



Meet and Greet 2026

Primary 6
12 January 2026



P6 Supplementary lessons (term time & school holidays)

Schedule of After School Programme

- There will be a day assigned for each subject to conduct supplementary, enrichment and remedial programmes for each subject, except RRP and SDR.
- Timing : Supplementary 2 to 3 pm
- CCA: 3 to 5 pm
- SHINE : 2 to 3.30 pm

Level	Monday	Tuesday	Thursday	Friday
P6	Math / FMA	HMT / MT / FMT	EL / FEL / SC	
P3 – P6		CCA	CCA	Prefects meeting
P4 – P6				SHINE (selected kids)

- Prefect meeting on Fridays from 2 to 3 pm. Prefect EXCO meetings on Fridays from 3 to 4pm.
- CCA (for selected CCAs) is to be on Tue & Thur afternoon



P6 Supplementary lessons (term time & school holidays)

June Holiday

25 & 26 June (Thu & Fri)

8.00am to 12.30pm

September holiday

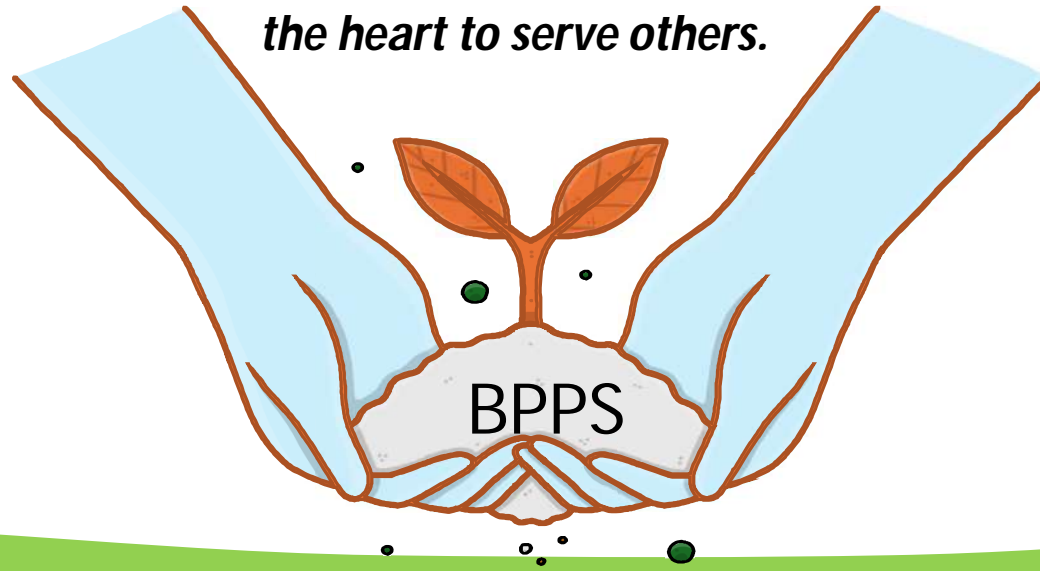
10 & 11 September (Thu & Fri)

8.00am to 12.30pm



Vision: Future Leaders, Concerned Citizens

Every learner an adaptable and **empathetic** leader who is grounded in school values and **has the heart to serve others.**



MISSION: DEVELOPING OUR STUDENTS HOLISTICALLY IN A VIBRANT AND CARING ENVIRONMENT

*To provide students with **rich and positive learning experiences** to nurture and develop **respectful** and **responsible** students who show **compassion** and **gratitude** towards others, while upholding **integrity** and staying **resilient**.*

Respect, Responsibility, Compassion, Integrity, Resilience, Gratitude

School Values

Respect, Responsibility, Resilience, Integrity, Compassion, Gratitude

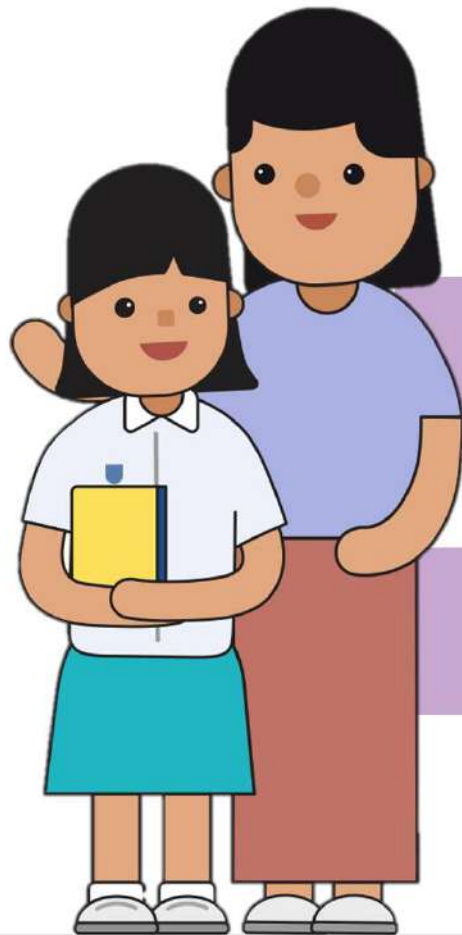
Levels	Primary 1	Primary 2	Primary 3	Primary 4	Primary 5	Primary 6
Values	RESPECT	RESPONSIBILITY	COMPASSION	INTEGRITY	RESILIENCE	GRATITUDE
Our Definition	Care towards someone or something	Ability to make good decisions on your own	Feeling of sympathy and sadness for the suffering of others and a wish to help them	Quality of being honest and having strong moral principles	Ability to be happy and successful again after something difficult or bad.	Strong feeling of appreciation to someone or something for what the person has done to help you
Tagline	Give respect to Get respect!	Take ownership of your actions!	See it with your heart!	Do good, even when no one is watching!	Each failure is a step towards success!	Show gratitude. Let thank you be your attitude!



PSLE Scoring and S1 Posting



Sharing About PSLE Matters



**How does the PSLE Scoring &
S1 Posting work?**

**How are students posted to
secondary schools?**

WHAT IS THE INTENT OF THE PSLE?



A useful checkpoint at the end of primary school

A fair way to determine secondary school posting



Over the years, we have been changing the education system to help our students discover and develop their strengths, interests, abilities and talents while moving away from an over-emphasis on academic results. Our PSLE Scoring system reduces the over-emphasis on academic results by:

1

Reducing fine differentiation of students' examination results at a young age.

2

Recognising a student's level of achievement, regardless of how his/her peers have done.

3

Encouraging families to choose secondary schools holistically based on students' strengths, interests and learning needs.

WHAT ARE ACHIEVEMENT LEVELs (AL)?

WHY ARE THE BANDS UNEVEN?

- Students with similar scores in each subject are grouped into scoring bands measured in 8 ALs.
- AL bands and mark ranges are set based on the learning objectives of the curriculum, and mirror the way we learn.

When we learn something new, after some initial practice, we often find ourselves improving significantly.


As we get better, the improvements become small steps, and finally, as we reach a high level, we inch just a little further, even after much learning and practice.

The ALs were designed to reflect this reality of learning. They help educators, students, and parents know how ready students are to access the curriculum at the next level.

AL	RAW MARK RANGE
1	≥ 90
2	85 – 89
3	80 – 84
4	75 – 79
5	65 – 74
6	45 – 64
7	20 – 44
8	< 20

HOW DOES THE PSLE SCORING SYSTEM WORK?

- The overall PSLE Score is made up of 4 subject Achievement Levels (ALs).
- The PSLE Score can range from 4 to 32, with 4 being the best.



Elena	PSLE Score 14
PSLE Subject	AL Score
English	2
Math	2
Foundation Science	AL A = 6
Mother Tongue Language	4

GRADING OF FOUNDATION SUBJECT GRADES

- Foundation subject grades are graded in scoring bands from **AL A to C**.
- To derive a student's overall PSLE Score for S1 Posting, AL A to AL C for Foundation level subjects are **mapped to AL 6 to AL 8 of Standard level subjects respectively**.
- This mapping is based on the learning and assessment load of the subjects, and informs students of how ready they are for the curriculum in secondary school.

FOUNDATION LEVEL AL	FOUNDATION RAW MARK RANGE	EQUIVALENT STANDARD LEVEL AL
A	75 – 100	6
B	30 – 74	7
C	< 30	8

ELIGIBILITY CRITERIA FOR HIGHER MOTHER TONGUE LANGUAGE (HMTL)

- The eligibility criteria for taking HMTL ensures that students can cope with the higher academic load.

ELIGIBILITY CRITERIA FOR HMTL

- (i) An overall PSLE Score of 8 or better**
- (ii) An overall PSLE Score of 9 to 14 (inclusive); and attain**
 - **AL 1 / AL 2 in MTL or**
 - **Distinction / Merit in HMTL**

- For students who do not meet the above criteria, secondary schools will have the flexibility to offer HMTL to students if they are assessed to have high ability and interest in MTL, and are able to cope with the learning load required.

HOW DOES THE S1 POSTING WORK?

- Your child has **six choices** in selecting their secondary schools.
- Your child will be posted to a secondary school based on **academic merit, i.e., PSLE Score**, and their **choice order of schools**.
- If two or more students with the same PSLE Score vie for the last remaining place(s) in a school, the following tie-breakers are used in the following order:
 1. **CITIZENSHIP**
 2. **CHOICE ORDER OF SCHOOLS**
 3. **COMPUTERISED BALLOTING**
- The tie-breaker based on school choice order recognises the different considerations that families have in making school choices.



Tie-breakers

in the new S1 Posting System

Tie-breakers are used only if there are two or more students with the same PSLE Score vying for the last available place(s) in a school.

Here's a simplified example.

5 students are vying for the last places in the schools of their choice.

Jane
Singapore Citizen
16 pts

SCHOOL CHOICES:
1) Sch A
2) Sch ...
3) Sch ...
4) Sch ...



Bryan
Singapore Citizen
20 pts

SCHOOL CHOICES:
1) Sch B
2) Sch ...
3) Sch ...
4) Sch ...




Mary
Singapore Citizen
20 pts

SCHOOL CHOICES:
1) Sch A
2) Sch B
3) Sch C
4) Sch ...



Alan
Permanent Resident
20 pts

SCHOOL CHOICES:
1) Sch A
2) Sch B
3) Sch D
4) Sch ...




Rina
Permanent Resident
20 pts

SCHOOL CHOICES:
1) Sch A
2) Sch B
3) Sch D
4) Sch E



Students with better scores will be posted first

Jane has a better PSLE score. She will be posted first, to **School A**.





Bryan, Mary, Alan and Rina have the same score.

As Jane has taken the last available place in School A, Bryan, Mary, Alan and Rina will vie for the last available place in their next choice, **School B**.

Tie-breaker #1: Citizenship


Bryan and Mary are Singapore Citizens. They will have priority to enter **School B**.


Alan and Rina will be tie-broken out as they are Permanent Residents. They will be considered for their next choice, **School D**.

Tie-breaker #2: Choice order of schools

Because Bryan ranked School B higher than Mary, he will be posted to **School B**.




Since Bryan has taken the last place in School B, Mary will be posted to **School C**.




Alan and Rina have both ranked School D as their third choice. They will go through computerised balloting to vie for the last remaining place in **School D**.

Tie-breaker #3: Computerised balloting

Through computerised balloting, Alan is posted to **School D**.









Since Alan has taken the last place in School D, Rina will be posted to her fourth choice, **School E**.



HCL POSTING ADVANTAGE TO SAP SCHOOLS

Students who obtained a Distinction/Merit/Pass for HCL at the PSLE and an overall PSLE Score of 14 or better will receive a posting advantage when applying to SAP schools.

Students will be considered for admission to SAP schools in the following order:

1st		7	NO HCL	Students with better PSLE Scores will be posted first, even if they did not take HCL
2nd		8	DISTINCTION	
3rd		8	MERIT	Amongst students with the same PSLE Score, those with better HCL grades will be posted first
4th		8	PASS	
5th		8	NO HCL	
6th		9	DISTINCTION	

- Students' HCL results are denoted as 'D' (Distinction), 'M' (Merit) or 'P' (Pass).
- Students who obtain (i) a Distinction / Merit / Pass in HCL and (ii) a PSLE Score of 14 or better are eligible for posting advantage to SAP schools.
- Students are ranked taking into account their performance in HCL.
- This posting advantage applies before the tie-breakers for S1 Posting.

Understanding Full Subject-Based Banding (Full SBB)



What is Full SBB?

WHAT IS FULL SBB?

- Full SBB will be implemented in secondary schools from 2024, and aims for students to:



Have greater ownership of their learning according to their strengths, interests, abilities, talents and learning needs.



Develop a growth mindset and an intrinsic motivation to learn for life.

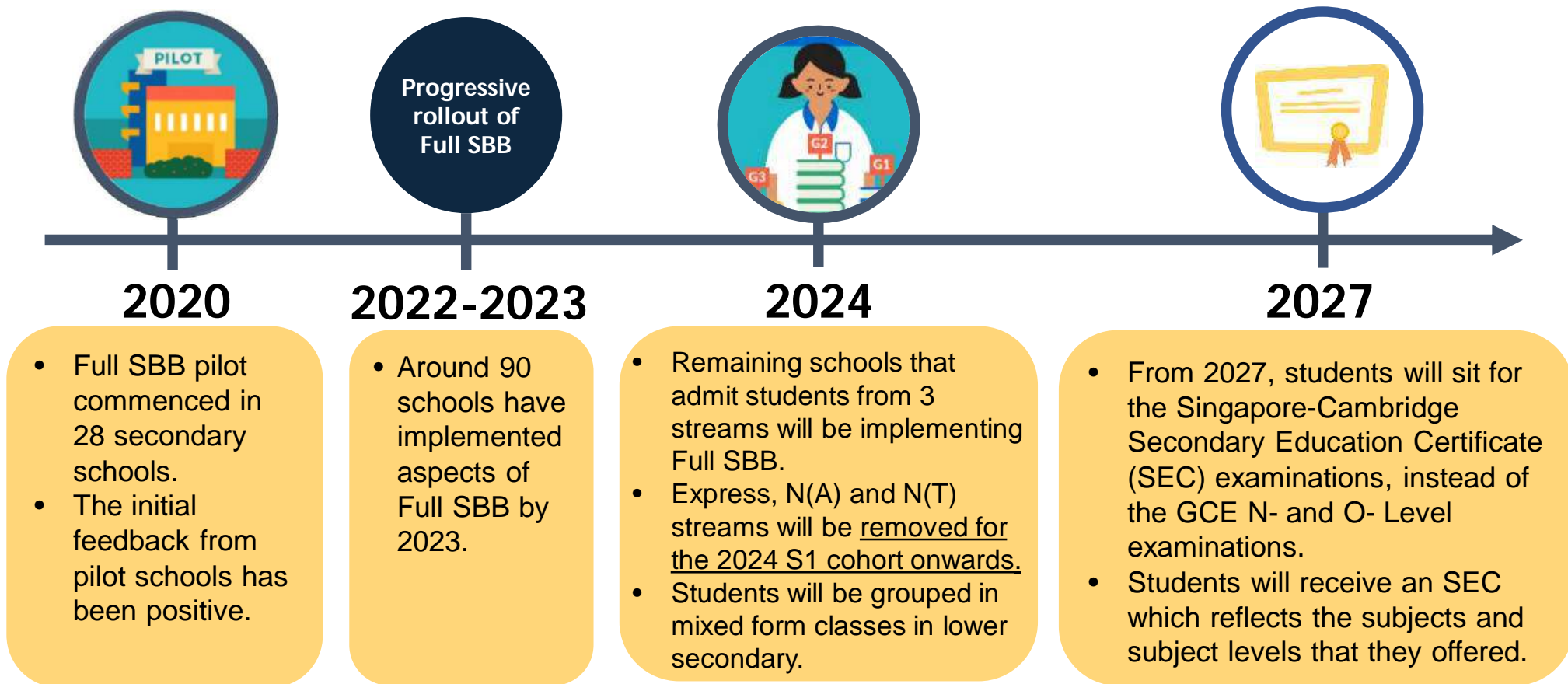


Have more opportunities to interact with friends of different strengths, interests, abilities and talents.



Have more options for post-sec pathways, while ensuring they have strong fundamentals and can thrive in their chosen pathway.

FULL SUBJECT-BASED BANDING (FULL SBB)



FULL SUBJECT-BASED BANDING (FULL SBB)

Secondary school experience under Full SBB

- **Mixed form classes** and **common curriculum subjects** at **Lower Secondary**.
- **Subjects to be offered at G1, G2 or G3**, mapped from the standards of the N(T), N(A) and Express subject levels respectively.
- **Greater flexibility** to customise students' learning by offering subjects at various subject levels.
- **Shift away from stream-based subject offerings.**

After PSLE

Start of Sec

End of Sec

Post Sec

From 2023:
Entry to S1
through 1 of 3
Posting Groups

From 2027:
Singapore-Cambridge
Secondary Education
Certificate (SEC)
examination

Updated post-
secondary admission
criteria

FULL SBB: S1 POSTING

Three Posting Groups to ensure schools are accessible to diverse learners

From the 2024 S1 cohort, MOE will facilitate the admission of P6 students into S1 through 3 Posting Groups: **Posting Group 1, 2 and 3.**

Objective: Ensures that schools continue to admit a **diverse profile of students** and students have **access to a wide range of schools.**

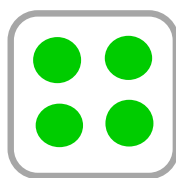
Unlike the academic streams of Express, N(A) and N(T), Posting Groups will only be used for the purposes of facilitating entry into secondary school and to guide the subject levels students offer at the start of S1.

- Posting Groups assigned based on PSLE Scores, mapped from existing PSLE Score ranges for Express, N(A) and N(T) streams.
- PSLE Scores provide a good gauge of the subject levels that students can offer at the beginning of S1.

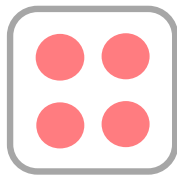
PSLE Score	Posting Group	Subject level for most subjects
4 – 20	3	G3
21 and 22	2 or 3	G2 or G3
23 and 24	2	G2
25	1 or 2	G1 or G2
26 – 30 (with AL 7 in EL and MA)	1	G1

FULL SBB: MIXED FORM CLASSES IN LOWER SECONDARY

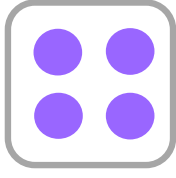
Form classes arranged by academic stream in schools yet to implement Full SBB



Students in Exp stream



Students in N(A) stream



Students in N(T) stream

With Full SBB:
Mixed form classes



- Under Full SBB, students will be placed in mixed form classes in Lower Secondary to ensure a **mix of learner profiles**.
 - Provides students with **more opportunities** to interact with other students of different strengths and interests.
 - Enables students to **build meaningful friendships and learn to value different perspectives**.



Students posted through PG3



Students posted through PG2



Students posted through PG1

FULL SBB: COMMON CURRICULUM

**Common Curriculum Subjects
taken in mixed form classes
(~ 1/3 curriculum time)**

Examinable Subjects:

- Art
- Design & Technology (D&T)
- Food & Consumer Education (FCE)

Non-examinable Subjects:

- Character & Citizenship Education (CCE)
- Music
- Physical Education (PE)

- The six common curriculum subjects would each have a single syllabus for all students at Lower Secondary levels.
 - These subjects will be taught and assessed at a common level that is accessible to all students.
 - Teachers will adopt a range of approaches to cater to the different learning needs of their students.
- For other subjects, students attend classes with others taking the subject at the same subject level.

OFFERING SUBJECTS AT A MORE DEMANDING LEVEL AT THE START OF SEC 1

- Students posted to schools through PG1 and PG2 can offer **English Language, Mother Tongue Languages, Mathematics and Science** at a more demanding level based on their PSLE AL for each subject.

FOR STUDENTS POSTED TO SCHOOLS THROUGH PG1 AND PG2			
SUBJECT	PSLE SUBJECT LEVEL	PSLE AL FOR SPECIFIC SUBJECT	OPTION TO TAKE THE S1 SUBJECT AT :
<ul style="list-style-type: none"> •English Language •Mother Tongue Language •Mathematics •Science 	Standard	AL 5 or better	G3 or G2
		AL 6	G2
	Foundation	AL A	G2

OFFERING SUBJECTS AT A LESS DEMANDING LEVEL AT THE START OF S1

- For students who offered **English Language, Mathematics and/or Science** at Foundation level at PSLE, but are otherwise eligible to take most of their subjects at G3 when entering secondary school, they may choose to take these subjects at a less demanding level (LDL; i.e., G2), in consultation with their secondary schools.
- Students have the option to offer **Mother Tongue Languages (MTL)** at LDL based on their PSLE Achievement Level (AL) for the subject:

POSTING GROUP (PG)	PSLE AL FOR MTL [^]	OPTION TO OFFER MTL AT A LESS DEMANDING LEVEL
PG3	AL 6	G2
	AL 7-8	G1 or G2
PG2	AL 7-8	G1

[^] Foundation level AL A to AL C will be mapped to AL 6 to AL 8 of Standard level subjects respectively.

- Students who are eligible to offer MTL at LDL can still choose to offer MTL at-level if they prefer.

SUBJECT LEVEL FLEXIBILITY BEYOND THE START OF S1

- Beyond the start of Sec 1, students may **adjust their subject levels across their secondary school journey**.
 - Students may offer subjects, including English Language, Mother Tongue Languages, Mathematics, Science and Humanities subjects at a **more demanding level** if they meet the criteria and based on the school's holistic considerations.
 - Students who are not coping well may **offer subjects at a less demanding level**, based on their school-based performance and school's holistic considerations, to calibrate their curricular load.
 - In upper secondary, students may offer elective subjects (for example, Additional Mathematics, Art, Design & Technology) at a subject level suited to their strengths, interests and post-secondary aspirations, to **allow them to pursue their interests without adding unduly to their overall curriculum load**.
- Schools will consider **students' learning progress and developmental needs** when helping them determine their subject choices.

<https://go.gov.sg/ansot-fullsbbsummary>

Title: A New School of Thought: Full SBB | What does it mean for me?

Choosing Suitable Secondary Schools

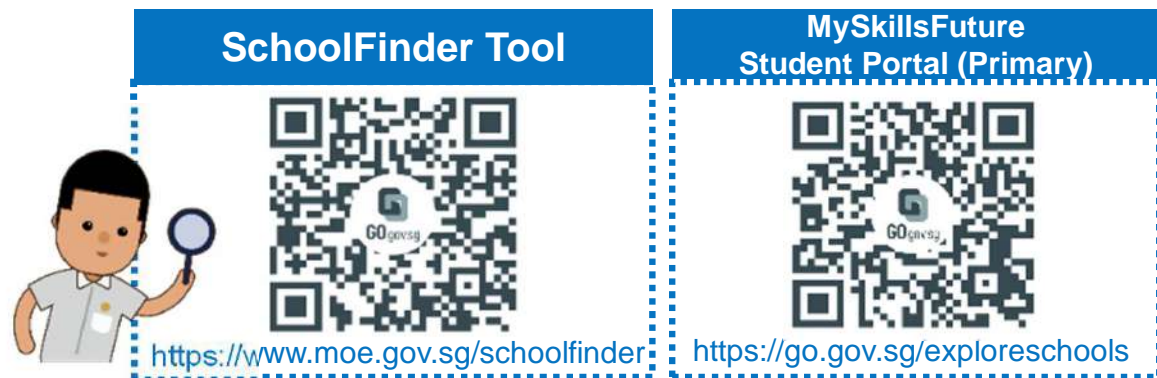
Factors to Consider

Preparing for S1 Posting Exercise



PSLE SCORE RANGES FOR ALL SECONDARY SCHOOLS

- Use the PSLE Score ranges as a reference alongside other important factors, such as the school's distinctive programmes, Co-Curricular Activities (CCA), culture, ethos, and proximity to home when shortlisting school choices that would best fit a student's educational needs.
- The PSLE Score ranges for individual secondary schools will be available for your reference on <https://moe.gov.sg/schoolfinder> and <https://go.gov.sg/exploreschools>. They reflect the PSLE scores of the students posted into these schools at the previous year's S1 Posting Exercise.
- A school's PSLE Score range (including Cut-Off-Point) for a particular year is not pre-determined before the posting, and vary from year to year, depending on the cohort's PSLE results and their school choices in that year's S1 Posting Exercise.



HOW DO WE INTERPRET THE PSLE SCORE RANGES?

The PSLE Score range refers to the PSLE Score of the first and last student admitted to a particular school in the previous year via the S1 Posting Exercise. This shows the range of student profiles who enter each school.

Example

XX Secondary School

PSLE Score range of 20XX (previous year's S1 Posting Exercise)

Posting Group 3	15	20
Posting Group 2	21	24
Posting Group 1	25	28

PSLE Score of the first student posted into the school in the respective PG.

PSLE Score of the last student posted into the school in the respective PGs [i.e., the school's Cut-Off Point (COP)].

Note: Posting Groups will be assigned based on PSLE Scores, mapped from existing PSLE Score ranges for Express, N(A) and N(T) streams.

EXAMPLE OF AN SAP SCHOOL'S PSLE SCORE RANGE

While students need not take HCL to enter SAP schools, students who pass HCL receive a posting advantage for admission. To reflect this, the PSLE Score ranges of SAP schools include the HCL grades of the first and last student admitted in the previous year via S1 Posting.

Example

XX Secondary School

PSLE Score range of 20XX (previous year's S1 Posting Exercise)

Posting Group 3	5 (D) – 12 (P)
Posting Group 2	
Posting Group 1	

PSLE Score and HCL grade of the first student posted into the school through PG3.

PSLE Score and HCL grade of the last student posted into the school through PG3 [i.e. the school's Cut-Off Point (COP)].

Note: Posting Groups will be assigned based on PSLE Scores, mapped from existing PSLE Score ranges for Express, N(A) and N(T) streams.

SCHOOL CHOICE JOURNEY

- The PSLE Score ranges are a **useful starting point** for parents and students to consider secondary schools.
- Use this information, together with other **important factors** such as the secondary schools' distinctive programmes, CCAs, ethos and cultures, to shortlist schools that would best fit the educational needs of the student.



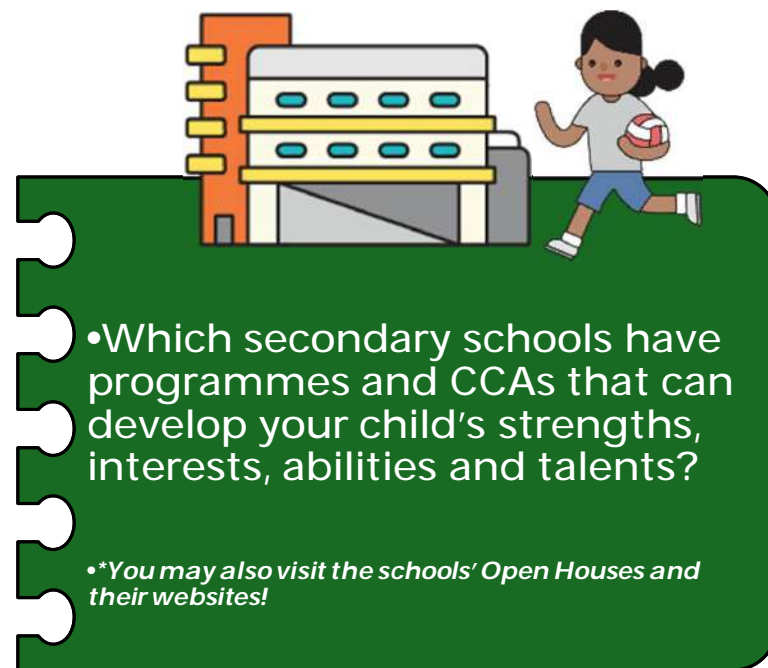
WHICH SCHOOLS SHOULD MY CHILD SHORTLIST?



•What are your child's interests?

•What does your child enjoy doing?

Want to know more about yourself?
Embark on a journey in **Career Quest** on
the [MySkillsFuture Student Portal](#)
(Primary) now!



•Which secondary schools have programmes and CCAs that can develop your child's strengths, interests, abilities and talents?

•*You may also visit the schools' Open Houses and their websites!

Want to learn more about different schools? Explore the **Education Guide** on
the [MySkillsFuture Student Portal](#)
(Primary) now!

IMPORTANT FACTORS TO CONSIDER WHEN CHOOSING SECONDARY SCHOOLS

01 SCHOOL CULTURE



What is the school's culture and ethos?

02 LEARNING ENVIRONMENT



How do I feel about the school based on what I saw at the Open House?

03 PROGRAMMES



Does the school have programmes I would enjoy?

04 CCAs



Are there CCAs that interest me and can nurture my strengths, abilities and talents?

05 SUBJECTS

What subjects are offered in the school?



06 LOCATION

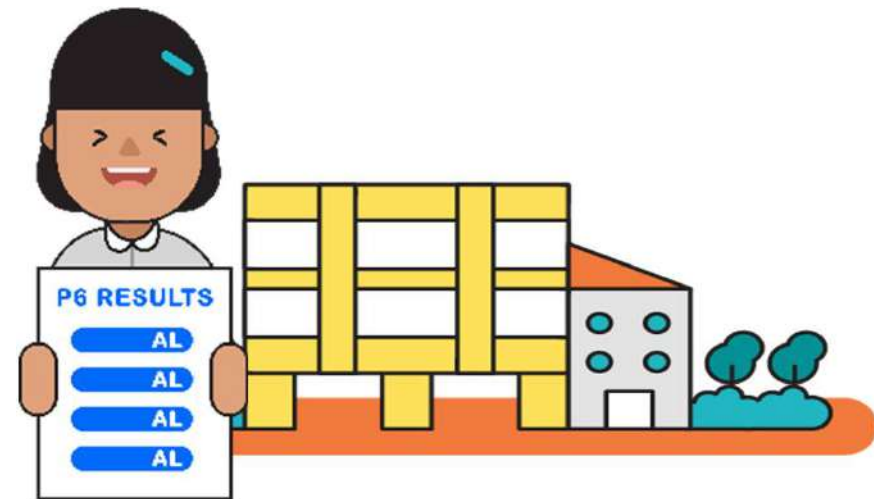


How long will it take for me to travel to school and back home?

PREPARING FOR THE S1 POSTING EXERCISE

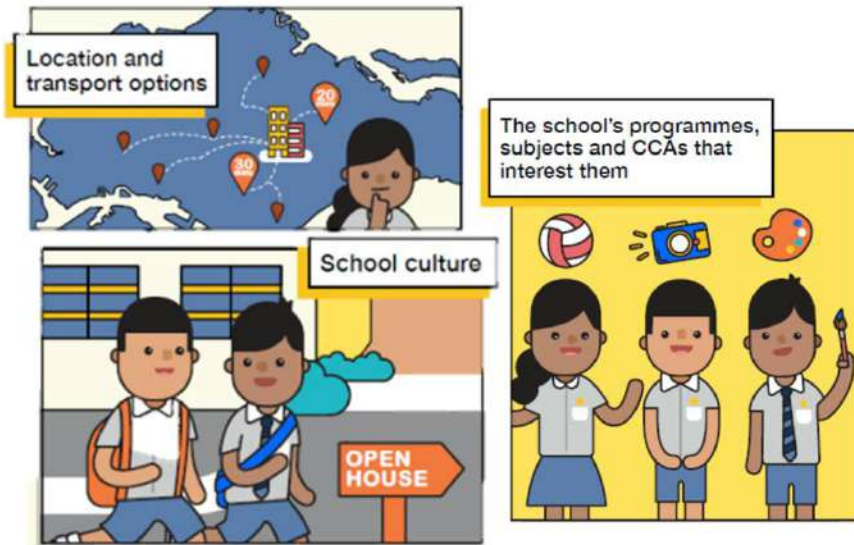


Use all 6 options with a range of Cut-off Points as this will increase your child's chances of being posted to a school of their choice.



Take reference from schools' PSLE Score ranges, which serve as a guide for you and your child to shortlist school choices. Consider at least 2-3 schools where your child's PSLE Score is better than the school's Cut-off Point.

PREPARING FOR THE S1 POSTING EXERCISE



Shortlist schools that offer programmes that cater to your child's strengths, interests, abilities, talents and learning needs, as well as provide suitable learning environments.



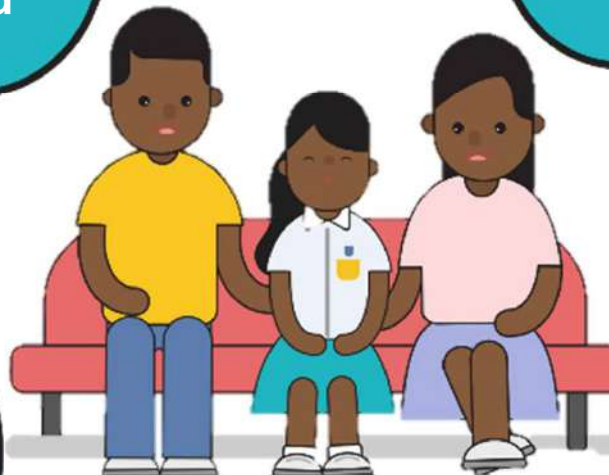
Rank your child's preferred school higher in the choice order of schools. This will increase your child's chances of being posted to that school, if they need to undergo tie-breaking.

TIPS FOR PARENTS!

Be open and flexible when discussing your child's preferences, needs and choices.

Manage your own expectations and do not project these expectations onto your child.

Have regular conversations with your child to understand more about his/her strengths, interests, abilities, talents and aspirations.

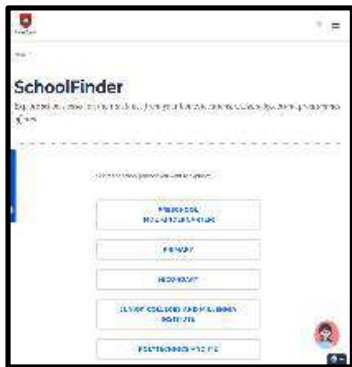


Affirm your child and offer support when he/she shares his/her plans with you.

PREPARING FOR THE S1 POSTING EXERCISE

SCHOOL
FINDER

MySKILLSFuture



- Release of **PSLE** results
- Online Submission of **S1 School Choices and Options**



- Release of **S1 Posting** results



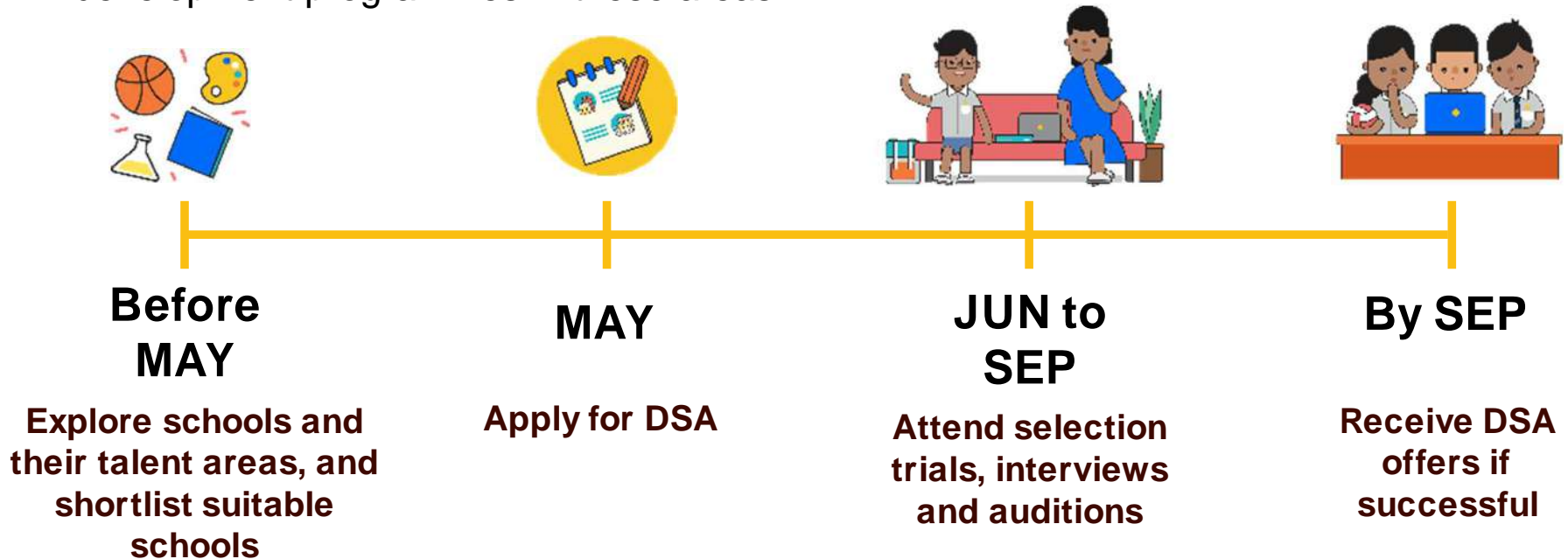
OCTOBER

NOVEMBER

DECEMBER

ENTERING SCHOOLS THROUGH DSA-SEC

- There is no change to the application and selection process with the shift to Full SBB.
- If your child has specific talents and strengths beyond the PSLE (e.g. areas such as sports, performing arts and leadership), consider the **Direct School Admission-Secondary (DSA-Sec)** as an alternative admission pathway to access secondary schools that have talent development programmes in these areas.



BPPS Communication Policy (Parents)

The school believes in fostering close partnership with parents to guide our students in their holistic development. We trust that parents will support the school in looking into the well-being of BPPS staff. The school has put in place the following communication guidelines.

Bukit Panjang Primary's official modes of communication with parents comprising the following:

School phone	6769 1912
School email	bpps@moe.edu.sg
School mailing address	109 Cashew Road Singapore 679676
School website School Facebook	https://www.bukitpanjangpri.moe.edu.sg https://www.facebook.com/profile.php?id=100063784636440
Staff official school email address	refer to school website https://www.bukitpanjangpri.moe.edu.sg/about-us/our-staff
Parents Gateway	https://pg.moe.edu.sg/
School Publications	Student's Diary In Touch E-newsletter (Every Term) Endeavour Yearbook (Yearly)

BPPS Communication Policy (Parents)



- Communication and engagement with teachers to be kept within the school hours (7.30 am to 5.00 pm) on working weekdays and during school term.
- Teachers are not expected to respond to parents' and/or students' queries after school operating hours, during weekends and on school and public holidays.
- For urgent matters, parents may contact the General Office if teachers are uncontactable during school hours.
- Teachers are not expected to provide their personal mobile numbers to parents and/or students.



BPPS Communication Policy (Parents)



- Appointments for face-to-face meetings with staff should be made **at least 3 days in advance** (either through email with staff or leave a message with the admin staff at the General Office) to avoid disappointments and to minimize disruption to the staff's working schedule.
- Parents will receive a response to their email queries within 3 working days for general query, 7 working days for queries which require some investigation and 21 working days for queries with complexities, to ensure queries are duly addressed.
- The school reserves the right not to engage with any parent who is disrespectful, rude and abusive to our staff.
- All Civil Servants are protected by Protection from Harassment Act (PoHA).



School Discipline

- Serious Offences



Serious offence

- An offence is considered serious when a student:
 - a) causes **serious harm and/or disruption to self**
 - b) causes **serious harm and/or disruption to others,**
 - c) causes **serious damage to property or resources**
 - d) shows **defiance against authorities**



Examples of Serious offence

1. Smoking, Vaping, Pornography, Leaving school grounds without permission, Truancy, Cheating in assessment, Gambling
2. Assault, Bullying, Fighting, Gangsterism, Sexual Misconduct, Theft, Disruptive Behaviour
3. Arson, Cybersecurity Violations, Trespassing, Vandalism, Possession of weapon,
4. Open Defiance to School Personnel



	Vaping	Vaping with Etomidate
First-time offenders	<ul style="list-style-type: none"> • 1 to 3 days of detention and/or suspension; and/or • 1 stroke of the cane (for boys only) • AND conduct grade adjustment 	<ul style="list-style-type: none"> • 3 to 5 days of detention and/or suspension; and/or • Up to 2 strokes of the cane (for boys only) • AND conduct grade adjustment (no better than 'Fair')
Second-time offenders	<ul style="list-style-type: none"> • 3 to 5 days of detention and/or suspension; and/or • Up to 2 strokes of the cane (for boys only) • AND conduct grade adjustment (no better than 'Fair') 	<ul style="list-style-type: none"> • 5 to 14 days of detention and/or suspension; and/or • Up to 3 strokes of the cane (for boys only) • AND conduct grade adjustment ('Poor')
Subsequent offenders	<ul style="list-style-type: none"> • 5 to 14 days of detention and/or suspension; and/or • Up to 3 strokes of the cane (for boys only) • AND conduct grade adjustment ('Poor') 	<ul style="list-style-type: none"> • 5 to 14 days of detention and/or suspension; and/or • Up to 3 strokes of the cane (for boys only) • AND conduct grade adjustment ('Poor')



Consequences for Serious Offences

1. Detention / Suspension from school
2. Caning for upper primary boys
3. Adjustment of Conduct Grade



Parental Control: Guiding Children in the Modern World



Introduction

Why Talk About Parental Control?

- Children face new challenges today
- Technology is growing rapidly
- Parenting methods must adapt



What Is Parental Control?

Understanding the Concept

- Guidance, not domination
- Setting rules with love
- Helping children make safe choices



Challenges Children Face Today



Modern-
Day Risks



Excessive
screen
time



Social
media
pressure



Cyberbullying



Exposure
to
inappropri
ate
content



Digital Parental Control



**Managing
Technology
Use**

Know the
apps
children
use

Set screen-
time limits

Use
parental
control
settings



Screen Time Guidelines



Ages 7 to 12

Less than 2 hours daily (excluding schoolwork)

No screens during meals and one hour before bedtime for all ages

Parental Control on Devices



Smartphones



Tablet



Smart TVs



Setting Healthy Boundaries

Rules That Help, Not Hurt

- Fixed study and sleep times
- Limited gadget use
- Clear expectations



Family Agreement



The form is titled "Our Family Screen-Time Agreement" in a playful font. It features a clock icon in the top left, a "Screen Time" logo in the top right, and a smartphone illustration on the right side. The form contains 11 numbered rules for screen use, followed by a section for signatures and dates.

Our Family Screen-Time Agreement

1. We will balance our screen use with screen-free family activities that we have planned.
2. Our home will have screen-free zones _____.
3. We will try to have _____ screen-free mealtime every day as a family.
4. We will complete _____ every day as a family.
5. We will try to replace screen time with other fun activities that we can do on our own such as _____.
6. We will check in with _____ if we come across anything on the Internet that we do not understand or are not comfortable with.
7. We will _____ before we ask for some screen-time.
8. We will avoid using our screens _____ before going to bed, except for _____.
9. We will earn completing points 3 & 4. _____ for _____.
10. We agree to be honest and own up if we break any of the rules in this agreement.
11. If someone in the family repeatedly breaks this agreement, _____.

Agreed by

_____	_____
Mom/Dad/Caregiver	Child(ren)



Discipline teaches responsibility.

Calm correction is more effective.



Leading by Example



Practice What We Teach



Respect others



Control our own screen time



Show patience and honesty



**Talk, Listen,
Understand**

Encourage
honest
conversations

Listen without
judgment

Create a safe
space at
home

Thus . . .

01

**Balanced
Parenting Is
the Key**

02

Control with
care

03

Freedom with
responsibility

04

Love with
guidance

Parent-Child- Teacher Conference (PCTC)

29 May 2026 (Fri)



BUKIT PANJANG PRIMARY SCHOOL • FUTURE LEADERS, CONCERNED CITIZENS

THANK YOU



BUKIT PANJANG PRIMARY SCHOOL • FUTURE LEADERS, CONCERNED CITIZENS