



# Ang Mo Kio Secondary School

## Year Head Address

Sec 1 Parent Engagement

9 Jan 2026

# Agenda



1. Welcome and  
Introduction

2. Supporting  
Students' Transition  
to Secondary School

3. Understanding  
Mental Health  
and Wellbeing of  
Students

4. Partnering  
Parents



# Ang Mo Kio Secondary School

## 1. Welcome and Introduction

# Journeying Together with YOU

Our Secondary 1 Form Teachers



Sec 1/1



**Mdm Peggy  
Teng**



**Mr Soh Kee Tong**



**Mr Yasin**



**Mrs Seah  
Kwan Cheat**

Sec 1/2

Sec 1/3



**Mr Jeffrey Ong**



**Ms Linda Soh**

Sec 1/4



**Mdm  
Nurmushtafiah**



**Mr Lim Wui Meng**

# Journeying Together with YOU

Our Secondary 1 Form Teachers



**Sec 1/5**



**Mr Steven Toh**



**Ms Wang Sichuan**

**Sec 1/6**



**Miss Shalynn**



**Mr Bryan Yam**

**Sec 1/7**



**Mr Robert Ho**



**Ms Amiliyah**

**Sec 1/8**



**Mr Alvin Yap**



**Ms Khoo Li Wei**

# Working Closely with Your Form Teachers in Your Journey



## Year Head Team 2026



**Ms Michelle Ong**  
**YH (Lower Sec)**



**Mrs Koh Hui Teng**  
**AYH (Lower Sec)**



**Mrs Joselyn Luei**  
**AYH (Upper Sec)**



**Mrs Deepa Sharav**  
**YH (Upper Sec)**

# Student Development Team 2026



**Mr Muhammad  
Redzuan  
HOD/Discipline**



**Mrs Linda Wang  
HOD/CCE**



**Ms Diana Goh  
SH/CCE**



**Ms Tan Jieying  
SH/Student  
Leadership &  
Development**



**Mdm Yam Wen Shiom  
SEN Officer**



**Ms Joana Leong (Senior School Counsellor)  
Mr Dasson Mani (School Counsellor)  
Ms Seow Wei Ting (ECG Counsellor)**



# Ang Mo Kio Secondary School

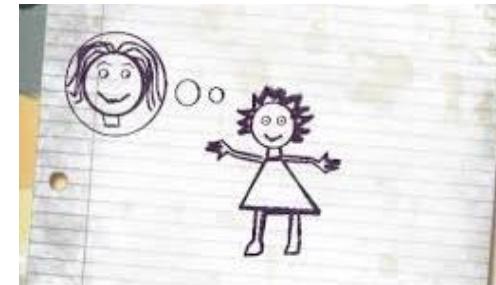
## 2. Supporting Students' Transition to Secondary School

## Understanding your child

### What your child may be experiencing

- **Overwhelmed** by a different school environment, longer days, and a wider range of subjects
- Navigating the **stress of making new friends**, fitting in with peers, and finding their place in a new community
- Influenced by peer relationships and online interactions, which shape their **self-image and confidence**
- **Adjusting to new routines**, multiple subject teachers, and increased personal responsibilities
- **Feeling tired** from earlier school hours and heavier curriculum load
- **Experiencing typical teen changes** — seeking independence but still needing support and reassurance

# Transitioning & Growing Up Challenges



- New environment
- New bus route
- New friends
- New teachers
- New routines
- New & more subjects
- Heavier subject content
- More programmes
- Longer hours
- Physical changes
- Emotional changes
- Self-identity
- Sense of belonging
- High need for independence
- Adventurous and curious
- Peer Influence

# Sec 1 Cohort Theme – Discover & Belong



- Discovering self and others and adapting to secondary school life

Becoming My Best Self	Building Connections	Making Choices
<ul style="list-style-type: none"><li>• Understand their emotions and strengths</li><li>• Adapt to secondary school life</li><li>• Discover their interests and values</li></ul>	<ul style="list-style-type: none"><li>• Make new friends and build positive relationships</li><li>• Appreciate diversity in their school community</li><li>• Learn to resolve conflicts respectfully</li></ul>	<ul style="list-style-type: none"><li>• Make good choices about friendships</li><li>• Use technology responsibly</li><li>• Stand up against bullying</li></ul>

# My hopes for the cohort...



## BUILD RELATIONSHIPS

"If you want to go fast, go alone.  
If you want to go far, go together"  
*African Proverb*

## BE ADVENTUROUS

Be Strong & Courageous.  
Try out new things!

## BE & BEING PRESENT

Make every single day count &  
Have Fun!

# Student Progressive Roadmap

## Sec 2

- **Grow & Contribute**
  - Growing in confidence, taking ownership of learning and actions.

## Sec 3

- **Lead & Excel**
  - Rising to new challenges, striving to excel in academics, leadership, and service.

## Sec 1

- **Discover & Belong**
  - Discovering self and others, adapting to secondary school life.

## Sec 4/5

- **Inspire & Impact**
  - Leading by example, serving others, leaving a legacy as role models.



Holistic  
development  
of students

Upstream  
Programmes

Downstream  
Support

# Upstream Programmes across 4 Key Domains



## Cognitive

- IP programmes
- ALP

## Aesthetics

- LLP programme (Integrated Arts)
- NOMAD

## Moral/Socio Emotional

- VIA

## Physical

- Life Run
- Family Day
- Interclass Games

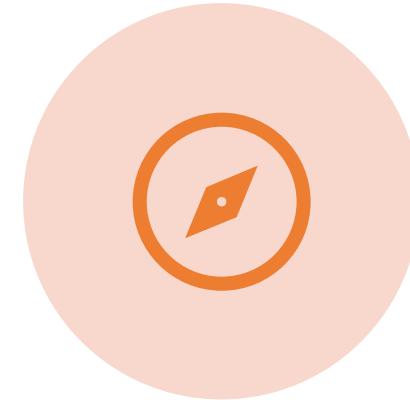
# Various Forms of Downstream Support



COUNSELLING SUPPORT



SUPPORT FOR  
STUDENTS WITH  
SPECIAL EDUCATIONAL  
NEEDS (SEN) BY SEN  
OFFICER (SENO)



ECG COUNSELLING

# Full Subject Based Banding (FSBB)



## Reorganisation of Form Class

Facilitating social mixing and removing labels.

## One Secondary School Education, Many Subject Bands

Flexibility to take subjects at different demands based on child's readiness

# Secondary 1 Subjects



Subject Area	G3/G2			G1
Common Curriculum	Art Music*	<b>Design &amp; Technology (D&amp;T)</b> Physical Education (PE)*		<b>Food &amp; Consumer Education (FCE)</b> Character & Citizenship Education (CCE)*
FSBB Subjects	English Language Mother Tongue Languages Mathematics Science			
Humanities	<b>Geography<sup>#</sup></b> <b>History<sup>#</sup></b> <b>Literature in English<sup>#</sup></b>		<b>G1 Humanities</b>	
Compulsory Subjects/Lessons	<b>Applied Learning Programme (ALP)*</b> <b>Learning for Life Programme (LLP)*</b>		<b>Applied Learning Programme (ALP)*</b> <b>Learning for Life Programme (LLP)*</b>	

\* non-examinable subjects

# Students from PG2 and PG1 courses may offer these subjects at a more demanding level in Sec 2 if they meet subject-specific criteria by the end of Sec 1.

More information can be found on MOE's FSBB Microsite: <https://go.gov.sg/moe-fsbb>

# Secondary 1 Key Dates & Events

Date	Activity/Event
2 Jan, 5 Jan, 8 Jan	Sec 1 Orientation
9 Jan	Sec 1 Orientation Milestone Event and Parent Engagement
8 Jan	CCA Experience
Term 1 Week 2 onwards • Even Week Fridays • 14-16 July (National oral exams)	Home-Based Learning (HBL)
9, 10 and 11 March (Term 1 Week 10)	Learning Festival
29 May (last day of Term 2)	Parent Teacher Conference
3 July (Term 3 Week 1)	NOMAD (Night of Music, Arts and Dance)
7-10 July (Term 3 Week 2)	Sec 1 Camp
23 Oct	Last Day of School Year





# Ang Mo Kio Secondary School

## 3. Understanding Mental Health and Wellbeing of Students



# **Understanding mental health and well-being**



## What is Mental Health?

Good mental health is more than just the absence of mental illness.

It refers to a state of well-being where we **realise our potential** and can **cope with the varying emotions and normal stresses** that we all experience in our daily lives.



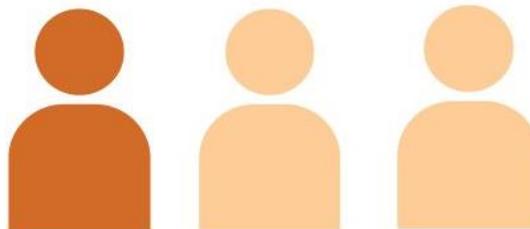
# Why should we be concerned about our children's mental health?

# Did you know?



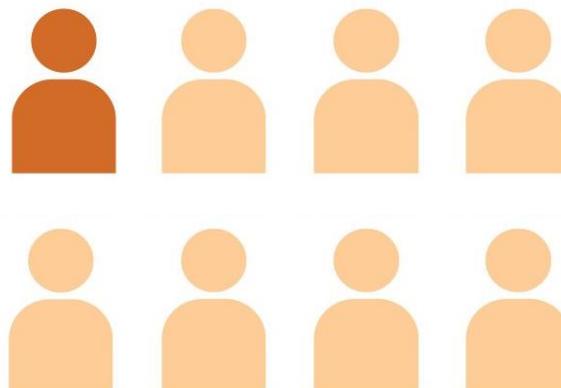
## Singapore Youth Epidemiology and Resilience Study (2023)\*

**1 in 3 youths (37.2%) in Singapore, aged 10-18, experienced symptoms such as sadness, anxiety and loneliness<sup>+</sup>**



+ based on self-reporting scores

**1 in 8 youths (12%) had a current mental health condition**



**Common mental health conditions experienced by children and youth include:**



**Generalised Anxiety Disorder**  
(2.75% of those diagnosed)



**Major Depressive Disorder**  
(2.37% of those diagnosed)

Graphics Source: Parenting for Wellness Toolbox

*\* Conducted by Yeo Boon Khim Mind Science Centre (NUS, NUHS). Most of the data was collected from 2020-2022 and results were published in 2023.*

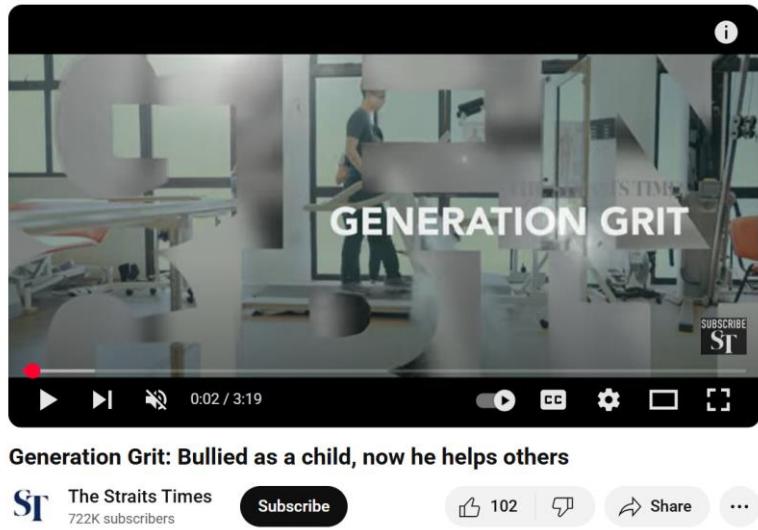


# What Will Your Child Learn in School?

# Lower Secondary

During CCE lessons, students will be taught:

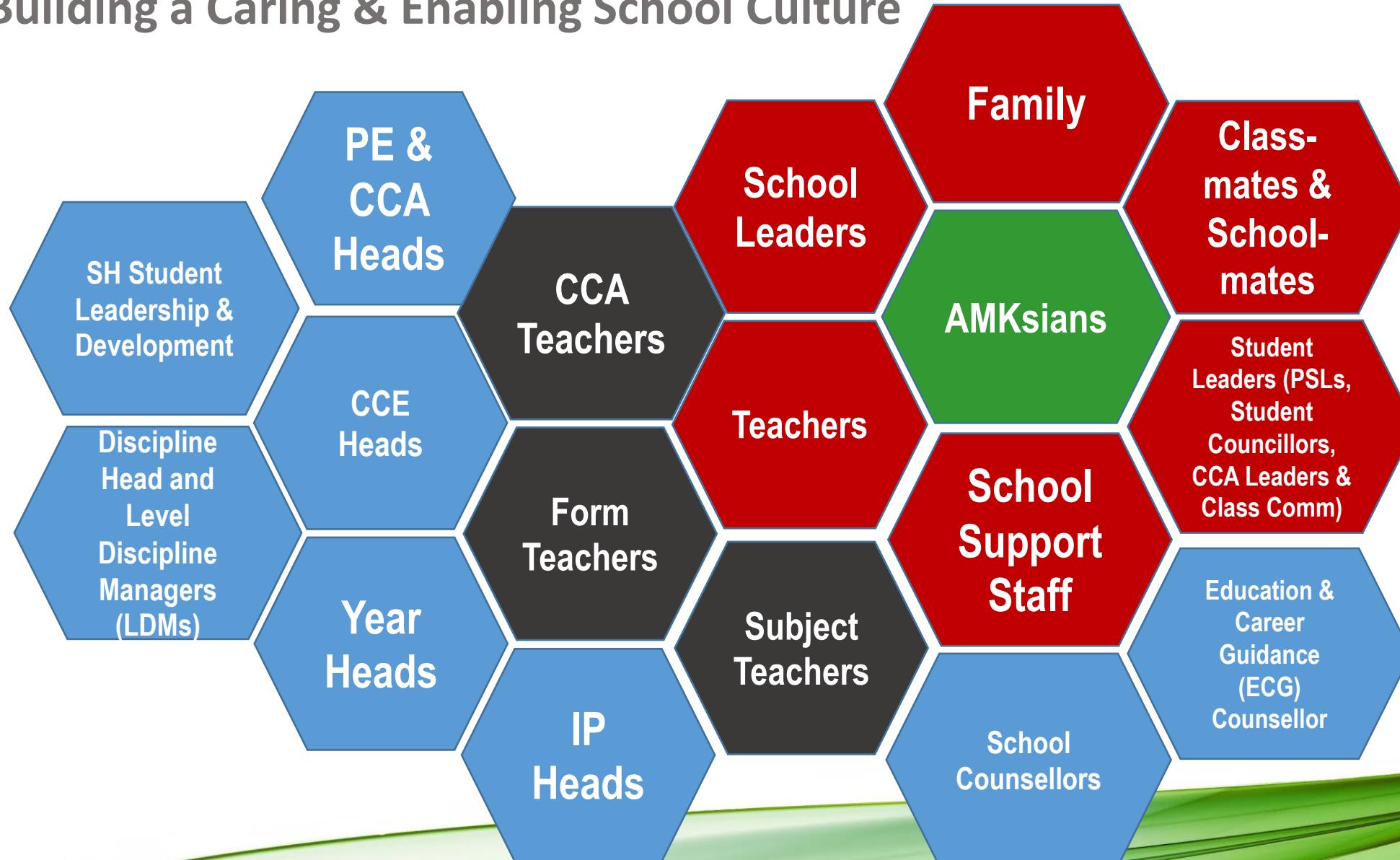
- **Managing Thoughts, Feelings & Behaviour**
  - Managing negative thought patterns and stress
  - Practising self-control and emotional awareness
- **Strengthening Resilience and Well-being**
  - Building personal resilience using individual strengths
  - Reframing failure
- **Building Positive Relationship**
  - Connecting with people from diverse backgrounds
  - Challenging stereotypes and prejudices



An example of a lesson in managing emotions. Resource Material from Sec 1 Lesson titled “Bouncing Back Stronger”. Parents can discuss with their child ways of overcoming challenges.

# Working Together as a School

Building a Caring & Enabling School Culture





# Ang Mo Kio Secondary School

## 4. Partnering Parents

# Importance of Family Support

The Termly Check-In Surveys indicate that whilst *friends in school* are steadily growing as a source of support for Secondary School students, families remain a **primary source of support** when they are feeling stressed or anxious — demonstrating the **vital role parents play in their children's mental well-being**.



**Parents** remain a **primary source** of support for their child

## Supporting your child

### How you can support your child

- Take an **active interest** in what your child is curious about or learning, their friends and online activities, and not only their grades
- **Acknowledge** their feelings and normalise setbacks as part of dealing with changes
- **Affirm** effort and small improvements to build confidence
- Guide them gradually in **managing new routines** (e.g., timetable, preparing materials, balancing schoolwork and CCA)
- Encourage **healthy habits** — sleep, screen time, exercise, and family connection
- **Respect** their growing independence, while being present as a consistent and supportive guide

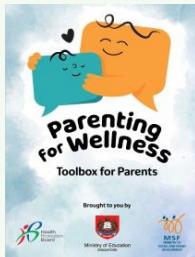
# Did You Know?

## *The Difference between Stress and Distress*



# How can you support your child?

Look out for these signs of **DISTRESS** which indicate your child may need help to cope.



Scan the QR Code to read more about stress vs distress in the Parenting for Wellness toolbox.

**D** Deliberately avoiding others

**I** Increased irritability, restlessness, agitation, stress and anxiety

**S** Sending or posting moody messages on social media

**T** Talking about death or dying

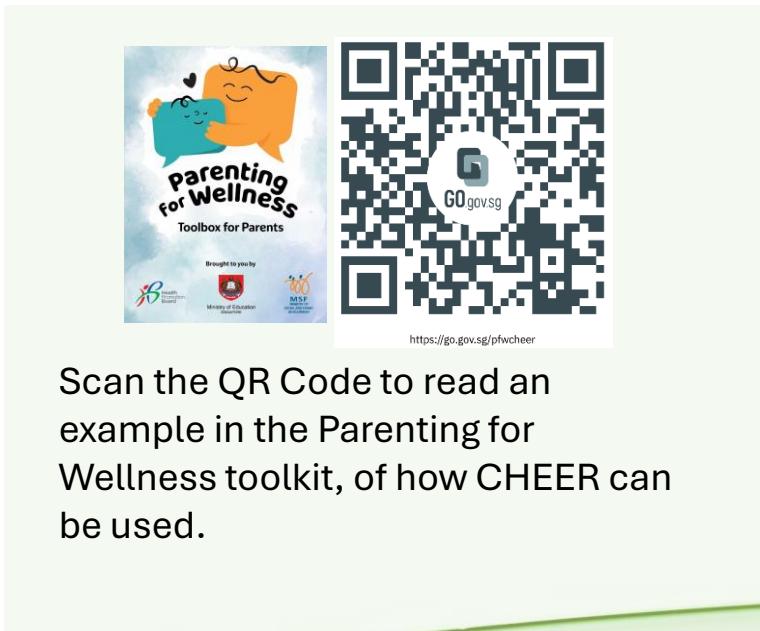
**R** Reacting differently or gradually losing interest in things they used to like

**E** Eating more than usual or having a much reduced appetite

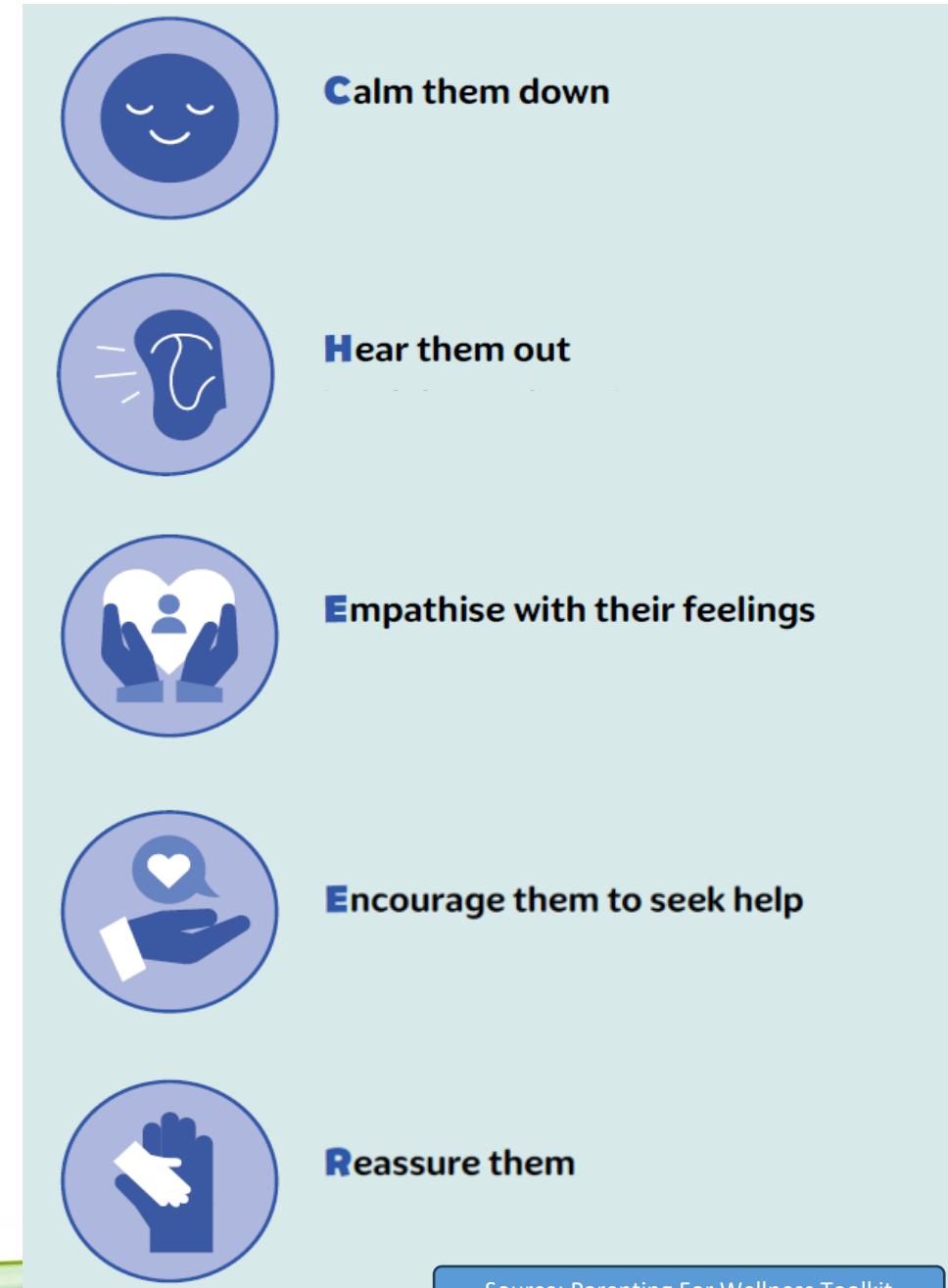
**S** Sleep pattern changes with difficulty falling asleep or oversleeping

**S** Slowing down of energy levels

If you observe that your child may be struggling or showing signs of needing more support, you may use **C.H.E.E.R** to guide your conversations and support your child.



Scan the QR Code to read an example in the Parenting for Wellness toolkit, of how CHEER can be used.



Source: Parenting For Wellness Toolkit

# Supporting Your Child's Mental Well-Being Through School-Home Partnership (SHP)



3 areas where we can work together to foster SHP

**1** Respectful  
Communication

**2** Role Models

**3** Real Connections



# How Do I Connect With My Teen?

Parenting with MOE video

<https://www.instagram.com/parentingwith.moesg/>

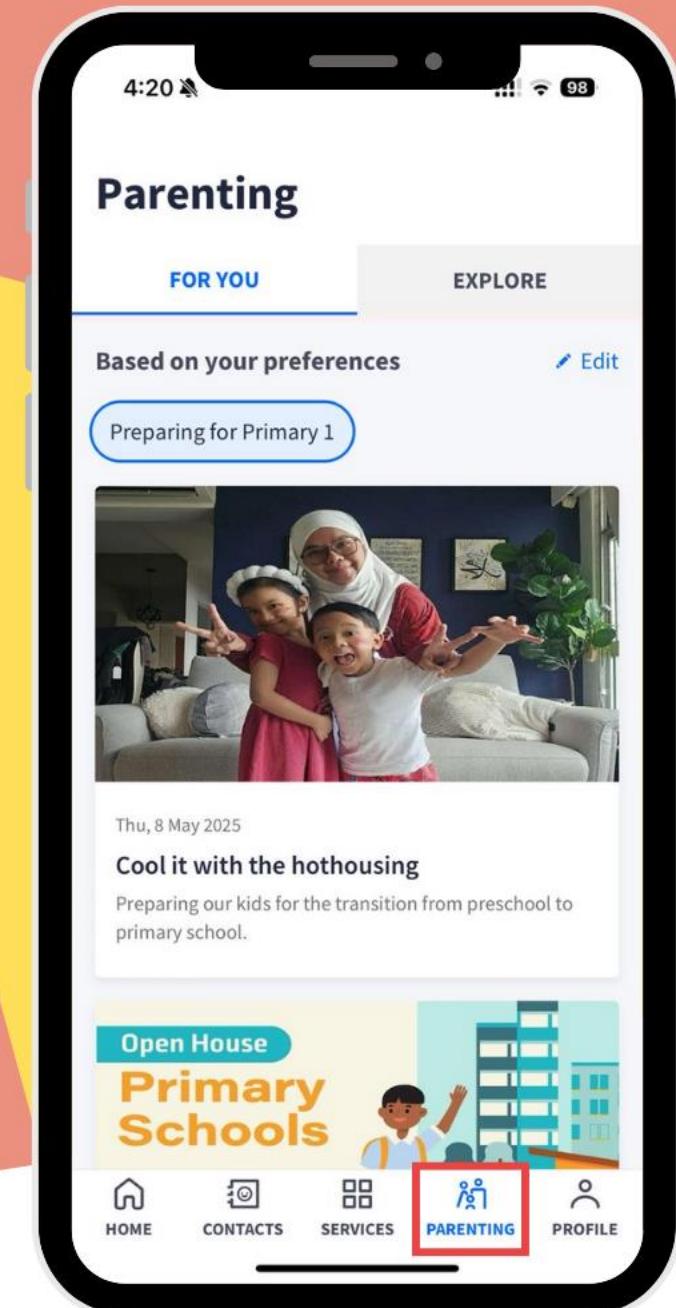




# Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.





# 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.

