



'S ADVENTURE

Tips & Activities
For A Great Start
To Primary School
(Revised)

SCHOOL BUS

Reprinted in September 2021
Copyright © 2019 Ministry of Education, Singapore

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, published or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission in writing of the copyright owner. You may use the contents and save an electronic copy, or print out a copy, of parts of this publication solely for your own information, research or study, provided you include the copyright notice on such copy. All information is correct at the time of publishing and printing and is subject to change without prior notice.

ISBN: 978-981-14-2112-9
A production of the Communications and Engagement Group,
Ministry of Education



Ministry of Education
SINGAPORE



*This copy is an extracted version of a hard copy book provided for all P1 students by MOE.
Your child's school will provide you with details on how to obtain this book.*

How To Use This Book?

Primary school is an exciting
time for all – not just for the kids,
but for parents, too!

Personalise this book with your child's name, using the letter stickers
at the back of this book. This marks the start of your child's very own,
extra-special adventure.



In this book, you'll find **10 tips for parents** – to help you and your child
adjust smoothly to primary-school life. Each tip includes activities which
you can do together.

With your child, pick the activities that you'd like to do.
Feel free to jump around this book. You don't have to do them all!



TIP 1



Get Ready For School!

Preparing well at home makes for a smooth start to the day and a great time at school!

It's not easy getting up so early, every day - for you and your kid. Getting your child ready might take longer than you'd think. The night before, prepare your child's bag and uniform together. Talk through your child's schedule for the next day. Make sure there's enough time for cleaning up, breakfast and the journey there, without rushing.

Ready, Set, Go!

Discuss with your child how they can prepare for school.
Talk about the order in which these tasks should be done.



Tick what you have done ✓

The night before school, I should...

- Check my homework
.....
- Pack my bag
.....
- Pack my snack for school
.....
- Lay out my uniform, socks and shoes
.....
- Set my alarm clock
.....
- Give my parents a hug before bed
.....
- Sleep before _____ pm
.....



Before I leave the house,
I should...

What is the order of
these activities?





Sleepy Time...

To learn well, young children need enough sleep - between 9 - 11 hours.
Agree on a bedtime with your child and ask them to try getting to bed on time for a week. When they succeed, award them this certificate and decorate it with stickers!



My bedtime is



Zzzzzzzz...



CONGRATULATIONS

Dear _____,

You have gone to bed at

<time>

for one whole week!

Love,



TIP 2



Practise Routines

Building good habits helps your child cope with the many new things they will encounter this year.

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

What's In Your School Bag?

Help your child develop the good habit of packing their bag before school. Chat about what goes in each day and how to check that they have everything they need. When they are ready, let your child try packing their bag on their own.

Here are some questions you can ask:

What should you bring to school every day?

- My pencil case
- School Diary
- _____
- _____

Which books should you bring?

- Have you checked your timetable?

Anything else?

- Have you checked your School Diary?
- Have you packed your homework?
- Did your teacher give you any forms for me to read or sign?





My Pencil Box

Your child's pencil case is a treasure chest of prized stationery. Teach them to take good care of it.



Get the name stickers from the pocket at the back of the book, and guide your child to write his/her name on them. Stick the stickers onto their pencils, ruler etc.

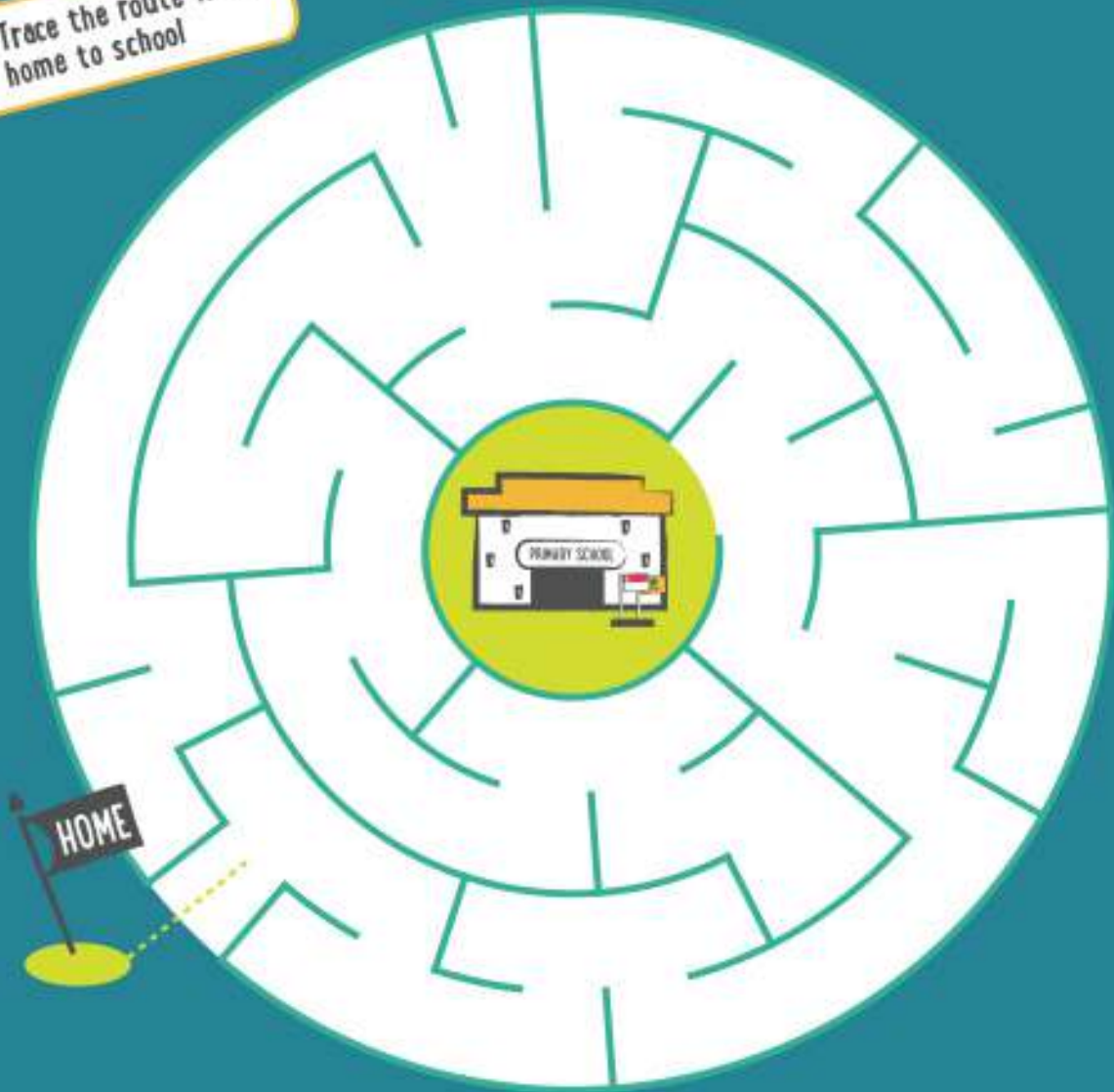


Travel Tips!

Show-and-Tell ✨



Trace the route from
home to school



How will your child travel between school and home?
Talk through the steps with your child, so they know
where to wait and who will be taking them.



How will your child travel *between home and school?*

Walk

- Who will take you to school?
- Where should you wait to be fetched?
- How will you go to school if it's raining?
- How do we cross the road safely at zebra crossings and traffic lights?



School Bus

- Where should you wait for the bus in the mornings?
- Where should you wait for the bus after school?
- How do you know which one is your bus?
- What will you say to the driver when you board and get off the bus?



Public Transport

- Who will go with you?
- How do you get to the bus stop/ train station?
- Which bus/ train will you take?
- Where will you get off?
- Where will you keep your EZ-Link card safely?
- How do you use the EZ-Link card?
- What do you do if your EZ-Link card runs out of money?

Car

- Where should you sit in the car?
- Where does your school bag go?
[Clue: Not in the boot, so you can get out of the car quickly!]
- Who will take you to school?
- Where should you wait to be fetched?
- Who should you call if the car hasn't arrived?



Do a practice run before school starts!



Let's Buy Food

Your child will need to buy food at the school canteen. Practising this at home will help your child feel more confident during recess.

Try out this dialogue, with you and your child switching roles. You may wish to take on the "student" role first, to role-model the interaction.

Use real money to play it out.



Make sure to collect
the right change!

FOODSTALL



chicken rice



\$1

fishball noodles



\$0.70

chicken burger



\$1

fruit



\$0.40

packet Milo



\$0.70

sandwich



\$0.50

Remember to eat your fruit
- it's full of nutrients and
tastes good!

TIP 3



New Places, New Faces

Your child is getting to know a whole new world – and picking up values like resilience and responsibility along the way.

Primary school is a far bigger world than pre-school, with far more rooms and children. Give your child lots of chances to talk about the places they've been in school, and the people they've met. It'll let you get a sense of what school is like, through their eyes.

Practise

Making Friends Is Fun!

Show your child how to say hi to a new friend at school.

Ask your child to pretend they are meeting you for the first time and practise introducing themselves.

Hello,
my name is

What is
your name?

My name is

Nice to meet you!



TIP 4



We Can Do This, Together

With your encouragement, your child will learn that they can achieve success in their own ways.

Your child is now learning more and more quickly than they might be used to. Celebrate their efforts, not just their achievements! If your child is struggling to catch up or finds lessons hard to "get", let them know you are listening.

You can help them create a quiet space to work, break their task down to smaller tasks that are easy to achieve, and give lots of hugs.



A Space Of My Own

Create a comfortable space at home for your child to do work quietly. Praise your child when you notice him or her using this space to complete work on their own.

Your child can use the space below to design their study spot.



TIP 5



Show Interest In Your Child

**Chat with your child about what happens at school,
and show how excited you are at their stories.**

School is about more than grades. Check in daily with your child about how they're feeling and what they're learning. Remember that it's about the process, not the results, and help them feel how energising change and new experiences can be.



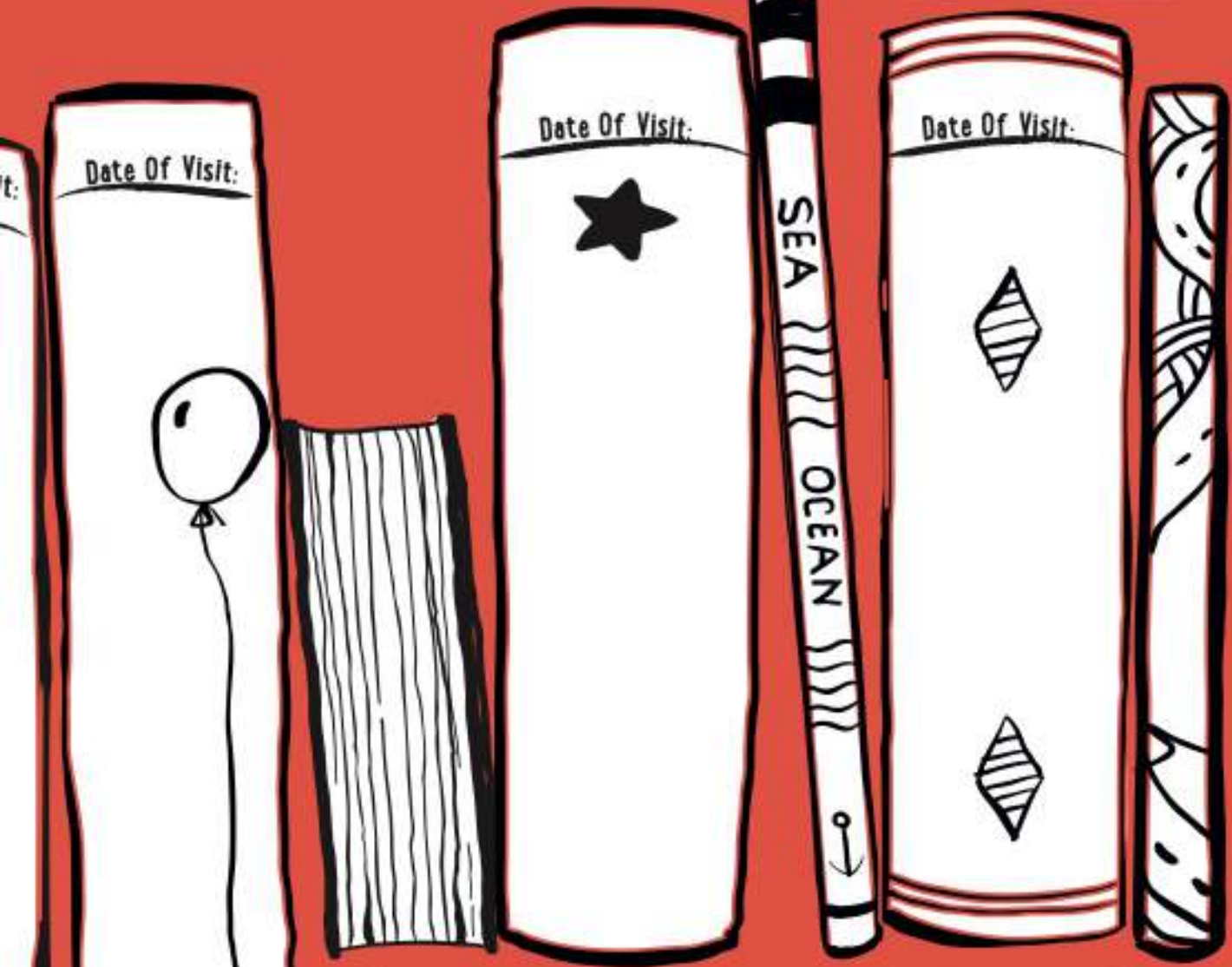
Off To The Library

Help your child learn to love reading. Take them to the library often and let them choose books that get them excited. Expose them to books in both English and their Mother Tongue.





Decorate the books below with your favourite titles and record the date of visit



Want to know more about what books to read?
See the insert in the pocket.

TIP 6



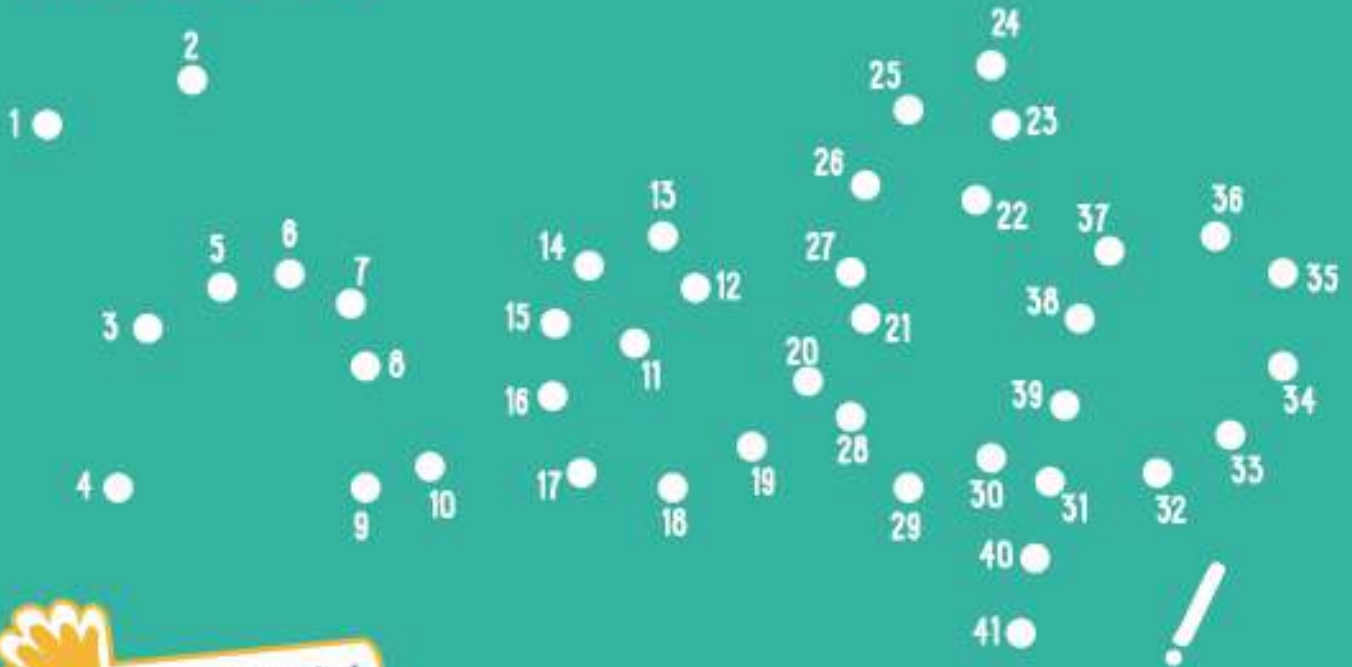
Time To Let Go!

Let your child discover how to make their own way to success.

Sometimes, they learn best through making mistakes and sorting out their own problems. It can be scary, for them and for you, but this will shape how your child tackles problems. It's okay to let them stumble and get up again - to take on the world!



Ask For



Join the dots to find the missing word!

Here are a few situations your child might find themselves in at school. Ask them what they would do in these cases. Where possible, let them practise asking for help. You (the parent) can play the role of an adult in school.





Your child looks to you to model how to learn – show them how they can ask teacher for help.

Your teacher has just taught something in class, but you don't understand it!

You are feeling ill in the middle of a lesson.

School is over, but nobody has come to pick you up.

You have to hand in a consent form today, but you forgot to bring it to school.



Guide your child to independently manage their emotions and behaviour, and respond to changes as well as challenges.



After getting home, you realised that you have received the wrong change when buying food at the canteen.



Talk to your child and show them how you can disagree politely and still be good friends.

You had an argument with a classmate.



You fell down as one of your classmates pushed you while playing catching.



One of your classmates has been calling you names.



When told about something bad that happened in school, show your child how to manage such situations - stay calm and check for facts with the school.

TIP 7



Team Up With Teachers


**When parents and teachers partner up,
we can do more for each child than we
could alone.**

Using the suggested modes of communication, chat with your child's teachers about how they are doing and what they are learning in school. This lets you and the teachers support your child better in school work and character development. Have you thought of joining in at school events? This lets you see your child in action!

Are You A "Good" Student?

Show-and-Tell ✨

Your child might think that being a good student is only about doing well academically - but we know it goes beyond that. Here are some questions to spark a chat about what it means to be one:



Join the dots to form the student

Do you have to be the "best" at something to be a good student?

How does a good student behave in class?

Is it just about doing well in your schoolwork?

What does a good student's work look like?

What values does a good student practise?

How does a good student talk to his or her teachers?

If you have failed a spelling test, does that make you a bad student?

You can share your own experiences as a student and ask your child whether they think you were a good student!

TIP 8



Every Child Is Unique

Love them for who they are. Every child can achieve success in their own ways when parents and teachers work hand-in-hand.

Does your child adapt quickly to primary school? Does he or she need more time? Does he dream? Does she love to read? Do they love learning new things? Every child has his or her own strengths! Use this section to celebrate what your child loves to do.

Likes And Dislikes

Which activities and subjects does your child prefer? Which don't they like? Knowing your child's preferences helps you figure out their strengths and support their learning, too.

Ask your child about their subjects and activities. They can point out how they feel on the scale below.



These follow-up questions might encourage them to share more:

What do you enjoy about it?

Why don't you like it?

How can we help you to improve in this area?

TIP 9



Be A Great Role Model

Children's first teachers are their parents and you remain their teachers for life. Education begins at home.

Children learn by observing you. They treasure time with Mummy and Daddy. Time spent playing and exploring with you creates so many opportunities to learn life's lessons. What are the values you think are most important? Talk about them with your child and show them as much of the world as you can.

What Do We Value?

Discuss what each of these values means. Ask your child to share about a time they put these values into action or saw others doing so.

Share your own stories too – about how you and other family members, or your colleagues at work, put your values into practice.



Match the scenario to the right value

RESPONSIBILITY

Doing what you say you will do



INTEGRITY

Doing what is right, even if no one is looking





RESPECT

Being polite and kind
to everyone



CARE

Looking after
those around you



RESILIENCE

Trying hard even when
something is difficult to do



HARMONY

Working well with others

Practise

What Should I Do?

Discuss with your child what they would do in these situations. Play them out with your child and see if they know what to do.

Hmmm... What would I do if...

Someone walking in front of you drops \$10 on the ground.



Your friend asks to see your answers during a test in class.



You're on a public bus. An old lady boards. The bus is full and she is carrying a heavy bag. She is standing in front of you.



You see a classmate sitting alone at recess.



A classmate has forgotten to bring his or her pencil case.

After you paid for your food, the auntie at the stall gives you too much change.



Water is flowing from an open tap in the toilet or canteen.

At recess, your friend finished his food and left the plastic wrapper on the table.



You're doing your work in class and find it quite tough. Your friend isn't able to help you.



Two of your friends are getting angry at each other. They look like they are about to fight.



Your neighbour enters the lift. Her hands are full of shopping bags. It's hard for her to press the button.



Your friend has no pocket money for recess.

HOORAY!
You've thought it through!



TIP 10



Let's Help Out At Home

When children help with household duties, they learn to take care of the people and things around them.

Your child is learning to be a responsible young person. In school, they might be asked to take on simple tasks like helping to clean the classroom. Chores like that will help your child learn that everyone plays a part in keeping our environment clean – a lesson they can take home too!

Housework Can Be Fun!

Show your child how to carry out simple household chores, then ask them to try it out. When they have done it successfully, give them a pat on the back and tick it off this list.

I Know How To:

- Sweep the floor
- Put litter in the dustbin
- Hang up the laundry
- Fold the clothes
- Wash the dishes
- Set the table
- Wipe the table
- Bring dishes back to the kitchen
- Tidy my bed
- Keep my study space neat