



# Secondary One Parent-Teacher Meeting Part 2

**Tuesday 20 Jan 2026**

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# Sharing on Parent Support Group

**PSG Chairperson**

# Yuhua Secondary School Parent Support Group





# Welcome to Yuhua Secondary School Parent Support Group (PSG)

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**“It takes a village to raise a child.”**

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**Yuhua Secondary School PSG has fostered a collaborative environment where parents, teachers, and school leaders work together to support students.**



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# Why join the PSG?

## Connect

Get the latest updates on school activities and initiatives and connect with other parents to share experiences.

## Support

Learn new skills through parenting programmes like talks by school counsellors.

## Bond

Strengthen parent-child relationship through activities like learning journeys and bonding challenges.

# Signature Events

Parenting  
Talks by school  
counsellor

Triple P  
seminars

Learning  
Journeys

Parent-Child  
Bonding  
Activities

Teacher's Day  
celebrations

Partners'  
Appreciation  
Day

Year-end  
Family Day  
Celebration



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# Parents Support Group Committee Members

Name	Responsibilities	Name	Responsibilities
Zarine Khan Wong	Chairperson	K C Gregory	Exco Member
Jason Lim	Vice Chairperson	Osman Abdullah	Exco Member
Quah Saw Han	Advisor	Thazin Aye	Exco Member
Tina Sia	Exco Member	Josephine Chow	Exco Member
Amy Ng	Exco Member	Aarti Agarwal	Exco Member

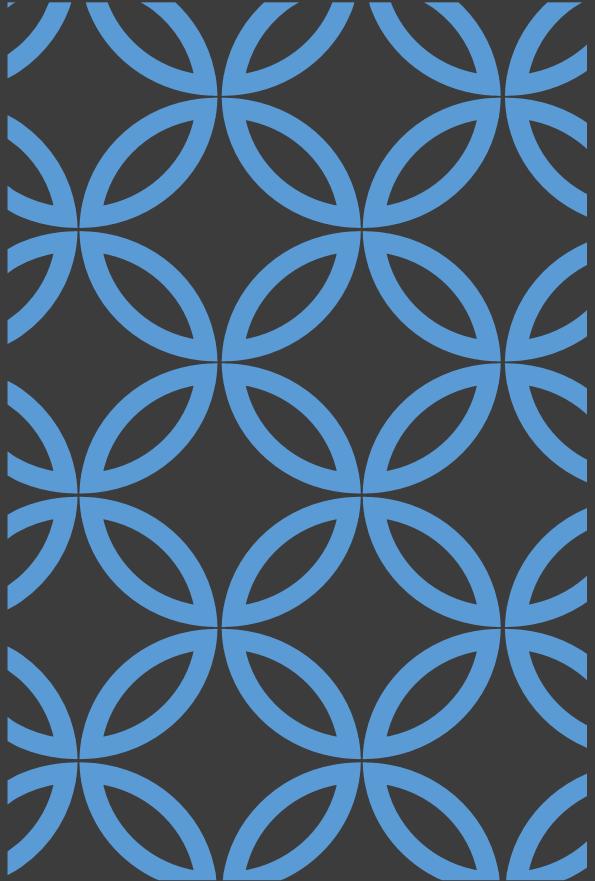


Join Yuhua  
Secondary PSG  
now!

Let us grow  
together and build  
a stronger  
foundation for our  
students and  
school.

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# **1<sup>ST</sup> PARENTING TALK**

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- Topic: Transition from Primary to Secondary School by School Counsellor**
- Date: 7 February 2026 (Saturday)**
- Time: 9 am - 12 pm**



# LOHEI WITH PRINCIPAL

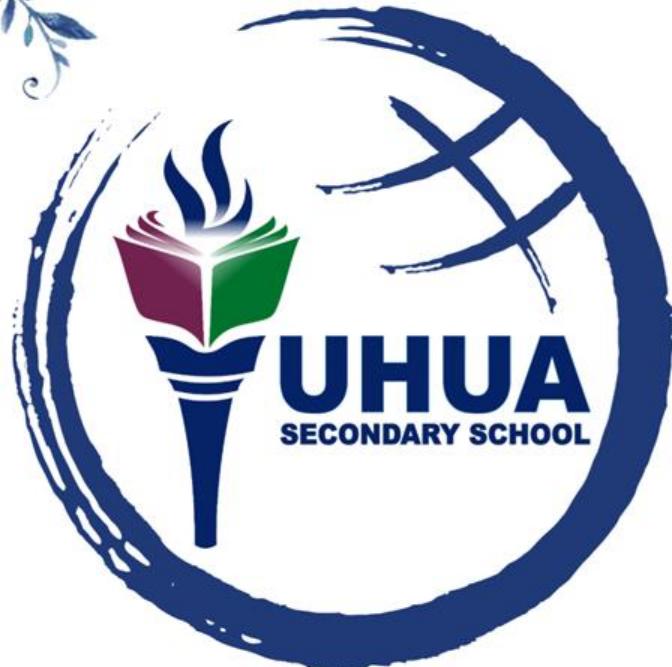
7 FEBRUARY  
2026



# PARENTS SUPPORT GROUP 2026



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# Welcome by Asst. Year Head Mr Govind

# Hopes & Aspirations for S1 Students



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# 1. Demonstrate School Values & Develop Social Emotional Competencies

Develop self-awareness and self-management skills to achieve personal effectiveness and well-being.

Develop social awareness and manage relationships for personal and social well-being.

Make responsible decisions and act on them.



# SEC Champions from Sec 1 Camp!!



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# What SECs looks like in school

- Be present and engaged
- Connect with friends
- Update FTs in advance when late / absent
- Responsible for academic and co-curricular pursuits



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## 2. Develop a Growth Mindset



## 2. Develop a Growth Mindset

- The ability to learn is **not fixed** and it can **change with effort**.
- Students with a **Growth Mindset** are more likely to **persevere** when they fail because they do not believe that failure is a permanent condition.
- Video - [www.youtube.com/watch?v=KUWn\\_TJTrnU](https://www.youtube.com/watch?v=KUWn_TJTrnU)



# Mental & Socio-Emotional Well-being

"Failure is an opportunity to grow"

## GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"      "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



# Why should we be concerned about our children's Mental & Socio-Emotional health?

**What happens when students are unable to handle failure?**

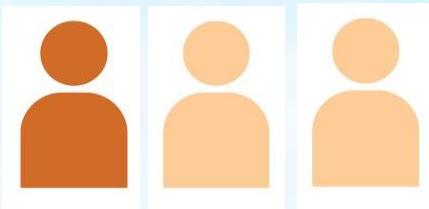
**What does the data tell us?**

# Did you know?



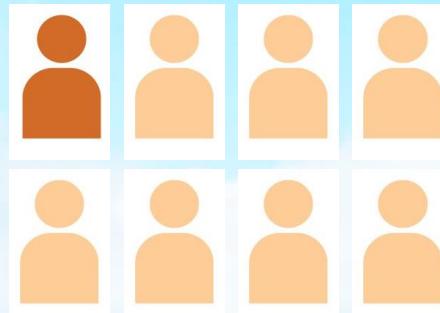
## Singapore Youth Epidemiology and Resilience Study (2023)\*

1 in 3 youths (37.2%) in Singapore, aged 10-18, experienced symptoms such as sadness, anxiety and loneliness<sup>+</sup>



+ based on self-reporting scores

1 in 8 youths (12%) had a current mental health condition



Common mental health conditions experienced by children and youth include:



**Generalised Anxiety Disorder**  
(2.75% of those diagnosed)



**Major Depressive Disorder**  
(2.37% of those diagnosed)

Graphics Source: Parenting for Wellness Toolbox

\* Conducted by Yeo Boon Khim Mind Science Centre (NUS, NUHS). Most of the data was collected from 2020-2022 and results were published in 2023.



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# What is Mental Health?

Good mental health is more than just the absence of mental illness.

It refers to a state of well-being where we **realise our potential** and can **cope with the varying emotions and normal stresses** that we all experience in our daily lives.

# What will your child learn in school?

**Find out what your child will learn about Mental Health and Socio-Emotional Well-being during CCE lessons and other programmes.**

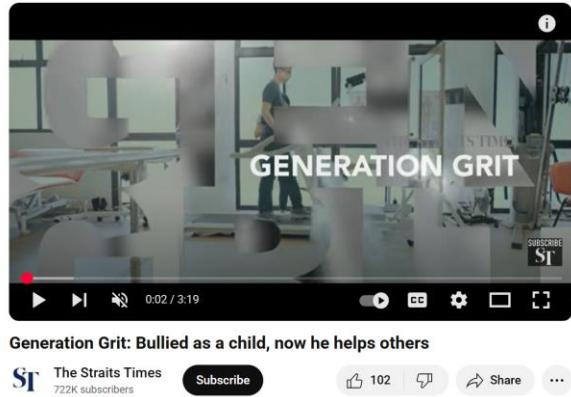


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# Lower Secondary CCE

During CCE lessons, students will be taught:

- **Managing Thoughts, Feelings & Behaviour**
  - Managing negative thought patterns and stress
  - Practising self-control and emotional awareness
- **Strengthening Resilience and Well-being**
  - Building personal resilience using individual strengths
  - Reframing failure
- **Building Positive Relationship**
  - Connecting with people from diverse backgrounds
  - Challenging stereotypes and prejudices



An example of a lesson in managing emotions. Resource Material from Sec 1 Lesson titled “Bouncing Back Stronger”. Parents can discuss with their child ways of overcoming challenges.

# Sec 1 CCE Lesson last week

- 6 different classes, classmates and classrooms
- 7 more CCA choices
- 8 different grooming standards.
- 9 Free periods to use responsibility
- 10 Late days and lunch breaks

# Mental & Socio-Emotional Wellbeing @ Yuhua

- Form Teacher Interaction Tuesdays
- Counselling at Haven
- SEN Support
- Student Wellbeing Officers
- YEAHub Pastoral Care Officers
- Rainbow Program
- Assembly Talks on Mental Well-being
- Exhibition and Carnival on Mental Health
- Talks for PSLs



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# The crucial role of parents

Your partnership with the school:  
Supporting your child together.



# Supporting Your Child's Mental & Socio-Emotional Well-Being Through School-Home Partnership (SHP)

3 areas where we can work together to foster SHP

**1** Respectful Communication



**2** Role Models

**3** Real Connections

# Practical Tips for Parents

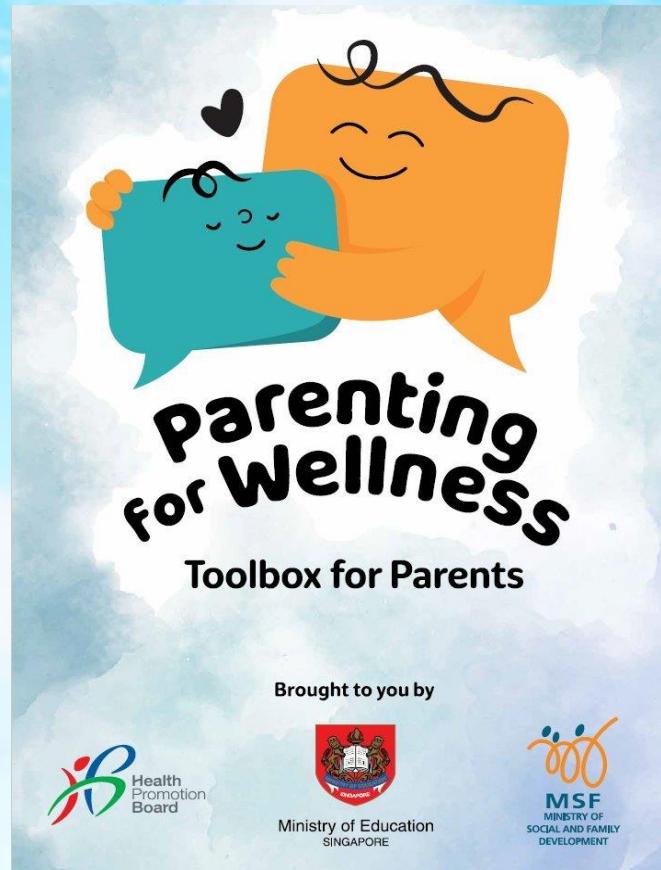
<https://parentingforwellness.hpb.gov.sg/>



<https://go.gov.sg/hpbpfw>



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# Mobile Phone / Smart Watch Policy

Students to keep mobile phones in their lockers during school hours.

- Prevent distractions
- Improve well being
- Encourage interactions among students during recess & lunch break → Badminton, Air Hockey and Football table games, Board Games @ YEAHub
- smart watches are not allowed during curriculum time



# Mobile Phone Policy

To contact your child in case of emergency or urgent family matters during school hours

- General Office **65661985**
- Office staff will ensure that the message is communicated to your child.

# My YHSS Story- Digital Portfolio



## Knowing Who You Are

- Portfolio **documents** your passions, skills, achievements and growth.
- Encourages **reflection** on learning experiences and tracks progress over time.



## Discovering Who You Can Be

- Students are empowered as you **visualize your own growth** and can **set goals for improvement**.
- **Develops essential skills** such as digital literacy, organization and presentation skills.



## Becoming Who You Wish To Be

- Builds a **positive personal brand** to support your post-secondary admissions such as **Early admissions exercises (EAE)** to polytechnics or ITE.
- Secure **opportunities** for future internships or jobs.



# Hopes & Aspirations for S1 Students

- 1. Demonstrate the School Values & develop Social Emotional Competencies**
- 2. Develop a Growth Mindset**



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# Let's Care, Connect & Contribute



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# Thank you!



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