

Secondary 3 Meet-the-Parents

20 February 2026



Burst of Luck |
Chinese New Year
2026 Video

Programme

- Address by School Leader
- Secondary 3 Journey
- Sharing on Progression Pathways
 - For students taking all subjects at G3 level or at least 4 subjects at G3 level
 - For students taking 3 or less subjects at G3 level as well as subjects mainly at G2 or G1 level

Our Staff: Additions to our JSS Family

School Leader



Ms Grace Lee
Vice-Principal

Our Staff: Additions to our JSS Family

New Key Personnel



Ms Azra Shazaea
Year Head
(Upper Secondary)



Mr Ezal Bin Sani
Lead Teacher
History



Ms Cindy Wong
Subject Head
Student Well-Being



Mr Yang Kuangji
Subject Head
ICT

Secondary 3 Meet the Parents

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Address by School Leader

Working Hand in Hand to Support Your Child's
Well-Being





*The bird is
not afraid of
the branch breaking*
because the bird can fly.

Our Students' Voices and Concerns

Excited about taking on new leadership roles in CCA, class and school activities



Worried learning new subjects/skills and having a **heavier workload**



Managing stress through gaming, music, videos and using social media on their **devices**



Findings from CNA and IPS Study (4 Feb 25)

Did you know?

Teenagers are spending almost **8.5** hours on their devices a day, with the longest time spent on smartphones (3.5h).

Research has shown that both screen time and type of screen use (educational vs recreational) can impact our children's well-being.

What does this mean?

We need to help our children achieve **balanced and purposeful** screen use.

Working Hand in Hand

Together, we can raise **happy, kind and confident** children, ready to **thrive** in school and community



Working Hand in Hand to Support Your Child's Well-Being

3 areas where we can work together

1 Respectful
Communication



2 Role Models

3 Real Connections



Working Hand in Hand to Support Your Child's Well-Being

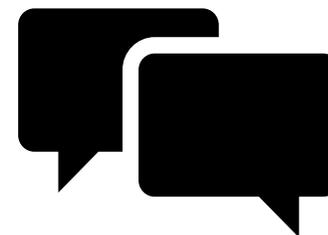
1. Respectful communication



Share observations about your child's emotional state, stress levels, and social interactions



Listen to and understand each other's perspectives and concerns regarding your child

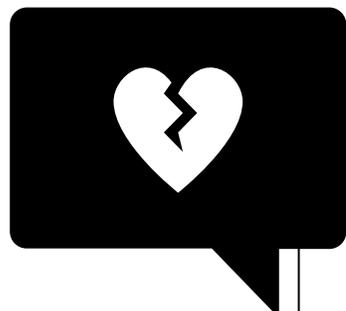


Communicate kindly and respectfully with one another



Working Hand in Hand to Support Your Child's Well-Being

2. Role Models



Demonstrate healthy ways to manage stress, setbacks and difficult emotion

Show children it is okay to ask for help in times of need.

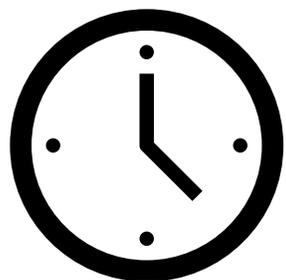




Working Hand in Hand to Support Your Child's Well-Being

3. Real Connections

Building strong bonds and genuine connections helps nurture a sense of belonging and emotional safety, supporting well-being of your child



To build strong bonds, **manage** your child's time spent on screens and establish and communicate the rationale for family screen use plan.

Additional Resources



Additional Resources:

Parenting for Wellness



For more bite-sized, practical tips and strategies on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

You can also access the **Parenting for Wellness website** on Parent Hub (hosted by HPB) for personalised access to the full content!

Scan here to access the PFW Toolbox for Parents:



Positive Use Guide on Technology and Social Media

Scan here to access the Positive Use Guide:



The **Positive Use Guide on Technology and Social Media** draws on research to support families as they navigate the digital landscape together. It offers strategies for balanced screen time, how to build healthier digital habits and provides tools like self-check worksheets and curated resources. Scan the QR code on the left to access the guide on the Digital for Life website.

Positive Use Guide

Evidence-Based Insights on the Impact of Digital Devices on Child and Adolescent Wellbeing



Compilation of Useful Resources:

You can access all digital parenting resources shared throughout this slide deck by scanning this QR code or click [here!](#)

These resources focus on:

- Managing Device Use and Online Safety
- Respectful Communication
- Role-modelling healthy habits
- Fostering Real Connections
- Cyberbullying
- Online Challenges and Hoaxes
- Scams and Misinformation
- Parenting for Wellness
- Positive Use Guide on Technology and Social Media

#10 Resources on tips and strategies to support your child when they might be a cyberbully are available at the end of the presentation.



<https://go.gov.sg/cwresources-parent>

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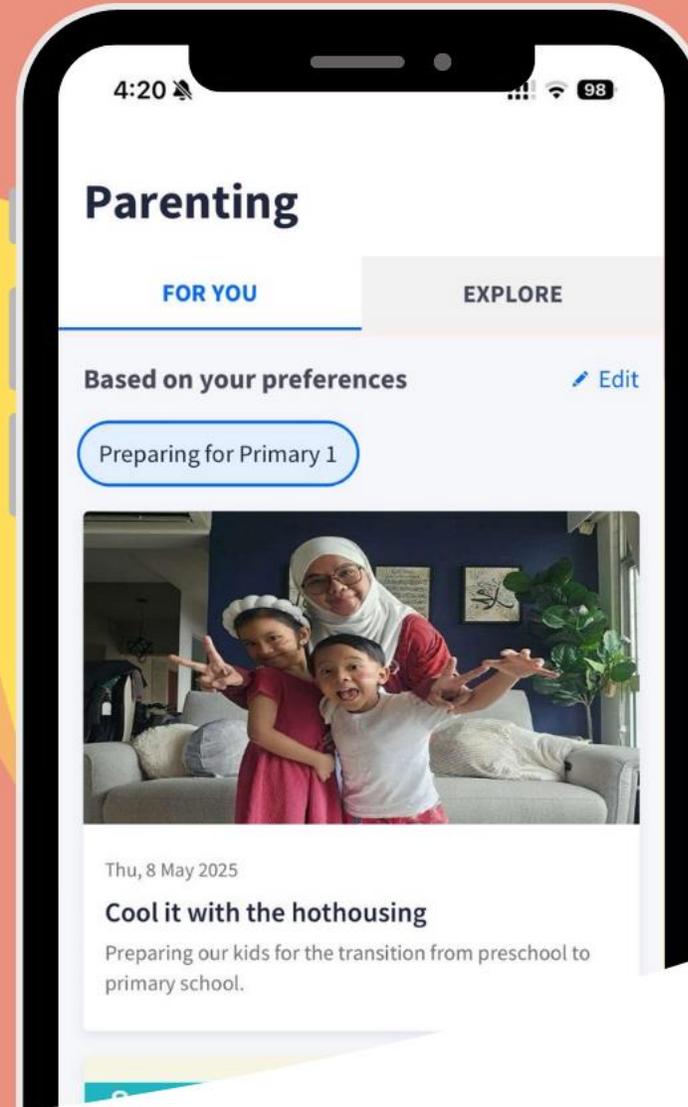




Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.





Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.



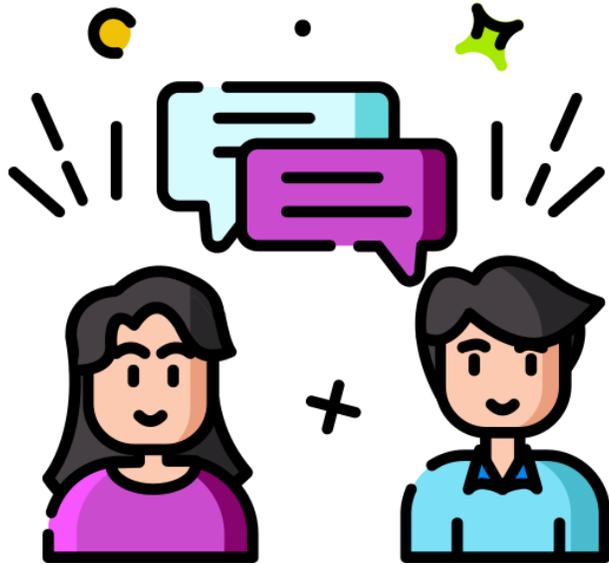
Secondary 3 Journey



Our JSS Journey

Secondary 1	Secondary 2	Secondary 3	Secondary 4
 <p><i>Reflective Learner</i></p> <p><i>All Aboard</i></p>	 <p><i>Courageous Contributor</i></p> <p><i>Take Flight</i></p>	 <p><i>Resilient Leader</i></p> <p><i>Mission (I'm) Possible</i></p>	 <p><i>Inspirational Role Model</i></p> <p><i>Above & Beyond</i></p>

Teachers' Observations of Sec 3 students



Supporting Our Students

- Strengthen students' sense of belonging through class-based activities
- Support students in building positive habits
- Affirmation at various platforms



S3 students working together in their classes during FRESH programme in Jan



S3 Top Classes receiving the Punctuality and Conducive Classrooms for Jan

School Policies to support student development

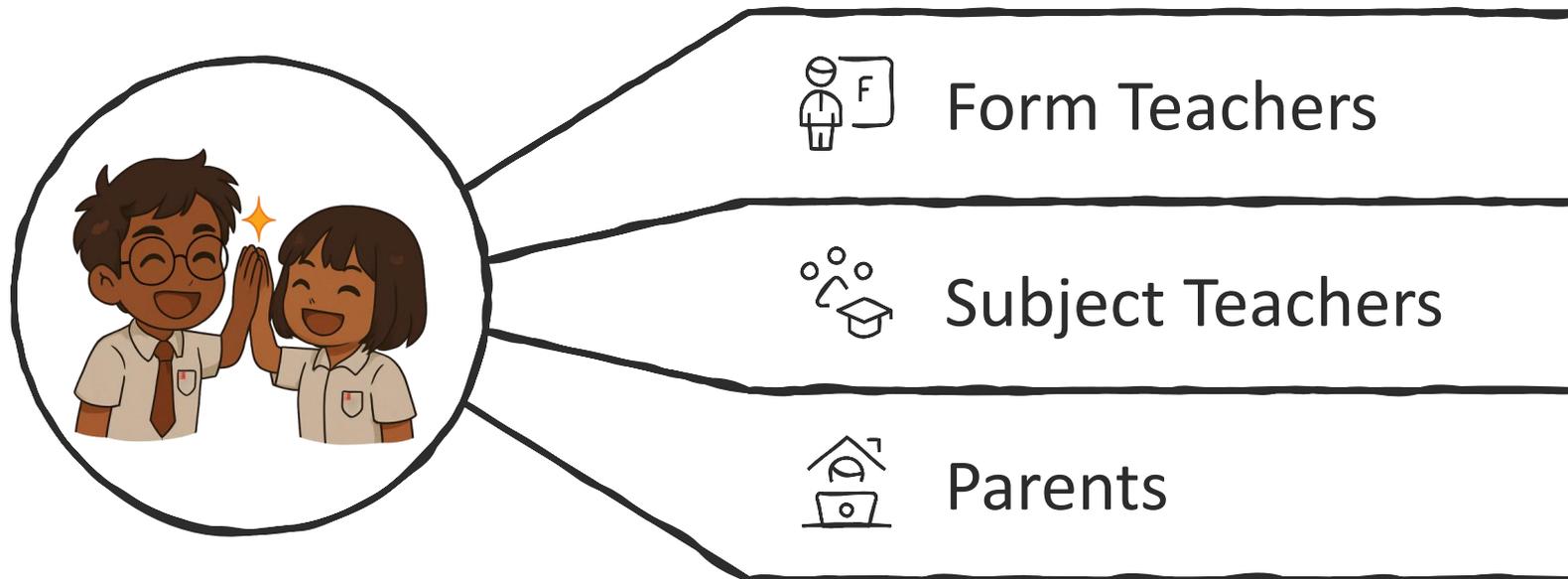
Refer to [Student Handbook](#)

- Absence from Weighted Assessments and Examinations
- Attendance and punctuality
- Attire and appearance
- Responsible use of PLDs

E-Student Handbook
@JSS Website



School Home Partnership for our students' purposeful growth



School Home Partnership for our students' purposeful growth

JSS PSG Whatsapp Group

