



# SENG KANG PRIMARY SCHOOL

*A Vibrant Community of World-Ready Learners*

<http://www.sengkangpri.moe.edu.sg>

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SKPS/2018/Growing Years/189

10 May 2018

Dear Parents/Guardians,

## **Growing Year Series 2018 for Primary 6**

We would like to inform you that the school is conducting a Growing Years Series programme for the Primary Six pupils. It serves as a support programme for upper primary pupils to impart knowledge, shape values, influence behaviour and develop coping strategies as they mature.

Trained teachers will be conducting the lessons and pupils will be separated into single-gender classes so that the delivery of the package is customised to gender needs.

Through the various themes of developing an understanding of the growth process and changes in development, coping with interpersonal relationships and protecting them from harm, the programme aims to equip pupils with the skills to:

- Make wise, responsible and informed decisions through the provision of accurate, current and age-appropriate knowledge on human growth and the means of protecting themselves from harm.
- Know themselves and to build healthy and rewarding relationships through the acquisition of social and emotional skills of self-awareness, management of thoughts, feelings and actions.
- To develop empathy for others and the skills for effective communication, problem-solving and decision-making skills.
- Develop a moral compass, respect for themselves and understand that the family forms the basic unit in a society, through the inculcation of positive mainstream values and attitudes about sexuality and growth.

The upper primary years is aimed to support the pupils as they grapple with puberty. The refreshed Primary 5 & 6 Growing Years (GY) package, "Curious Minds (2<sup>nd</sup> Edition)", aims to meet students' developmental needs, through the teaching of skills and values which will focus on helping students navigate *changes*, build healthy *relationships* and *tackle new challenges* such as online relationships, and *safety*.

Attached with this letter are the topics that will be covered during the Growing Years' Education sessions.

Please fill in the reply form and return it through your child/ward by **Monday, 14 May 2018.**

Thank you.

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Miss Hayati  
Coordinator (GY Programme)

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Mr Devindra Sapai  
Dean, Student Management

CC: Mrs Teo Whye Choo, Principal  
Mrs Winefrede Loo, Vice-Principal  
Mr Hamri Bin A. Jalil, Vice-Principal

**Topics covered in GY Series in 2018 for Primary 6**

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD
Are We More Than Friends?	Who Are My Friends? (30 min)	<ul style="list-style-type: none"> <li>• identify the qualities of a healthy friendship</li> <li>• recognise the importance of making wise choices in friendship</li> </ul>	Monday 21 May
	Am I A Good Friend? (30 min)	<ul style="list-style-type: none"> <li>• identify the qualities that they have as a friend</li> <li>• recognise the importance of developing in oneself the qualities of a good friend</li> </ul>	
	What is Love? (30 min)	<ul style="list-style-type: none"> <li>• identify the characteristics of love and infatuation</li> <li>• distinguish between the characteristics of love versus infatuation</li> </ul>	
	Am I Falling In Love? (30 min)	<ul style="list-style-type: none"> <li>• identify strong feelings arising from infatuation.</li> <li>• manage strong feelings arising from infatuation</li> <li>• identify ways to manage and cope with teasing from peers</li> </ul>	
Friends or Foes?	Are You Really My Friend? (30 min)	<ul style="list-style-type: none"> <li>• identify the pros and cons of forming relationships through social networking websites</li> <li>• know ways to keep themselves safe when using social networking websites</li> </ul>	To be Confirmed
	Is It All Safe? (30 min)	<ul style="list-style-type: none"> <li>• know that some information (like pornography) received through the Internet may be harmful</li> <li>• know ways to keep themselves safe when using the Internet</li> </ul>	
	Main Task (30 min)	<p>Description of the Main Task: Pupils are to apply their understanding of Safety in a variety of scenarios where the main character could be in a precarious situation. They will consider the situation from the point of view of the main character, discuss what they think and feel about the situation and what they will do or say to ensure their safety. These scenarios will provide pupils with the opportunity to demonstrate their understanding of Safety and that safety is a right and a responsibility.</p>	

Dear Sir/Madam

**OPTING OUT OF *GROWING YEARS (GY)* PROGRAMME FOR YEAR 2018**

1. I have read and understood the content coverage and delivery of the Growing Years Programme in the school for 2018.
2. I **allow/do not allow** my child, (name of child) \_\_\_\_\_, of Primary 6 \_\_\_\_\_ to participate in the Growing Years Programme for 2018.
3. If you are opting out of the programme please tell us why and we would make a follow-up call to address your concerns

I would like to withdraw my child from the programme. My reason(s) for opting out:

- My child is too young.
- I would like to personally educate my child on the challenges of growing up.
- I am not comfortable with the topics covered in the GY Programme for this year.
- Religious reasons
- I have previously taught my child the topics in the GY Programme for this year.
- I do not think it is important for my child to attend the lessons.
- Others: \_\_\_\_\_

4. Thank you.

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Parent of (Child's name): \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email (Optional) \_\_\_\_\_