



Sec 1 Parents' Talk (YH Address)

10 January 2025

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



ACADEMIC MATTERS



CHIJ Staff



**Year Head
(Lower Secondary)**
Mr Francis Yap



**Assistant Year Head
(Lower Secondary)**
Ms Balvinder Kaur



**(Ag) Assistant Year Head
(Lower Secondary)**
Mrs Tivona Low-Chelliah

CHIJ Staff

- Works closely with Form Teachers of classes
- Coordinates the well-being of students in the level
- Assists in specific needs of students
- Monitors student's academic performance to ensure steady progress throughout the two-year lower secondary block.



Timetable Matters

1-A

CHIJ Secondary (Toa Payoh), Singapore

R205

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
	7:40 8:00	8:00 8:20	8:20 8:40	8:40 9:00	9:00 9:20	9:20 9:40	9:40 10:00	10:00 10:20	10:20 10:40	10:40 11:00	11:00 11:20	11:20 11:40	11:40 12:00	12:00 12:20	12:20 12:40	12:40 13:00	13:00 13:20	13:20 13:40	13:40 14:00	14:00 14:20	14:20 14:40	14:40 15:00	15:00 15:20	15:20 15:40	15:40 16:00	
Mo	TLC	CL/ML/TL		Math		Recess (LS)				G Sci		Music		Study Break		EL					L1					
		G101, M302, G4401, G302, J103, G201		R206						R101		M201														
Tu	IJ Care s	D&T/FCE		Recess (LS)	Study Break	CL/ML/TL				EL		Art														
		Ga101, Ga102				G103 shared room, M302, G4401, G302, J103, G201				M202																
We	TLC	Lit		Drama		PE 2		Recess (LS)																		
		R102		M201		School Field 3				R205																
Th	JoR	Math	Study Break	EL		Recess (LS)		Hist		G Sci																
		G101						R101		Ga202, Ga302																
Fri		PE (LS)		Math		Recess (LS)		Study Break		Hist		G Sci		Geog		CL/ML/TL										
		School Field								R206		R101		R206		G103 shared room, M202, G4401, G301, J103, G201										

End of School Day by 2.20pm

Recess

1. Min 40 mins duration from 0900
2. Snack break in class at 9am (for those with later recess) and 12 noon

Study Break

Timetable generated: 30/12/2024

aSc Timetables



Contact Time with Form Teachers

	1 7:40 8:00	2 8:00 8:20	3 8:20 8:40	4 8:40 9:00	5 9:00 9:20	6 9:20 9:40	7 9:40 10:00	8 10:00 10:20								21 14:20 14:40	22 14:40 15:00	23 15:00 16:00	24 16:00 17:00	25 17:00 18:00		
Mo	TLC R106	PE (LS) School Field 3			Recess	Lit School Chung / Pui Yee / Eugene Ho / George Ho / Lee Kwai		<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p><u>0740-0800</u> Daily contact time with Form Teachers TLC/ IJ Cares / JoR – Joy of Reading</p> </div>														
Tu	IJ Cares Ga102	D&T/FCE			Recess	Math R106	EL R106									Lit G103	CL/ML/TL R106					
We	JoR G103	Hist G103	EL G103		Recess	Math R106	G Sci Ga203, Ga303	PE 2 School Field 3														
Th	TLC G304	Geog R106	Math R206	CL/ML/TL R206	Recess	G Sci Ga202, Ga303		<div style="border: 2px solid blue; padding: 5px;"> <p>Character and Citizenship Education</p> </div>		TLC/RE R206	Assembly R306											
Fr	CCE		Recess	EL G113		Hist R206	CL/ML/TL R106															



School Calendar

<https://www.chijsec.edu.sg/resources/ij-calendar>



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**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



School Calendar

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Today < > January 2025							Month
SUN 29	MON 30	TUE 31	WED Jan 1	THU 2	FRI 3	SAT 4	
T1W0	2025 CCA IC & 2 IC Briefing		New Year's Day	IJCE Breaker Week 2025			
5	6	7	8	9	10	11	
T1W1	IJCE Breaker Week 2025		Running Thursday's timetable	Running Wednesday's Timetable	<ul style="list-style-type: none"> 1:30pm Release of O level Results 4pm Sec 1 Parents Talk (Orientati 6pm Sec 1 Orientation Campfire 	Edusave Awards Ceremony	
12	13	14	15	16	17	18	
T1W2	Release of O level Results (Tentative)		(ATTEx) Attendance & Temperature	5pm Sec 3 Parents Webinar (Onli	4pm Sec 4&5 Parents Talk (F2F)		
19	20	21	22	23	24	25	
T1W3	Health Screening for S1s & S2s			3pm CNY Concert Rehearsal (Hal	3pm CNY Concert Rehearsal (Hal	4pm Sec 2 Parents Webinar (Onli	
26	27	28	29	30	31	Feb 1	
T1W4	Health Screening for S1s & S2s	<ul style="list-style-type: none"> 7:40am New Year & Thanksgiving 8:40am Chinese New Year Celebr 10:30am Dismissal 	Chinese New Year		Health Screening for S2s & S1s		



School Calendar

Resources >> Students >> Links >> CHIJ HBL



SECONDARY 1

End of Year Holiday Homework

1 Angela

1 Bridget

1 Clare

1 Elizabeth

1 Frances

1 Helena

1 Louise

1 Marianne



CONVENT OF THE HOLY INFANT JESUS
SECONDARY



Academic Development

Secondary 1 & 2

- English Language
- Mother Tongue Language
(Chinese / Malay/ Tamil / HMTL)
- Science
- Mathematics
- Literature*
- History*
- Geography*
- Humanities (for students taking predominantly G1 subjects)

Common Curriculum Subjects:

- Art
- PE
- Character Education (CCE)
- Food & Consumer Education (FCE)
- Design & Technology (D&T)
- Music
- Drama

**Lit/Hist/Geo for those taking predominantly G2 and G3 subjects*



Academic Development

GEM programme for students offering predominantly G1 subjects

- GEM programme is designed to enable students to cultivate 21st century competencies and skills, with a focus on adaptive and inventive thinking, effective communication, and confidence and resilience building.
- Students can look forward to enrichment modules such as Robotics workshops, life skills modules on social skills, executive functioning, and health and fitness activities to enhance psychomotor skills and resilience development.
- These would be planned within the school timetable.



Academic Development

Resources can be accessed on our school website:

<https://www.chijsec.edu.sg/resources/parents/sec-1-briefing-slides/>



Academic Development

HOME / RESOURCES / PARENTS / SEC 1 BRIEFING SLIDES

Sec 1 briefing slides

Sec 1 Admission



 [Sec1-registration-20-Dec-2024](#)

Parents



 [Sec1-FAQ-20-Dec-2024](#)

Sec 1 briefing slides

 [Sec1-FSBB-registration2025-20-Dec-2024](#)

Upper Sec Parents' Talks

IJ Quarterly

Booklist

Uniform

Financial Assistance



Assessments

- Learn for Life - to **excel beyond tests and exams**
- Weighted Assessments in lieu of Mid-Year Exams
- Alternative Assessments (e.g. projects, GI/HI, FCE/D&T applied module)
- **More time and space** for students to **deepen their learning**, especially in their transition year to secondary school
- Better enjoy the process of learning and **develop skills and dispositions for lifelong learning**



Weighting of Assessments

Subject	Term 1 (WA1)	Term 2 (WA2)	Term 3 (WA3)	Term 4 (EOY)
Examinable Subjects except:	10%	15%	15%	60%
Geography	10%	GI: 15%	10%	GI: 15% EOY: 50%
History	10%	15%	HI: 15%	HI: 15% EOY: 50%
FCE D&T	Grp 1 WA: 15%	Grp 1 WA: 15%	Grp 2 WA: 15%	Grp 2 WA: 15% Grp 1&2 Applied Module: 70%
Music Drama	Grade-only subject; grade will be entered in Term 4			



SUPPORTING STUDENTS' WELL-BEING



Counselling in IJ

- Sec 1 orientation talk
 - Confidentiality (unless safety concerns arise)
 - For them to talk about anything they want
 - Not only for complex issues
 - Sessions are done at each student's pace
- Close partnership
 - Teachers
 - Parents
 - External agencies



Project HERO



Project HERO

A collaboration between CHIJ Secondary and National Healthcare Group

Objective:

To empower CHIJ students with the knowledge and skills to strengthen their **socio-emotional competencies**, and increase their **mental resilience**.

Partnership with parents is key to support our children in their mental well-being!



Project HERO



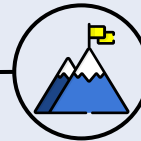
Term 1: Hope

New Start and Transitions: goal-setting, support networks and self-management



Term 3: Resilience

Resisting negative influences and being a positive influence



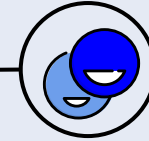
Term 2: Efficacy

Dealing with Disappointments: supporting myself and others



Term 4: Optimism

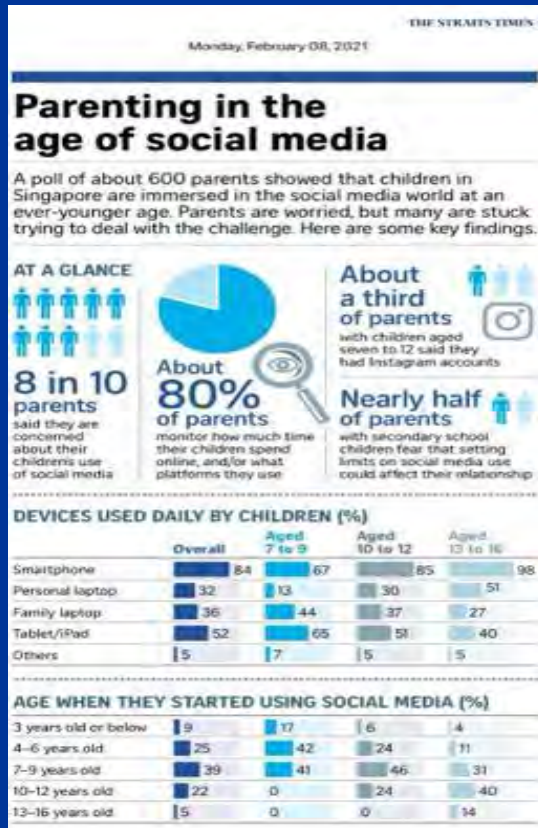
Self-reflection and developing positivity



EDUCATING YOUR DAUGHTER ON CYBERWELLNESS



Common Concerns of Parents



It is important to **create healthy online habits** for our children.

Key Statistics

- Children are starting younger: 1/3 of 7-12 year olds have Instagram accounts
- For 13-16 year olds:
 - 98% use smartphones daily
 - 94% use YouTube
 - 75% use Instagram
 - 65% use TikTok
- Online risks:
 - 63% experienced cyberbullying
 - 37% faced sexual harassment
 - 26% encountered sexual grooming



Common Concerns of Parents

THE STRAITS TIMES SINGAPORE LOG IN SUBSCRIBE

DIGITAL HABITS IN SINGAPORE

12-year-olds in Singapore spend 6½ hours daily on electronic devices: Survey

12-year-olds here spend that much time daily on electronic devices, shows survey

A photograph showing two young girls sitting on a red sofa. They are both smiling and looking at a tablet computer held by the girl on the left. The girl on the right is pointing at the screen. The background shows a room with a white wall decorated with various circular patterns and a doorway.

Concerns:

- Becomes a habit
- Poor sleep quality
- Affects mood and mental capacity

Common Concerns of Parents

- Balancing our children's screen time can be a struggle
- Our children spend more time connected than ever before. Child psychologists are reporting **more cases of screen addiction.**



It is important to **create healthy online habits** for our children.

Cyber Wellness & Mental Health

- Teenage girls are **twice as likely** as boys to **show depressive symptoms** linked to social media use due to:

online harassment

disturbed sleep

low self-esteem



How can parents support their daughters?

- 1. Start early:** Have open conversations about online safety
- 2. Educate about risks:** Teach how to recognise and respond to online dangers
- 3. Stay informed:** Keep up-to-date with popular platforms
- 4. Encourage balance:** Promote offline activities and interests
- 5. Foster open communication:** Create a safe space for sharing online experiences



Additional Resources for Parents

To support you in keeping your child/ward safe online, you may refer to these additional resources:

- Parent Handbooks (I) and (II) on Learning with a Personal Learning Device (school website)
- Parent Kit on Cyber Wellness for Your Child (<https://go.gov.sg/moe-cyber-wellness>)
- Schoolbag article 'Keeping our teens safe online' (<https://www.schoolbag.edu.sg/story/keeping-our-teens-safe-online>)
- MOE Cyber Wellness Programme (<https://www.moe.gov.sg/programmes/cyber-wellness/>)
- Media Literacy Council (<https://go.gov.sg/better-internet-sg>)
- National Library's Learning & Information Literacy Resources (<https://sure.nlb.gov.sg/>)
- TOUCH Community Services (<https://help123.sg>)



Welcome to the IJ Family



THANK YOU!



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