



Curriculum Briefing Student Well-being

(Supporting your child's well-being)



Learners driven by Passion . Leaders guided by Values

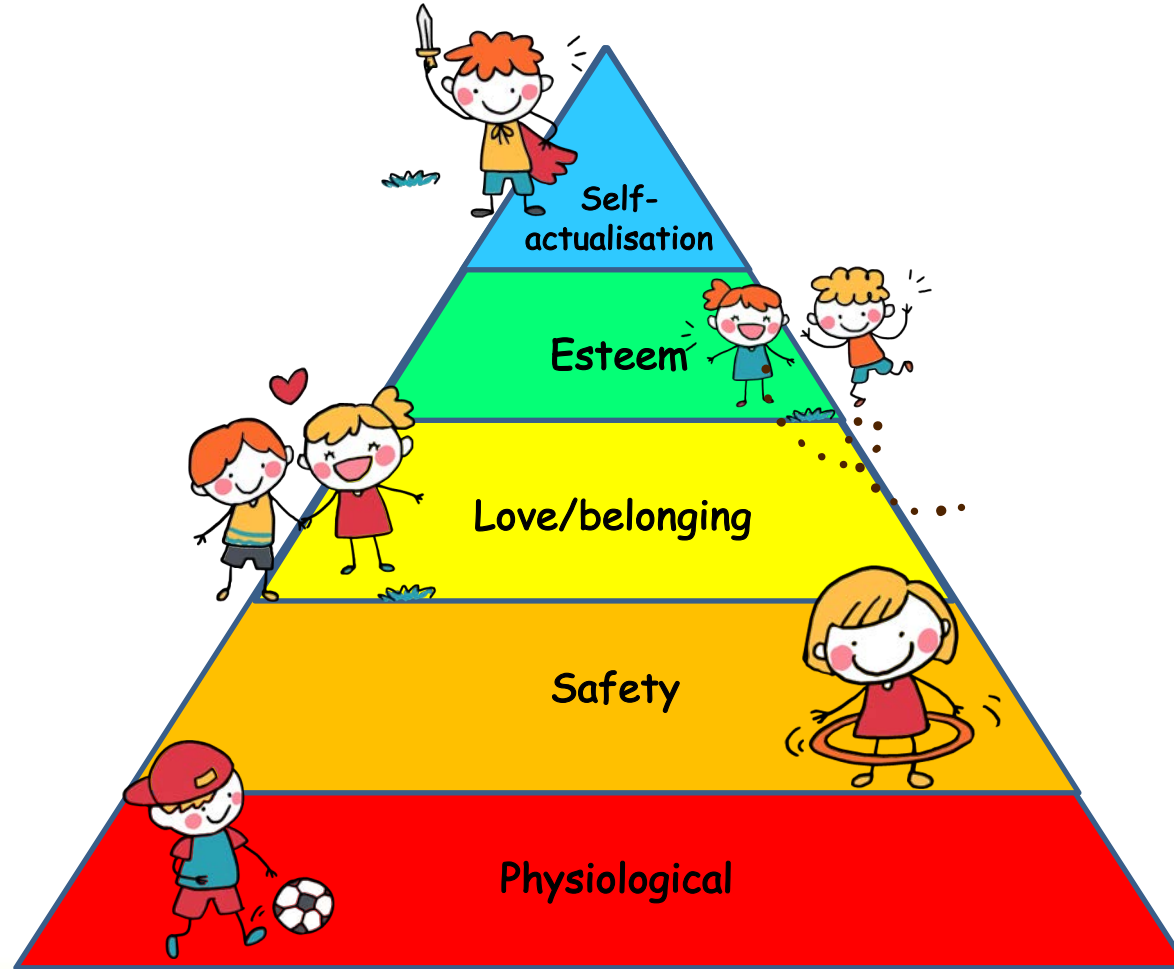
Respect . Responsibility . Resilience . Integrity . Care . Harmony





Student Well-Being Team

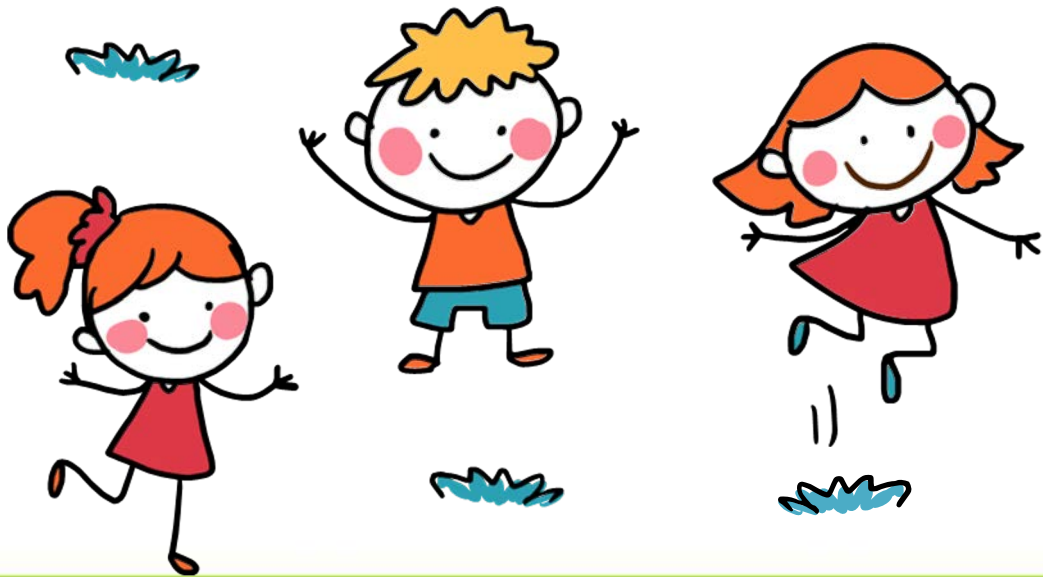
The team supports students' Mental well-being and Physical well-being as they pursue their passion and aspiration in West Spring Primary School.



Support your child to achieve his/her full potential

As a parent, you play a key role in your child's growth and development.

Your child benefit most when the home and school environments are attuned to each other.



You can share with your child's form teacher about your child's needs and observations of his/her behaviour at home so that timely support can be provided.



Monitoring your child's well-being



As a parent, you may monitor your child's well-being through **regular check-in conversations**.




Here are some **touchpoints** you can start the conversation with your child at home:



01 *Get to know* your child's strengths, interests and aspirations.



02 *Find out* what is going on in his/her lives



03 *Understand the challenges* that he/she may be facing and how he/she is coping



04 *Provide the support* that your child needs

Regular check-ins are critical

Identify your child's **social-emotional needs** and surface potential **safety concerns** in a timely manner.

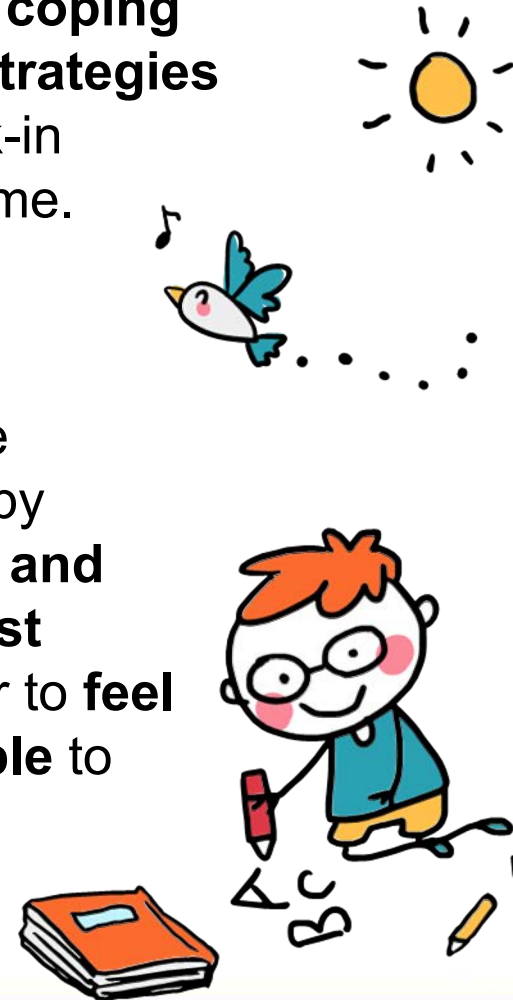
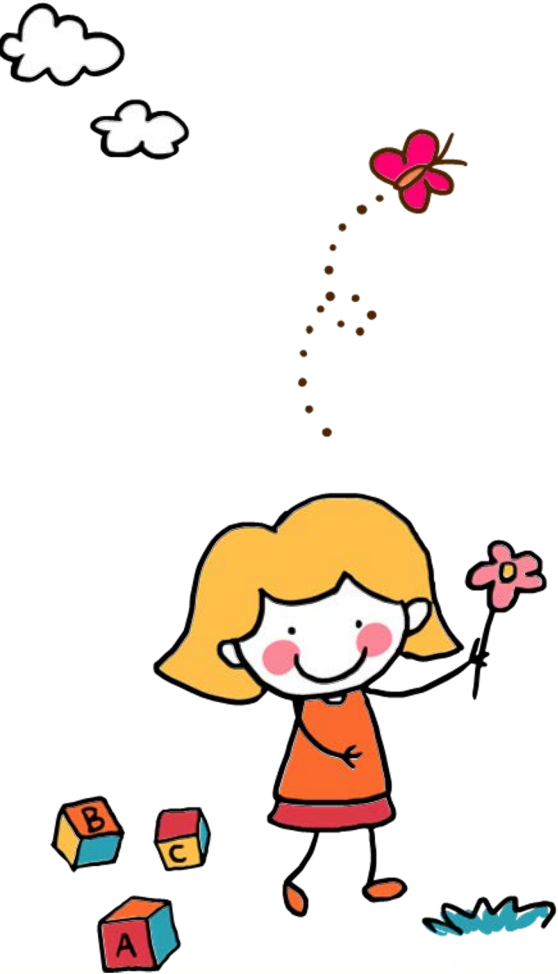
This is especially important for child with hidden vulnerabilities, who may display less apparent warning signs.

Discuss his/her thoughts, views and concerns.

Extend support to their underlying needs.

Your child can learn **about resilient mindsets, coping and help-seeking strategies** through these check-in conversations at home.

If your child is not comfortable to share initially, you can try by showing **sensitivity and care** to build the **trust** gradually for him/her to **feel safe and comfortable** to share.



Conversation starters



Identity

Find out about your child.

- 3 things that made you smile today.
- 1 thing that you find challenging today.
- Is there anything you would like to share?
- Is there anything I can make better for you?



Relationships

Find out about your child's relationships with others.

- How are you getting along with classmates?
- Did you make a new friend? Did you have a chance to speak to a classmate you haven't talked to?



Choices

Find out about the choices your child has had to make.

- What are two goals you would like to achieve this term?
- Who can you go to for help?
- What can you do to seek help?

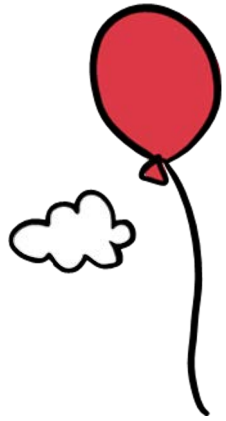
For more conversation starters: <https://www.parents.com/conversation-starters-for-kids-8403594>

Parents can **work with** the **Form Teachers** to support your child in his/her schooling journey.



Create a safe space for conversations

It is important to create a space where your child feels **safe and accepted** to share openly.



You can create a safe space for conversations by:



Being sensitive to his/her feelings or responses.



Affirming his/her efforts.

Being aware of your own emotions and how you respond to your child.



Keeping a look-out for positive things about your child.



How can you tell if your child is in distress?

Identifying and supporting your child with additional social-emotional needs



While **stress is a normal part of life**, too much stress can turn into **distress** when your child is **unable to cope**.

Keeping a look-out for distressed child.

A broad guideline for parent is to look for **unusual changes** or **increased difficult behaviours** in your child.



Some possible signs of DISTRESS

Temper changes

- Being more **irritable/ impatient**,
- Being **upset/ frustrated**
- Having constant **worries**

Rebellious or aggressive behaviours

- **Reluctance to comply** with requests or instructions,
- Use of **hostile** language, overly irritable or hostile.

Increased lethargy

- Appearing **distracted**
- **Waking up late** for school



How can I support my child if he/she is in distress?

- Stay calm
- Allow child to speak
- Assure the child
- Listen attentively
- Check in with school
- Allow school to look into the matter
- Work closely with school to provide support



Cultivating good habits

Discuss with your child the importance of having **good habits** and **carrying them out** each day.

It can be as simple as sleeping early to have **sufficient rest**, or making sure there are enough breaks between activities.



Going to bed at a **fixed time each night** can help children get accustomed to morning routines.



Getting the **books and items** required **ready** the night before.



Having a **plan/schedule** for the next day.



Cultivating good study habits



Set up a **quiet space** at home that will be used for studying.

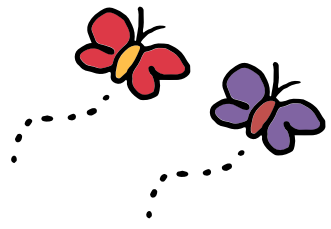
Guide your child to create a **study timetable** and help him/her to monitor and adjust it. Do include time to play and exercise too.

Encourage your child to complete his/her **homework** first.

Guide your child to **revise** or do additional **practices daily**.

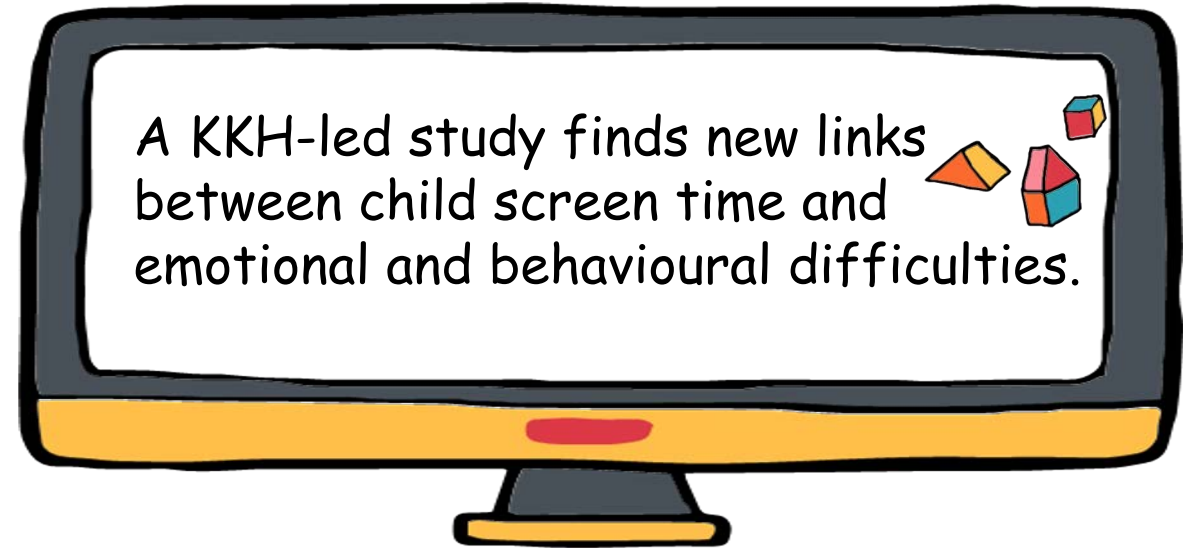
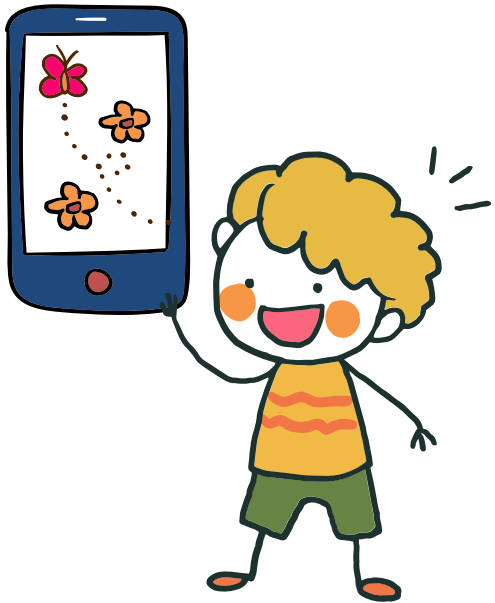
Set aside a regular time to **reading** at home for **30 min a day**.





Promote cyberwellness at home

As a parent, you will play an important role in helping your child to be a **responsible digital learner**.



Do refer to the curriculum briefing video done by the **ICT department** for more information.



Well-being efforts at West Spring

- Termly check-in at the start or end of every term
 - Students are encouraged to complete the termly check-in surveys so that teachers can check on their well-being.

- Peer Support Leaders and Champions
 - Trained to identify peers in need and offer help or support.



- Wellness Hub
 - Open during recess every fortnight. Activities facilitated by PSLs and Champions which centers around themes such as making friends, respectful relationships and stress management.

- Resources on coping strategies
 - Videos and packages on SLS which parents and students can view and practice together.



Thank you!