



Sec 1 Parents' Meeting

6 January 2023

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



Who We Are

Established in 1854 at Victoria Street

Formerly known as Town Convent

Mother school of the CHIJ family
(11 IJ Schools in Singapore)



CONVENT OF THE HOLY INFANT JESUS
SECONDARY



Our Mission



A CHIJ school is
a Christ-centred school community
where all work together
for the promotion
of truth, justice, freedom and love,
with special reference
to the needs of persons
who are disadvantaged in any way.

School Motto



**Simple in Virtue
Steadfast in Duty**



Our Vision



An IJ Girl is...

a THINKER, LEADER and COMMUNICATOR



who is

Confident with Humility,
Principled with Compassion, and
Cultured with Grace

School Leaders



Principal
Mrs Rachel Lee

School Leaders



Vice-Principal
Ms Adeline Phua



Vice-Principal
Mrs Chris Kwok



Vice-Principal (Admin)
Ms Paula Kesavan

CHIJ Staff



Year Head (Lower Secondary)

Ms Christine Koh

koh_hui_min_Christine@moe.edu.sg

- 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 in order to achieve progression to the next level



CHIJ Staff

Form Teachers of **1 Angela**



Mr Brian Ho



Mrs Seah Tay Hwee Kheng

CHIJ Staff

Form Teachers of **1 Bridget**



Mrs Audrey Teng



Ms Linda Cruz

CHIJ Staff

Form Teachers of **1 Clare**



Ms Kong Mei Sing



Ms Sim Hoon Kuan

CHIJ Staff

Form Teachers of **1 Elizabeth**



Ms Ma Lei



Ms Fiona Tan

CHIJ Staff

Form Teachers of **1 Frances**



Mr Ragulan Pakirisamy



Ms Lim Fang Teng

CHIJ Staff

Form Teachers of **1 Helena**



Mr Eng Wee Keng



Mrs Teresa Francis

CHIJ Staff

Form Teachers of **1 Louise**



Mr Agnes Leong



Mr Gary Tang

CHIJ Staff

Form Teachers of **1 Marianne**



Ms Karina Sheri Lalchand



Mr Wong Wei Keong

Transition to Secondary School

Physical/Cognitive:

- Increase in the number of subjects and new subjects
- Increase in academic rigour
- Balancing academics, CCA and other activities
- Longer school hours
- Recess & Snack Time

Socio-Emotional:

- Developing a sense of self
- Peer relationships and influence
- Gaining independence and learning responsible decision-making



Home-School Partnership

1 Knowing
your child

2 Developing
your child

3 Keeping in touch
with the school



Transition to Secondary School

Understand her strengths, interests and development in academic and non-academic areas.

1. Regular conversations

- Speak to her about what she enjoys doing and how she is doing in school
- Talk to her about challenges she faces and how she can work to overcome them
- Share with her how you are learning too

2. Allow her to be **independent in managing her school work**

3. Obtain feedback during Parent-Teacher Meeting (PTM)

4. Praise her efforts and recognise her small successes **beyond academic results**

Keeping in Touch with the School

- **School Website** and official social media account
- **Parents Gateway (PG)** for announcements and consent forms
- **School Events**
 - Sec 1 Parents' Talk (Orientation) & Campfire
 - Parent-Teacher Meetings
 - Briefings (e.g. CCA, Subject Allocation)
 - Others (e.g. Honours Day, Graduation Ceremony)
- Parent Support Group (PSG)
- **Keep in contact with school teachers via email (7am to 6pm)**



Parents' Resources

<https://www.chijsec.edu.sg/resources/parents>



CHIJ SECONDARY



ABOUT US

ACHIEVEMENTS

CCA

DEPARTMENTS

NDLP

RESOURCES

OPEN HOUSE



Parents

Teachers

Students

Announcements

IJ Calendar

CHIJ Museum

[Home](#) > [Resources](#) > [Parents](#)

Parents

[Appeal Form - 2023 Sec 3 Subject Allocation](#)

NEW! STUDENT PARENTS CCA BRIEFING SLIDES



NEW! STUDENT CCA INFO BOOKLET

Parents

Teachers

Students

Announcements

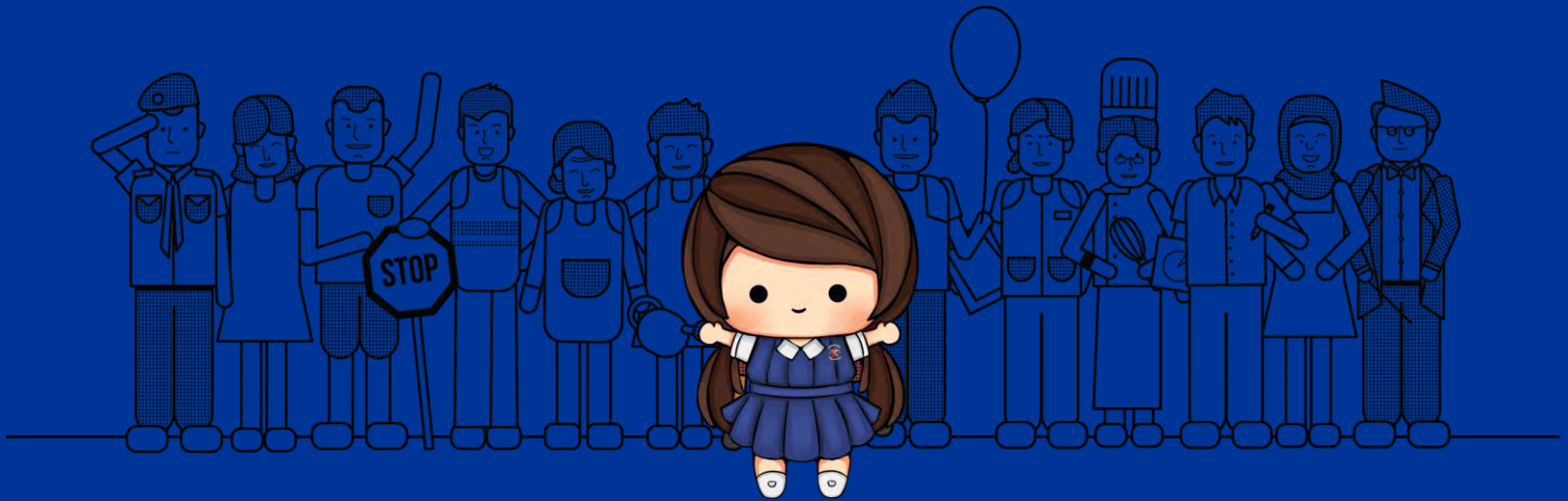
IJ Calendar

CHIJ Museum

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



Working in partnership to develop your child, our student



ACADEMIC MATTERS



Timetable Matters

	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	9 10:20 10:40	10 10:40 11:00	11 11:00 11:20	12 11:20 11:40	13 11:40 12:00	14 12:00 12:20	15 12:20 12:40	16 12:40 13:00	17 13:00 13:20	18 13:20 13:40	19 13:40 14:00	20 14:00 14:20	21 14:20 14:40	22 14:40 15:00	23 15:00 15:20	24 15:20 15:40	25 15:40 16:00
Mo	TLC R106	PE (LS) School Field 3		Recess		Lit G103		Drama Above G104		Ge		<div>Recess</div> <div>1. 40 mins duration from 0900</div> <div>2. Snack break in class at 9am and 12pm</div>													
Tu	IJ Car es	D&T/FCE Ga102				Recess		Math R096		EL R206		Lit G103		CL/ML/TL R101											
We	JoR	Hist G103		EL G103		Recess		Math R106		G Sci Ga203, Ga303		PE 2 School Field 3		<div>End of School Day by 2.20pm</div>											
Th	TLC G304	Geog R106		Math R206		CL/ML/TL R101		Recess		G Sci Ga202, Ga303		TEC/RE R306		Assembly											
Fr	CCE R106				Recess		Art R101		Study Break		Hist R206		CL/ML/TL R101												

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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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School Calendar

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

CHIJ Sec 2023 website

Today ◀ ▶ March 2023 Week Month Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 T1W9	27	28	Mar 1	2	3 S4 S5 Education F	4
5 T1W10	6 Sec 1 Adventure Camp S2 S3 ICT Training & Innovation Day S4 S5 Timed Practice Papers	7 S2 S3 STEM Day S4 S5 Career Semi	8 Parent-Teacher Me	9 4pm S4 S5 Parents f	10 IJ Spirit Day & IJ F	11
12 Catholic Education	13	14	15	16	17	18
19 T2W1	20 4/10 Elective Module	21	22	23 2:30pm S1 GI	24 2:30pm S1 GI	25
26 T2W2	27	28 Hosting Visitors fro	29 Home-based Learn			

School Events and Activities

HBL Days
Morning check-in at 8.30am
CHIJ HBL site
Student-initiated activities

Academic Development

Secondary 1 & 2




- English Language
 - Mother Tongue Language
 - Science
 - Mathematics
 - Literature
 - History
 - Geography
 - Social Studies (NT)
- Common Curriculum Subjects:
- Art
 - PE
 - Character Education (CCE)
 - Food & Consumer Education (FCE)
 - Design & Technology (D&T)
 - Drama
 - Music

More information on the subjects offered at Upper Secondary will be shared during the Subject Allocation Talk in Sec 2



Academic Development

More information on the various subjects can be accessed on our school website: <https://www.chijsec.edu.sg/resources/parents>

Secondary 1 Matters	Subject Allocation	IJ Quarterly
Subject Briefing Art		 IJ Quarterly 2023-T1.pdf
Subject Briefing Geography		
Subject Briefing History		
Subject Briefing Social Studies		
Subject Briefing FCE		
 Subject Briefing Literature.pdf		
 Subject Briefing Drama and DEP.pdf		

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%	15%	RGI: 10% EOY: 50%
History	10%	15%	HI: 15%	HI: 10% 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



Student Support team

- Comprises
 - Counsellors
 - AED (Learning & Behavioural Support)
 - Education & Career Guidance (ECG) counsellor
 - Student Welfare Officer



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 2: Efficacy

Dealing with Disappointments: supporting myself and others



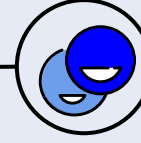
Term 3: Resilience

Resisting negative influences and being a positive influence



Term 4: Optimism

Self-reflection and developing positivity



EDUCATING STUDENTS ON CYBERWELLNESS



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.

CYBERWELLNESS & ONLINE SAFETY

THE STRAITS TIMES SINGAPORE LOG IN Sr 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. The girl on the left is holding a tablet, and both girls are looking at it with interest. They are in a room with a white wall decorated with various small, dark, circular patterns. A doorway is visible in the background.

Exposure to Dangers:

- Cyber bullying
- Grooming
- Inappropriate content
- Fake news

Concerns:

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

CYBERWELLNESS & 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

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>)



HOME-SCHOOL PARTNERSHIP

Together, we work hand in hand to support our children in:

Learning
**self-
management
skills**

Taking
responsibility
for their
actions

Building
resilience



PARENTS SUPPORT GROUP



Welcome to the IJ Family



THANK YOU!



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SECONDARY**

