



“Striving to provide a Positive School Experience for students and promote a Positive School Climate.”

Developing Essential Habits through ABCD



Class NAME: _____
MY PERSONAL TARGET SETTING BOARD

O/A PERCENTAGE

Target	Actual	
	SA1	SA2

ACADEMIC PROGRESSION

Subject	Target set in T1	Actual result in Sem 1			Reviewed Target for Sem 2	Actual result in Sem 2		
		CA1	CA2	SA1		CA3	CA1	

CONDUCT GRADE

Target	Actual	
	SA1	SA2

CCA GRADE

Target	Actual

I ASPIRE TO TAKE THIS SUBJECT COMBINATION

No.	Subject	No.	Subject
1		5	
2		6	
3		7	
4		8	

CAREER ASPIRATION

I would like to be a _____

3 Habits to Becoming the Best Me

A: Attendance in school & CCA

B: Behaviour in & out of school

C: Cleanliness in my classroom & school compound



In Sembawang Secondary School, in order for students to maximise their potential, we help them to develop essential habits through ABCD:

- A - Attendance
- B - Behaviour
- C - Cleanliness & Conducive Learning Environment
- D - Desire to Learn and Excel

Creating a safe environment through TSR & PSR



CHEER MODEL

- **C**alm them down
- **H**ear them out
- **E**mpathise with them
- **E**ncourage the student-in-need to see teacher/counsellor
- **R**efers the student-in-need to see the teacher/counsellor

DISTRESS MODEL

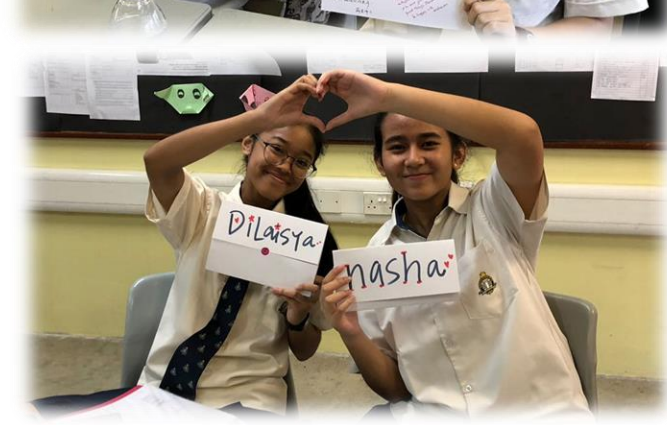
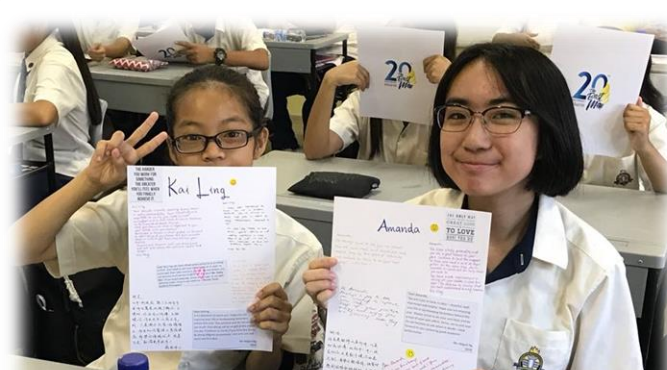
- **D**eliberately avoiding others
- **I**ncreased irritability, restlessness, agitation, stress and anxiety
- **S**ending and posting moody or morbid messages on social media
- **T**alking about death or dying
- **R**eacting differently or losing interest in things they used to like
- **E**ating more or lesser than usual
- **S**leep pattern changes with difficulty going back to sleep or oversleeping
- **S**lowing down of energy level

In Sembawang Secondary School, we believe in creating a safe environment with a culture of care. Teacher-Student Relationship (TSR) is the foundation to establishing a positive school culture of care and this is layered upon with Peer Support & Relationship (PSR).

Our teachers role-model for our students what it means to have a positive and strong relationship with students, and by role-modelling the skills, students will also learn to support and care for each other. All students in Sembawang will be taught the CHEER and DISTRESS Models to help them identify and offer help to their peers in need.

PSR is focused on building a web of positive relationships among the students. By building supportive networks, we can help reduce the chances of students falling through the cracks and being vulnerable.

Building Affiliation through Appreciation & Recognition



In Sembawang Secondary School, we seek to further enhance TSR and PSR through our Appreciation Campaign where we provide regular platforms for our students to show gratitude to their teachers and peers.

We also celebrate success of every student in order to motivate and inspire both themselves and their peers.

Supporting Student Well-being



Class
Empathy 1

3 Habits to Becoming the Best Me

- A: Attendance in school & CCA
- B: Behaviour in & out of school
- C: Cleanliness in my classroom & school compound

Homework Planner

Term 2 Week 1

Day	Assignment
MON	
TUE	SS full paper
WED	Chem WS 2 - Salt
THU	
FRI	

Timetable

Duty Roster

Renus
Shamira

Attendance

Date: 15/02/19

Student Leaders

SEMI CLASS COMMITTEE

SR SEMI LEADERS



In Sembawang Secondary School, we ensure our students well-being through:

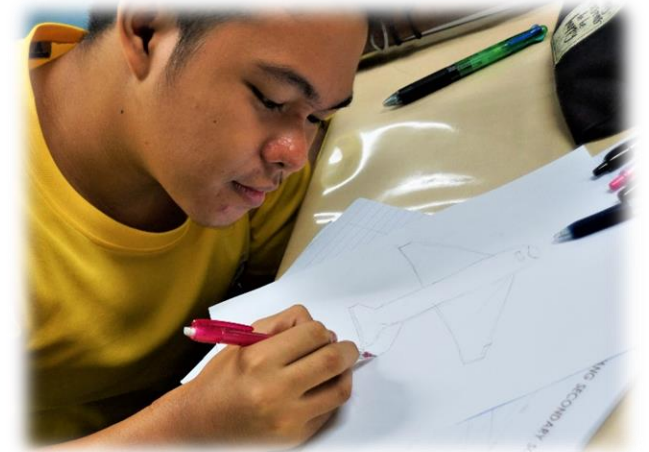
- monitoring their homework and test load
- providing counselling support
- partnering with external agencies
- providing opportunities for after school engagement

Building towards Post-Secondary Education



All you need to know about the

Early Admissions for PSEI



In Sembawang Secondary School, we seek to develop our students into self-directed individuals who take ownership of their education journey. We helped them to acquire essential skills in goal setting, time management and making informed decisions in their post secondary education and eventually their career aspirations.