

Start it Right @ PCPS

Social and Emotional Learning (SEL)

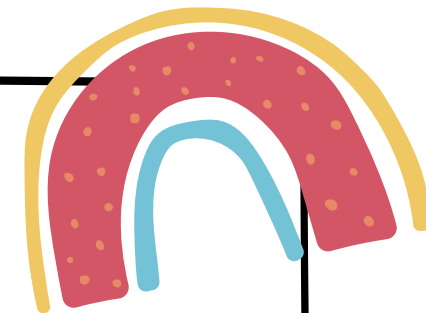


To Serve To Lead





Welcome to PCPS!

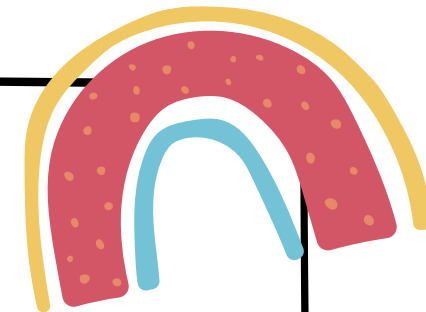


- Another milestone journey for the family!
- Our children may have mixed feelings of emotions for the first few days.
- We will be sharing with you about the social and emotional learning competencies and the F.A.S.T way to help your child to transit to PCPS.





Social and Emotional Learning



- Social and Emotional Learning (SEL) refers to the skills that are important for your child's **personal and social well-being**.
- Having strong social-emotional competencies can **improve your child's performance**.
- SEL helps your child to **prepare for life beyond school**. It is critical that a child is given the **holistic education** that involves the stimulation and training of **both cognitive and affective domains** of a child.

Source: <https://www.moe.gov.sg/education-in-sg/our-programmes/social-and-emotional-learning>

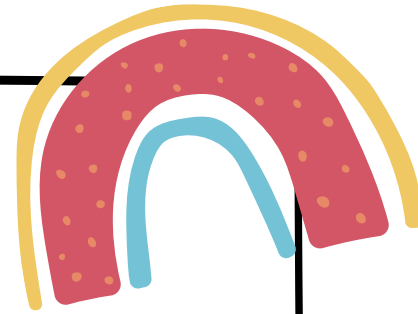


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Social and Emotional Learning



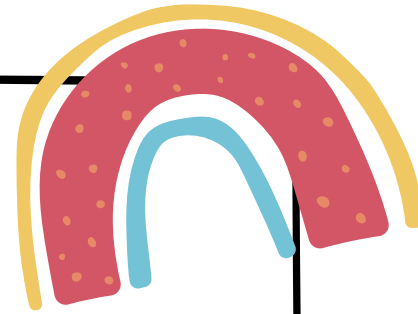
- These social-emotional competencies help your child to:
 - Develop healthy identities
 - Recognise and manage their own emotions
 - Develop a sense of responsibility, care and concern for others
 - Relate to others and develop positive relationships
 - Handle challenges
 - Make responsible decisions and act for the good of self, others and the society.

Source: <https://www.moe.gov.sg/education-in-sg/our-programmes/social-and-emotional-learning>





Helping your child transit to p1

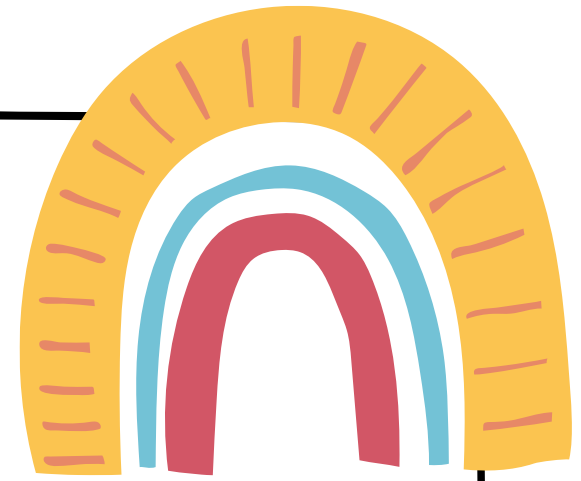


- In order to help your child transit to P1 with the social-emotional learning competencies to be ready for learning, you can try the **F.A.S.T way** to help your child.
- However, do note that every child is different and some children might take a longer time to adapt to primary school.

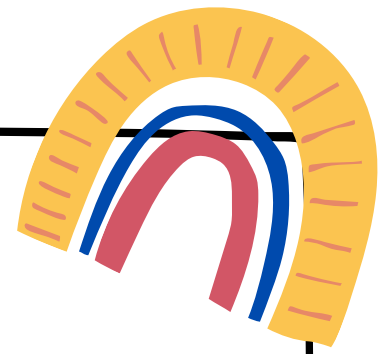


F.A.S.T

- Familiarise
- Affirm
- Support
- Talk



FAMILIARISE



- Building **good habits** will help your child to **cope with the new experiences** which he/she will encounter this year. Some of the new experiences include:
 - Longer lesson time
 - Having more subjects (e.g. PAL)
 - Having homework
- Sharing with your child the changes in primary school so that they will be familiar with the changes.



FAMILIARISE

- Children adapt faster when their **daily routines are consistent**. Some of the ways to help them include having consistent daily routines such as:
 - Home timetable (include home tasks as well)
 - Packing of school bag before sleep
 - Bedtime routines (between 9 to 11 hours)
- Once routines are set, **shift towards mastery**.

Tick what you have done ✓

The night before school, I should...

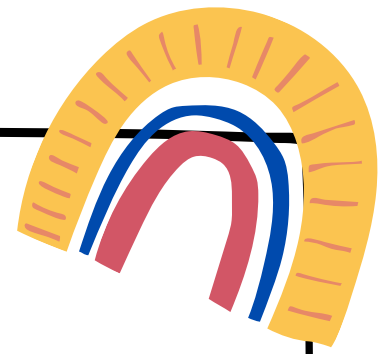
- ☐ Check my homework
- ☐ Pack my bag
- ☐ Pack my snack for school
- ☐ Lay out my uniform, socks and shoes
- ☐ Set my alarm clock
- ☐ Give my parents a hug before bed
- ☐ Sleep before ____ pm

Affirm

- Words have a **POWERFUL** effect on us.
- When your child share or accomplish small successes, affirm them quickly! This will help to boost their confidence and morale which will also increase their willingness to repeat their positive behaviours.



Affirm



- Other than words, we can also explore the **different love languages** to express our love for our children.

The 5 Love Languages



WORDS OF AFFIRMATION

Words of affections, validation, descriptive praise and encouragement



ACTS OF SERVICE

Services that your child sees as valuable.



QUALITY TIME

Focused and uninterrupted attention or time.



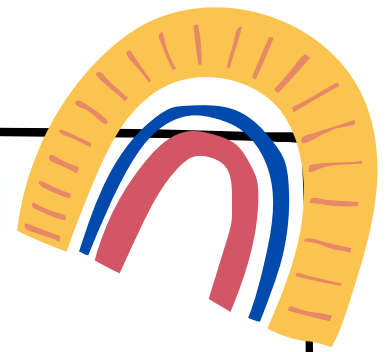
GIFTS

Giving and receiving undeserved gifts.



PHYSICAL TOUCH

Hugs, cuddles, kisses, or a pat on the back.



ACTS OF SERVICE

- Complete **daily tasks together** (e.g. packing for school using the class timetable)
- Create a **conducive environment** for your child to **sleep in**.
- Cook/buy your child's **favourite food**.



GIFTS

- Create a **handmade card**
- Buy a **gift**
- Give your child something **special from your childhood**



QUALITY TIME

- Talk about what happened in school or at work before bedtime or during mealtimes.
- Outdoor activities (e.g. cycling)



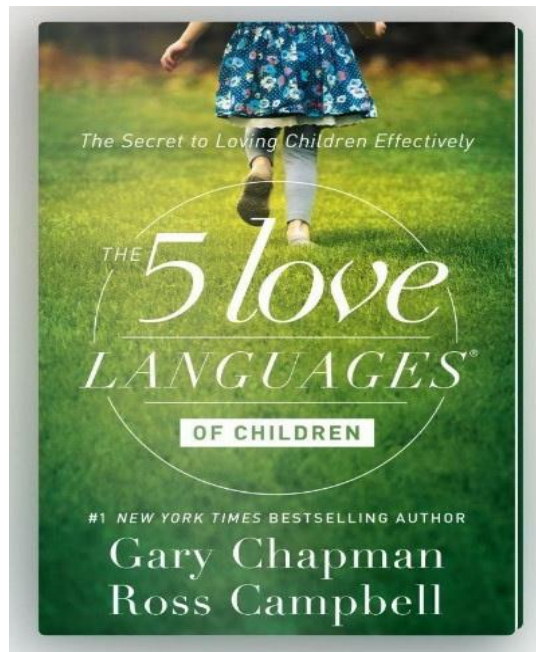
PHYSICAL TOUCH

- Give your child a high-five, a hug or a pat on the back to affirm him/her.
- Create a special handshake with your child.



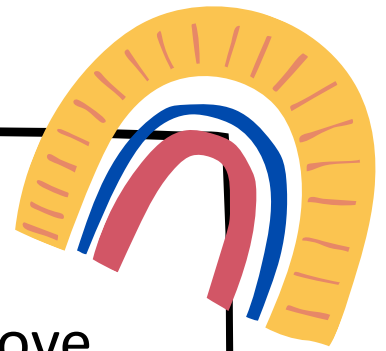
Affirm

- You can read more from the book below.



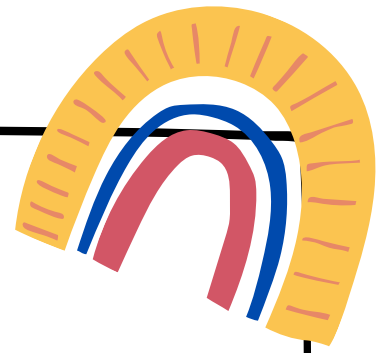
- You can find out more about the 5 love languages in the following link:

<https://5lovelanguages.com/quizzes/love-language>

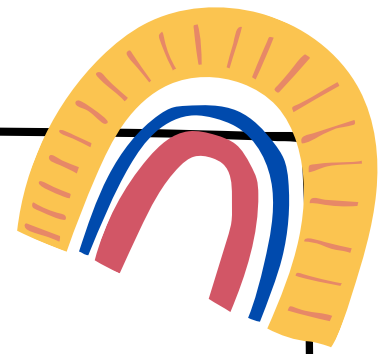


SUPPORT

- Share your child's interests, needs and medical history (if any) with the teacher. This will further help the teacher to understand your child better.
- Label your child's stationeries and books.
- Create a checklist of items for your child to bring to school. This will help him/ her participate fully during lessons.



Talk

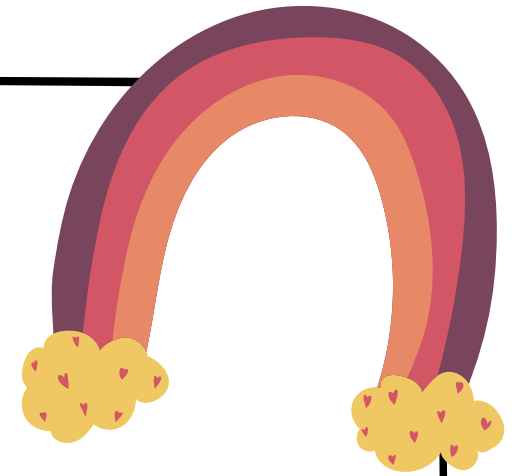


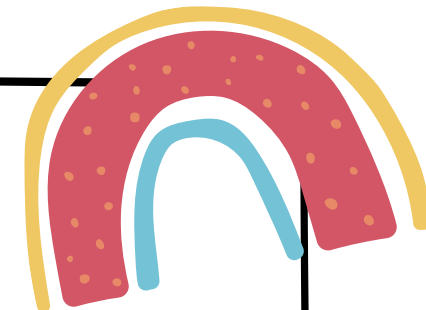
- Have conversations with your child to find out more about:
 - lessons / homework
 - peer relationships
 - consumption of food during recess
 - activities during recess



Remember F.A.S.T

- Familiarise
- Affirm
- Support
- Talk



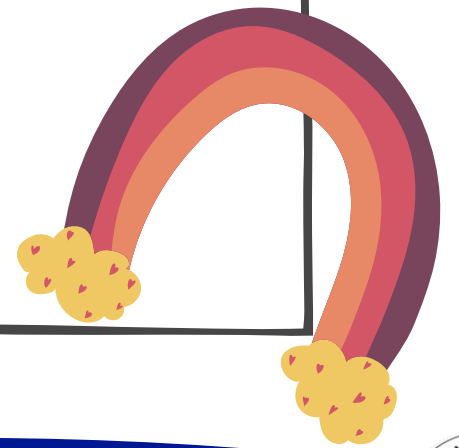
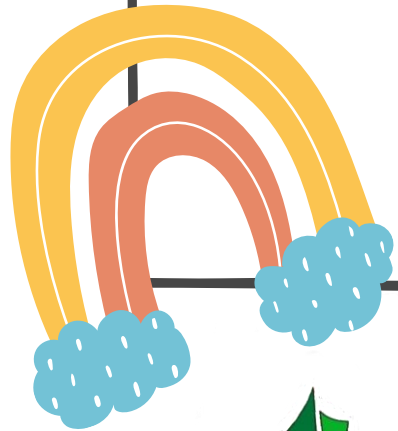


We believe firmly in **strong collaboration with families**. With this connection, there will be **purposeful engagement** so that every child can have **purposeful and meaningful experiences** throughout their primary school years.

Do contact your child's teacher if you need more information about PCPS or to share with him/her about your child.



Thank you!



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