



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)

“It takes a village to raise a child.”

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**









Parents Support Group Committee Members

Name	Responsibilities
Zarine Khan Wong	Chairperson
Jason Lim	Vice Chairperson
Quah Saw Han	Advisor
Tina Sia	Exco Member
Amy Ng	Exco Member

Name	Responsibilities
K C Gregory	Exco Member
Osman Abdullah	Exco Member
Thazin Aye	Exco Member
Josephine Chow	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.**





1ST PARENTING TALK

- **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



Mental & Socio-Emotional Well-being





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?

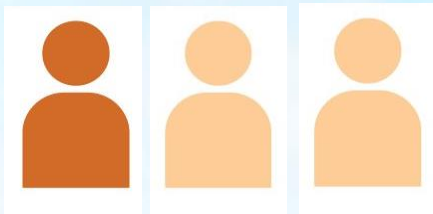


Did you know?



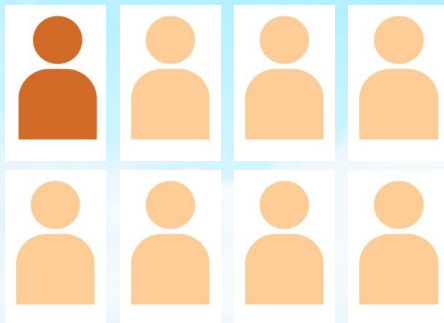
Singapore Youth Epidemiology and Resilience Study (2023)*

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



⁺ 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:



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.



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



Generation Grit: Bullied as a child, now he helps others

ST The Straits Times
722K subscribers

Subscribe

102



Share



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.

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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



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

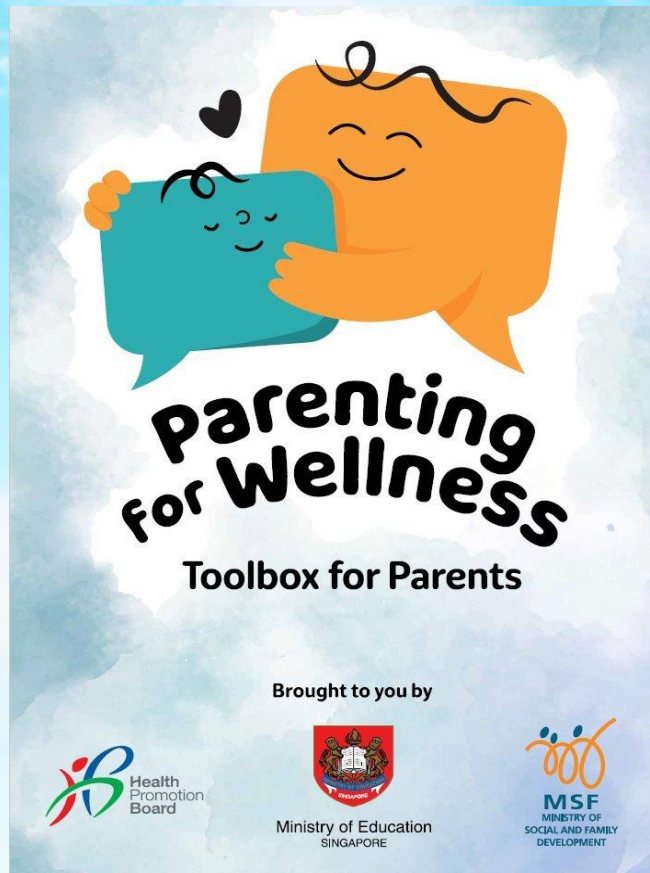
<https://parentingforwellness.hpb.gov.sg/>



<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**



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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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