

CHIJ Katong Convent
Simple in Virtue, Steadfast in Duty

Transitioning to Upper Secondary

Sec 3 Parent Engagement

12 January 2026

Overview of Student Development (Sec 3)



CHIJ KATONG CONVENT



*When our KC Girls
walk out of our gates
after 4 or 5 years,
What do we hope to
see in them?*



SAIL MAP



1

STRENGTHEN OUR FOUNDATIONS

Transition and movement into Secondary School by Building a positive sense of self

2

APPRECIATE OUR COMMUNITY

Cultivating a sense of Gratitude and Appreciation by Appreciating our peers and Serving the Community

3

IGNITE OUR POTENTIAL

Building the Resilience Muscle and Discovering our strengths

4

LAUNCH OUR DREAMS

Enhancing Motivation and Finding Purpose, Charting goals

SAIL-ing Ahead

This theme reflects the idea of our students preparing a year long journey from the PIER of the **Convent by the Sea.**

The “SAIL” symbolizes forward motion, and growth guided by a strong moral compass and GPS





Being a good *Role Model*

Building *Resilience*

Discovering *Strengths*

Ignite our Potentials



**Signature School Programmes
(Orientation Week, Camps, BMW etc)**



**Values and Leadership inculcation in
Co-Curricular Programmes (CCA,CCE,SLB etc)**



Academic Transition and Support



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WHAT TO LOOK FORWARD TO THIS YEAR?

JANUARY

SAIL Orientation
Sec 3 Parent Engagement
NSG

FEBRUARY

Term 1 WA
Leadership training/ workshops
NSG
NRIC Registration
Level Camp

MARCH

MT Fortnight
March Holidays

APRIL

BMW
Term 2 WA

MAY

Honours Day
Student Leaders Investiture

JUNE

June Holidays

JULY

Term 3 WA
Racial Harmony Day

AUGUST

National Day Celebration
Term 3 WA
CCA Stand down

SEPTEMBER

September Holidays
EL & MTL Orals
End of Year Exams
(Week 2 onwards)

OCTOBER

End of Year Exams
Sec 3 AP and Extended AP

NOVEMBER

Sec 3 AP and Extended AP
KC Open House

Becoming a Grad cohort in 2027



2026 Sec 3 MOE-OBS Challenge

11 August to 14 August 2026

- Online briefing conducted by HOD/PE on 12 Feb , 4 to 5pm.
- E-registration to be completed by 6 March
- Medical check-up to be conducted in school 9-13 March.
- Students who miss the medical check-up will have to complete it during the March Holidays on their own.
- PG with the information will be sent next week.



Level Camp

Week 5 - 4 Feb to 6 Feb

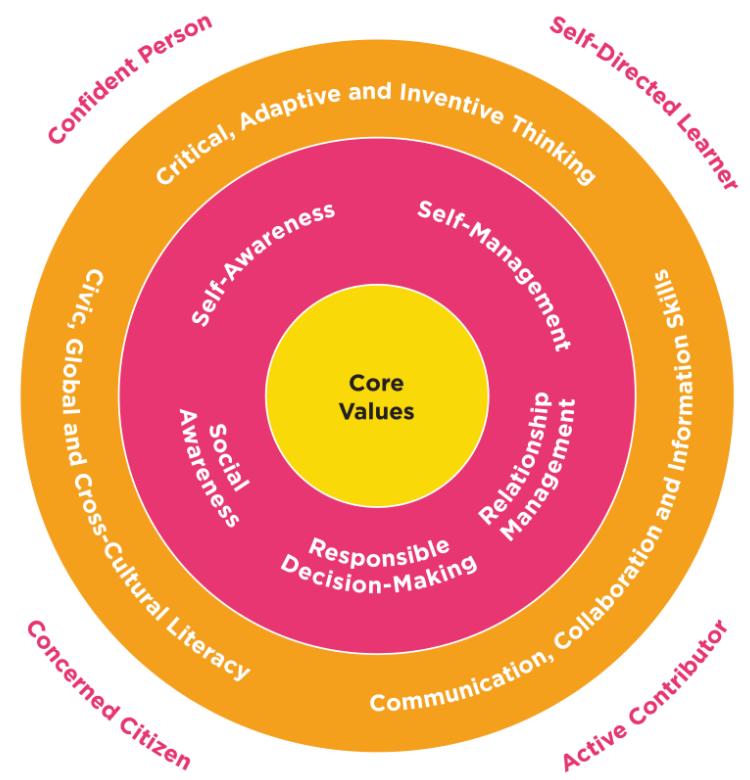
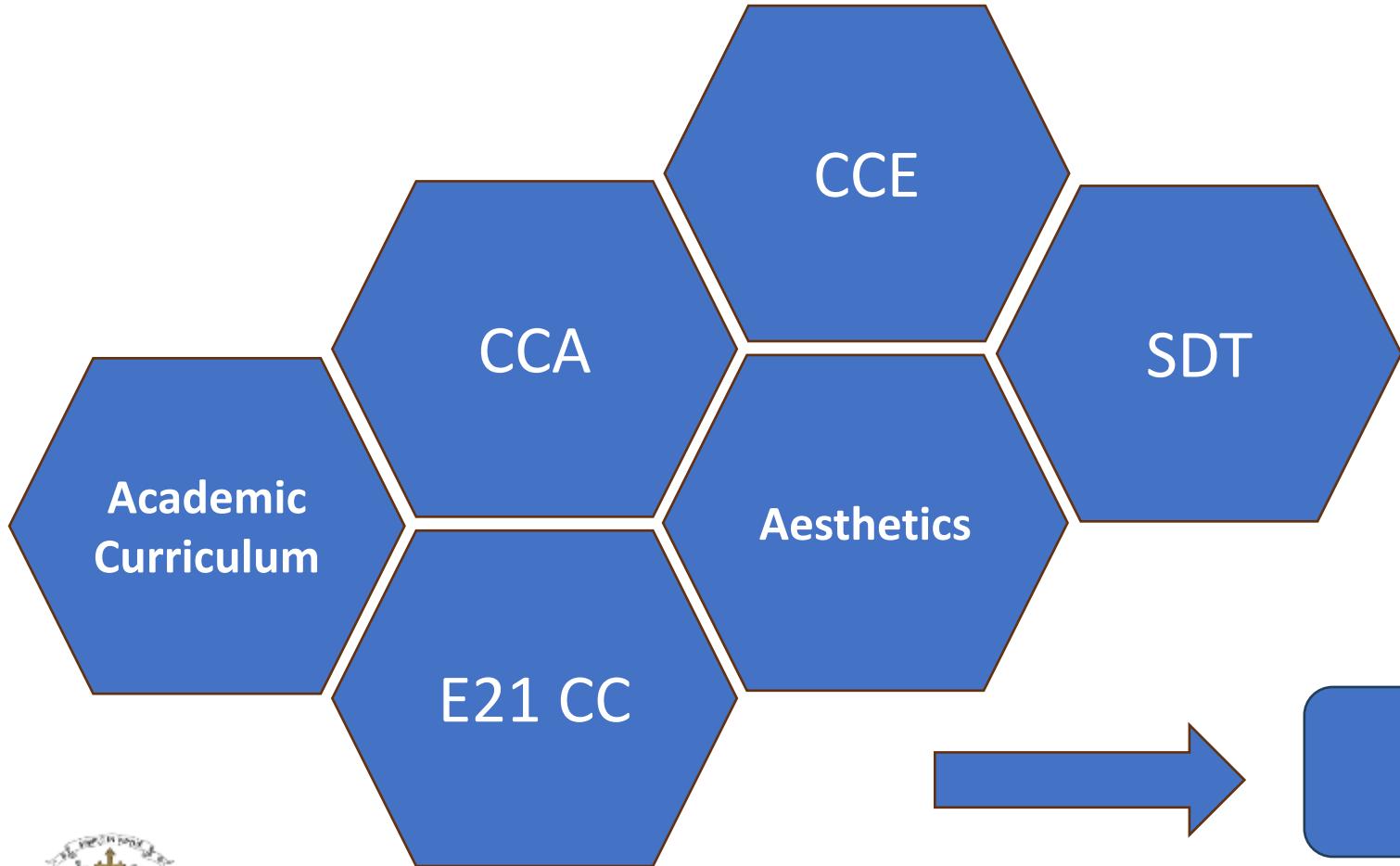


- Students will be missing lessons during MOE-OBS Challenge in August
- Attendance for these 3 days ensures they do not fall behind in content
- Sessions are structured to support teaching and learning across subjects
- Areas covered (academic and non-academic):
 - Lessons
 - Weighted Assessments
 - Oracy-focussed activities
 - Class bonding events

NRIC Registration

- February – Actual date to be confirmed.
- Registration and payment to be completed online by parent/guardian.
- Biometric enrolment will be done in school.
- More info will be sent via PG to parents.

Holistic Development through enriching student experiences



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Transition

The key word behind their Sec 3 year



Top 3 challenges this year

Academic step-up & higher stakes

- Sec 3 is the start of upper secondary: greater subject depth, more academic rigour as students build towards national exams
- In adolescent research, this often coincides with heightened academic pressure, which is consistently linked with higher risks of anxiety/depressive symptoms.

Top 3 challenges this year

More independence.. But time gets tighter

- There is increased expectations of being self-directed and facing multiple demands on time (academics, CCAs, leadership roles, projects, family expectations).
- Developmentally, students are still strengthening executive functions (planning, organisation, inhibition, shifting). These are skills that strongly affect learning and school performance

Social & Identity Changes

- Many Sec 3 students enter new classes/subject groupings, take on new responsibilities, and worry about coping and meeting expectations.
- Mid-adolescence is also a period where peer presence can amplify risk-taking and reward sensitivity, which can show up as distraction, impulsive choices, or social stress.
- Adolescents sleep later and this makes routines harder. This can spill into mood, attention, and learning.



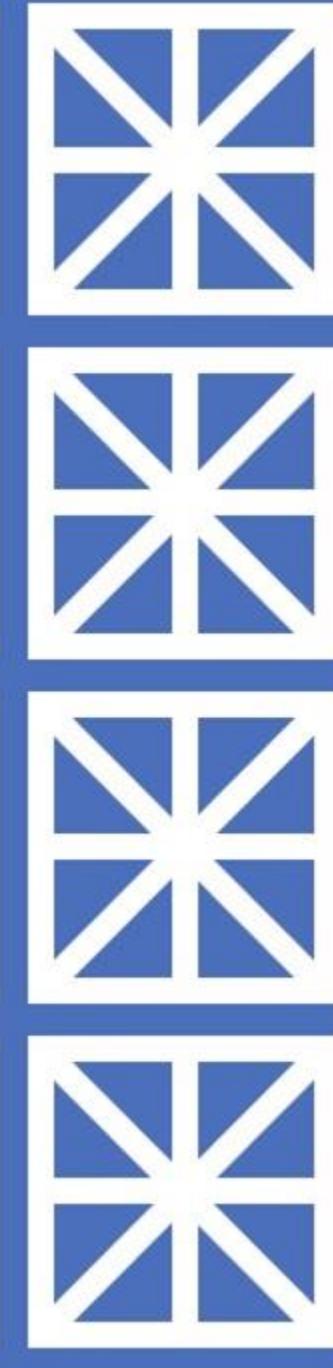
But if they transition well...



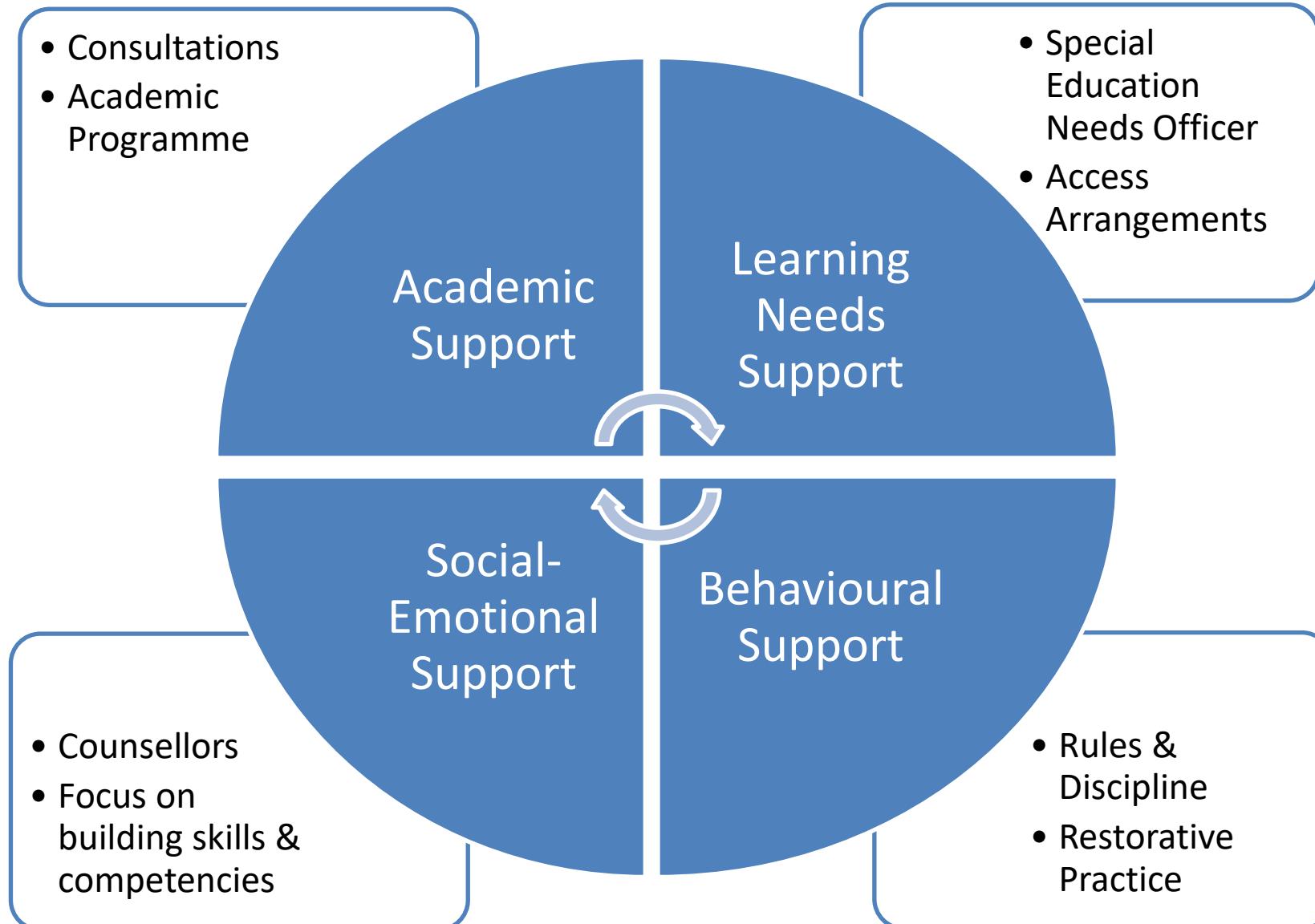
- This sets them up for a successful graduating year in Sec 4
- They will develop a reliable toolkit for independence for their later years.
- They will have a clearer identity and direction for life.

How to WIN the year?

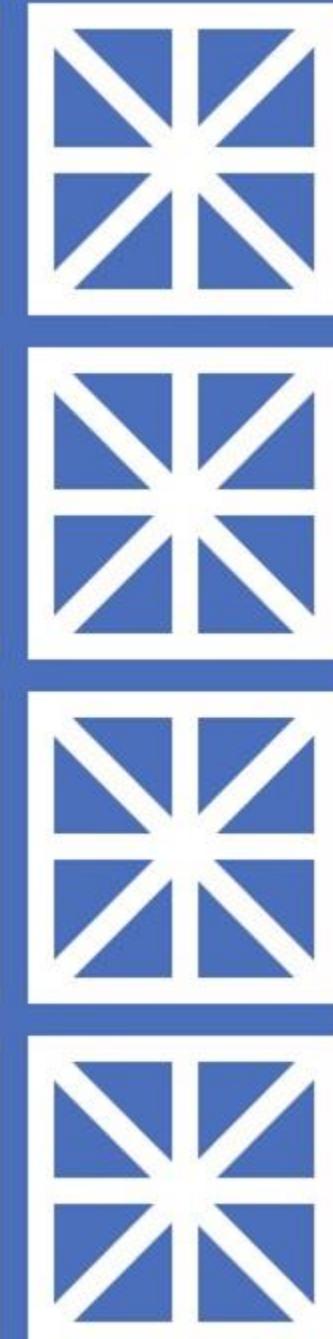
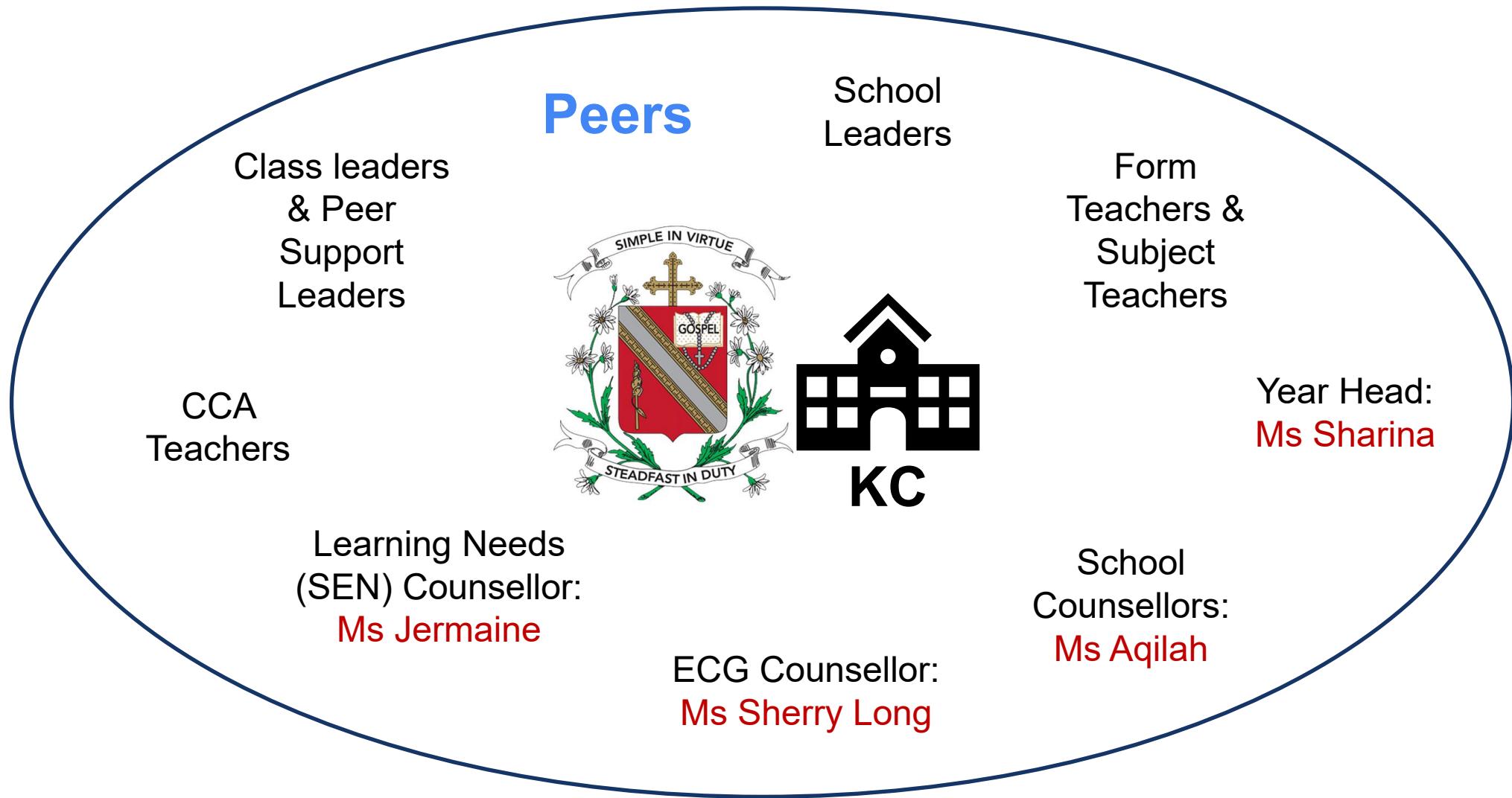
- Anchoring relationships Strong home-school partnership
 - Having a trusted adult in their lives
 - Positive peer relationships
- Self-regulation & executive functioning skills Routines for planning, organisation & attention control
 - Executive functions are still developing in adolescence and is tied to school performance
- Health + Rhythm (sleep, screen boundaries, recovery)
 - Adolescents naturally sleep later & therefore, protecting sleep and setting realistic routines reduces significant stress and supports learning



Support for Students



The people who will help your child GROW in KC



ECG Counsellor



Support students to

- ✓ understand themselves
- ✓ explore education and career options
- ✓ prepare applications and interviews
- ✓ develop clear goals with action plans to achieve their aspirations



Ms Sherry Long



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Every Mon, Tue & some Fri @ Library

Appointment Booking



KC ECG Resource Hub

A place where you can find information on :

- ✓ Post-secondary pathways & admission information
- ✓ Know yourself toolkits
- ✓ The world of work
- ✓ ECG appointment booking QR code

Access via:

1. School website > Student Development > ECG

OR

2. Scanning the QR code



<https://go.gov.sg/kc-ecg-resource-hub>

Sec 1-3

This section provides information on pathways for students who will be taking the **Singapore-Cambridge Secondary Education Certificate (SEC)** examination from **2027 onwards**.

From 2028, more post-secondary options will be available.

Students taking at least	POST-SEC PATHWAYS				
	ITE Year 1 Entry	ITE Year 2 Entry	Polytechnic Foundation Programme	Polytechnic Year 1	Millenia Institute
5 G3 subjects	✓	✓	NEW	✓	✓
4G3-1G2	✓	✓	NEW	✓	✓
1G2	✓	✓	✓	✓	✓

Post-Secondary Admissions
More post-secondary options will be available from 2028. Click to learn more about the changes to the admission criteria and pathways.

[Find out more](#)

Post-Sec Pathways	Aggregate Computation	No. of Subjects	Set at
Junior College	L1R4	5	G3
Millenia Institute	L1R4	5	G3
Polytechnic Year 1	ELR2B2	5	4G3-1G2
NAFA Year 1 (LASALLE TBC*)	4 subjects excluding EL	4	3G3-1G2
Poly Foundation Programme	ELMA83	5	G2
NAFA Foundation Programme	ELMA83	5	G2
5 th Year	ELMA83	5	G2
ITE Year 2 Entry	ELMA83	5	G2
ITE Year 1 Entry	4 subjects	4	G1

*TBC : To be confirmed

Admissions to JC/MI From 2028 JC1 cohort

Eligibility Criteria	1 Qualifying threshold		2 Minimum subject grade requirements	
	Aggregate Scores (Set at G3)	Qualifying Threshold (Raw)	Subject	Grade
Junior College	L1R4	≤ 16	English Language	1-6 at G3
Millenia Institute	L1R4	≤ 20	Mathematics (Elementary/Additional)	1-7 at G3
			Any one Mother Tongue Language	Higher Mother Tongue Language: 1-7 at G3; Mother Tongue Language: 1-7 at G3; 1-3 at G2; 1-2 at G1

JC/MI
Education in a junior college (JC) or Millennia Institute (MI) prepares students for the A-Level examinations or the International Baccalaureate (IB) diploma at the end of the 2-year JC or 3-year MI course.

Learn about the aggregate score computation, grade requirements for specific subjects, bonus points etc. for the JC/MI pathway.

[Find out more](#)

4

<https://www.moe.gov.sg/press-releases/2023/03/06/outline-of-admission-criteria>

Building Connections

Help cultivate healthy habits in this digital age

- Activate parental controls on your home devices.
- Model good digital habits for your child.
- Set ground rules for internet use.
- Navigate the internet together to understand their usage.



<https://go.gov.sg/pfw-landing-page?>

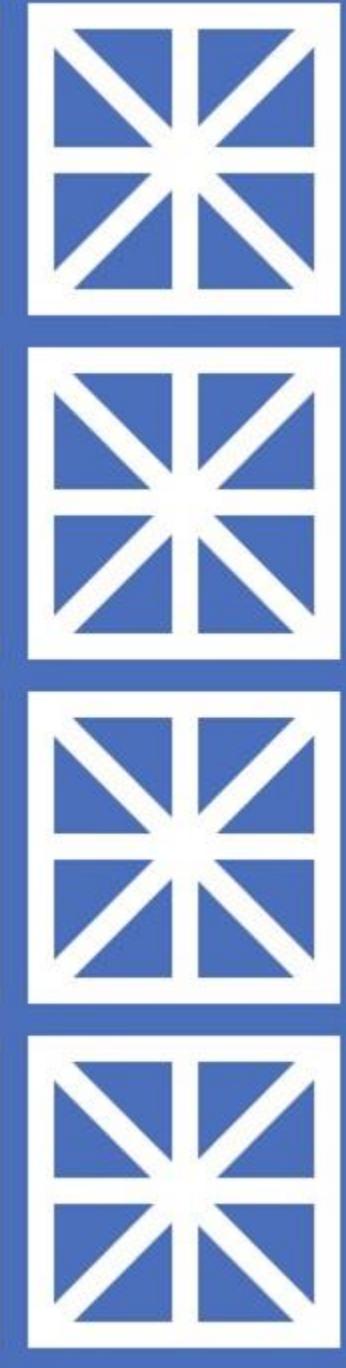
What we are doing AND will continue to do...



Educate and Informing



Positive Peer Support



Social Media and our Youths

Expression

How they express their opinions and feelings

Information Flow

Less discerning of what they receive in cyber world

Relationship with others

Emotional Regulation

Managing their insecurities



Simple Framework to Reinforce

Encourage your child to remember:

- Plan → not Panic
- Ask → not Avoid
- Adjust → not Give Up
- Rest → not Burn Out



Normalize support from:
Teachers, School Counsellors, Mental Health professionals

Message to reinforce:
“Needing help means something matters, and not that you are weak.”





Parent Kit

Ministry of Education
SINGAPORE

Health Promotion Board

singapore
kindness
movement

Raising a Digitally Smart Child

With the **growing role of technology** in communication, learning and recreation, how can you support your child in:

1. Practising appropriate device usage?
2. Managing over-reliance on devices?
3. Handling Cyber Bullying?
4. Showing Cyber Kindness?
5. Discerning real news from fake news?

As a parent, you can...

- Be actively involved in your child's use of technology.
- Role model good online behaviour.
- Stay updated on emerging digital trends influencing your child.



Readily Available Resources

<https://www.moe.gov.sg/parentkit>



2026 Sec 3 KC PSG

WhatsApp group



Parent Support Group

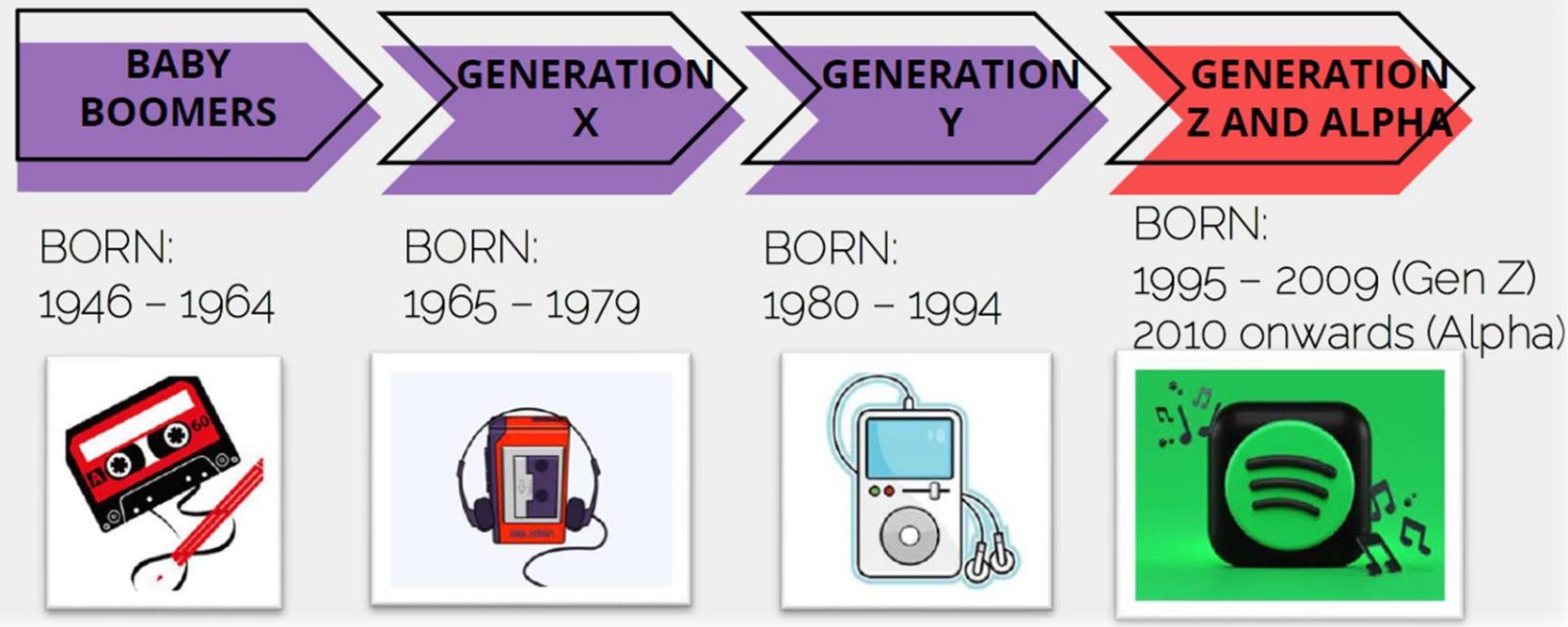
A channel of support for you

Another avenue to be involved in your child's development in school

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*Bridging the Divide: **Parent – Child Connection** is the strongest upstream intervention available to mankind*



Dialogue with Sec 3 Form Teachers (Sec 3 Classrooms)



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