

Secondary 4&5 Meet the Parents

27 February 2026



Programme

- Address by School Leader
- Secondary 4&5 Journey
- Sharing on Progression Pathways
 - For students sitting for the O-level examination
(Hall)
 - For students sitting for the N-level examination
(Pulse Studio)

Address by School Leader

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





*The bird is
not afraid of
the branch
breaking.*

Our Students' Voices and Concerns

Motivated to do well for national examinations, **excited** to move on to post-sec opportunities



Anxious over increased workload, **stressed** over not meeting both personal and parental expectations



Turning to friends and **playing games** when they are worried or stressed



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



Share your thoughts on Mentimeter:

“What are some ways parents can work hand in hand with JSS teachers to help our students grow and thrive in the school and community?”



QR Code for Hall session

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

3. Real Connections

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



- **Provide a safe space for conversations** - Teenagers may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.
- **Communicate the rationale of the screen time plan** to your child – balanced use, keep safe online and creates time for family connection.



Secondary 4&5 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 4&5 students



2026 Term 1

Our students must have the **courage** to:

- 1. Strive for excellence**
- 2. Exercise discipline** to maintain consistency in effort and habits
- 3. Challenge themselves to grow as adaptive and critical thinkers**

Supporting Our Students

- Strengthen the **peer support system** to help students cope with examination stress.
- **Affirm students' achievements** and provide opportunities to inspire their juniors.



Students receiving awards from NFTE Programme sharing their learning experience and business ideas during assembly programme

Supporting Our Students

- Offer individual and group **education and career guidance** as well as level wide ECG workshops and programme.

- Reinforce a **growth mindset** and cultivate consistent, **positive daily habits**.



Students participated actively and demonstrated adaptive thinking when attempting ECG games during FRESH Programme



Get 1% better every day from the book "Atomic Habit"

School Policies to support student development

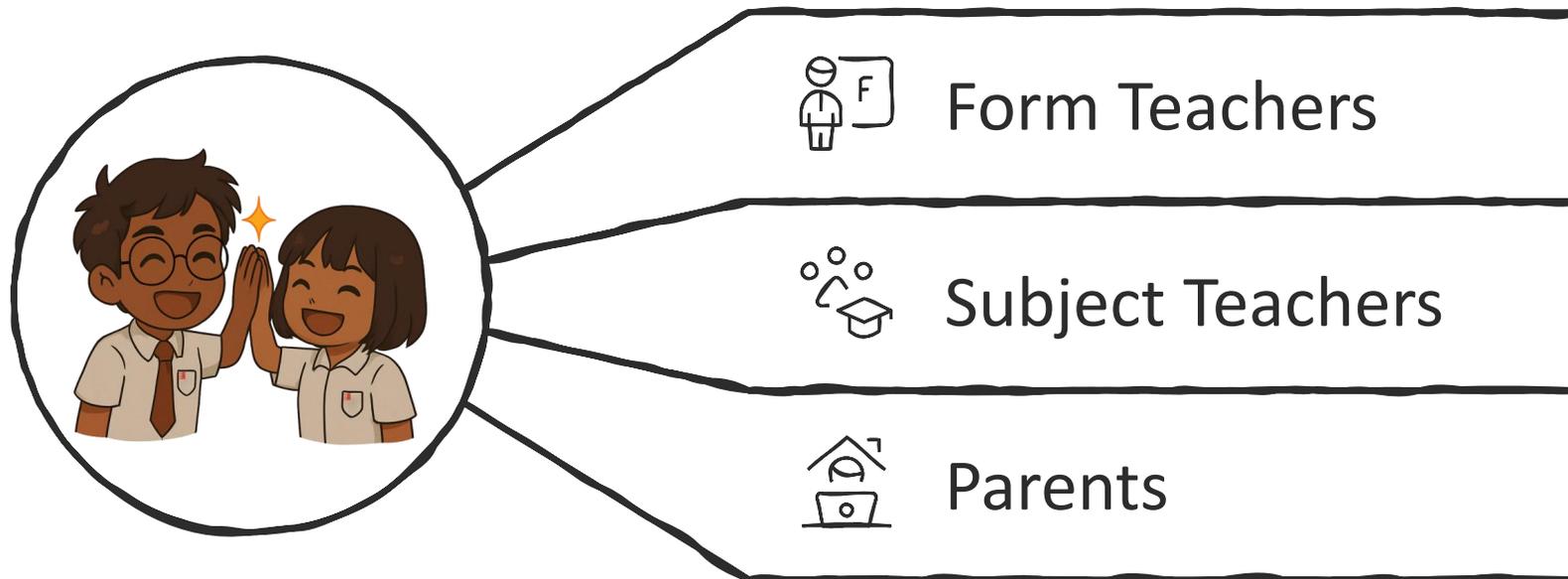
Refer to [Student Handbook](#)

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

E-Student Handbook
@JSS Website



Working Hand in Hand for our Students' Purposeful Growth



Working Hand in Hand for our Students' Purposeful Growth



JSS PSG Whatsapp Group



Post-Secondary Pathways

Please refer to another deck of slides attached on school website

