

# Marymount Convent School



P1 Orientation

Session 2

28 November 2023



# Starting with something necessary

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## Personal Data Protection Data (PDPA) Compliance

- Photos, video and audio recordings may be taken during this event for the school's archival records and publicity purposes.
- Please inform the school if you object to the above. Otherwise, by your attendance, your consent is deemed given.
- Tel: 62566701



# What we will cover today

## **Items**

- |   |  |
|---|--|
| 1 | Address by Principal   |
| 2 | Address by School Supervisor   |
| 3 | Getting Ready 2024 by Year Head  |
| 4 | Sharing by Parent Support Group,<br>Mdm Evonne Tan (Chairperson) and<br>Mdm Tay Ming Siew (Vice-Chairperson) |



## School Leaders

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- Principal: Miss Minnie Cheong
- Vice-Principal: Mrs Debbie Chow
- Vice-Principal: Mdm Anna Tan

From right to left

# School Supervisor Sister Delphine







# A Daughter of Marymount

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What are your  
hopes and dreams  
for your daughter?

A photograph of two young girls with dark hair in pigtails, wearing red short-sleeved shirts. They are both smiling broadly and have their arms raised high in the air. The girl on the left is slightly in front of the girl on the right. The background is blurred, showing green foliage and a red curtain. The text 'School Vision' is overlaid on the left side in a white serif font.

School Vision

**Ladies of Compassion, Eloquence**  
and **Intellect**, with **God as our**  
**Shepherd**



# What that means...

**01** Ladies who are refined, cultured and healthy in body, mind and soul

**02** Empathise with, show kindness and care towards self, others and the environment

**03** Speak with aptness, confidence, conviction and fluency -  
**STRONG & SPIRITED**

**04** Life-long learner - LEARN,  
UNLEARN, RELEARN





# School Mission



Empowering Lives, Restoring  
Rights, and Upholding Dignity





## School Values

- Compassion——
- Gratitude
- Humility
- Integrity
- Perseverance
- Respect
- Responsibility
- Zeal



Educating every child  
for life and for the  
future







# Education as a Journey

- **Future-ready girls**

Confident, articulate

Able to learn, unlearn, relearn

Resilient, flexible and agile

Thinking skills

- Critical thinking and analysis
- Creativity, originality and initiative
- Reasoning, problem solving and ideation
- Complex problem solving
- Leadership and social influence



## Education as a Journey

- **Life-ready girls**
  - Robust self-esteem (strong sense of self – who I am and what I stand for)
  - Sharp moral compass
  - Strong and spirited (social emotional competencies)



Parenting akin to  
Kite Flying

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# Develop Discipline and Sense of Responsibility – the tight

Attendance and  
Punctuality



School routine and  
new expectations

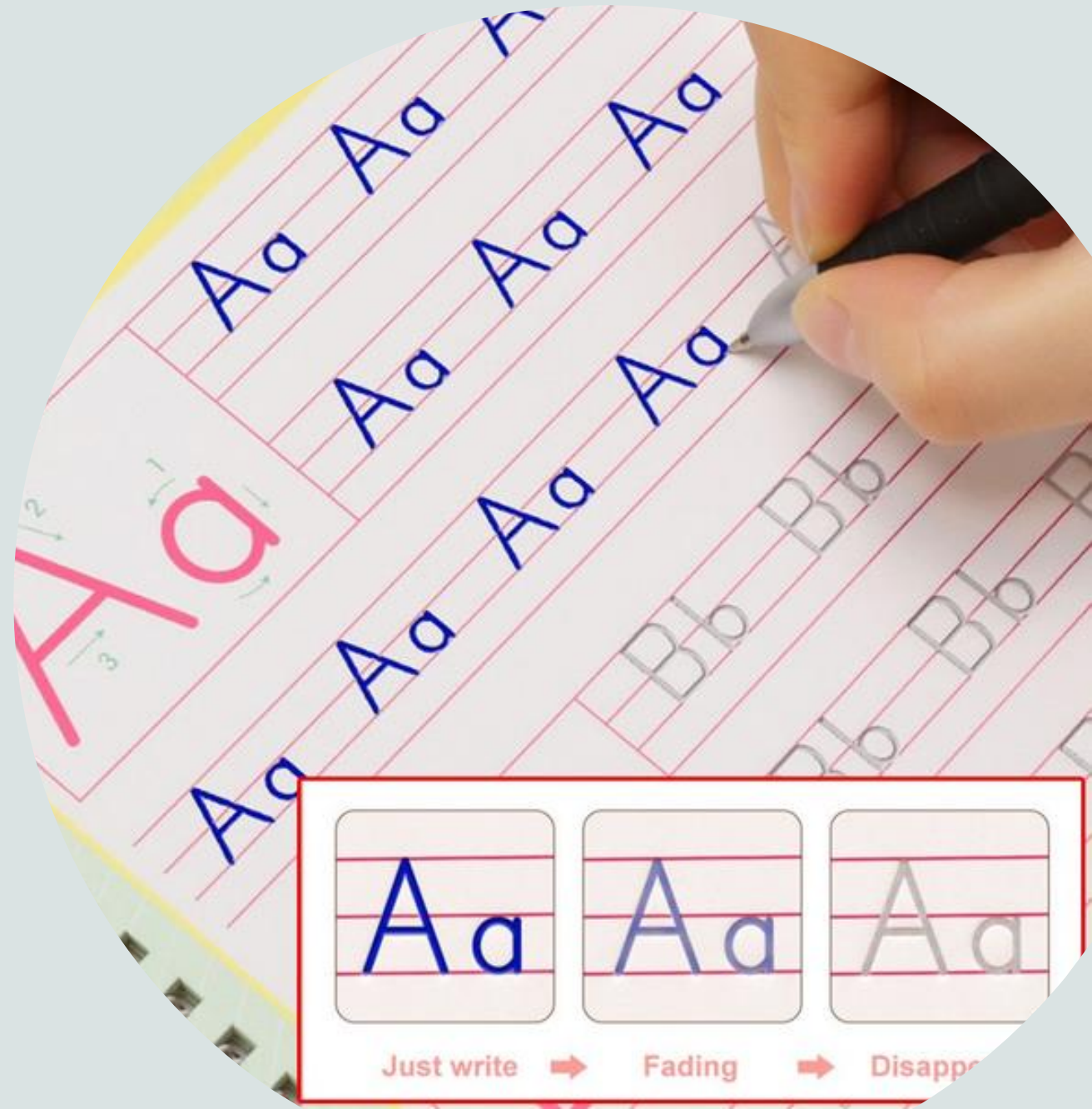


Personal  
responsibility, self-  
care



Encourage good  
penmanship

What parents can  
do...

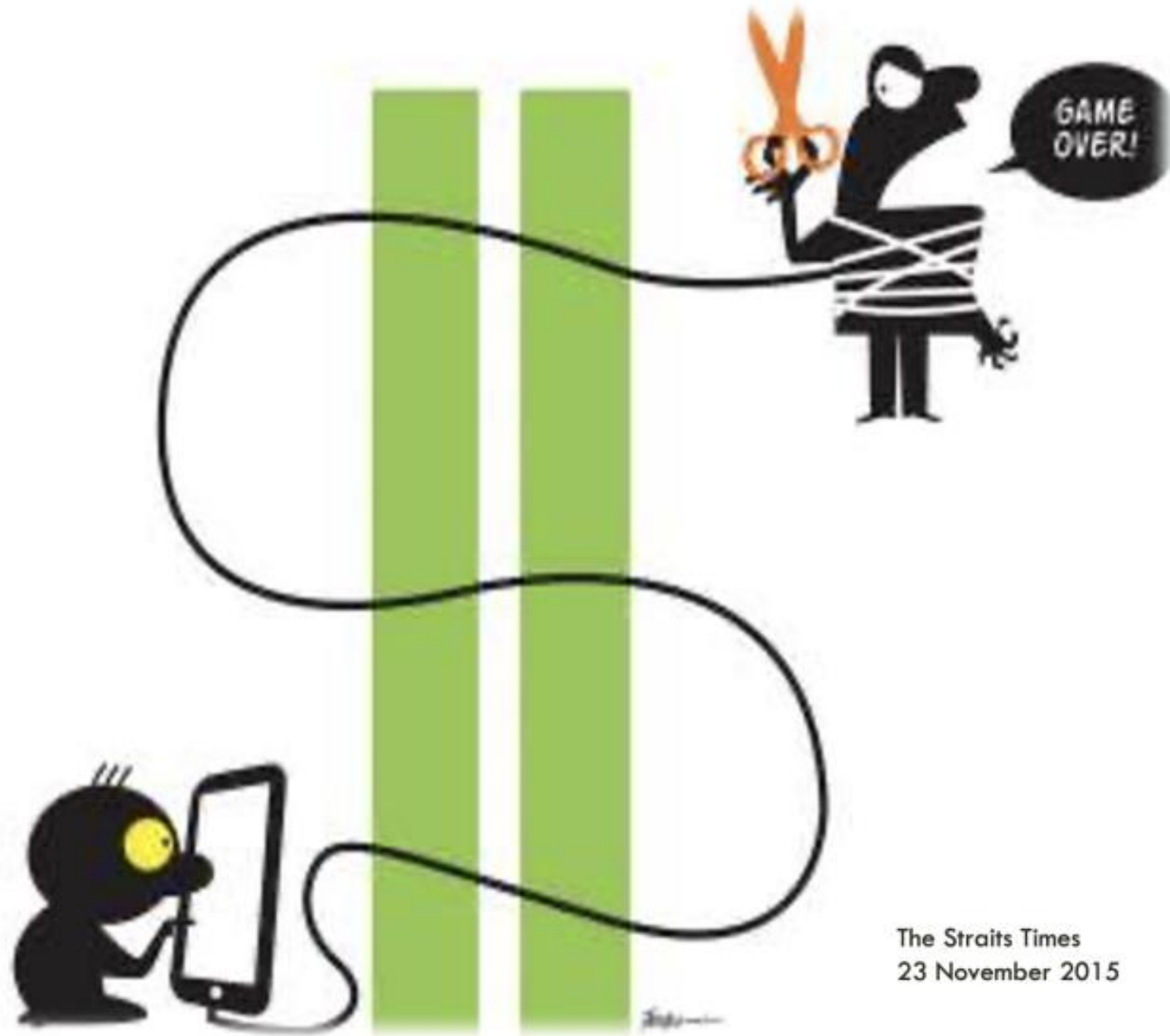




A common  
phenomenon  
today



# The Screen Culture



Active Screen  
Time Versus  
Passive  
Screen Time

The Straits Times  
23 November 2015

## *Surgeon General Warns That Social Media May Harm Children and Adolescents*

The report by Dr. Vivek Murthy cited a “profound risk of harm” to adolescent mental health and urged families to set limits and governments to set tougher standards for use.



Dr. Murthy testifying before the Senate Finance Committee on Capitol Hill on youth mental health in 2022. Susan Walsh/Associated Press

# Social Media and Youth Mental Health

The U.S. Surgeon General's Advisory

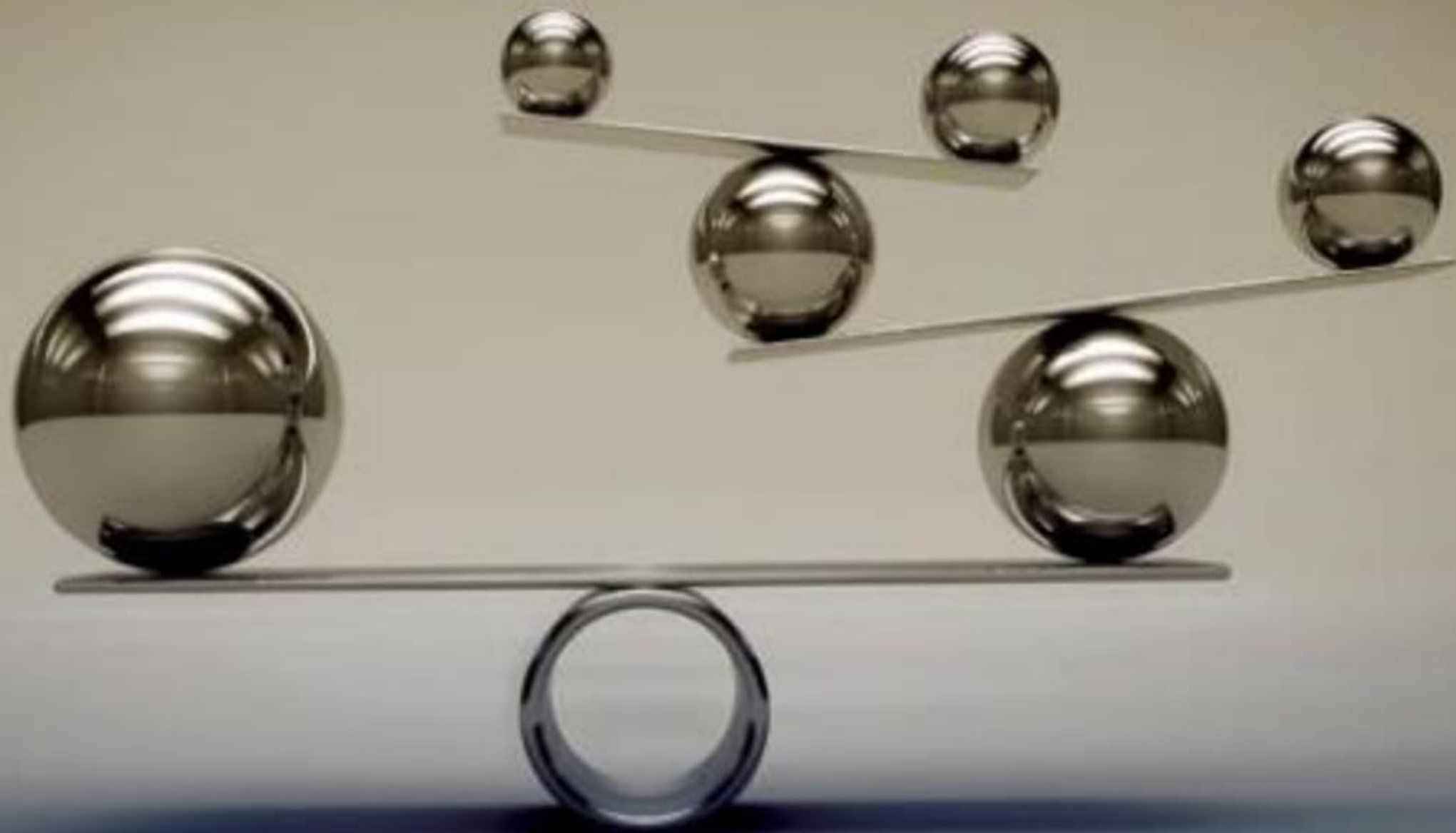


2023

## BE VERY TIGHT ON THE USE OF TECHNOLOGY

**Parents and caregivers can** make plans in their households such as establishing tech-free zones that better foster in-person relationships, teach kids about responsible online behavior and model that behavior, and report problematic content and activity.

**Children and adolescents can** adopt healthy practices like limiting time on platforms, blocking unwanted content, being careful about sharing personal information, and reaching out if they or a friend need help or see harassment or abuse on the platforms.



Balance



A young girl with dark hair, wearing a green and white checkered shirt, is smiling broadly at the camera. She is in a classroom setting, with other children and colorful decorations visible in the background. A pink water bottle is in the foreground, slightly out of focus.

Develop these – the loose

Encourage your daughter  
to make decisions

I never learn anything talking;  
I only learn things  
when I ask questions!







Build socialisation  
skills



# Mindsets and Attitudes

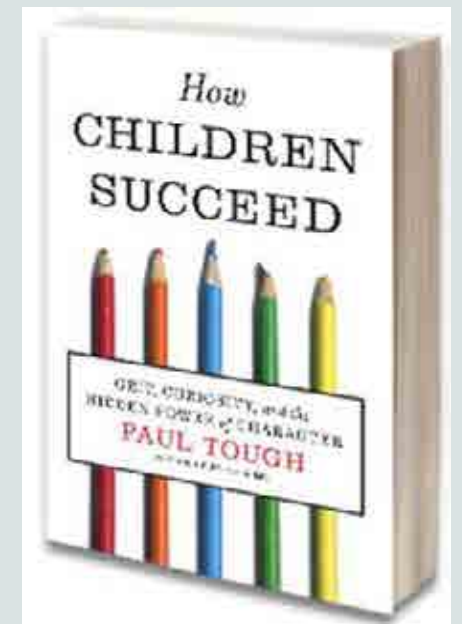
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# PREPARING OUR CHILDREN FOR LIFE



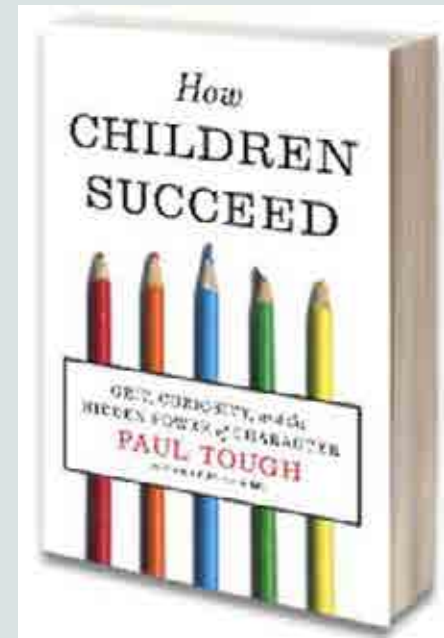
"By **experiencing failure and adversity, researchers have found, is a critical part of building character**..... Based on research, adults who had experienced little or no adversity growing up were actually less happy and confident than those who had faced a few significant setbacks or hurdles in childhood."



# PREPARING OUR CHILDREN FOR LIFE



When we **shield our children from every possible adversity** - when parents call their teachers to get an extension on a project, or drive into school with something they have forgotten and the school allows it - **we are denying our children these character-building experiences."**



UPDATED EDITION

CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL


2  
MILLION  
COPIES  
IN PRINT

- ★ *parenting*
- ★ *business*
- ★ *school*
- ★ *relationships*

"Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."

The Growth Mindset  
Not a fixed mindset



A photograph of a forest floor with a large tree trunk in the foreground. A semi-transparent circle is overlaid on the left side of the image, containing the text "Growth Mindset: The power of 'not yet'".

Growth  
Mindset:  
The power  
of "not yet"





## Gift to Your Daughters

If parents want to give their children a gift, the best thing they can do is to teach their children to **love challenges, be intrigued by mistakes, enjoy effort, and keep learning**. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

*Carol Dweck*

Each different

Everyone important

All with hopes and  
dream for the future



Today, mama ran the race with you. One day, you will have to run the race yourself. Remember to always keep your eyes focused on the finish line and not get distracted along the way. 😊

Start well but more importantly, finish the race well and strong.

### A Mother's FB Post

Today, mama ran the race with you. One day, you will have to run the race yourself. Remember to always keep your eyes focused on the finish line and not get distracted along the way. 😊

Start well but more importantly, finish the race well and strong.





# Mutual Trust and Understanding





# Help your child to relate to others

We want your child to be confident, respectful and have integrity when interacting with others.

- **How parents can partner us:**

Understand that relating to others is part of your child's learning in school. Work together with the school to fully understand and support the teacher in helping your child to respect differences and resolve disagreements

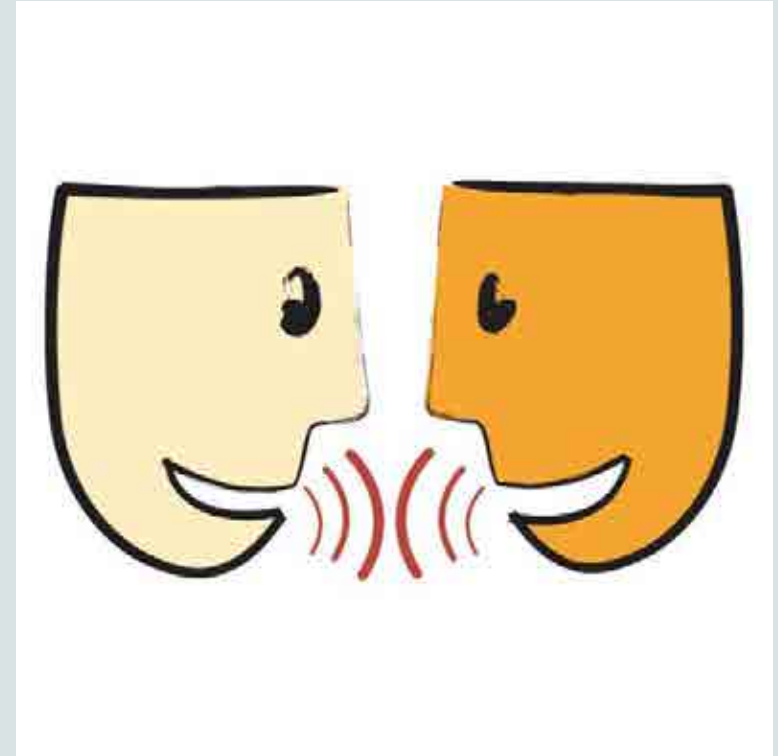
Trust the school's processes in resolving disagreements and misunderstandings between students



# Work with the school to know and support your child

We want to develop and strengthen mutual understanding, respect and trust between the school and parents for the benefit of your child

- **How parents can partner us:**
  - Stick to these official modes of communication, as far as possible, notwithstanding emergencies. Ask teacher for the best way to contact her
  - Contact teachers during school operating hours (7.30am to 5.30pm)



# Morning Moments



# School Motto

God is our Light





## Matthew 5: 14-16

<sup>14</sup> “You are the light of the world. A town built on a hill cannot be hidden. <sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, **let your light shine before others,** that they may see your good deeds and glorify your Father in heaven.

# Address By Sister Delphine

