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STUDENT MANAGEMENT**



# SEL

Socio-Emotional Learning  
through Positive Discipline

# A caring and enabling school & home environment



## School

- Safe & caring environment
- Clear boundaries
- Life-skills education



## Parents

- Guide & reinforce at home
- Open conversations
- Partner teachers early



## Students

- Speak up
- Make responsible choices
- Learning and growing from mistakes



# Bullying: Zero Tolerance, Strong Support

## School Approach

- Zero tolerance for bullying
- Every report taken seriously
- Safety, consequences and restoration
- Teach students the skills to manage conflicts

## How Parents Can Help

- Talk about friendships and managing relationships
- Encourage children to speak to teachers
- Do not normalise hurtful behaviour
- Have conversations about what can constitute hurtful behaviour and bullying
- Monitor social media use and possible bullying.





# Vaping: A Serious Concern

## Singapore Context

- Vaping is illegal in Singapore
- New substances such as K-pods pose serious risks
- Firm but supportive approach
- Increased penalties.

## Parents' Role

- Have calm, honest conversations
- Stay connected to peers & routines
- Seek help early (MOH QuitLine)



# Screen Time: Protecting Well-being



## School Practice

- No phone use during school hours
- Students may contact parents at foyer before leaving school, if necessary.
- Phones will be switched off and kept in bags before entering school gate and switched on only when exiting school.



## Home Support

- Set screen limits
- Phone-free nights
- Aim for ~8 hours of sleep
- Have conversations about social media use.



## Positive effects for students

- More focused during school hours
- Greater social interaction with peers



# Building Character



## School Focus

- Promoting ownership of learning and responsibility
- Building self-discipline, resilience and confidence
- Promoting healthy attitudes and relationships.



## Parents Can Help By

- Allowing responsibility
- Avoiding over-rescuing
- Supporting routines at home
- Logical consequences rather than punishment

