

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 Potential



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



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



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



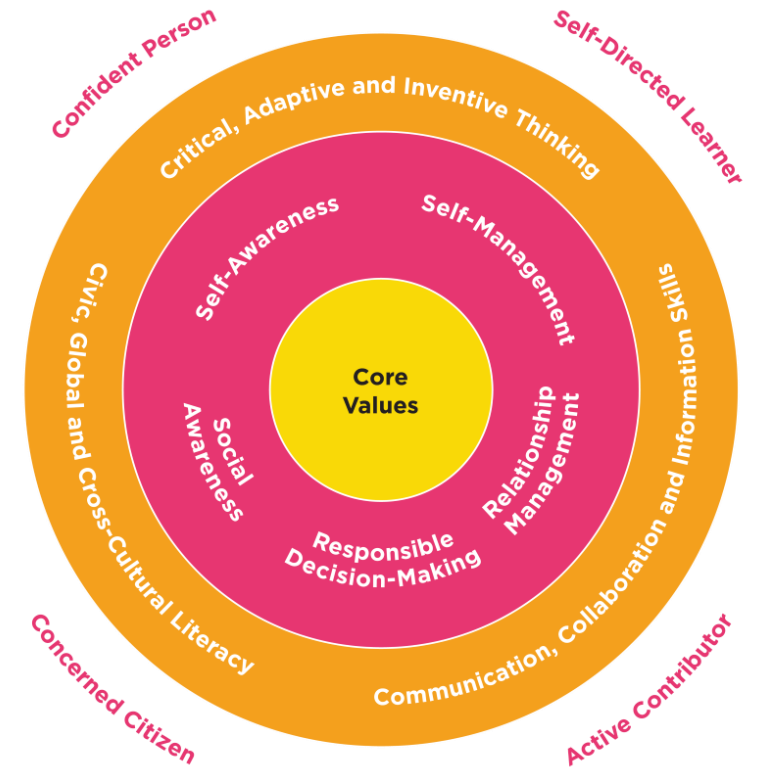
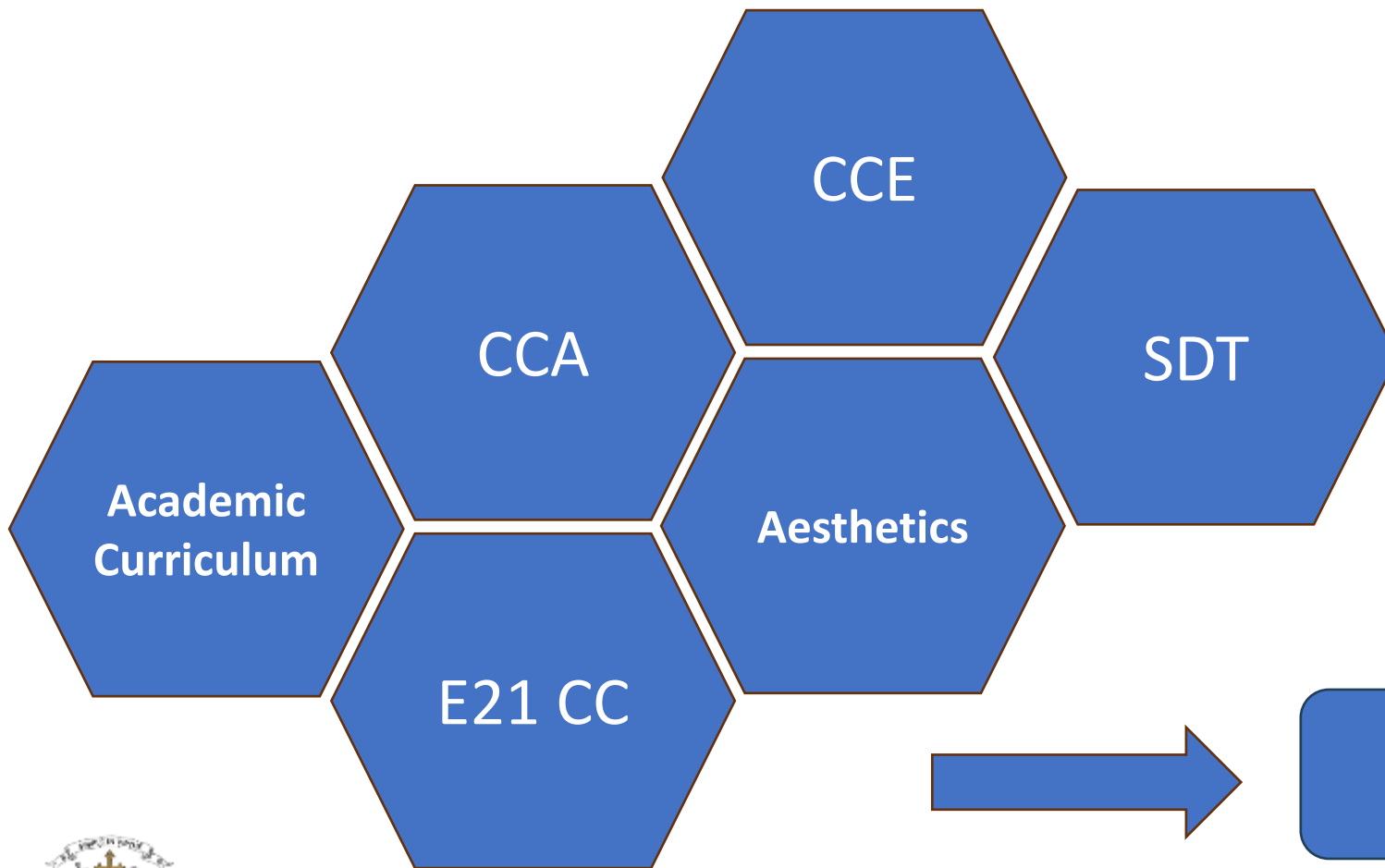
- Students will be missing lessons during MOE-OBS Challenge in August
- Attendance for these 3 days ensures they do not fall behind in content
- Sessions are structured to support teaching and learning across subjects
- Areas covered (academic and non-academic):
 - Lessons
 - Weighted Assessments
 -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

A close-up, slightly blurred photograph of a desk. In the foreground, an open book with a landscape illustration is visible. Behind it, several other books and papers are scattered. A small jar and a glass bottle are on the left side of the desk. A lamp is partially visible on the far left. The overall lighting is warm and soft, creating a study atmosphere.

Top 3 challenges this year

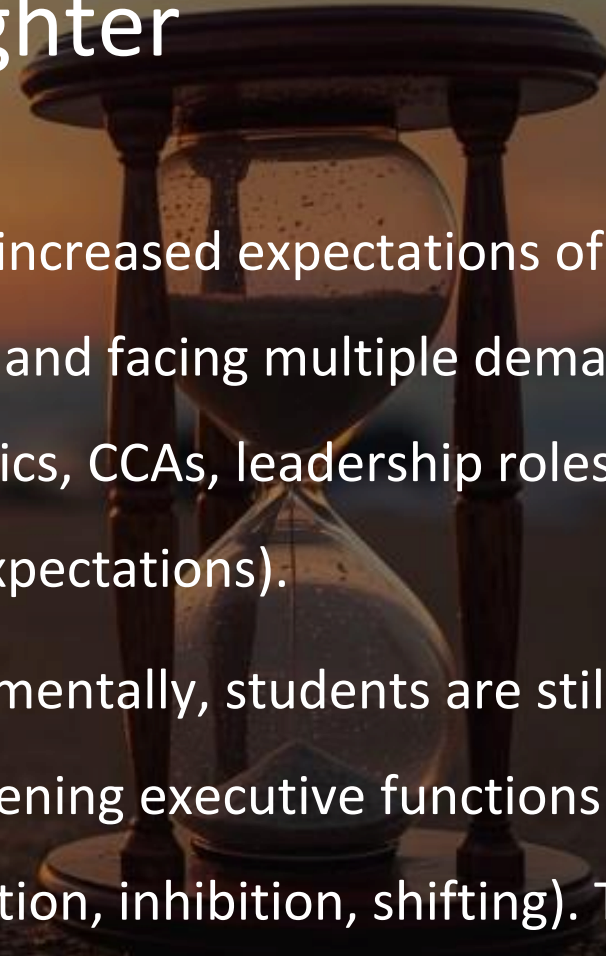
Academic step-up & higher stakes

- 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...



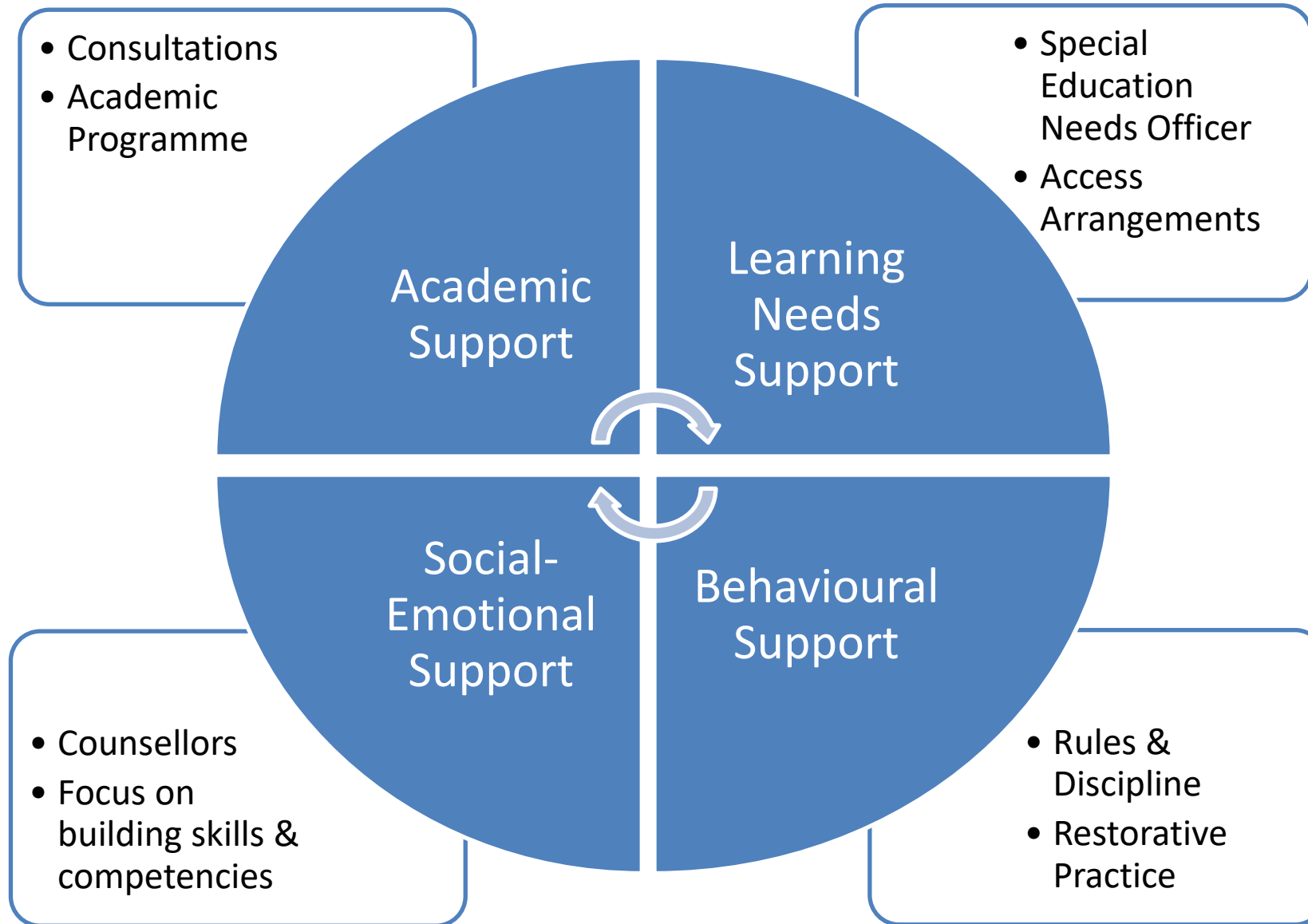
- This sets them up for a successful graduating year in Sec 4
- They will develop a reliable toolkit for independence for their later years.
- They will have a clearer identity and direction for life.

How to WIN the year?

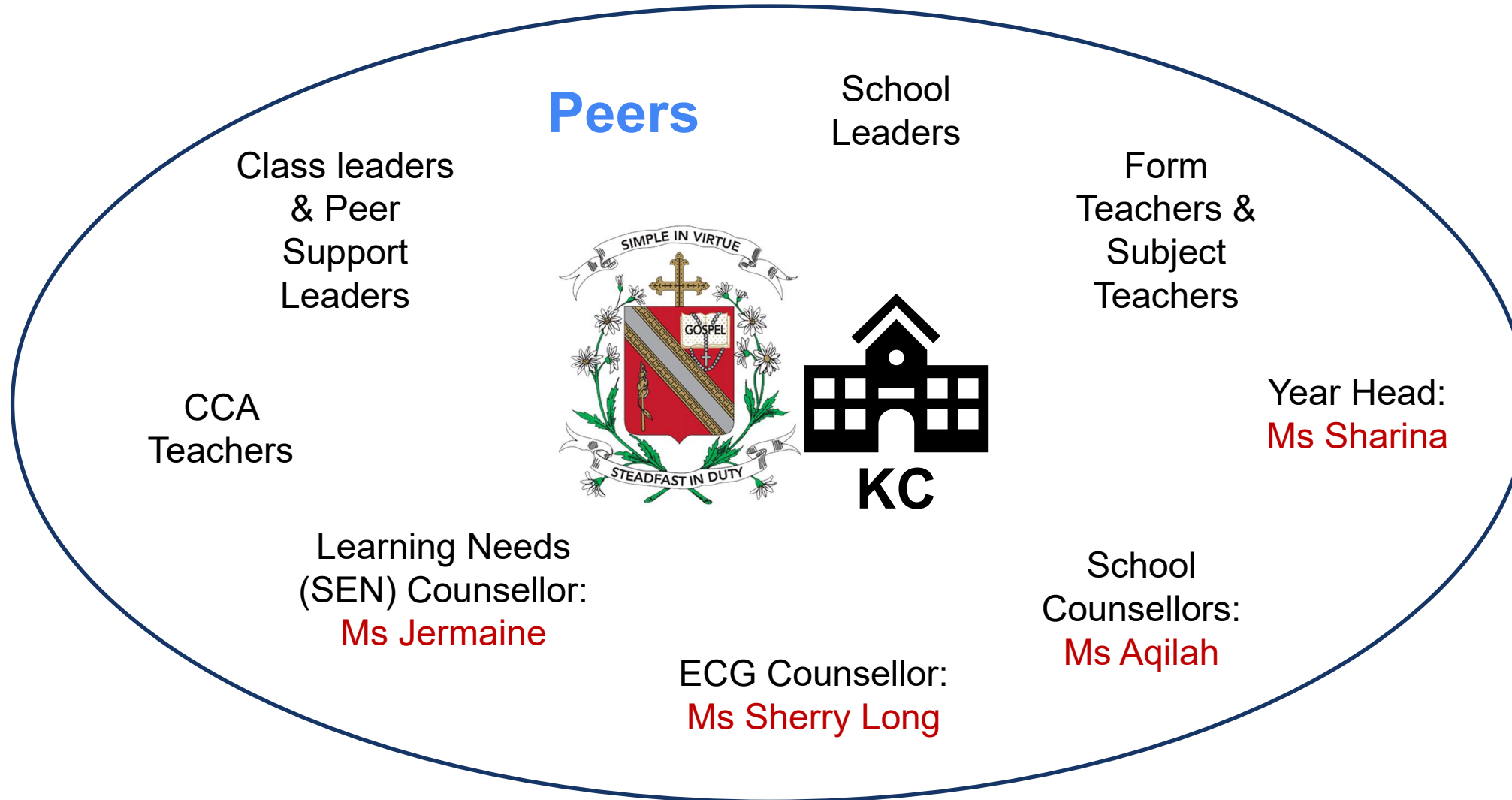
- Anchoring relationships Strong home-school partnership
 - Having a trusted adult in their lives
 - Positive peer relationships
- Self-regulation & executive functioning skills Routines for planning, organisation & attention control
 - Executive functions are still developing in adolescence and is tied 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



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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.

	ITE Year 1 Entry	ITE Year 2 Entry	Polytechnic Foundation Programme (PFP)	Polytechnic Year 1	Millennia Institute	Junior College
Students taking at least						
5 G3 subjects	✓	✓	✓	✓	✓	✓
4 G2, 1 G3	✓	✓	NEW	NEW		

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
Millennia Institute	L1R4	5	G3
Polytechnic Year 1	ELR2B2	5	403 102
NAFA Year 1 (LASALLE TBC*)	4 subjects excluding EL	4	303 102
Poly Foundation Programme	ELMAB3	5	G2
NAFA Foundation Programme	ELMAB3	5	G2
5 th Year	ELMAB3	5	G2
ITE Year 2 Entry	ELMAB3	5	G2
ITE Year 1 Entry	4 subjects	4	G1

*TBC : To be confirmed

Summary of the Number of Subjects Needed for Entry into Each Pathway

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 Millennia Institute	L1R4	≤ 16	English Language	1-6 at G1
	L1R4	≤ 20	Mathematics (Elementary/Additional)	1-7 at G3
			Any one Mother Tongue Language	Higher Mother Tongue Language: 1-6 at G1 Mother Tongue Language: 1-7 at G1; 1-5 at G2; 1-3 at G1
JC/MI aggregate score composition			Subjects	
First Language (L1)			English or Higher Mother Tongue	
Relevant Subject 1 (R1)			Best-scoring subject from Humanities	
Relevant Subject 2 (R2)			Best-scoring subject from Mathematics or Science	
Relevant Subject 3 (R3)			Best-scoring subject from Humanities, Mathematics or Science	
Relevant Subject 4 (R4)			Any best-scoring subject except Religious Knowledge	
Posting			Net L1R4 (including bonus points)	

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](#)

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.”



Readily Available Resources

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



2026 Sec 3 KC PSG

WhatsApp group



Parent Support Group

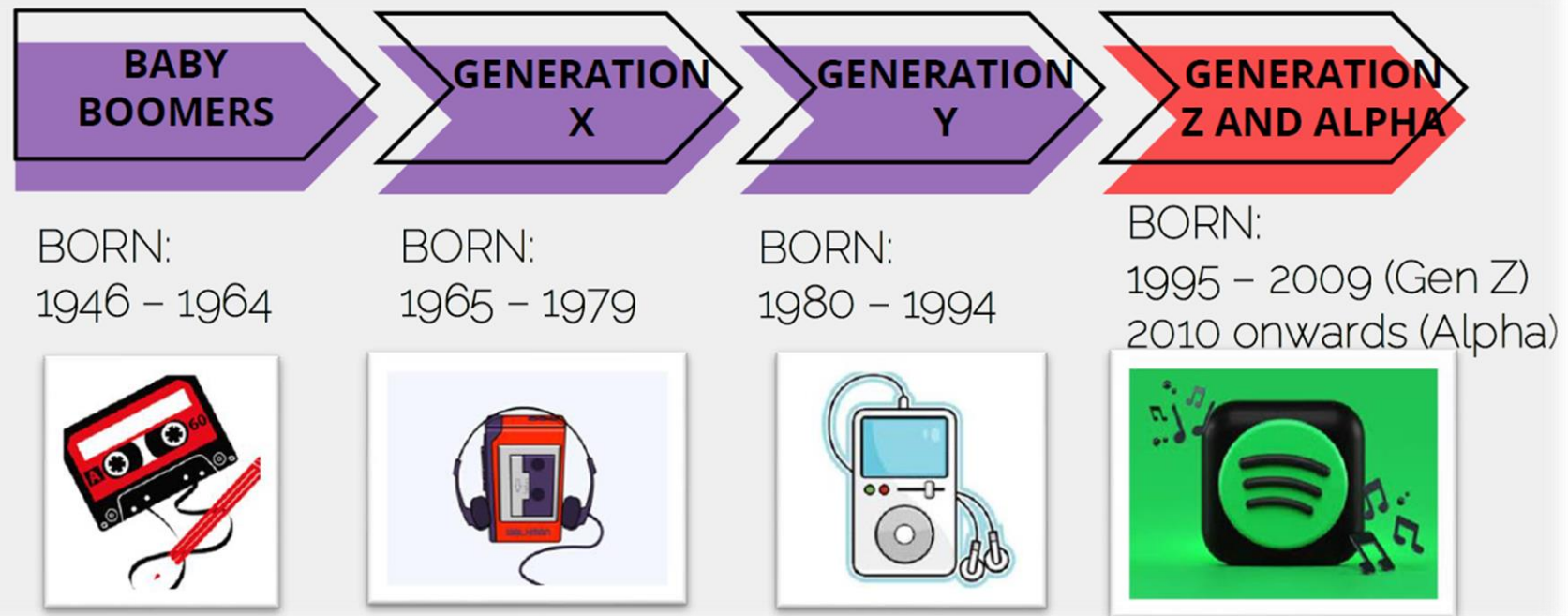
A channel of support for you

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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