



**ANG MO KIO  
PRIMARY SCHOOL**

# Form Teachers Time



# Welcome to 6 Care



# Form Teachers of 6 Care



**Mr Desmond Tay**

Science and Social Studies



**Mrs Lim-Tan Wan Jun**

Mathematics



**Mrs Anand**

FEL and FMA



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PRIMARY SCHOOL**

# **Subject Teachers of 6 Care**

# Subject Teachers



**Mrs Shankar**  
English



**Ms Liao Zi Yan**  
Art



**Mrs Foo Ai Sien**  
Foundation Science



**Mr Samuel Xiao**  
Music

# Subject Teachers

## MT - Chinese (Standard, Foundation)



**Mdm Chang Shuyun**  
CL 6.1



**Mdm Tan Shujun**  
CL 6.2



**Mr Chen Jia Xing**  
CL 6.3



**Ms Tok Ann Kee**  
CL 6.4



**Ms Ng Yong Jia,  
Amelia**  
FCL 6.5

# Subject Teachers

## MT – ML & TL (Standard, Foundation)



**Mdm Amirah**  
Malay Language



**Mdm Lina**  
Foundation  
Malay Language



**Ms Shamine**  
Tamil Language



**Mdm Rizwanah**  
Foundation  
Tamil Language



# The AMKPIans' Promise

Every  
AMKPIan  
a student  
ambassador.

THE  
**AMKPIANS' PROMISE**

WE, THE AMKPIANS, PROMISE TO UPHOLD OUR R<sup>3</sup>IC<sup>2</sup>E VALUES

**RESILIENCE**  
We will be grateful for what we have and face challenges with perseverance and positivity.

**RESPECT**  
We will appreciate diversity and be mindful and considerate in our speech and actions.

**RESPONSIBILITY**  
We will take ownership of our words and actions.

**INTEGRITY**  
We will do what is right even when no one is watching.

**CARE**  
We will be kind and helpful to others, our environment and our community.

**COURAGE**  
We will embrace a 'dare-to-try' attitude when we face new experiences, and stand up for what is right and kind.

**EXCELLENCE**  
We will give our best and pursue growth with confidence and celebrate successes with humility.

**TOGETHER WE R<sup>3</sup>IC<sup>2</sup>E AND SHINE**

# Class Routines

- Students are to have their learning materials (books and stationery) with them.
- Homework is to be submitted based on teacher's instruction.
- The homework monitor of each group is to keep track of absentees and update them on the work they need to complete when they return to school.
- Students are to demonstrate school values and be kind and tolerant towards one another. No bullying is allowed.

# Class Expectations and Consequences

## **Expectation:**

- Students are to complete homework/assignment punctually.
- Students to adhere to school values at all times.

## **Consequences:**

- Parents will be informed.
- Reduction of Recess Play to complete homework.



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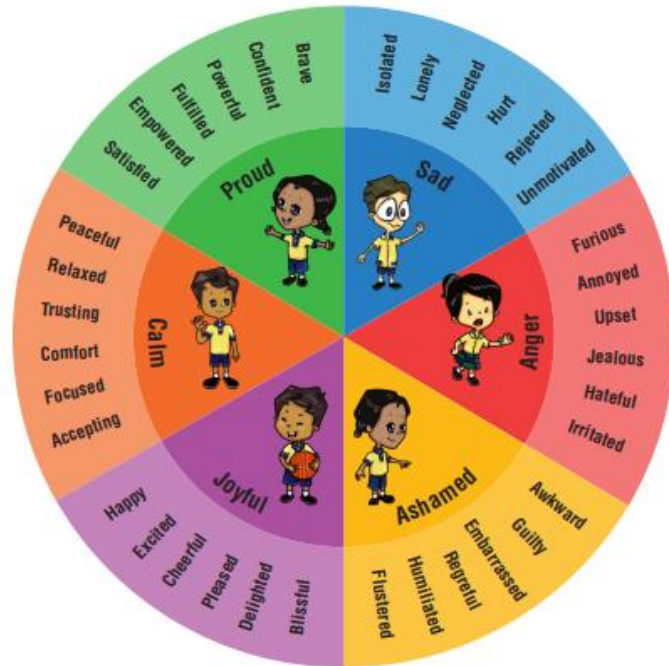
**Helping our children to  
reach their potential**

# Student Handbook (Page 26-27)

## Emotional well-being

### How to Manage Your Emotions

Feelings can be strong and intense. Sometimes it is hard for you to describe how you feel. The 'Feelings Wheel' below allows you to identify your emotions accurately so you can get the support you need. When you are more aware of how you feel, you will be able to manage your emotions better.



Based on *Nonviolent Communication* by Marshall Rosenberg,  
Ph.D. Graphics and organisation of feelings and needs wheels adapted from Bret Stein.

### Strategies to Feel Better

#### Self-Care

- Take a warm bath
- Read your favourite book or a comic
- Prepare a simple meal or snack with an adult
- Watch your favourite cartoons

#### Healthy Hobbies

- Colour in a colouring book or draw your own pictures
- Listen to your favourite songs
- Try a fun craft project like making origami or friendship bracelets

#### Exercise

- Go for a walk or cycle
- Take a hike in a nearby park with your family
- Join a sports team or play your favourite sport
- Play hopscotch or skip with a rope

#### Relaxation

- Spend time with your pet if you have one
- Practise deep breathing exercises: breath in for 4 counts, hold for 4 counts, and breathe out for 4 counts
- Squeeze a stress ball
- Write or draw in a journal about your day
- Visit a library and read quietly

# Student Handbook (Page 32)

## Goal-setting, PSLE AL levels

For P5 - P6

Achievement Levels (ALs) for Subjects Offered at Standard Level	
Achievement Level (AL)	Mark Range
AL 1	$\geq 90$
AL 2	85 – 89
AL 3	80 – 84
AL 4	75 – 79
AL 5	65 – 74
AL 6	45 – 64
AL 7	20 – 44
AL 8	$< 20$

Achievement Levels (ALs) for Subjects Offered at Foundation Level		
Foundation Level AL	Raw Mark Range	Equivalent Standard Level AL
A	75 – 100	AL 6
B	30 – 74	AL 7
C	$< 30$	AL 8



# Student Handbook (Page 34)

## Character Goals, Academic Goals

<b>S</b> <b>Specific</b> - State what you'll do - Use action words	<b>M</b> <b>Measurable</b> - Provide a way to evaluate - Use metrics or data targets	<b>A</b> <b>Achievable</b> - Within your scope - Possible to accomplish, attainable	<b>R</b> <b>Relevant</b> - Makes sense within your job function - Improves the business in some way	<b>T</b> <b>Time-bound</b> - State when you'll get it done - Be specific on date or timeframe
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### Target Setting: My Goals for 2025

#### 1. Character Goals (e.g. Demonstration of R<sup>3</sup>IC<sup>2</sup>E Values, Conduct, Attendance)

What do I want to do/improve	How can I achieve my goal(s)	My achievement(s) and reflection(s)

#### 2. Academic Goals

What do I want to do/improve	How can I achieve my goal(s)	My achievement(s) and reflection(s)

# Character and Citizenship Education

(Form Teacher Guidance Period)

Primary

# 6



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Entering Adolescence **1**

Date: \_\_\_\_\_

## My Strength Statements

Write down two of your strengths.

I am \_\_\_\_\_

I am \_\_\_\_\_



### Family Activities

Invite your parents/guardians to write down the strengths they think you have.



Write down the strengths you think your child/ward have, to encourage them. 😊

**We have done this!**

Parent's / Guardian's signature

**2**

Understand and Care for Myself

Page 2 of  
FTGP  
Journal







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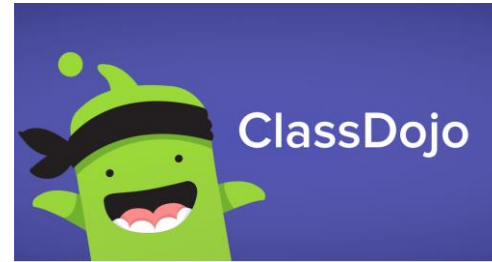
# Communication

# Contact Details

- Form Teacher: **Mr Desmond Tay**
- Email: [tay\\_boon\\_peng@moe.edu.sg](mailto:tay_boon_peng@moe.edu.sg)
  
- Form Teacher: **Mrs Lim-Tan Wan Jun**
- Email: [tan\\_wan\\_jun@moe.edu.sg](mailto:tan_wan_jun@moe.edu.sg)
  
- Form Teacher: **Mrs Anand**
- Email: [apiramee\\_e\\_subramaniam@moe.edu.sg](mailto:apiramee_e_subramaniam@moe.edu.sg)
  
- Subject teachers: Email addresses can be found on the school website or you may send your queries through the form teachers
  
- General office: 6452 0794

# Communication Platforms

- Class Dojo (Primary Channel)
- Student Handbook
- Teacher's email
- General Office (64520794)  
[leave a message for teachers to return call]
- Face-to-face appointment  
[arrange with respective teachers]
- Parents' Gateway (PG)





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# **Teacher-Parent Interaction Time**

## **Q & A**



# Like us on Facebook for a glimpse into your child's AMKP Journey!



<https://for.edu.sg/amkpfb>



## AMKP R3ice & Shine 20.3FM

511 likes • 640 followers

Message

Liked

Search

# We value your feedback!

Please scan the QR Code to  
give us your valuable feedback

Thank you!



<https://go.gov.sg/amkpmt12025>

# Thank You

