



Sec 1 Parents' Meeting

5 January 2024

**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**



School Leaders



Principal
Mrs Rachel Lee

School Leaders



Vice-Principal
Mdm Lim Lay Hoon



Vice-Principal
Mrs Chris Kwok



Vice-Principal (Admin)
Ms Paula Kesavan

CHIJ Staff



**Year Head
(Lower Secondary)**

Mr Francis Yap



**Assistant Year Head
(Lower Secondary)**

Ms Balvinder Kaur

CHIJ Staff

Form Teachers of **1 Angela**



Mr Augustine Khoo



Ms Tivona Low

CHIJ Staff

Form Teachers of **1 Bridget**



Ms Zhang Shujuan



Mr Jason Ng

CHIJ Staff

Form Teachers of **1 Clare**



Ms Samantha Chan



Ms Jey Sundari

CHIJ Staff

Form Teachers of **1 Elizabeth**



Ms Joanne Tham



Ms I Nandhini



Ms Margaret Teo

CHIJ Staff

Form Teachers of **1 Frances**



Ms Chelza Chong



Mrs Yeoh Ting Ting

CHIJ Staff

Form Teachers of **1 Helena**



Ms Natalie Chung



Mr Lionel Foong

CHIJ Staff

Form Teachers of **1 Louise**



Mrs Seng Wee Pheng



Mr Marcus Liang

CHIJ Staff

Form Teachers of **1 Marianne**



Ms Hemavathy Anbalagan



Mrs Janice Yock

Student Support team



Counsellor
Ms Andrea Wang



Counsellor
Mrs Mathews



Counsellor
Ms Susan Chong

Student Support team



SENO
Ms Jesslyn Fong



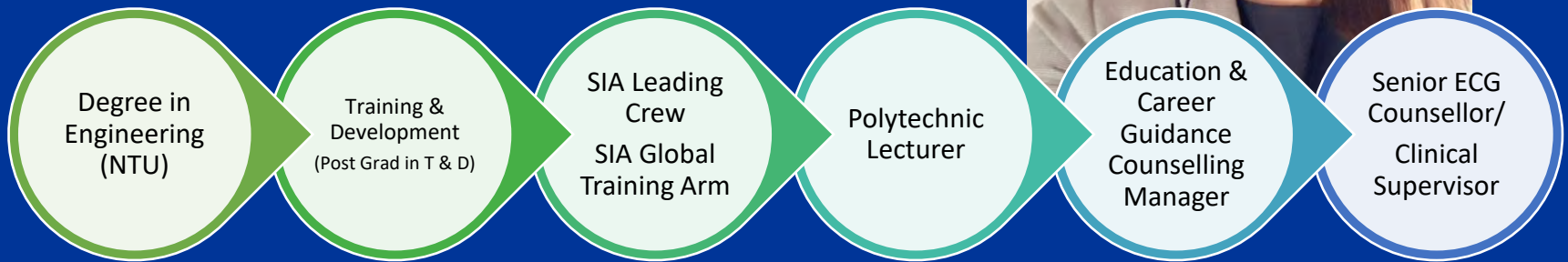
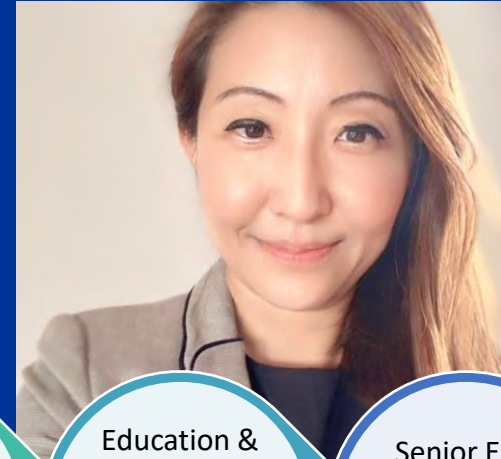
SENO
Ms Genevieve Pang



SWO
Ms Tan Jia Hui

Student Support team

ECG Counsellor
Ms Sharon Tay



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Who We Are

CHIJ Secondary
Convent of the Holy Infant Jesus

Established in 1854 at Victoria
Street

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



CONVENT OF THE HOLY INFANT JESUS
SECONDARY



Our Mission & Motto

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.

Simple in Virtue
Steadfast in Duty

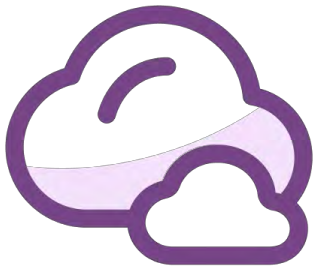


2024 – CHIJ celebrates 170 years

- 2 Feb: Jubilee Mass@CHIJ Secondary
- **23 March: IJ 170 Fiesta**
- 20 May: Combined Mass@Sports Hub
- 7 Sep: CHIJ Alumni Tea cum Launch of Time Capsule (Frontispiece)
- IJ 170 Song Album



slido



Our Hopes for Our Children

① Start presenting to display the poll results on this slide.

Motivation

- The quality of motivation (autonomous or controlled) is key to both satisfaction and sustained success in achieving one's goals.
- When people are more autonomous in their behaviors, they tend to be more persistent in their behavior, feel more satisfied, and have higher well-being overall.
- Self-determination theory suggests that when a person's three basic psychological needs— autonomy, competence, and relatedness — are optimally supported, they are more autonomous in their behaviours.



Self-determination Theory (Ryan and Deci)



AUTONOMY

Feeling a sense of choice and control



COMPETENCE

Feeling like you're good at something



RELATEDNESS

Feeling connected to other people

**MOTIVATION, ENGAGEMENT, AND
INCREASED WELL-BEING**

Transition to Secondary School

Physical/Cognitive:

- Manage increase in the number of subjects and new subjects
- Balance academics, CCA and other activities (Longer school hours/ Recess & Snack Time)

Socio-Emotional:

- Gain independence and learn responsible decision-making
- Develop a strong sense of self
- Foster strong peer relationships and influence



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)

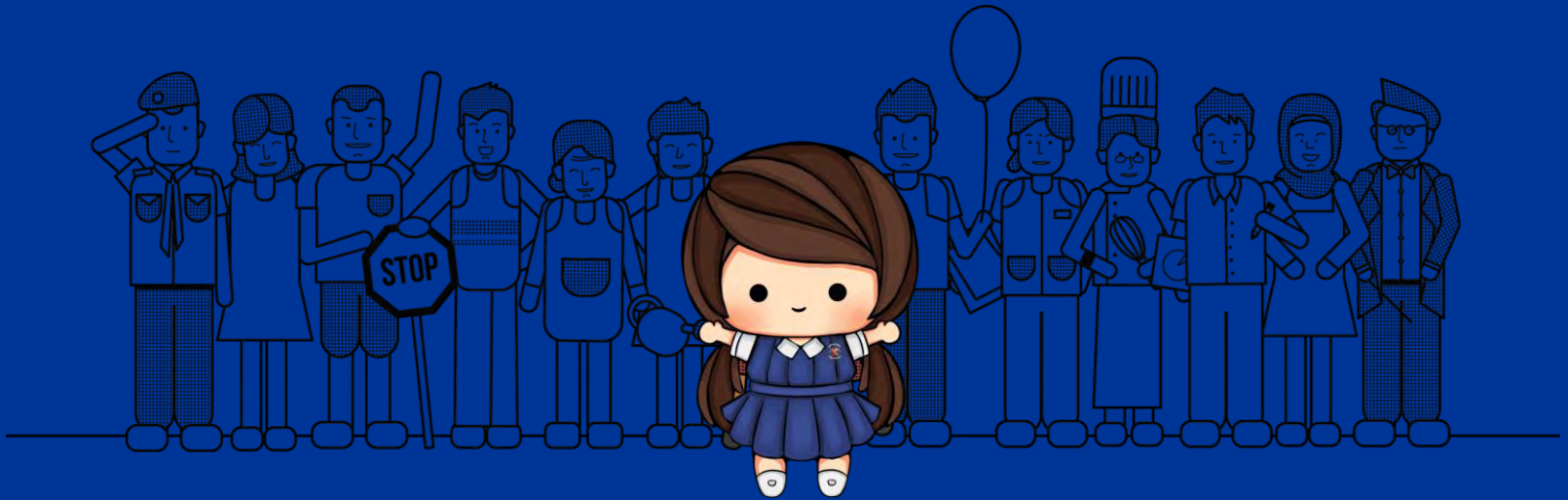
4. Praise her efforts and recognise her small successes **beyond academic results**

Keeping in Touch with the School

- **School Website** and official social media account
- **Parents Gateway (PG)** for announcements and consent forms and resources
- **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)**



Working in partnership to develop your child, our student



PARENTS SUPPORT GROUP



ACADEMIC MATTERS



CHIJ Staff



**Year Head
(Lower Secondary)**

Mr Francis Yap



**Assistant Year Head
(Lower Secondary)**

Ms Balvinder Kaur

- 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



Timetable Matters

CHIJ Secondary (Toa Payoh), Singapore G103

	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	CL/ML/TL <small>Ar101</small>			G Sci <small>Ge203, Ge302</small>			Recess			EL <small>El101</small>			Math <small>Mat101</small>			PE 2 <small>School Field 2</small>			L1 <small>R101</small>					
Tu	IJ Care s	Math <small>R200</small>			D&T/FCE <small>M101, M101A</small>			Recess			G Sci <small>Ge203, Ge302</small>			EL <small>El101</small>											
We	TLC	Math <small>Ar101</small>			Study Break <small>Ar101</small>			Music <small>R101</small>			Recess			Hist <small>R102</small>			Lit <small>R103</small>								
Th	JoR	Math <small>Ar101</small>			Lit <small>R200</small>			CL/ML/TL <small>Ar101</small>			Recess			Drama <small>M101</small>											
		PE (LS) <small>School Field 2</small>			Hist <small>R102</small>			Recess			Geog <small>R200</small>			CL/ML/TL <small>R101</small>			Art <small>R101</small>								

Timetable generated: 28/12/2023 aSc Timetables

End of School
Day by 2.20pm

Assembly

Recess

1. Min 40 mins duration from 0900
2. Snack break in class (for late recess, day)

Study Break



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)			Recess	Lit		<div>0740-0800</div> <div>Daily contact time with Form Teachers TLC/ IJ Cares / JoR – Joy of Reading</div>																		
Tu	IJ Car es	D&T/FCE				Recess	Math	EL	Lit	CL/ML/TL																
We	JoR	Hist	EL		Recess	Math	G Sci	PE 2																		
Th	TLC	Geog	Math	CL/ML/TL		Recess	G Sci	Assembly																		
Fr				Recess			Sci	EL	Hist	CL/ML/TL																

Character
Education
Programme

School Calendar

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

ANNOUNCEMENTS

[Read More](#)

CALENDAR OF EVENTS

[View All](#)

CHIJ Sec 2024 website

Today	January 2024	Print	Week	Month	Agenda	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Jan	2	3	4	5	6
T1W1	New Year's Day	IJCE Breaker Week				
				16:45 S1 Parent-Tea 18:00 S1 Campfire		
7	8	9	10	11	12	13
T1W2		07:30 Temperature-t	GCE O Level Result			
14	15	16	17	18	19	
T1W3						
21	22	23	24	25	26	27
T1W4		Home-based Learn	13:20 S4 S5 ECG Ed			

Morning CHI H
Stude

School Events
and Activities

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

INFANT JESUS
SECONDARY



Academic Development

Secondary 1 & 2

- English Language
- Mother Tongue Language
- Science
- Mathematics
- Literature
- History
- Geography
- Social Studies (PG1)

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



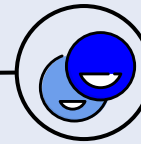
Term 3: Resilience

Resisting negative influences and being a positive influence



Term 4: Optimism

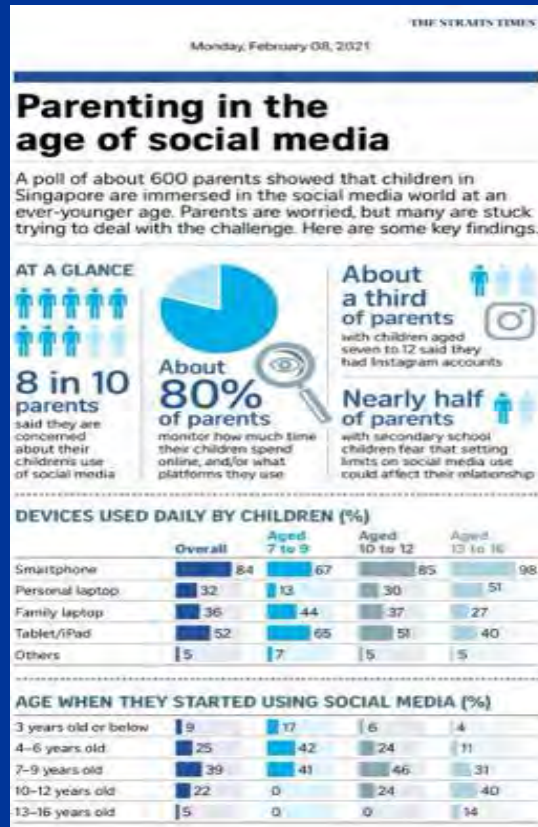
Self-reflection and developing positivity



EDUCATING STUDENTS ON CYBERWELLNESS



COMMON CONCERNS OF PARENTS



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

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



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>)



Welcome to the IJ Family



THANK YOU!



**CONVENT OF THE HOLY INFANT JESUS
SECONDARY**

