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aura

TeenTalk  
2025

prize presentation



# Sec 4/5 Parent Teacher Conference

Thursday 5 February 2026

Sharing by Upper Sec YH Team

Mdm Fadzilah

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# 1. Sec 4 and 5 Calendar of Events

## Term 1:

Careers Fair (27 Feb),  
March Study Programme

## Term 2:

Values-In-Action ,  
ITE Early Admission Exercise (May),  
Parent-Teacher Meeting (29 May),  
GCE O-Level MT (2 June),  
June Study Prog (1<sup>st</sup> week),  
Poly EAE (June)  
Coursework Deadlines

## Term 3:

Preliminary Exams (July, Aug),  
National Oral Exams (July),  
Coursework Deadlines,  
Night Study Programme  
September Study Programme

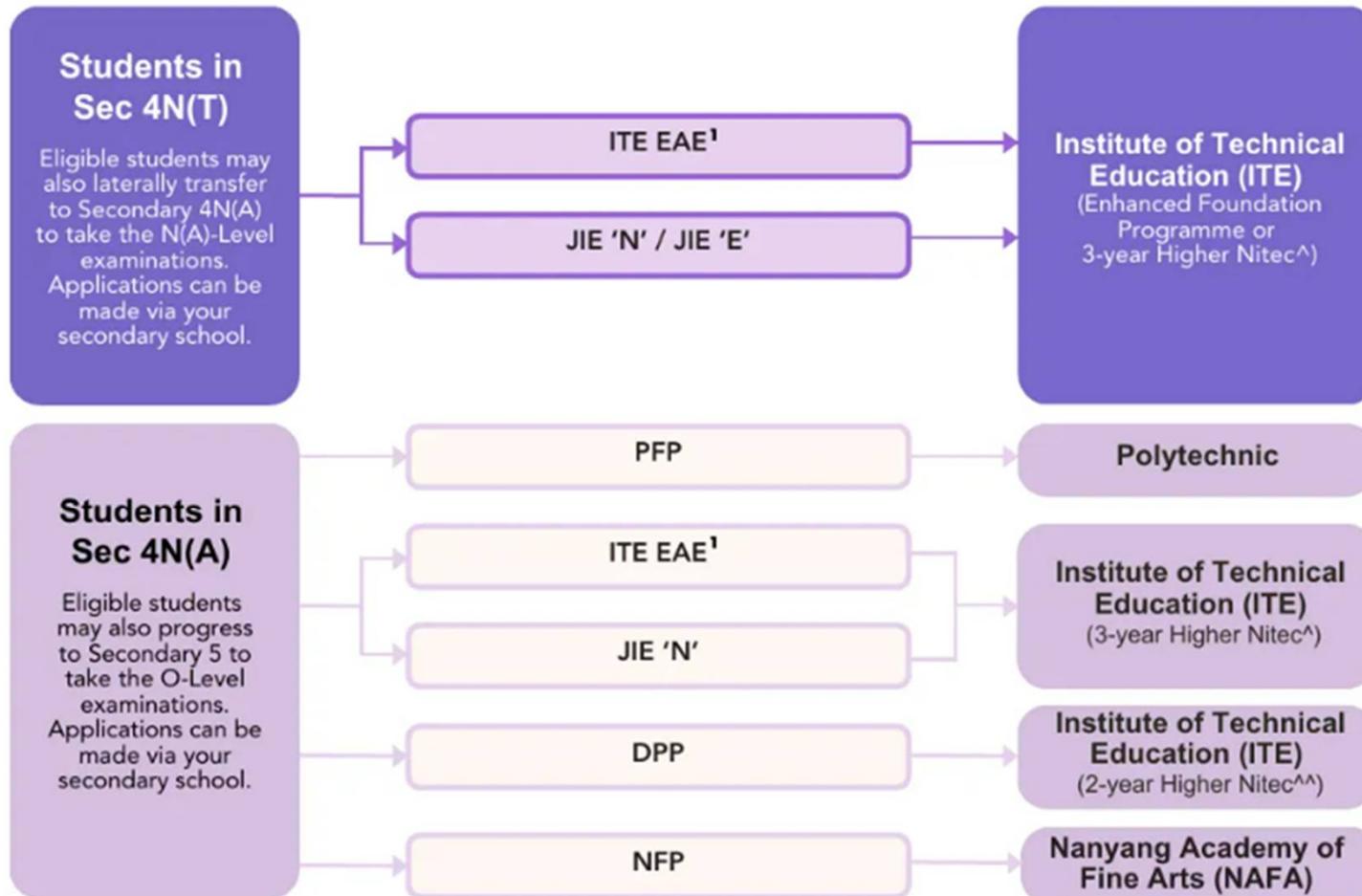
## Term 4:

Night Study Programme,  
GCE Written Exams,  
Graduation Ceremony

# 2. Overview of Progression Pathways

## Post-Secondary Admissions Exercises for Students in Sec 4 Normal (Technical) and Normal (Academic)

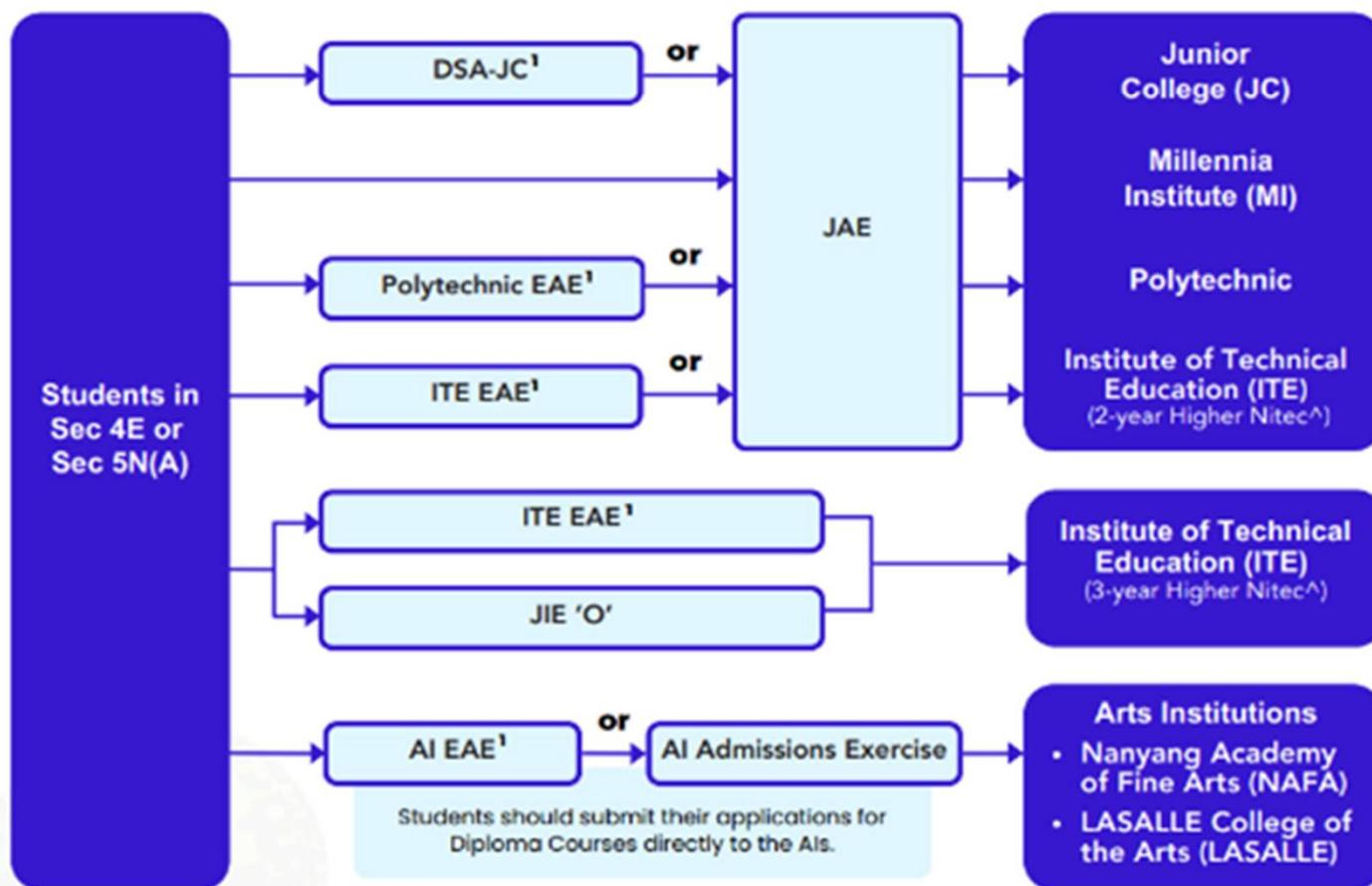
### Admissions exercises to take part in



# 2. Overview of Progression Pathways

## Post-Secondary Admissions Exercises for Students in Sec 4 Express or Sec 5 Normal (Academic)

Admissions exercises to take part in



## 3. Social Emotional Support

- ✓ Motivational and Resilience Workshop (Term 1)
- ✓ Monitoring of student well-being
- ✓ Form Teachers and Peer Support Leaders
- ✓ Year Head Team
- ✓ Information of Concern QR Codes
- ✓ School and Teacher counsellors to provide necessary guidance and support
- ✓ Special Educational Needs Officer
- ✓ Student Welfare Officer
- ✓ Self-help tips on school website

# 4. GROW WELL SG

**Learn Well**

Encourage purposeful screen use by managing children's use of personal smartphones and smartwatches in schools and at home.

Read about MOH's updated Guidance on Screen Use and share it with parents for healthier habits at home.

[CLICK HERE >> to read more](#)

**Exercise Well**

Encourage students' active participation in Programme for Active Learning (PAL), Co-Curricular Activities (CCAs) and enjoy unstructured play. Share about your active lifestyle habits with children.

**Sleep Well**

Check in on your students'/children's sleep health and encourage them to prioritise sleep. Equip them with self and time management skills to allocate sufficient time for rest.

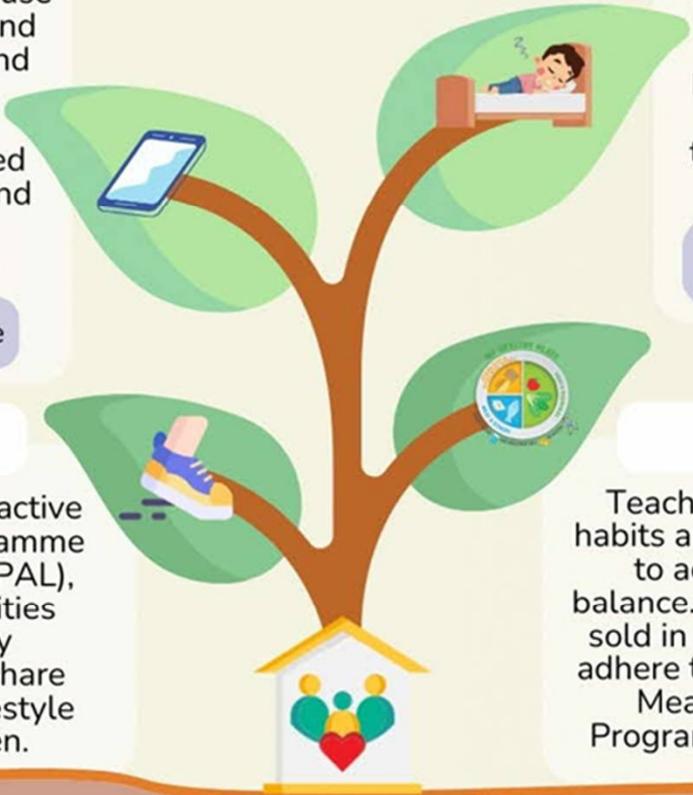
[CLICK HERE >> to read more](#)

**Eat Well**

Teach healthy eating habits and guide children to achieve caloric balance. Ensure that food sold in school canteens adhere to HPB's Healthy Meals in Schools Programme guidelines.

**Bond Well**

Equally important is **Bond Well**. Just as roots hold the tree firm and enable its branches and leaves to flourish, strong bonds with family and friends support our students' growth in the four key areas.



For more information:

<https://go.gov.sg/growwellsg2026>



## Bond Well

Equally important is **Bond Well**. Just as roots hold the tree firm and enable its branches and leaves to flourish, strong bonds with family and friends support our students' growth in the four key areas.

### How?

- Regular conversations with children
- Checking in on their day & mood.
- Setting aside time after work / weekend with children.
  - Workout together
  - No handphone rule during mealtime = meal + conversations
- Join as school's Parents Support Group (PSG)
- Bonding  $\neq$  Give in to any kind of requests

# Parenting Resource: *Parenting for Wellness*

*Keen to find out more about building strong parent-child relationships, supporting our children's mental well-being, and parenting in the digital age?*

For more bite-sized resources (practical tips and strategies), scan the QR code on the right to download a copy of the **Parenting for Wellness Toolbox for Parents**.

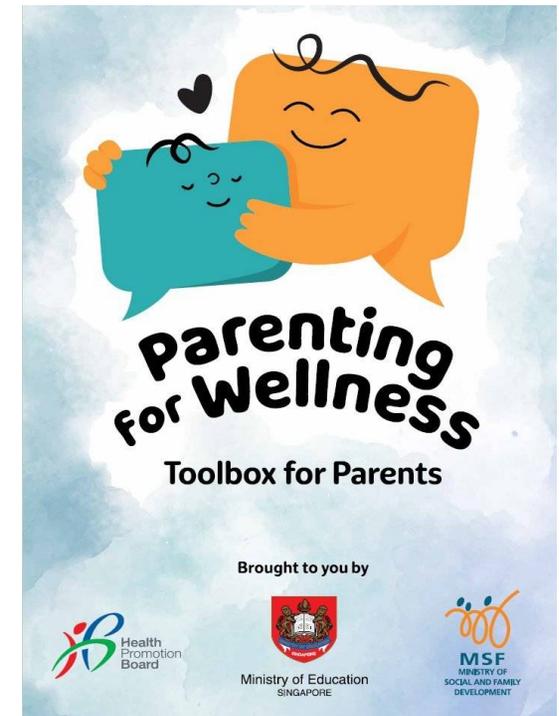


<https://go.gov.sg/pfw-toolbox-for-parents>



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

For personalised access to the full suite of parenting resources, check out the **Parenting for Wellness website** on Parent Hub (hosted by HPB)! Scan the QR code on the left to access the website.





# Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



# RESOURCES

## COURSEFINDER



[CourseFinder | MOE](#)

## SCHOOLFINDER



[SchoolFinder | MOE](#)

## JIE/JAE MOE WEBSITE



[Joint Admissions Exercise \(JAE\):  
Overview | MOE](#)

## CONSOLIDATED LIST OF 2026 JAE COURSES



[www.moe.gov.sg/jaecourses](http://www.moe.gov.sg/jaecourses)

## MYSKILLSFUTURE STUDENT PORTAL



[Secondary \(myskillsfuture.gov.sg\)](http://Secondary(myskillsfuture.gov.sg))



# CONNECT WITH US!

Get to know more of our students' experiences!



<https://marsilingsec.moe.edu.sg>



## Updates for Parents

School Website Link:

<https://www.marsilingsec.moe.edu.sg/latest-information-and-events/>



# Q&A Segment

A group of five school students, three boys and two girls, are standing on a green lawn. They are all wearing dark blue school uniforms with red ties. The background features a modern building with a colorful mural on its wall and several palm trees. The students are smiling and looking towards the camera.

Thank You

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