

**Welcome to
Gan Eng Seng School**

**Sec 3
Meet-Parent-Session
2023**



VISION

Gessians of
Excellence
Standing &
Significance



MISSION

Nurturing the
best in each &
**Striving ever
onward**





MOTTO

ONWARD

Founded 1885.



VALUES

Integrity

Compassion

Resilience

Discipline

Respect



GESS DESIRED STUDENT OUTCOMES



THE GESSIAN PORTRAIT



PRINCIPLED LEADER

*Demonstrates integrity
and moral courage
in word and deed*



ENGAGED LEARNER

*Constructs knowledge
using both self-directed
and collaborative means*

REFLECTIVE & INNOVATIVE THINKER

*Manages complexities
and innovates for
a better future*



ACTIVE CITIZEN

*Thinks globally and makes
a positive impact on
the community*



Life of a Gessian...

Leadership
Development



CCAs

ICT-Based
Lessons/
Activities



Our Belief
In
Holistic
Education



Academic
programmes

Character &
Citizenship
Education



Physical &
Mental Wellness
Activities



Aesthetics
programmes

We believe in holistic development of every student!

Mental Health Education @GESS

GESS focuses on developing resilience through

- raising awareness of mental health issues during CCE lessons, Form Teacher's Time (H2H) and assembly programme,
- sharing strategies to cope with stress and distress and strengthening a positive outlook about life,
- tapping on the Peer-Support-Leaders (PSL) programme where buddies offer social and emotional support to students in need,
- journalling.



Storms make trees take deeper roots – Dolley Parton

Despite the strong wind, most trees sway around but they grounded.
In the picture below,

1. Write down all the challenges you are facing around the tree.
2. Around the roots of the tree, write down the people, things, pets, values and/or thoughts that made you feel loved and supported.



LETTER TO my FUTURE SELF

Write a letter to be mailed to your future self at the end of the year.
Share with your future self:

- 1) How have you changed for the better this year?
- 2) How you hope to take care of yourself a year from now?



When I was sad

Think about a time in your life when you were in deep sadness. How did you overcome it? What beautiful things have come from this sorrow? How have you changed because of it?

Everyone feels sad sometimes, just like everyone can feel joyful, angry, proud and plenty of other emotions. In other words, everyone has feelings, and those feelings are always changing. It is okay to feel sad. In other words, being sad doesn't mean you are not coping with a situation. Rather, it helps you come to terms with that situation and move on. It is an important emotion that can help you adapt, accept, focus, persevere and grow.

(<https://www.betterhealth.vic.gov.au/health/healthy/living/its-okay-to-feel-sad>)

All About Me

My favourite

color

movie

book

I want to learn how to

I love

BIG dream

3 facts about me

- _____
- _____
- _____

5 people I can turn to

Key
Messages
that
students
need to
understand:

Mental health is part of overall health, which includes physical and social well-being.

Resilience can be strengthened, like a muscle, each time we face a challenge and overcome it.

We need to be **able to differentiate normal stresses from a state of distress** and take steps, including **seeking help**, to address it. Prolonged distress may lead to mental health problems.

Key
Messages
that
students
need to
understand:

Help-seeking is not a sign of weakness
but an act of strength as it leads to
better outcomes.

We have a **responsibility in our
respective roles by being careful with
our words and actions.**





How can
Parents play
your part?

Give our Children **S.P.A.C.E** to grow

SUPPORT

- Provide positive feedback
- Be willing to listen

PROBLEM
SOLVE

- Reflect on setbacks together
- Guide your child to develop alternate plans

AFFIRM

- Affirm strengths and efforts
- Use of effective praise

CHEER

- Cheer your child on for every effort
- Celebrate all successes, even small ones

EMPOWER

- Let your child make decisions
- Encourage your child to voice his/her ideas, and carry out the plans made

PROVIDE ADEQUATE CHALLENGE

- **Stimulating Environment**

- Provide opportunities for challenges
- Nurture your child's talents

- **Structure**

- Set consistent and realistic expectations
- Maintain daily routines with clear boundaries
- Assign responsibilities (e.g. household chores)

- **Supervision**

- Monitor your child's progress
- Look out for signs of distress



PROVIDE HIGH SUPPORT

- **Responsive Environment**

- Know your child's needs
- Be present

- **Role Modelling**

- Role model social skills
- Be consistent in teaching and setting examples

- **Reassurance**

- Encourage your child regularly and intentionally
- Tell your child "I believe in you"



STUDENTS' MENTAL HEALTH :

Early Identification and Supportive Strategies



Why is early identification important?

Some children and youth find it difficult to ask for help when they are in distress. Early identification and intervention may be effective in reducing the risk of outcomes such as delinquent behaviour, social isolation, and even suicide. Treatment outcomes are more optimistic with early intervention too.



DISTRESS Signals

Warning signs are often an appeal for help. There are several warning signs of distress that can be observed in students which may indicate the need for additional support.

When signs are present **IN COMBINATION** or in **MORE EXTREME** or **LONG-LASTING** forms, it may be more indicative that the students may be experiencing significant emotional and social distress. If in doubt, seek help and advice from your School Counsellor.

- D** Displaying out-of-character behaviour
- I** Injuries that are unexplained (including cuts, bruises or bumps)
- S** Sudden changes in appearance, interests or habits (including eating or sleeping)
- T** Temperament changes (irritable, agitated, moody, stressed or anxious)
- R** Rebellious/ aggressive behaviour
- E** Extended absence/ deliberate social withdrawal
- S** Struggling to pay attention/ increased lethargy
- S** Sending/ posting moody or morbid messages (including expressions of death)

SUPPORTIVE Strategies

Creating a caring school environment is critical in facilitating the early identification and support of students in distress. Students can contribute to this supportive environment by looking out for and providing support to their friends in need.

You can encourage your students to use the 5 steps of the **CHEER** model to give help when they observe that their friends are visibly distressed.



Calm your friends down

Allow your friends time to cool down. Ask them to take deep and slow breaths to calm their emotions.



Hear your friends out

Listen attentively to your friends' words or feelings. Keep an open mind. Do not judge or interrupt.



Empathise with your friends

Understand how they feel by putting yourself in their shoes. Check if you have understood your friends' issues and emotions correctly.



Encourage your friends to seek help

If your friends cannot resolve the problem, encourage them to talk to a trusted adult, such as a parent, teacher or School Counsellor.



Refer your friends to a trusted adult

Talk to a trusted adult if you are worried that your friends may hurt themselves or others, or if the problem continues for a long time.

Allied Educators



Mr Sim Kwang Mong
Senior School Counsellor



Mrs Yap Hwee Ting
Special Needs Officer



Ms Gina Tan
ECG Counsellor

Useful Websites and Helplines

	Purpose	Contact
Samaritans of Singapore (SOS)	For people who experienced crisis and need advice and support.	Tel: 1800-221 4444 (24 hours) Email: pat@sos.org.sg Text based support at: sos.org.sg
eCounselling Centre (eC2) (Fei Yue Project 180)	An online facility offering free counselling to youths .	Fei Yue Community Services admin@ec2.sg (Mon to Fri: 2.00pm – 5.30pm)
eCounselling Centre (eC2) (Fei Yue Project 180)	An online facility offering free counselling to youths .	Fei Yue Community Services admin@ec2.sg (Mon to Fri: 2.00pm – 5.30pm)

Parents' Resources

- MOE has launched a website that provides tips and guidance on supporting your child/ward in their schooling years.

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



Parent Kit: Easing Into Secondary School Life!





Thank You