

# Warmest Greetings Sec 1 Parents

**Dec 2023**



A presentation by  
Mdm Sharifah\_PSG IC / 02/01/24

# What does research say about Parent Involvement in Schools

Research shows that when parents are involved in their children's education, the children are more likely to:

- **earn better grades.**
- **score higher on tests.**
- **pass their classes.**
- **attend school regularly.**
- **have better social skills.**
- **show improved behaviour**
- **be more positive in their attitude toward school.**
- **complete homework assignments.**
- **graduate and continue their education**

## Home and School

In the US, a three-year study of 12,000 secondary school students concluded that:

- **When parents come to school regularly, it reinforces the view in the child's mind that school and home are connected, and that school is an integral part of the whole family's life.**
- **Families with above-average parent involvement were 30 percent more successful in school than those with below-average involvement.**

**So Why should parents get involved?**

**Because your involvement can make a dramatic difference to your child.**

**So If you are interested in joining the Parent Support Group, Join us in Facebook**



## About Us

We hope to engage with parents on more formal / informal discussions to promote parents - child - teachers communication.

## Our Motto

The Team Behind The Team



Like Our Facebook Page



## Office

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**MARSILING  
SECONDARY SCHOOL**



# PARENT SUPPORT GROUP

[www.facebook.com/marsilingpsg](http://www.facebook.com/marsilingpsg)

**MARSILING PSG**

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## Programme Vision

To work in partnership with the school and parents to nurture the holistic development of our children.



## Programme Mission

- Tap on talents, expertise, time & resources of parents to support school activities & initiatives
- Facilitate open communication & feedback between parents, school, management & teachers
- A platform for building a network of communication and sharing

[www.facebook.com/marsilingpsg](http://www.facebook.com/marsilingpsg)

**MARSILING PARENT SUPPORT GROUP**

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## BE PART OF THE FAMILY



### FAMILY MATTERS @ SCHOOL

Empowering family matters (parent and child) through workshops and family matters discussions.



### BAKING WORKSHOP

Baking workshop with parent and child.



### VISIT TO NATURE PARK

Subsidised visits to places like Sungei Buloh Nature Reserve Park for Parents and Child.



### YEAR END GATHERING

Gathering session between parents and teachers to network around and exchange ideas.



### DAD'S FOR LIFE

An interest group of all Dads of Marsiling Parent Support Group (Marsiling PSG)



**JOIN**

the Marsiling PSG

**Please indicate in the  
FormSG to join MSS Parent  
Support Group!**



<https://go.gov.sg/mssparentssurvey>

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***FIRST Parenting Talk***  
***2Jan2024 (Tuesday)***  
**Transition to Sec One**  
**From 8am to 9.30 am**  
**by our School Principal**  
**(Indicate your interest in the**  
**same FormSG)**

# **Mendaki Tuition Scheme (MTS) in MSS**

**CDAC  
Mendaki  
Sinda**

**Affordable tuition  
(EL/Math) for all  
races (SG/PR)**

**Conducted by  
NIE-trained  
educators**

**Every Saturday, 9am – 12.15pm**

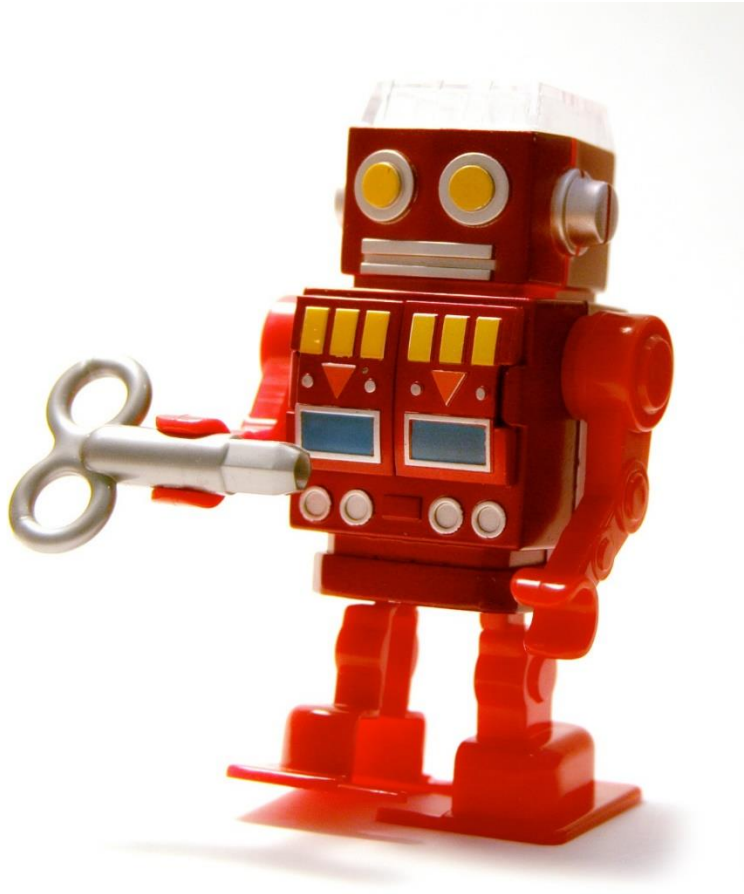
**More info coming up in Parent Gateway (PG)**



# Bringing Family Life Education closer to you

Families for Life@ **Community Partner**





**Kids don't come  
with an instruction manual**

# Triple P (Positive Parenting Program)

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- Developed by: Professor Matt Sanders through more than 30 years of clinical research trial
- Aim: Prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents
- Delivery Format: Large group seminars (Triple P Level 2), individual consultations (Triple P Level 3), and group sessions (Triple P Level 4)



# Triple P : Positive Parenting Program



## Triple P Level 2 Seminars (Secondary)

- 3 X 2h parenting seminars
- 3 seminars include:



## Triple P Level 3 Consultations

- 4 X 45 minutes personal coaching sessions
- Quick and personal way to get help from the



## Triple P Level 4

- Group + Individual /Telephone Sessions
- 5 X Group sessions (4-6 families)
- 3 telephone calls



## What is Triple P Online?

- Internet-based parenting programme based on the Triple-P curriculum.
- Hosted by **Triple-P International**

### Why Online?

Some parents may not enrol in Triple-P L3/L4/ Signposts programmes due to scheduling difficulties or other logistical issues (e.g., child care arrangements). To better support such parents, MSF will roll out Triple-P Online for this group of parents:

- ▶ **Eligible for Level 3 or 4 Triple-P / Signposts (based on SDQ score);**
- ▶ **Are unable to attend the face-to-face sessions**

# Evaluation Study on Triple P Pilot



- The evaluation study on Triple P shows that the programmes bring about better parenting and child outcomes.

## **Parents who undergo the full programme dosage report:**

- Improved parenting competency
- Reduced parenting stress
- Reduced negative emotional states
- Reduced child's difficult behaviour.

**Triple P is Effective!**



**What are parents saying?**



Triple P Level 2 Seminars  
*Secondary School*

*All three seminars were **structured reasonably and informative.***

*The Speaker was able to engage us with humour and some personal stories but remembered that the content of the seminar was key. She was a gifted speaker who was able to captivate our attention.*

*– Parent, St Joseph's Institution*



## What are parents saying?

### Triple P Level 3 Consultations

#### *Secondary School*



*Both trainers who trained us are experienced and the tips shared during the program coupled with several examples gave me the confidence to implement their suggestions at home. I am pleased that my daughter responded really well to the enhancements (eg. assertive communication and more realistic expectations) of my parenting.*

*– Parent, Methodist Girls' School*

*I find the recording of my child's behavior particularly useful as it showed the trait of his tantrum outburst and shed light to the reason behind such behavior.*

*By building positive relationship with my child, it reduces the severity of his tantrum. I also realized that I could use the methods that I learnt from the programme on my other child to manage her behaviors.*

*There were times that I forgot and allowed things to get out of control but I was quickly reminded and put what I learnt into place again.*

*- Parent , Woodlands Ring Sec*





## What Are Parents Saying?

### Triple P Level 3 Consultations *Secondary School*



#### **Triple P Level 3**

*Triple P Level 3 Programme definitely benefited me and my son in dealing with his gaming issues. This Programme is customized to individual needs.*

*My son was addicted to gaming and spent half of the day on his computer every day leaving his homework and revisions to the last minute. Through the Programme, we are able to work with my son in drawing out his schedule, targets to be achieved and the rewards and consequences should he meet/miss the targets. He is also more receptive to our suggestions now and is more motivated whenever we approach him in a positive manner instead of the conventional parenting method. We are supportive of Triple P Parenting and really appreciate our trainer, Jacqueline, for her tips and advice.– **Parent, Unity Sec***



**What are parents saying?**



**Triple P Level 3 Consultations**  
*Secondary School*

*My Triple P trainer guided me through the main problems faced at home, had them listed down and we **tackled it with action plans**. I learnt to **handle my son's arguments without much confrontation, showing my authority in calm manner**.*

*– Parent, Siglap Sec School*

**Marsiling Secondary School**  
**is partnering**  
**Care Corner Singapore**  
**(Appointed by MSF)**  
**for our**  
**Parenting Support Services**





# Care Corner Families For Life

**Parenting Support Provider  
for Marsiling Secondary  
School**





## Supporting Our Teenagers Through Transitions

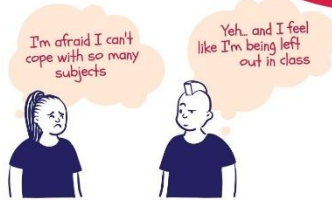
Help your child develop into a successful teen

Organised by  
Care Corner Families For Life

As teens undergo the transition to adulthood, the emotional and physical changes they experience may overwhelm them. How can parents support them through these transitions?

### LEARN SIMPLE AND PRACTICAL STRATEGIES

- Understand youth developmental stages
  - Learn how to support your youth through transitions
  - Manage difficult problem behaviours
  - Encourage responsible decision-making
  - Build healthy relationships with youths
- over a series of 3 seminars based on principles of positive parenting



**FREE** Online Parenting Talks

**CLICK HERE TO REGISTER**



Raising Responsible Teenagers

12 Jan 2024 Fri  
7.30pm to 9.00pm

Raising Competent Teenagers

19 Jan 2024, Fri  
7.30pm to 9.00pm

Getting Teenagers Connected

26 Jan 2024, Fri  
7.30pm to 9.00pm

**If you are parenting Sec 1 teens, sign up for this talk now!**

Care Corner Families For Life

✉ [ffl@carecorner.org.sg](mailto:ffl@carecorner.org.sg)

☎ 6978 4090

Positive Parenting Programme is an endorsed programme by MSF



## SUPPORTING OUR TEENAGERS THROUGH TRANSITIONS!

Calling all Marsiling Secondary School Sec 1 parents.

Join us on 12, 19 & 26 Jan to find out how to prepare your child for the upcoming transition using Triple P principles.

**SIGN UP NOW!**



<https://go.gov.sg/cc-3p2>

A group of five school students, three girls and two boys, are standing on a green lawn in front of a modern building. They are all wearing dark blue school uniforms with red ties. The building behind them has a colorful mural on its wall. The students are smiling and looking towards the camera. The text "Thank You" is overlaid in large white letters across the center of the image.

Thank You

OFFICIAL(CLOSED) \ NON-SENSITIVE



OFFICIAL(CLOSED) \ NON-SENSITIVE