



## SECONDARY 4 & 5 INFORMATION SESSION

Friday 4 April 2025





# Housekeeping



Adjust your volume if you cannot hear the soft music being played while we wait to start. If needed, do exit and log in again.



Ensure that your mic is muted throughout the webinar. A survey link will be shown for Q&A later.

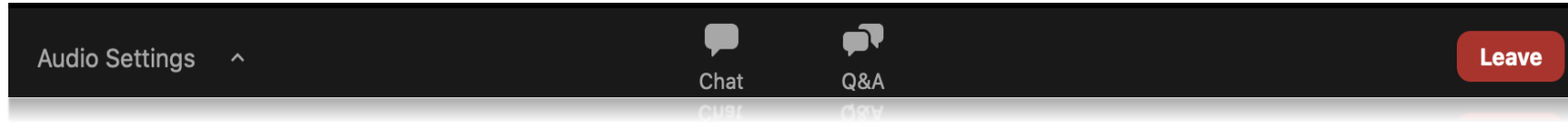


Presentation slides will be made available on the school website after the webinar.





# Webinar Functions



- **Audio Settings:** For adjusting of volume.
- **Chat:** This may be used by presenters to share important links or any other information.
- **Q&A:** For attendees to submit questions to the presenters. Responses may occur live during the event or replied privately or publicly for the benefit of others to see.





# Naming Convention

- For identification purposes, please observe the following naming convention:
  - Class\_Daughter's/Ward's Name
  - E.g., 4G\_Jane Tan
- Follow this convention later during the Microsoft Teams session after the webinar has ended.





# Programme Outline

Time	Item	Presenters
4.00 – 4.05pm	Welcome Remarks	<b>Mr Lee Boon Leong</b> YH, Sec 4&5
4.05 – 4.45pm	Address by Principal	<b>Mrs Jenny Leong</b> Principal
4.45 – 5.00pm	Address by Year Head	<b>Mr Lee Boon Leong</b> YH, Sec 4&5
5.00 – 5.15pm	Sharing by ECG Counsellor	<b>Ms Christina Ho</b> ECG Counsellor
5.15 – 5.30pm	Log in to separate Microsoft Teams sessions with Form Teachers. Login details will be shown later.	





# Secondary 4 & 5 Team

Name of Teacher	Area(s) of responsibility	Email
Mr Lee Boon Leong	Sec 4/5 Year Head	lee_boon_leong@moe.edu.sg
Mr Andy Quek	HOD Mathematics, Sec 4/5 Level Key Personnel	quek_kim_leng_andy@moe.edu.sg
Mdm Lee Chai Yen	HOD Mother Tongue Languages, Sec 4/5 Level Key Personnel	lee_chai_yen@moe.edu.sg
Mr Ng Kok Huat	HOD Infocomm Technology, Sec 4/5 Level Key Personnel	ng_kok_huat@moe.edu.sg





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Name of Teacher	Area(s) of responsibility	Email
Mr Lua Jiong How Ms Miroshini D/O Kannathasan	Form Teachers of 4A	lua_jiong_how@moe.edu.sg miroshini_kannathasan@moe.edu.sg
Mr Terance Wong Ms Choy Cheng Mun	Form Teachers of 4B	wong_foh_peng_terance@moe.edu.sg choy_cheng_mun@moe.edu.sg
Mrs Maggie Dabbs Ms Evelyn Yau	Form Teachers of 4C	lee_peck_lin_maggie@moe.edu.sg evelyn_yau_yen_teng@moe.edu.sg
Mrs Megalai Hari Mr Andrew Lau	Form Teachers of 4D	megalai_rajandran@moe.edu.sg andrew_lau_fu_yang@moe.edu.sg
Mrs Valarie Lee Mr Alfie Yang	Form Teachers of 4E	leong_kai_yun_valarie@moe.edu.sg alfie_yang@moe.edu.sg
Ms Nur Hannah Binte M Elyas Mr Alwyn Lee	Form Teachers of 4F	nur_hannah_mohamed_elyas@moe.edu.sg lee_zhong_hao_alwyn@moe.edu.sg
Ms Rachel Chong Mr Toh Boon Hui	Form Teachers of 4G	chong_shufen@moe.edu.sg toh_boon_hui@moe.edu.sg
Mr Edgar Seow	Form Teacher of 5A	seow_siang_kim_edgar@moe.edu.sg





# PRINCIPAL'S ADDRESS

**Mrs Jenny Leong**





# A warm welcome to all Parents/Guardians!



**Ms Janice Wee**  
Vice-Principal



**Mrs Jenny Leong**  
Principal



**Mr Yeo Ngee Yang**  
Vice-Principal  
(Administration)





# Theme for 2025



How can I demonstrate courage in my words and deeds?  
When I do this, how can I achieve freedom?





# Mother Mathilde's Legacy

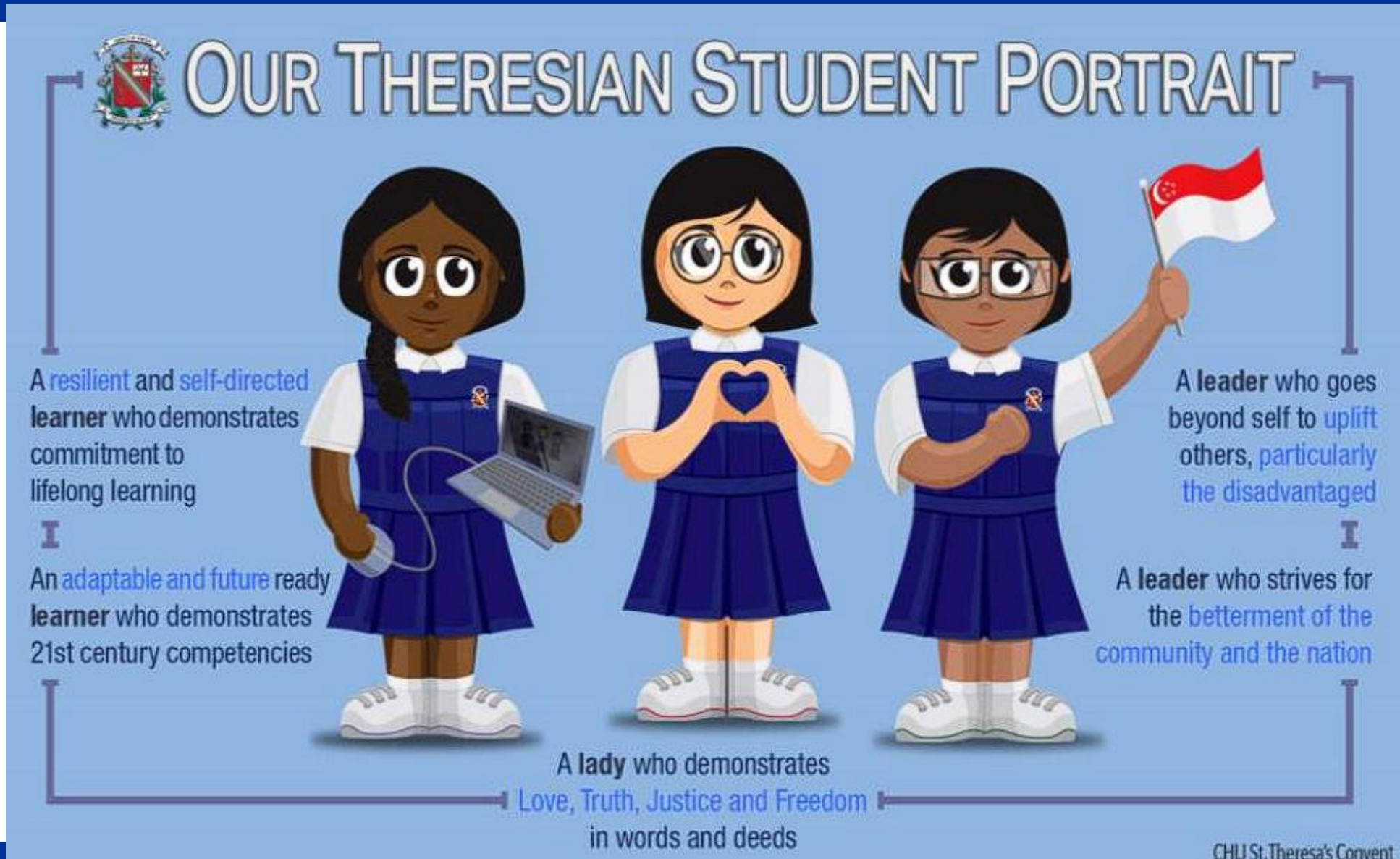
## Daring Courage of Mother Mathilde:

- Ventured into the unknown with remarkable courage to fulfil her mission to bring education to girls and the poor.
- We can be inspired by this daring spirit – to explore new horizons and opportunities in our school even in unfamiliar and challenging circumstances.
- We achieve freedom when we have courage to speak the truth and live the life that we are destined to lead.





# Theresian Students Portrait







**How is your daughter  
building herself to be a  
resilient, adaptable  
Theresian who is a  
person for God and  
others?**





# School-Home Collaboration

**As your daughter/ward prepares for her national examinations this year:**

- Your daughter may be coping with increased academic workload and demands, eg. managing coursework, practical assessments, and preparation for O/N-Level exams across multiple subjects;
- Managing multiple commitments such as leadership roles, CCAs, or participation in national events like the National School Games and Singapore Youth Festival, while learning to balance these responsibilities with revision and study time;
- Maintaining friendships, seeking and providing emotional peer support to their peers through group study while cherishing shared milestones as the cohort approaches graduation;
- Exploring her identity, future aspirations (e.g., subject or career interests), and forming a clearer sense of purpose in relation to her community and society.





# For Parents/Guardians of **Sec 4 & 5s**

- What career does your daughter plan to take up? What are her strengths and talents?
- For her desired career, should she choose the JC/Polytechnic/ITE pathway? Which suits her learning disposition and her desired career?
- How can you support her in setting goals and identifying key areas to focus on based on her WA1 and Sec 3 results?





# How can parents support their daughter/ ward?

- Encourage your daughter to develop her Education and Career Guidance (ECG) awareness
  1. **Post-secondary:** JC/Poly/ITE?
  2. **JC/ Poly:** More Science or Arts inclined?
  3. **Courses available and Cut-Off Points:**
    - (i) <https://www.moe.gov.sg/schoolfinder>
    - (ii) <https://www.moe.gov.sg/coursefinder>
  4. **Discuss with your daughter about whether she would enjoy being in that particular career or industry**
- Explore the options with your daughter and try to get her to think through the alternatives rather than hearing what we want her to do.





# Post-Secondary Admissions

## DSA-JC

Provide students with an opportunity to demonstrate **a more diverse range of achievements and talents** in seeking admission to a JC/Institution.

**Sports  
Performing Arts  
Leadership  
Outstanding  
Academic  
Achievements**

## Poly/ITE - EAE



For those who have aptitude and interest in specific fields of study, so that they **won't have to compete for admission to polytechnic/ITE** strictly on the basis of how well she does academically compared to everyone else.





## Things Your Daughter Can do NOW



- 1** Explore her interests and develop her strengths
- 2** Research on JC/polytechnic/ITE courses that she is interested in and related careers in the sector
- 3** Start acquiring experiences and build a portfolio



# PRINCIPAL'S VISITS TO THE GRADUATING CLASSES: TALKING POINTS

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# Some examples of their questions

- What skills or habits do you think are the most important for a student?
- How did you balance your time with studies & other demands like CCA, personal & family time? Can you share with us some tips on time & stress management?
- How do you handle stressful situations at school, and how do you stay motivated on tough days?





# Some examples of their questions

- When did you know which pathway (JC or poly) you wanted to take?
- How did you find out that you wanted to be a principal and what joy does it bring you?
- If you could go back, would you study something different? What advice would you give students about becoming lifelong learners?





# Key Points About Students' Concerns

- They are thinking hard about their post-secondary choices and are developing their identity as they move into young adulthood.
- Some find it hard to manage their
  - Time and energy
  - Personal relationships (family and friends)
  - Meeting parents' expectations and aspirations
  - Own level of self-esteem and confidence
- Many of them admit that they are very hard on themselves while being caring and helpful towards their friends.





# Key suggestions

- Authentic and open listening – safe space for them to articulate their fears and anxieties.
- Being accepted for who they are and not what parents want them to be, or being compared with siblings, cousins, etc.
- Start with 'why': teenagers need to understand the rationale for adults' decisions/ permissions.





# Key suggestions

- Many of them are not confident about their strengths and talents. Remind your daughter of her past successes and achievements so that she may take heart and feels affirmed.
- Remind her to take care of herself and to avoid being too hard on herself.





## Weighted Assessments

- If your daughter/ward is absent from school & misses a WA, she needs to submit a **valid medical certificate** to her Form Teacher and the relevant subject teacher.
- She should take the initiative to schedule a make-up assessment with her subject teacher.
- Make-up assessment for WA (with valid reasons for absence) will be conducted **within one week**.





# Teacher-Parent Collaboration

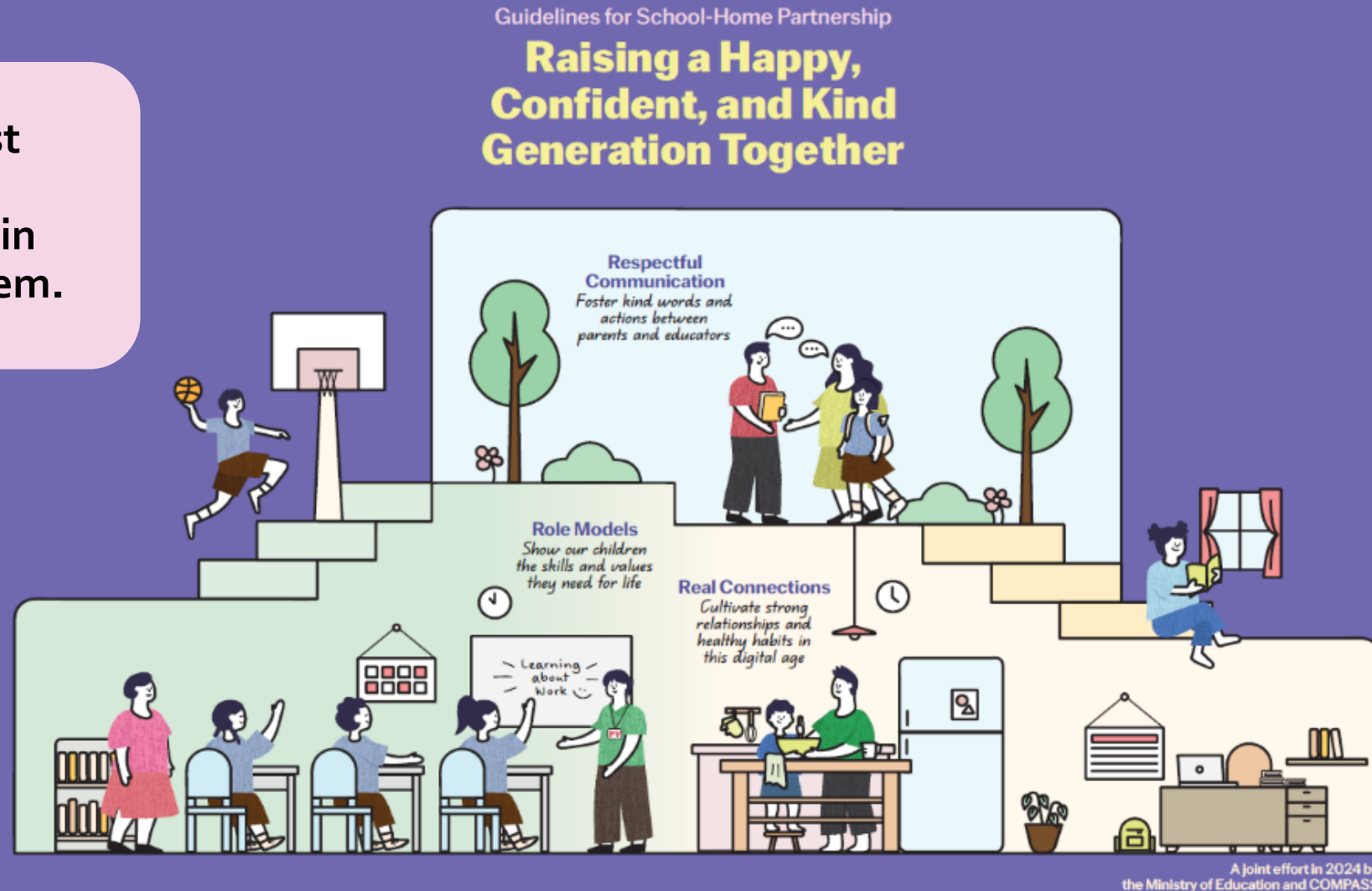
- **Encourage** your daughter to
  - Make informed choices;
  - Persevere and don't give up easily;
  - Look for alternative solutions to a problem, and
  - Accept the consequences of her informed decision.
- Give your daughter **time to rest** after school.
- **Trust our teachers** to do the necessary in good time.





# School-Home Partnership

Our children do best when schools and parents work hand in hand to support them.





# 3 areas we can work together on to foster School-Home Partnership

**1 Respectful  
Communication**

**2 Role Models**

**3 Real Connections**





# Respectful Communication

## Foster kind words and actions between schools and educators



Listen to and understand each other's perspectives and concerns regarding each child



Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers.



Respect each other's time by communicating during working hours





# Role Models

Show our children the skills and values they need for life



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions



*Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.*





# Real Connections

## Cultivate strong relationships and healthy habits in this digital age

Establish good habits for our children to stay confident and in control of their technology use

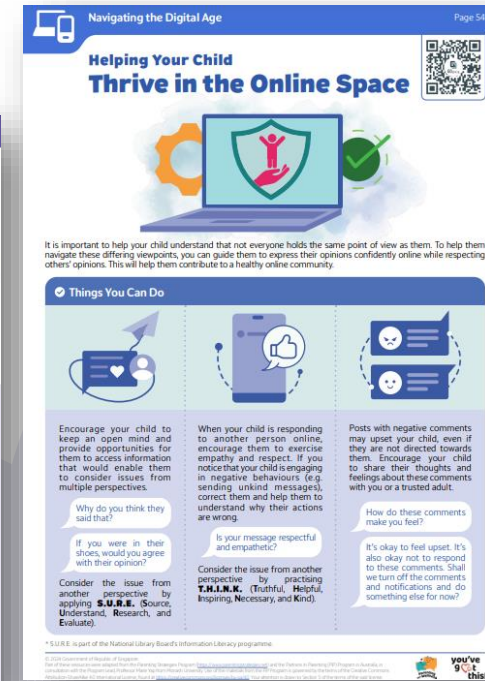


Provide a balanced mix of engaging online and offline activities, at school and at home

Build strong bonds through shared experiences and meaningful conversations



*Check Parenting for Wellness Toolbox for conversation starters to facilitate meaningful conversations, and practical strategies on parenting in a digital age.*



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty



# Engagement Charter

- The partnership between schools and parents is an essential one.
- By promoting mutual courtesy and respect in our interactions with each other, we can be good role models for our children and build authentic partnerships that will better benefit our children.

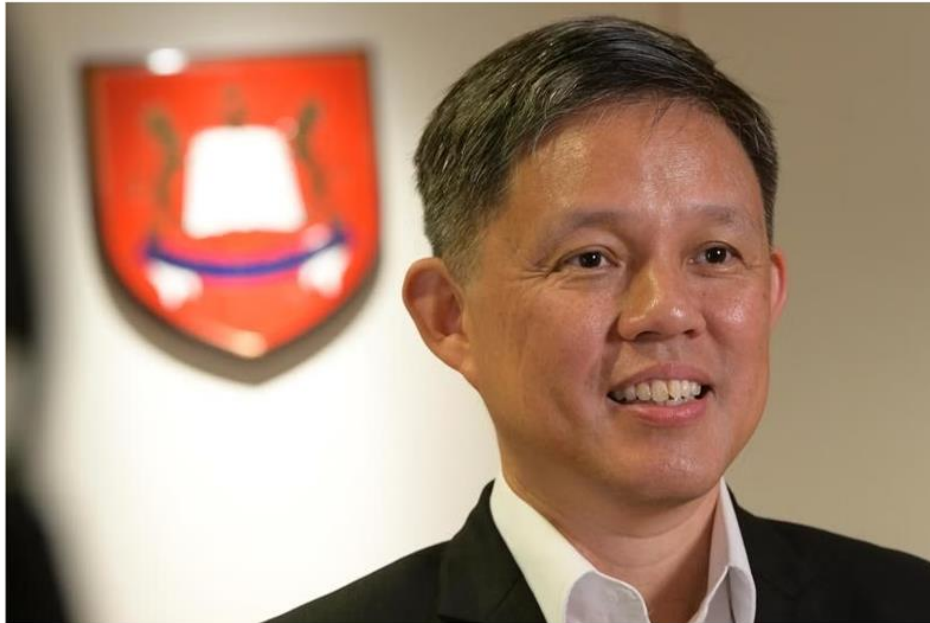




# Parents as Role Models

## Straits Times, 2 Jan 2024

Give children space to grow and be independent: Chan Chun Sing



Education Minister Chan Chun Sing's hope is that parents can work with teachers to give children space to grow and the chance to be independent. ST PHOTO: NG SOR LUAN



Amelia Teng  
Assistant News Editor

UPDATED JAN 2, 2024, 5:31 AM SGT



His hope is that parents can work together with teachers to give children the space to grow and the chance to be independent.

“If a child sees their parents making demands on their teachers in a very unprofessional, unfair or unethical way, then I think we are transmitting the wrong values.”





# Home-School Communication

## Respectful Communication

Foster kind words and actions  
between parents and educators



- Listen to and understand each other's perspectives and concerns regarding each child.
- Communicate kindly using official channels. Teachers are not required to share their personal mobile numbers.
- Respect each other's time by communicating during working hours.

- Please adhere to the official school hours (7.30 am – 5 pm). If a request is received after official school hours, we seek your understanding that the teacher is not obliged to reply immediately.
- If urgent, pls contact the General Office should the teacher be uncontactable during office hours.
- When making an appointment with a teacher, kindly allow advance notice.
- Please check the dates of school terms in your daughter's Student Handbook before you book your family vacations.





# Home-School Communication

- Email addresses of all teachers and KP are available on our school website.
- Parents may approach Form Teachers, school counsellors and SEN Officers (SENOs) as needed.
- The school will use the Parents' Gateway app to keep parents informed of school events.
- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident and we will act to ensure a fair, objective outcome for all parties.





# Supporting Your Child

- Build resilience in your child by emphasising that for every problem, there is more than one solution.
- Praise her more for the effort, rather than the performance (Growth Mindset).
- Teach your child to take ownership of her problem and to make good decisions in solving it on her own.





## HANDPHONE USAGE POLICY





“Even just having a mobile phone nearby with notifications coming through is enough to result in students losing their attention from the task at hand. One study found that it can take students up to 20 minutes to refocus on what they were learning once distracted.

Removing smartphones from schools in Belgium, Spain and the United Kingdom was found to improve learning outcomes...”

<https://www.unesco.org/en/articles/smartphones-school-only-when-they-clearly-support-learning>



# Mobile phones and other devices to be banned from Dutch classrooms

Education ministry in the Netherlands says tech is a distraction from learning and will only be allowed if specifically needed

UNESCO has flagged that use of devices by students beyond a moderate threshold may have a negative impact on academic performance as the use of smartphones and computers disrupts classroom and home learning activity.



## France to trial ban on mobile phones at school for children under 15

'Digital pause' experiment at 200 secondary schools could be extended nationwide in January

## Greece announces new rules banning mobile phones in schools from September

📷 'Even though mobile phones are intertwined with our lives, they do not belong in the classroom,' says Robbert Dijkgraaf, the Dutch education minister. Photograph: devenorr/Alamy

<https://www.theguardian.com/world/2023/jul/04/mobile-phones-other-devices-to-be-banned-from-dutch-classrooms>

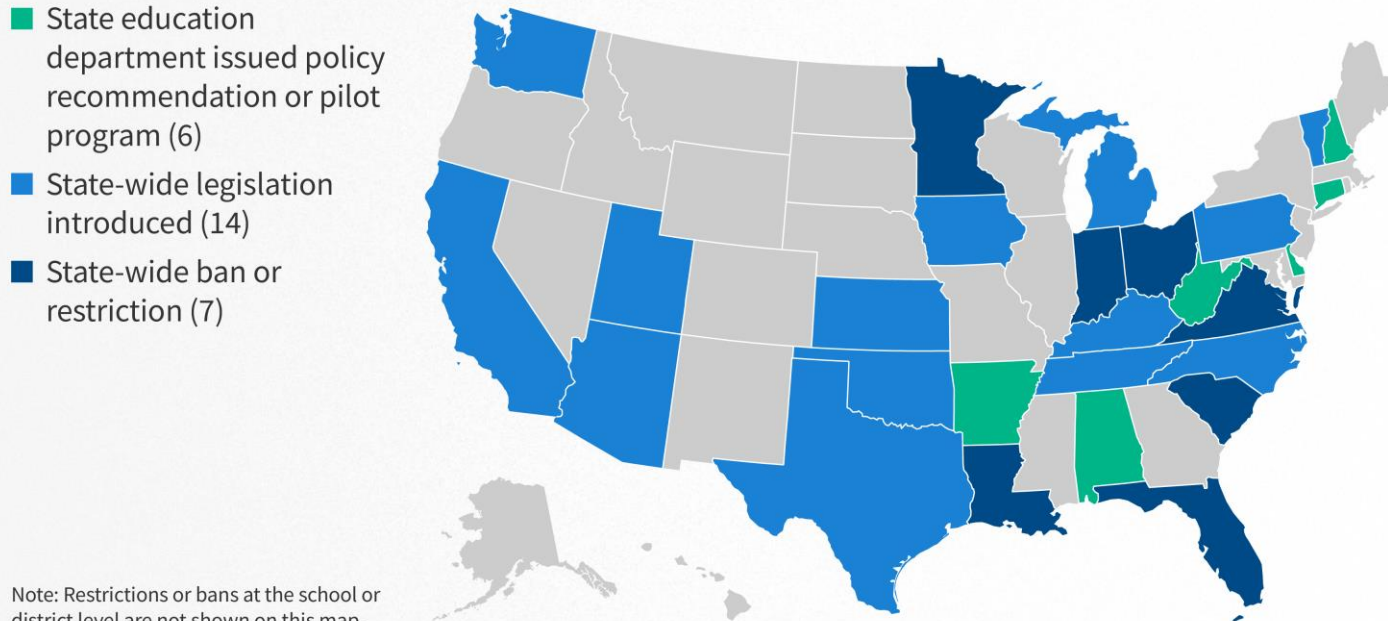




# United States

## School Cell Phone Bans or Restrictions, by State

*State-level data reflects policies as of September 4, 2024*



## Bans on school cell phones (June 2024)

*We are constantly having parts of our brain being drawn to the phone...So, by just either having it on the desk, in our backpack or in our pocket, as long as it's in reach of us, our brain is continuously thinking about that. And that diverts the attention away from what the teachers are saying... – Clinical and school psychologist Todd Cunningham*

<https://internationalednews.com/2024/09/16/banning-cell-phones-around-the-world-scanning-the-back-to-school-headlines-for-2024-25-part-3/>

<https://www.kff.org/mental-health/issue-brief/a-look-at-state-efforts-to-ban-cellphones-in-schools-and-implications-for-youth-mental-health/>



# CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty



17 Aug 2024

# Schools in Singapore impose phone bans to reduce distractions, rekindle social interaction



Schools in Singapore have in recent years stepped up measures to curb the usage of smartphones. ST PHOTO: CHONG JUN LIANG



At Swiss Cottage Secondary in July, a group of Secondary 4 students started to stack their phones in the middle of the canteen table during recess. ST PHOTO: NG SOR LUAN





# We are not the first to implement...

Singapore to put in place measures to deal with screen time and device use in coming months



Another yet-to-be-published study explores how a child's mental wellness is affected by the linkage between brain development and executive function. PHOTO: ST FILE



Erika Tushnet

UPDATED JUL 24, 2024, 04:21 PM



SINGAPORE - Measures to deal with device usage in Singapore will be released in the coming months, as electronic devices and social media become a big part of people's lives, Health Minister Ong Ye Kung and Minister for Social and Family Development Masagos Zulkifli said in separate Facebook posts on June 21.

They highlighted the need for more decisive and effective measures to shape habits of device usage, especially for the young, with research showing negative effects and links to worsening mental health.

"We can make our advice clearer and more definitive; we need to deliver them consistently across all healthcare settings, with more reminders; we need to put them into practice in pre-schools; and we need to find ways to encourage their adoption at home," said the ministers.

SINGAPORE - At the beginning of each school day, students at Queensway Secondary School have to keep their mobile phones in a "locker". On most days, they do not have access to their phones until at least six hours later, when their last lesson ends.

The shared locker is placed at the front of the classroom, and teachers ensure that all students keep their mobile phones there until they are ready to be dismissed from school.

The school's principal, Ms Audrey Chen Li Ying, said parents are generally supportive of the policy, which took effect in 2019. Parents are briefed on the policy when their children join the school in Secondary 1.

Many schools in Singapore have implemented HP usage policy before us and it has been effective and well supported by parents.

<https://www.straitstimes.com/singapore/schools-in-s-pore-impose-phone-bans-to-reduce-distractions-rekindle-social-interaction>





# It's a nationwide effort to shape habits for the young!

Schools in Singapore impose phone bans to reduce distractions, rekindle social interaction



Schools in Singapore have in recent years stepped up measures to curb the usage of smartphones. ST PHOTO: CHONG JUN LIANG



Elisha Tushara

UPDATED AUG 17, 2024, 03:29 PM -



SINGAPORE - At the beginning of each school day, students at Queensway Secondary School have to keep their mobile phones in a "locker". On most days, they do not have access to their phones until at least six hours later, when their last lesson ends.

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<https://www.straitstimes.com/singapore/schools-in-s-pore-impose-phone-bans-to-reduce-distractions-rekindle-social-interaction>





# Implementation of Handphone Policy from 2025 (Term 1, Week 3 onwards)

	Remarks
Curriculum time	<p>Morning assembly: Students should store their handphones in lockers before morning assembly (switched off).</p> <p>Handphones must remain in lockers <b>until the end of the last timetabled lesson of the day</b>, including lessons from 2.00pm - 3.30 pm.</p>
Recess Time	<b>Handphones are strictly prohibited during recess, to encourage face-to-face interactions.</b>
CCA Sessions	CCA teachers will oversee the management of handphones during CCA sessions.





# When will HPs be allowed?

**Handphones will be allowed under the following circumstances:**

- Learning Journeys
- Whole school-based activities (*EFL, House Practice, IFD*)
- Overseas trips
- National School Games
- SYF performances





# Cyberwellness

- To help your child stay safe and have positive experiences online, you may:
  - Organise more outdoor activities together.
  - 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 your child's usage.



For more resources for parents:

<https://www.moe.gov.sg/education-in-sg/our-programmes/cyber-wellness>





UPDATED JAN 16, 2025, 06:16 AM



## App stores to screen age of Singapore users to block kids from accessing apps for adults



SINGAPORE - From March 31, app stores must block young users below 18 years old from downloading apps not meant for their age group, including dating app Tinder and adult video games like Grand Theft Auto.

Under the new Code of Practice for Online Safety for App Distribution Services, app stores targeting users in Singapore must also block children below 12 from downloading apps like Instagram and TikTok, which are rated for ages 12 and above.

Singapore's Code of Practice follows a broader global push to strengthen protections for children online by holding tech platforms accountable for their users' safety.

Many nations are looking to Australia, which will soon enforce a new law to ban children under 16 from accessing social media, setting a benchmark for regulators worldwide.

<https://www.straitstimes.com/singapore/app-stores-to-screen-age-of-users-to-block-kids-from-accessing-apps-for-adults>





## Changes to the Penal Code

### What is Sexual Communication?

Even if the person never meets the victim, the new Section 376EB now states it is an offence to send any form of sexual communication to the victim. This includes inappropriate text messages, photos and videos of a sexual nature. It does not matter where it was sent from, or if the victim replies or not. The mere act of sending such communication may lead to a 2 year jail sentence and/or a fine and if the victim is below 14, the jail term may be extended to 3 years.

This also means if you have a child who has access to the internet, it's best to activate safeguards such as spam filters and monitoring who your child is talking to either online or via their messaging apps.

<https://asl-law.com.sg/2021/01/24/a-guide-to-sexual-offences-in-singapore-part-2-protecting-minors/>





# What parents can do

- Start a conversation with your daughter to find out what she is doing online. Ask her how she keeps herself safe online.
- Assure her that she can always come to you for advice, so she knows you will not over-react if she has any negative news.
- Agree on common rules that she can adhere to if she is spending too much time online.
- Plan some family time together with interesting activities so she is not too absorbed with online activity.
- Build trust with your daughter.
- Pls contact our FTs if you know of anything happening online that is endangering your daughter's cyberwellness (eg. grooming, sexting, sending pornographic images, etc).





# YH'S ADDRESS

**Mr Lee Boon Leong**





# Secondary 4 & 5 Team

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# Starting the Year Right: Level Goal

WHAT WOULD YOU  
HAVE DONE  
DIFFERENTLY, IF  
TODAY WERE YOUR  
LAST DAY IN  
SCHOOL?





# Promoting lifelong learning through making informed decisions for post-sec options

- Circle sharing by young Theresians alumni
- Visits to Institute/s of Higher Learning (IHL)
- Higher education fair
- Talking points with Mrs Leong (Principal)
- Poly Course Advising (EFL)
- Preparation for Early Admissions Exercise (EAE) & Direct School Admission (DSA)
- Learning Support Programmes (LSP)





# Upcoming: Preparation for Early Admissions Exercise (EAE) & Direct School Admission (DSA)

- **EAE write-up workshops** – Crafting personal write-ups for application and feedback given (ECG Counsellor)
- **Workshops conducted by various polytechnics** – address expectations and queries for specific courses on preparing for their portfolios





# Developing 21st century ready adaptable & resilient Theresians

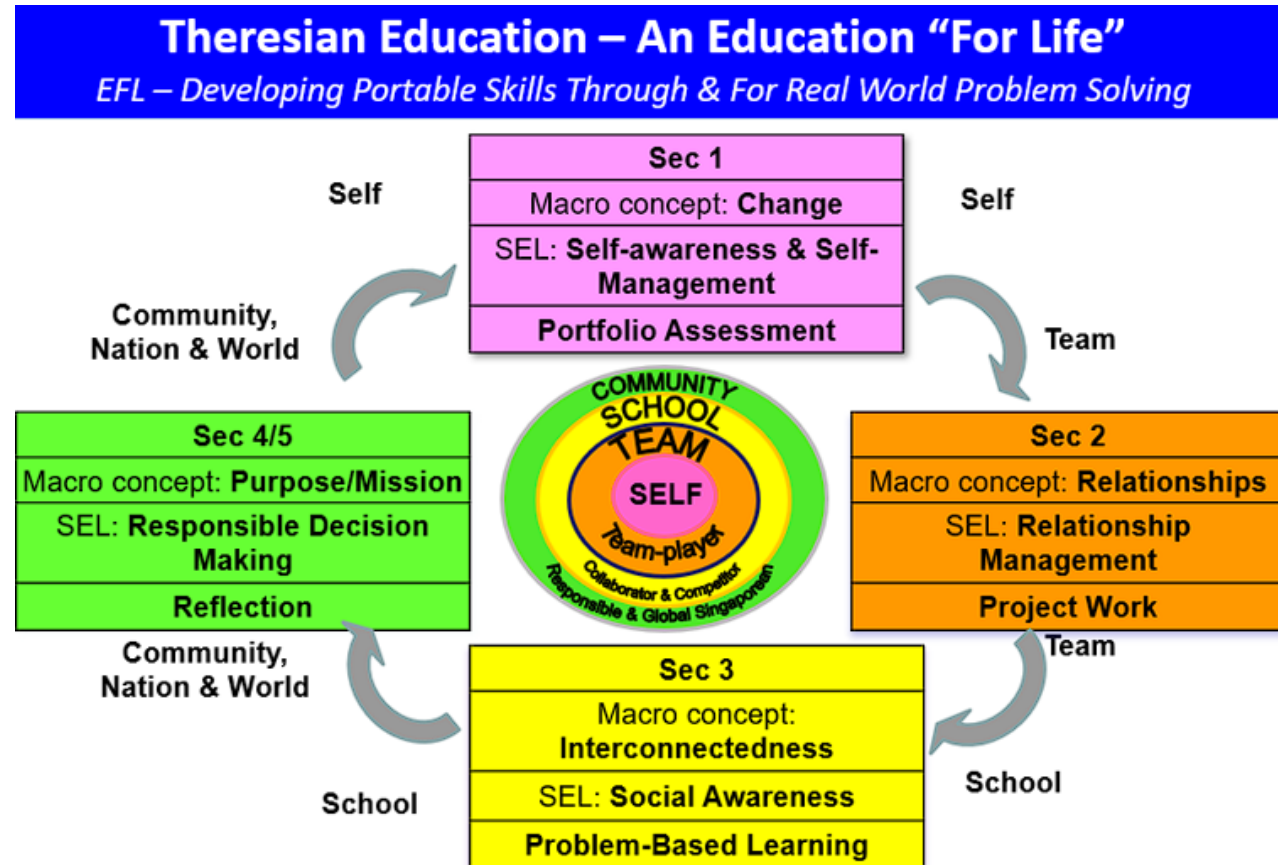
- Sharing by school counsellor (Start Right)
- Well-being capsule activity (Start Right)
- Dragonboating (EFL)
- SimSG (EFL)
- Pottery Workshop (EFL)
- Dignity Kitchen and Triple SSS (Barista/Mocktail Workshop)





# Education for Life

- a. Strengths
- b. Objectives
- c. Expectations





# Reflections from students

Take the leap of faith and try something new. If it doesn't go well, it is not over and it is never too late to change, not the result but the method

During throwing, my clay kept collapsing. I got used to it after a while and just started building on instead of dwelling on it

To always be resilient and not give up despite how much you've lost, you work with what you have left.

I learnt to be patient with myself and also understood that it's ok to start over





# Resilience Learning Aid



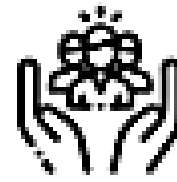


# Resilience Learning Aid

This learning aid takes a strengths-based approach by guiding students to overcome challenges using their:



**Internal strengths**, or the mindsets (I Am) and skills (I Can) that empower them to resolve the challenge on their own.



**External strengths**, or environment (I Have), consisting of the people around them who provide support, help and care.





# Exam Timeline

- 2 June – GCE O level MT written exam
- July - 4N Prelim exam, GCE O & N level MT Oral, GCE O level MT Listening Comprehension
- August – 4E5N Prelim exam
- September - GCE N level written exam (end at mid Oct)
- October – GCE O level written exam (end at mid Nov)





# Graduation Ceremony & Graduation Night

## When?

13 November 2025 (AM & PM)

More details will be shared at a later date.





# Working together with you and our students





If you have any questions, you  
may enter them via this QR  
code.



<https://go.gov.sg/sec45pin2025>



CHIJ St Theresa's Convent

Simple in Virtue  
Steadfast in Duty



# SHARING BY ECG COUNSELLOR

**Ms Christina Ho**



**CHIJ St Theresa's Convent**

Simple in Virtue  
Steadfast in Duty



# Please log into your respective breakout session

Class	Class Microsoft Teams Session	Class	Class Microsoft Teams Session
4A	<a href="https://go.gov.sg/4ainfosession">https://go.gov.sg/4ainfosession</a> Meeting ID: 421 917 704 72 Passcode: 9JN7SC2G	4E	<a href="https://go.gov.sg/4einfosession">https://go.gov.sg/4einfosession</a> Meeting ID: 437 382 379 619 Passcode: SF6s2GR6
4B	<a href="https://go.gov.sg/4binfosession">https://go.gov.sg/4binfosession</a> Meeting ID: 452 698 853 041 Passcode: 9yY7z6Zo	4F	<a href="https://go.gov.sg/4finfosession">https://go.gov.sg/4finfosession</a> Meeting ID: 437 163 559 684 Passcode: LY2vT7zN
4C	<a href="https://go.gov.sg/new4cinfosession">https://go.gov.sg/new4cinfosession</a> Meeting ID: 446 946 406 569 Passcode: CN9u7Rt3	4G	<a href="https://go.gov.sg/4ginfosession">https://go.gov.sg/4ginfosession</a> Meeting ID: 931 652 158 054 4 Passcode: 3Pz3SN
4D	<a href="https://go.gov.sg/4dinfosession">https://go.gov.sg/4dinfosession</a> Meeting ID: 439 027 579 125 Passcode: x75SW2Md	5A	<a href="https://go.gov.sg/5ainfosession">https://go.gov.sg/5ainfosession</a> Meeting ID: 487 053 428 364 Passcode: ZK92jG24





# Thank You & May God Bless You!

