

Support for our P6 Students

Principal's Briefing for
Parents of P6 Students
27 January 2024



I asked our P6 students:

Are we learning for PSLE / good grades
and feeling miserable and stressed about
the learning process?

I asked our P6 students:

Or are we learning with a purpose to be our best selves for others and enjoying the learning process?

What I told the students

- In ZHPS, we love, value and accept you for who you are regardless of your results or achievements.
- We believe in you. We believe that every child can learn and is capable of achieving his/her personal best.
- We are here for you. We will work with you and your parents to support and encourage you.

What I told the students

- Re-defining Success
 - 1. a successful personal life: healthy, meaningful relationships with family and friends
 - 2. a successful school life: improvement and growth, being the best that you can be;
 - 3. the good that you leave behind: how do you want your friends and teachers to remember you? Have you done something positive and meaningful for others?

We asked our P6
students:
What are some things
your parents do
for you which you
appreciate?

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- Emotional support and encouragement
 - Spending time
 - Support for learning: help with homework, learning materials
 - Practical support: food, favourite treats, conducive home environment

We asked our P6
students:
What are some things
your parents
say or do to you
which add to your
stress?

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- Comparisons with others (siblings, friends, classmates, relatives)
 - Scolding and nagging
 - Criticism, harsh words and threats
 - Unrealistic expectations about homework, grades and secondary schools
 - Giving excessive work

We asked our P6
students:
What kind of support
would you like
from your parents this
year?

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- **Be more kind, patient and understanding**
 - **Encourage**
 - **Support**
 - **Stop comparing**
 - **Spend Time**

Parents' Support

- Unconditional love, support & acceptance → build your child's emotional security and mental well-being
- Accept that your child is different & special in his/her own way; avoid comparing your child
- Take care of your child's holistic well-being
 - Adequate rest and exercise and a balanced diet → a more alert mind and healthy body

Parents' Support

- Believe in your child
- Encourage and Affirm your child
 - catch him/her doing right
- Make time for your child, Manage your own expectations
- BEAM more, compare and criticize less