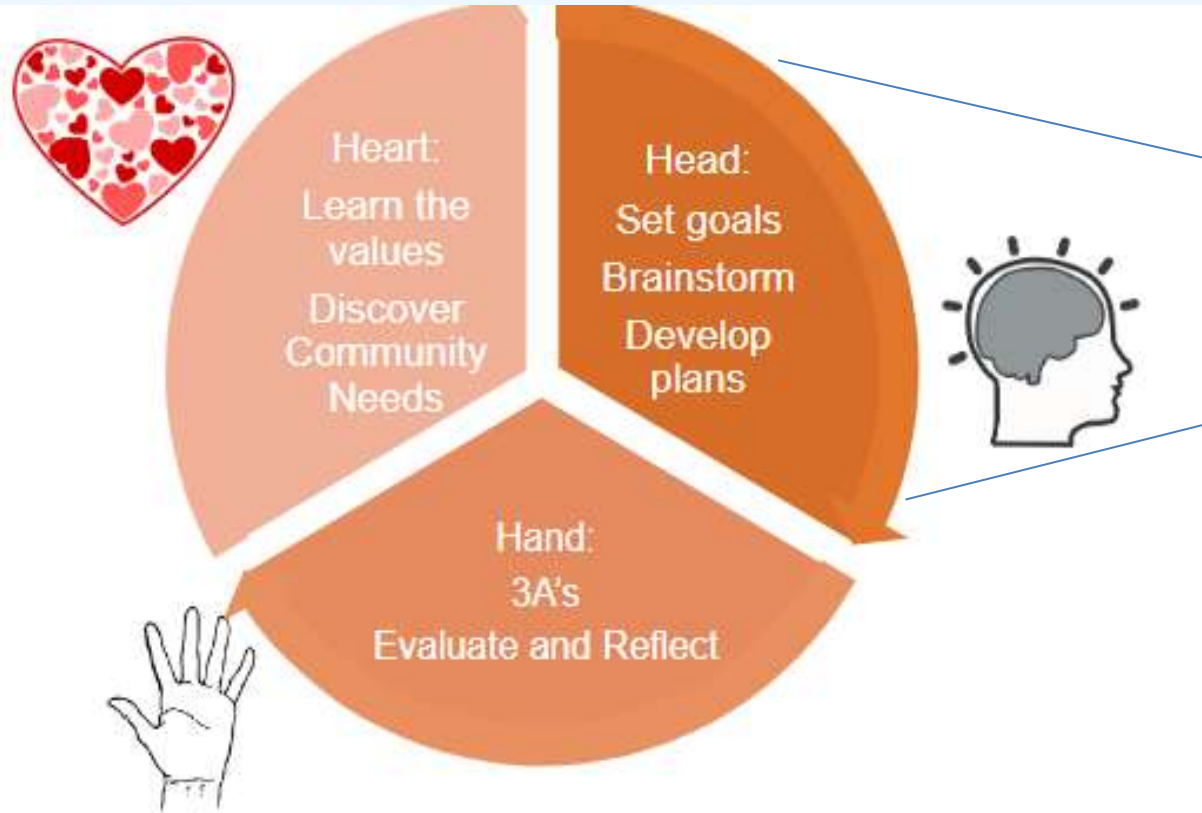
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Esther's mother is invited to the party by Esther's mother. She is excited to go. She is invited to the party by Esther's mother.

Esther's mother is invited to the party by Esther's mother. She is excited to go. She is invited to the party by Esther's mother.

VALUES IN ACTION FRAMEWORK



Collaboration with our school's Creative and Inventive Thinking programme to brainstorm ideas that have a positive feedback on the community

VALUES IN ACTION PROJECT

PROJECT KINDNESS



Learning Outcomes:

Students will be able to:

- Learn to be friendly and helpful to each other through acts of kindness.
- Commit to creating a friendly and helpful classroom environment.
- Reflect on their experience and commit to doing simple kind acts

Kindness Wall/Corner

Roster groups of students every day/week/month to write words of encouragement for the others.



Kindness Tree

Students write their kind acts on leaves and hang them on the trees.



The Will to Act

LEARNING JOURNEY TO GEYLANG SERAI HERITAGE GALLERY (TERM 2)



- Provide opportunities to explore their Singaporean identity through the arts, culture and heritage
- Tie in with Social Studies Lessons

**A Sense of Belonging
A Sense of Reality**



Let's work together to help our children grow into joyful learners and responsible citizens, anchored on the right values and filled with a sense of purpose and hope for a bright future!

