



Admiralty Secondary School

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***Parents' Guide: Transition to Secondary One***

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**2020**

# Message from the School Counsellor

Dear Parents,

Welcome to Admiralty Secondary School.

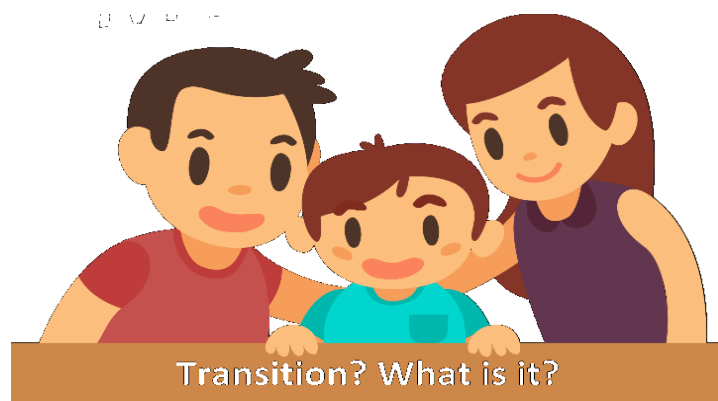
As a parent, you and your child must be excited to move on to a secondary school. The transition to Secondary 1 will be a milestone event for the entire family.

Over the next 4 or 5 years as an Admiral at Admiralty Secondary School, your child is in for an exciting time of growth in a Values-Centric, Thinking School. The school aims to empower every Admiral to Actualise his/her Aspirations before he/she graduates.

Parents play an important role as the school and family work together as partners to provide the best for your child. I hope that this simple guide to parents of secondary one students will be helpful in understanding what your child might experience as he/she transits to secondary school.

Best regards,  
Miss Mullai Pushpanathan  
Full Time School Counsellor  
Admiralty Secondary School

# Transition to Secondary School



The word 'transition' may be defined as: when something changes from one form or state to another.

In this context, school transition can be understood as a period of change in your child and your family, as your child moves from primary to secondary school.

Along with this move to Secondary 1, your child may find himself or herself facing some of the following factors of change

1. New friends and roles
2. Academic changes and expectations
3. Puberty and adolescence

This transition is akin to the “big fish in small pond to small fish in big pond” phenomenon. When your child was in Primary 6, he/she was the senior to be looked up to, with a mastery of the subjects taken, in an environment that was highly familiar by the sixth year. Now, your child is a newly minted Secondary 1 student, in a brand new environment yet to be explored, and friends yet to be made.

Adjusting well to these factors of change has a positive effect on the child's self-esteem, and this too can help with academic motivation during the demanding years of secondary school education.

# New Friends and New Roles

As the excitement (and perhaps awkwardness for the more reserved among us) of the orientation programme comes to a close, your child will probably have questions and doubts about moving forward.

For example,

“Who should I be friends with?”

“What should I choose as my CCA?”

“Should I volunteer for...?”

“What if people don’t like me?”

As a guide, if you are aware or noticed your child might be facing some challenges in coping with peers, encouraging full participation in class and co-curricular activities is essential. This will allow the child ample time to explore and forge healthy friendships with peers of similar interests.



# Academic Changes and Expectations

There will be an increase in the number of subjects that your child has to study

- Primary school: 4 Subjects
- Secondary School : 9 or 10 subjects



There will also be introduction of new subjects:

- Literature
- Geography
- History
- Design and Technology
- Food and Nutrition

Your child has to discover new study methods and research on academic information.

One of the key challenges includes a faster academic pace. Your child has to develop time management strategies as managing everything falls within 24 hours daily.

# Puberty and Adolescence

New social environment and new academic expectations are not the only challenges. Your child will be entering and managing puberty in the adolescent years.

## Possible Changes

- Difference in behaviour than what you are used to
- Moody, challenging and self-centred
- More outspoken, forms own mindset
- Prefers friends to family



Each child is unique and their experience will be different going through puberty and their adolescent years. This period might be challenging for you and your child.

# How Can Parents Adapt and Help Their Child?



## **Helping your child settle well into school life**

How important is your role to help your child settle into the new environment?

To ensure your child settles down confidently and settles down emotionally and socially, parents must work closely with the school as a partner, apart from providing strong family support for your child. The next section will provide quick tips on what you can do to help your child settle down well.

# Strong Support and Stable Structure

Parents must ensure stability at home. Since your child might face demanding academic needs, CCA and social pressures, guide them to put in place structured time for studies and recreational activities.

Guide them to give some time for friends as well as some for family. If such time management were in place since primary school, make adjustments to suit the secondary school lifestyle.

## Challenges of poor transition experiences:

- Experience bullying
- Worry about being able to perform on par
- Worry about new and different teachers for different subjects
- Worry about connecting with new friends



Strong and trusting partnership with the school will ensure that the child receives needed support and care.



# Giving Time and Making Time (Being Mindful)

Each Individual child has his/her own individual needs and would require time to adjust to his/her new school.

- Share with your child that you are always there if they need someone to share their problems with.
- Make time for your child, either sitting down in a quiet corner to talk or catching up over dinner.



## Build Good Relationships and Network

For successful adjustment to transition, we all need to have good friends. Friendship will support us and enable us to cope.

Build good relationship with your child's teachers. Teachers spend almost half a day with your child daily.



# Be Alert

Notice any small changes that your child might be facing. This might lead to anxiety. Mild anxiety is alright but if it affects your child's daily functioning abilities, it is necessary for your child to be supported by the home and school.



Check and be aware if your child is self-mutilating or self-harming as he/she is unable to share or voice his/her pain.

## **Common signs of school-related anxieties and challenges:**

- Refusal to come to school
- Headaches or stomach aches
- Lower self-esteem
- Poor concentration
- Insomnia
- Lack of appetite



Please approach your child's Form Teacher or School Counsellor if you are concerned with your child exhibiting anxiety beyond the normal level.

# Positivism

Be a role model of positivism for your child. Your positivism will be reflected in your child.

positive thinking



Every school aims to nurture students holistically and future proof them to be good citizens. Admiralty Secondary School has caring and nurturing teachers. When our teachers work hand in hand with you and your child, a confident and strong teenager is developed.

Take time to reflect with your child. At the end of the first week at school, ask your child to write down:

1. What are the 3 things I enjoy being at ADSS?
2. What are the 3 things I am unsure about secondary school?
3. What are some of the things I hope to achieve by the end of this school year?



You may also refer from MOE website for Transition to secondary school: <https://beta.moe.gov.sg/secondary/transition-to-secondary/>



# Be In Touch

General enquiries and feedback can be directed to your child's Form Teachers:

- Tel: 6365 1733
- Email: [admiralty\\_ss@moe.edu.sg](mailto:admiralty_ss@moe.edu.sg)

You may also visit our school website: [www.admiraltysec.moe.edu.sg](http://www.admiraltysec.moe.edu.sg) for more information.

## Support for Students

In-school counselling support and guidance is available for students to help them address various areas of concern or challenges.

### **Miss Mullai d/o Pushpanathan**

Full Time School Counsellor

Tel: 6365 1733 Ext 82

Email: [Mullai\\_pushpanathan@moe.edu.sg](mailto:Mullai_pushpanathan@moe.edu.sg)

### **Mr Dennis Goh Jiong Yu**

Full Time School Counsellor

Tel: 6365 1733 Ext 45

Email: [dennis\\_goh\\_jiong\\_yu@moe.edu.sg](mailto:dennis_goh_jiong_yu@moe.edu.sg)

### **Other helplines:**

**Child Guidance Clinic** (for Students with emotional and behavioural problems)

Tel: 6435 3878

**Samaritans of Singapore (SOS)** (For Youth with Problems)

Tel: 1800-221-4444

# The Journey Begins...

Dear Parents,

Before the hectic year starts, be mindful by being calm, positive, focussed, aware and present. Most importantly, be confident that your child is in a good, supportive and nurturing environment.

As the school and your child start their journey together, please do not hesitate to contact your child's Form Teachers or the School Counsellors to alert us of any specific social, behavioural or learning difficulties encountered.

All information will be treated with confidentiality.

Thank you.

Miss Mullai Pushpanathan  
Full Time School Counsellor  
Admiralty Secondary School