



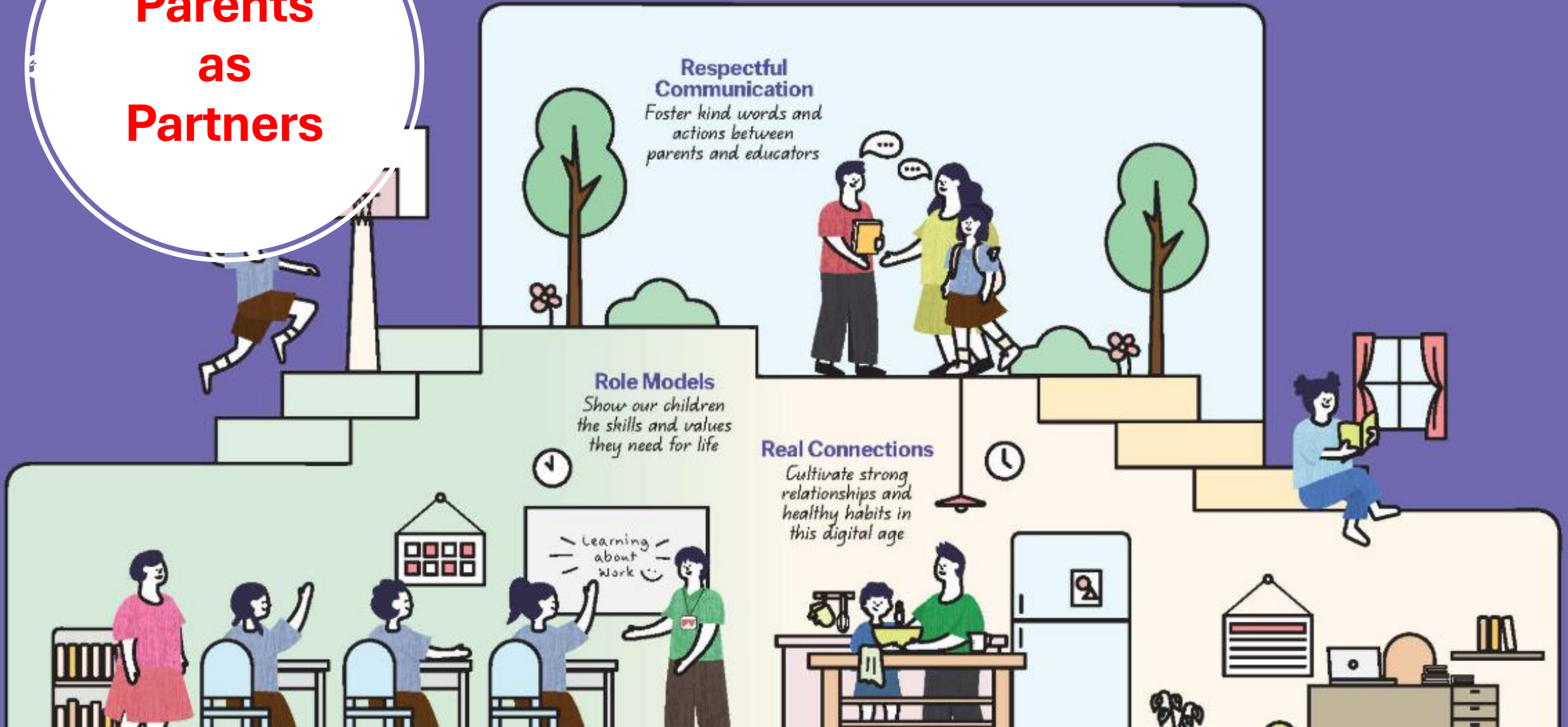
OUR VISION
Every Fuhua Gem – Learner, Leader and Innovator

OUR MISSION
Creating Opportunities · Leading Learning · Building Communities

FUHUUA
PRIMARY SCHOOL

Raising a Happy, Confident, and Kind Generation Together

Parents as Partners



Respectful Communication

Foster kind words and actions
between parents and educators



Listen

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

Communicate

- Communicate kindly using official channels. Teachers are not required to share personal mobile numbers

Respect

- Respect each other's time by communicating during working hours

Engage

- Engage fellow parents respectfully

Role Models

Show our children the skills and values they need for life



Practise

Practise gratitude and find joy in everyday experiences with our children

Instil

Instil confidence by encouraging responsibility and believing in each child's ability

Model

Model good values in words and actions, at school and at home

Real Connections

Cultivate strong relationships and healthy habits in this digital age



Build strong bonds through shared experiences and meaningful conversations



Establish good habits for our children to stay confident and in control of their technology use



Provide a balanced mixed of engaging online and offline activities

GROW WELL SG

Led by MOH, MOE and MSF, Grow Well SG is a **new national health promotion strategy to enhance preventive care and inculcate healthier lifestyles in children and adolescents.** We will first focus on **children 0-12 years old** and extend to older age groups subsequently.

Focus on four modifiable behaviours

- 1) Excessive screen time
- 2) Insufficient physical activity
- 3) Poor nutrition
- 4) Inadequate sleep

Providing a supportive environment for the practice of healthy habits from birth throughout childhood

- Tools and resources to empower children, parents and caregivers
- Age-appropriate interventions across natural touchpoints in the preschool, school, healthcare and community settings to reinforce messaging and action
- Additional support for children with identified health concerns

Purposeful Screen Use

- a. **[Update] Guidance on Screen Use in Children 0-12 years old**
- b. **[Update] ECDA Code of Practice + Early Years Development Framework Educators' Guide** on management of screen use at preschools
- c. **[New] Guidance on use of smartphones and smartwatches** in schools

A Health Plan for Every Child

- a. **[New] Lifestyle Questionnaire** for parents to build awareness of child's current lifestyle habits, and a personalised child **Health Plan with Lifestyle Prescription** with focus areas to act on
- b. **[New] Childhood Health Behaviours Checklist** for parents to complete at Childhood Developmental Screening visits
- c. **[Update]** Additional resources for parents such as **Parenting for Wellness** website on Parent Hub

Enhanced Support for Schools

- a. **[Update]** Enhanced health and lifestyle data of the school to understand their students' health habits
- b. **[Update]** Enhanced support for **healthier canteens** through Healthy Meals in School Programme and canteen support pilot with healthcare cluster

MOH's new screen time guidelines for kids under 12



Below 18 months



- **No screen time** (except for video calls)
- Do not leave screens on in the background

18 months to 6 years old



- Screen time: **Under 1 hour daily** outside school
- Watch media with kids when possible
- Do not use screens to occupy or distract children
- Choose age-appropriate educational content
- Do not leave screens on in the background
- **No screens during meals and before bedtime**

7 to 12 years old



- Screen time: **Under 2 hours daily**, except for schoolwork
- Avoid giving children mobile devices with unrestricted internet and app access
- Avoid giving children access to social media

School Policy on the use of Mobile Devices (student organiser Pg 10)

- a. Students are not to use mobile devices during school hours including recess, CCA and after-school programme (e.g. support and enrichment classes).
- b. Mobile devices must be switched off and kept in their school bags during school-hours and after-school programmes.
- c. Students can only use mobile devices at designated areas (basketball court, playground and the learning spaces in front of the General Office).
- d. Students must display courtesy, consideration and respect for others when using mobile devices.
- e. Students must take personal responsibility for their mobile devices and ensure that they are always kept securely in their school bags.
- f. The school will not be responsible for damage or loss of mobile devices.
- g. Mobile devices will be confiscated if students fail to comply with the above rules and will be handed over to parents/guardians.

Infographic: Clara Ho

Source: Ministry of Health, Jan 21, 2025



Students and Social Media

Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media

Parents may not be aware of the online risks

DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023

Students and Social Media

THE STRAITS TIMES SINGAPORE LOG IN SUBSCRIBE PDF Q ☰

Parents unaware of social media age restrictions

In Singapore, 85 per cent of the children polled have social media accounts.

More worrying, 54 per cent of them were exposed to at least one cyber risk, with 43 per cent of them being victims of cyber bullying, 16 per cent involved in online sexual behaviours, and 12 per cent having chatted online with strangers and meeting them.

Parents like Mrs Ho, however, said they are aware of the dangers social media pose to their children.

She said of her daughter: "I monitor her usage, and I educate her. It is important to constantly remind her of dangers online."

Social Media Age Restrictions

Under 13 (with parental consent)	13 +	16+	18+	18 (13 with parental permission)
 GoBubble	 Facebook	 WhatsApp	 Meow Chat	 flickr
 PopJam	 Instagram	 Telegram	 Meet Me	 YouTube
 GRAM SOCIAL	 Twitter		 Tinder	 Spotify
	 Skype			
	 iTunes			
	 Pinterest			
	 MyLOL			
	 Wink			
	 Snapchat			
	 TikTok			
	 reddit			
	 askfm			
		17+		

Our Discipline Approach

Promote a safe and supportive environment and a culture of care

Prevent challenging behaviours from occurring



A Positive & Proactive Approach to Discipline

Address inappropriate behaviour promptly

Correct it before it affects students' development and well-being



Replace inappropriate behaviour with prosocial, appropriate ones

Restore relationships with others hurt by their actions





School Rules

Love yourself

Love Others

Love the School

Love our Country

Expectation of Every Fuhua Gem



- **A**ttire
- **B**ehaviour
- **C**leanliness

What is Hurtful Behaviours and Bullying?

Bullying is a type of hurtful and unkind behaviour

Hurtful Behaviours

- Include humiliating, distressing or insensitive behaviours
- Range from insensitive words/actions to peer conflicts and bullying
- Undermine emotional safety of victim

Bullying

- Involves **repeated** or **persistent** behaviours **intended** to cause hurt, distress or humiliation
- Can be physical, verbal, social and/or cyber in nature
 - **Physical** - persistent in hitting someone or damaging someone else's belongings
 - **Verbal** - repeated name-calling, spreading rumours or making threats
 - **Social** - leaving someone out of a group or things on purpose
 - **Cyber** - using online messages, images or videos to hurt someone

We need your support

- Punctuality to school
- Road Safety
 - Drop off, Use of Pedestrian Crossing
- Dismissal
 - Wait opposite the school to avoid congestion outside gates
- Use of Mobile devices