

THE PRGS PRESS



CONNECTING RAFFLESIAN PARENTS



Greetings from the 19th Exco!

Hello fellow parents!

We hope the year has been kind to you so far. While we may not be able to meet much physically these days, PRGS strives to keep you connected with RGS and each other. Through these newsletters, we share some highlights of PRGS events that you may have missed, useful tips on parenting our amazing daughters and some words of wisdom from RGS alumna.

Stay safe, healthy and happy!

PRGS 19th Exco

MORE INSIDE THIS NEWSLETTER

- *Parenting with Better Mental Wellness*
- *Choosing Subject Combinations*
- *Words from our Alumna*





Events

Learning Approaches for Year 1 Parents 13 & 20 Jan 2021

Part of the school's outreach efforts to new Year 1 parents, the sessions aim to induct parents to the RGS way of life and the Raffles Programme curriculum. For parents who have missed these informative sessions, the materials are still available [here](#) (inet login required). The sessions included presentations on transition to secondary school, cyber wellness, and academic subjects.

Year 4 Breakfast Dialogue with RGS Principals 29 April 2021

Highlights : Attended by over 100 Year 4 parents, the lively discussion covered topics such as Preparation for Higher Mother Tongue exam, Academic Support and CCA Scheduling, Talent Development and Work Experience Programme, and Transition from Year 4 to 5. Information on the Year 4 Students' Work Experience Programme (WEP) are also posted on inet [here](#).

Look Out : Upcoming talks on how parents can help their children transition smoothly to JC, tentatively scheduled for Term 4.

RI will also be hosting a session at the end of Term 4 after the end of year assessments. Topics include matriculation and scholarships.

Year 2 Breakfast Dialogue with RGS Principals 6 May 2021

Highlights : Subject combinations for Y3, student well-being and HBL were some of the hot topics discussed during this dialogue, which drew a record turnout of more than 120 parents. A takeaway message from the school on choosing Year 3 subject combinations, is for students to strive for balance between their academic subjects, and other commitments and interests, such as CCAs or other activities.

Look Out: Preliminary Year 3 subject combination options are open from 5 pm 21 July to 5 pm 27 July, with final options to be submitted by 5 pm, 2 November.

Keep Calm and Parent On: Managing Teen Angst 22 April 2021

This parenting talk by Ms Esther Lai focused on how to better manage the challenging parent-child relationship during the adolescent years.

Highlights :

- Understanding and addressing the root causes of teen anger
- The importance of role modelling and avoiding the use of hurtful words
- The need to show empathy
- The crucial role of active listening and communication
- The You-I-We approach
- Reducing criticism
- Respecting the privacy of our teens

The No. 1 job of a
Parent
is to Love

Advantage Coaching & Consulting
<https://advantagecoaching.weixite.com/website>

Using the You-I-We Approach

I listen to You and understand your perspective (even if I do not agree with it)



I share my perspective as a parent (even if you do not agree with it)

Then We sort this out together

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Racial Harmony Day Celebrations 21 July 2021

好吃!
Sedap!

Happy Racial Harmony Day
PRGS celebrates Racial Harmony Day with a multi-cultural snack pack. While these snacks originate from different communities, over time they have crossed cultures and are enjoyed by all!

சுவையானது!
Delicious!

PRGS celebrated this significant day with RGS.

Highlights :

- Co-sponsored a multi-cultural snack pack with RGS
- Contributed to the Racial Harmony Day quiz and sponsored 20 prizes for the best quiz entries
- Produced a colourful infographic on *Jiu Ceng Gao, Pulut Seri Kaya* and *Murukku*.

Parenting with Better Mental Wellness



Being a parent to a teenage girl is a great joy but can also bring about its share of challenges. We grew up in a very different environment from our daughters, and our experiences of learning, friendships and life in general, are very different from theirs. As we navigate being parents to teenagers, we need to remember to make time for ourselves, to make sure we are the best versions of ourselves so that, in turn, we can be the best parents to our daughters.

Here are some tips to help us maintain our own wellness as parents:

Share your feelings. Finding someone trusted to speak to about your feelings about your parenting experience will help you better understand yourself, your strengths and your weaknesses. It can benefit your daughter, as knowing that you feel (or are likely to act in) a particular way can help stave off any potential blowups.

Take a digital detox. Even if it is just during mealtimes, take time as a family to disconnect from your devices and connect with the people right in front of you.

Make sure you get enough rest. This applies to us as parents as much as it does to our daughters. Making sure we get enough rest can ensure that we are all physically and mentally ready to meet the challenges of the day ahead. Be disciplined about going to bed at a fixed time.

Have a routine for winding down. Preferably, one which does not involve looking at a device, as this could have an impact on the quality of your rest. A warm drink before bedtime, or taking some time to read a book, or listening to soothing music, will help signal to your body that it is time to rest, and will hopefully mean a better night's rest. Being a parent can be tough, but ensuring we as parents take care of ourselves will ensure that we are mentally and emotionally prepared to face the challenges of parenting head-on.

Choosing Subject Combinations for Year 3 and 4

Choosing the subject combinations will be the top priority for Year 2 students and their parents at the end of this year. Many will fret over the subject combinations to choose - Literature or History or Geography, Biology and /or Physics?. Here are some tips to help you decide.



Mandatory subjects - EL, HMT/MT, 2 Maths (Math 1, Math2), 1 science (Chem), I&A and 1 humanities (Lit/His/Geo)

8 Subject Combinations:

- 2 science + 2 humanities
- 2 science + 1 humanities + MEP/SAP

9 Subject Combinations:

- 3 science + 2 humanities
- 2 science + 3 humanities
- 2 science + 2 humanities + Special Programme

Note: GPA computation is only for 6 subjects consisting of Core 5 & 1 best subject. The Core 5 subjects are: EL, HMT/MT, 1 Math, 1 Science, 1 Humanities. Chemistry is compulsory in all 8 & 9 subject combinations. Special Programme - MEP/SAP/CSP/MSP/3rd Lang.

Considerations for Parents

Communicate with your child to explore their interests and strengths. You can explore their interests by asking about their favourite subjects

Be aware of your child's strengths and preferences. Do they prefer working with people, data, things or ideas? Do they like to talk to and discover more about people around them? Do they like working with numbers and organising information? Do they like coming up with ideas for a situation or problem.

Listen to your child and guide them in their decision-making by considering:

- Their interests, abilities and passions.
- Favourite/best subjects, possible careers & aspirations.
- The possible education options.

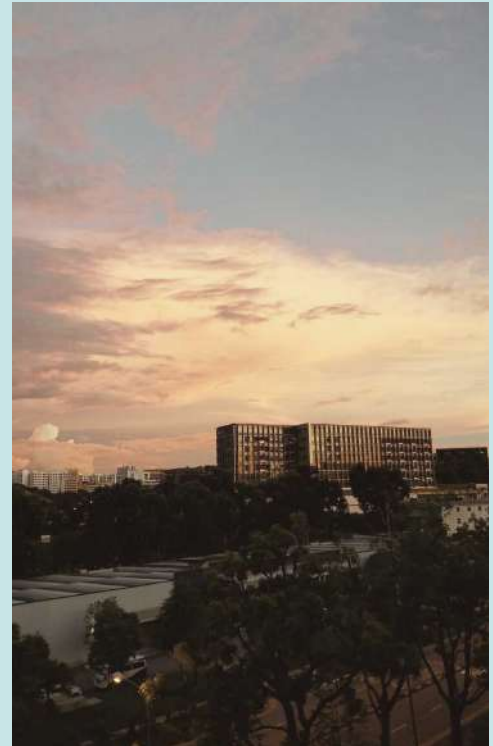
Help your child learn more about the world of work in different industries and careers. You can discuss the possible education pathways that can lead to your children's career aspirations. It is important to stay updated on the education landscape to stay connected with your children. Avoid relying only on your own past experiences as education policies have changed and new pathways have been created.

Words From Our Alumna

We asked some recent RGS graduates what they would tell their younger selves in RGS, and this is what they shared:

I think the culture of striving for all-rounded excellence is strong in RGS. Rather than having many commitments, and stressing about my mistakes, if I could turn back time, I'd be less harsh on myself. Ultimately, studying hard is important, but work-life balance and spending time with family is priceless :)

Anonymous, Class of 2018



What I appreciate most about my time in RGS is the plethora of opportunities for growth and development, intellectual or otherwise. An advice to current students would be to seize these opportunities as they come by and to never be afraid to venture out of their comfort zones.

Chiew Chern Faye, Class of 2018

If you would like to suggest topics or contribute to the newsletter, please contact us at prgs@rafflesgirlssch.edu.sg

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