

PSG NEWS LETTER



CEDAR GIRLS' SECONDARY SCHOOL
PARENT SUPPORT GROUP

VOL 2 ISSUE 2
JULY 2021

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Cedar Girls' PSG



@cedargirlspsg

WE ARE ON SOCIAL MEDIA

You can now follow us on Facebook and Instagram for PSG news and activities.



Dear Parents,

After the short HBL stint and a relaxing mid-year break, we hope all Cedarians are feeling rejuvenated and ready to welcome a new school term!

To start off Term 3, we are happy to present you with the next issue of the Cedar Girls' PSG Newsletter, featuring the sharings by some students and parents on the topic of streaming and choosing of subject combinations for Sec 3 (pages 2 & 3).

Check out the results of the PSG Online Activities Survey (pages 4 & 5). Our special thanks to all parents who participated in the survey which we featured in the previous newsletter.

We are also happy to update you about the activities organised by PSG in Terms 1 and 2 (pages 6 to 8). Many thanks to all parents for joining in these activities and we are glad to hear you had fun bonding with your daughter in the *Bake With Mama* session.



VISION

Partnering the school to bring out the best in our daughters

MISSION

To support the school in the holistic development of all Cedarians and nurture them to be Leaders of Character

THOUGHTS: STREAMING CHOICES

Choosing subject combinations for Secondary 3

Streaming options and choosing subject combinations are topmost on the minds of many Year 2 Cedarians and their parents. At the end of this year, many will fret over the subject combination to choose - History or Geography or Literature? Physics and/or Biology?

Year 2 students, Breanna and Ranjana and their parents share their thoughts on streaming and choosing subject combinations.



Are you mentally gearing up for streaming that will happen by year end?

Yes, I am. Streaming is a very important process in secondary school as it will decide what subjects I take during O Levels.

I know that I have to work hard in order to further study the subjects that I want.

Breanna Tang (2C)

Yes! As the subjects I will be choosing this year will decide my future, I have decided to work harder and spend my time more productively.

Also I feel that this is an opportunity to choose and study the subjects that interest me.

Ranjana Prasanna (2P)

Are you worried about your daughter's choice of subject combinations? Do you plan to let your daughter follow her interests on this matter?

I think it's better to let my daughter go with her interests because at the end of the day, she's the one studying them everyday so if she's not doing something that interests her, it would be pointless.

**Lily Tang,
mum of Breanna, 2C**

While I agree that it would be better for my daughter to go with her interests, I am worried that she is too young to make such an important decision that plays a big role in her future.

I see many instances when my daughter seems very fickle when it comes to confirming if she likes a particular topic or subject.

**Ramya Venkatakrishnan,
mum of Ranjana, 2P**



THOUGHTS: STREAMING CHOICES

What subjects should my daughter choose for Year 3?

Here are some suggestions and advice compiled from Year 3 and Year 4 Cedarian parents to help shed some light on this topic.

Find out the various subject combinations available

As a parent, take your time to understand the various subject combinations available to your daughter.

"I was pretty clueless last year when my daughter had to select her subject combination. I was glad the school gave valuable advice through Zoom," shared a Year 3 parent.

Another Year 3 parent shared that her daughter was well informed by the school and teachers about the various subject combinations available.

Have a discussion with your daughter

After your daughter presented you with the list of subject combinations, do have a discussion with her. Find out her interests and which subjects she is comfortable taking.

Some points for discussion include pros and cons of choosing each combination based on her interests, specific career paths she would like to take, and also her academic excellence in the specific subjects.

"If your daughter is unsure about her career choice at this point in time, it is good to keep the subject combination as versatile as possible. This will allow her more choices when it comes to choosing courses in University," advised a Year 4 mum.

Go with her strengths

Find out your daughter's strengths. For example, if she is good in memorisation, she could be suited to take up content-heavy subjects like Pure

Geography and Biology.

"I encourage my daughter who is taking the combination of Pure Geography and Biology to do consistent revision and not leave it to last minute revision before the exams,"

shared a Year 3 mum.

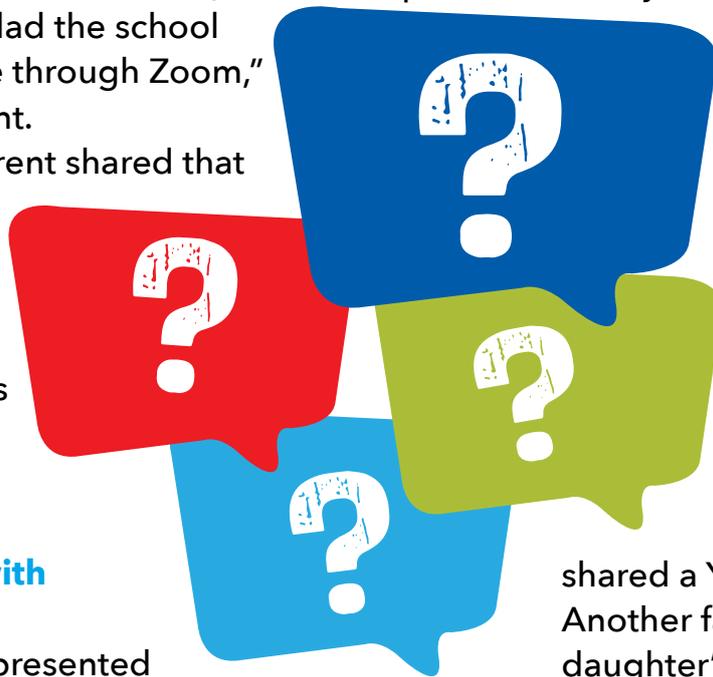
Another factor that shows your daughter's strengths would be

her Year 2 examination results.

"For me, it is best to go with my daughter's ability," said a Year 4 parent. "After all, the school does not have a quota for the subject combinations. The students do not need to fight for a slot for the combination that they want."

Ask the seniors

Encourage your daughter to speak to her seniors who are taking the same subject combination that your daughter is considering. They would be able to give the pros and cons of the subjects and share some tips on how to cope.



CEDAR GIRLS' PSG ONLINE ACTIVITIES SURVEY

Thank you for your participation! Here are the survey results:

PROFILE OF RESPONDENTS

317
people took part in the survey which was posted via the PSG Newsletter and Parent Gateway.

MUM	DAD	GUARDIAN	
75%	24%	1%	
Majority of the respondents are parents/ guardians of Year One students.			
YEAR 1	YEAR 2	YEAR 3	YEAR 4
33%	27%	19%	21%

Are you likely to participate in an online activity?

YES 27% **NO 11%**

62%
answered
"DEPENDS ON
ACTIVITY"

64%
answered
"NO"

Is your **spouse**
likely to join in
the activities?
YES 36%

Is your **daughter**
likely to join in
the activities?
NO 23%

75%
answered
"YES"

Majority of parents/ guardians prefer the online PSG activity to be held on **Friday evening**.
The second popular time is **Saturday morning** (22%)

27%
answered
"FRIDAY
EVENING"

41%
answered
"ONCE A TERM"

Majority of parents/ guardians prefer the online PSG activity to be held **once a term, which is once in three months**. Second popular choice is **once a month** (27%).

CEDAR GIRLS' PSG ONLINE ACTIVITIES SURVEY

Objectives of joining online activities and popular areas of interest

OBJECTIVES OF JOINING ONLINE ACTIVITIES

73%

hope that the PSG online activity would help them to bond with their daughter/ ward.

Participants can choose more than one option.

Bonding with my daughter/ ward 73%

To get more information 58%

Meeting other parents 39%

Opportunity to volunteer 22%

POPULAR ACTIVITIES SELECTED BY PARENTS/ GUARDIANS

The top three popular activities selected by **parents/guardians**:

1. Cooking/ baking
2. Exercise/ fitness
3. Talks on parenting



The top three popular activities selected by **dads**:

1. Exercise/ fitness
2. Talks on general interest
3. Talks on parenting

Participants chose three activities that they are most likely to join.

COOKING / BAKING 48%

EXERCISE / FITNESS 46%

TALKS ON PARENTING 40%

TALKS ON WELLNESS 33%

TALKS ON GENERAL INTERESTS 32%

GARDENING 25%

ART 23%

VIRTUAL TOUR 21%

FUN FACTS AMONG THE DIFFERENT YEARS

Year 1 mums are most keen to participate in an online PSG activity.



Year 2 dads are interested in cooking/ baking activity.



Year 3 dads are most keen to participate in an online PSG activity.

Cedar Girls' PSG organised three online events - 'Welcome Session for Year 1 Parents', 'Parenting Screen-agers' and 'Bake With Mama'. Read about these activities for Cedarian parents in the following pages.

HAPPENINGS

Cedarians and mums get together to bake **burnt cheesecake**



Shaarvi and mum, Meena

"The workshop was well planned and very well executed with lots and lots of patience. The cake turned out extremely well." - **Meena**



Emma and mum, Amy

"Although we were short of cream cheese, we improvised with other ingredients. At the end, we were happy with the cake!" - **Amy**



Lia and mum, Haslinda

"We had a great time! We appreciate everyone's effort to make this possible. Waiting to eat the cake the next day was a torture!" - **Haslinda**

BAKE WITH MAMA

22 MAY 2021

Cedarians and their mothers got together for an afternoon of fun, bonding and learning the skill of baking burnt cheesecake.

Over 70 pairs of mums and daughters participated in the online baking workshop organised by Cedar Girls' PSG to celebrate Mother's Day.

Adrienne Chin, a former Cedar Girls' PSG EXCO member and baking enthusiast, guided everyone through the preparation steps and baking process.



Adrienne Chin (left) answering questions from participants.

See next page for photos of cakes

HAPPENINGS

Talk on digital parenting and cyber wellness by Dr Jiow Hee Jhee

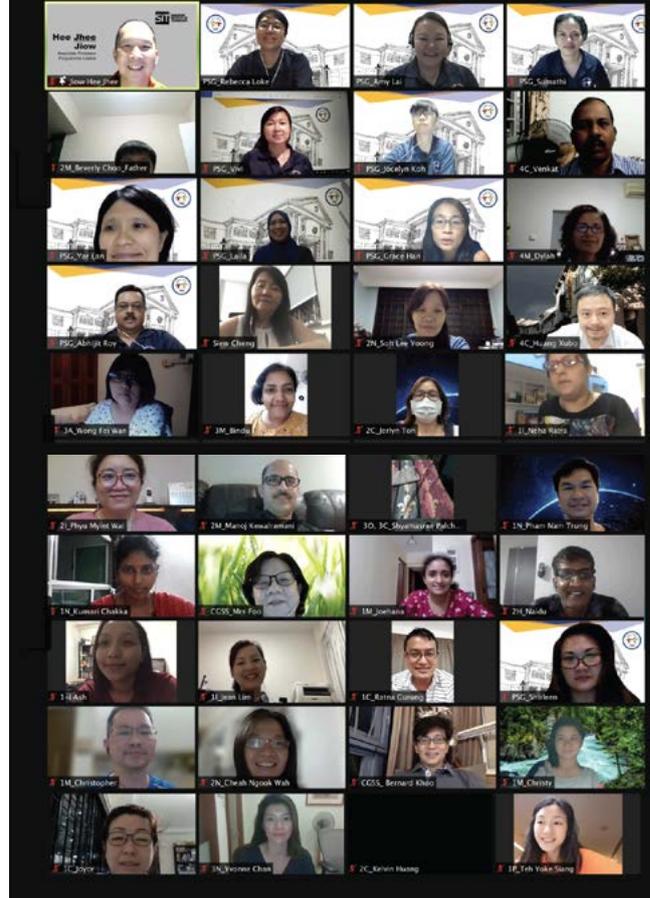
About 90 parents attended the virtual talk on cyber wellness organised by Cedar Girls' PSG.

Dr Jiow Hee Jhee, Associate Professor and Programme Leader at Singapore Institute of Technology spoke about 'The Digital Divide', 'Approaches to Screen Time' and 'Parental Mediation'.

An expert on digital parenting and cyber wellness, Dr Jiow gave useful tips and suggestions on ways for parents to regulate their children's digital exposure. He encouraged parents to be good role models on digital use for their children. After the talk, there was Q&A session for parents to enquire about issues on digital parenting.

Many parents expressed their thanks for the informative session.

PARENTING SCREEN-AGERS 9 APRIL 2021



BAKE WITH MAMA

Many thanks to those who have submitted photos of their bakes!



Gracia & mum, Wan Sian



Shaohannah & mum, Shirleen



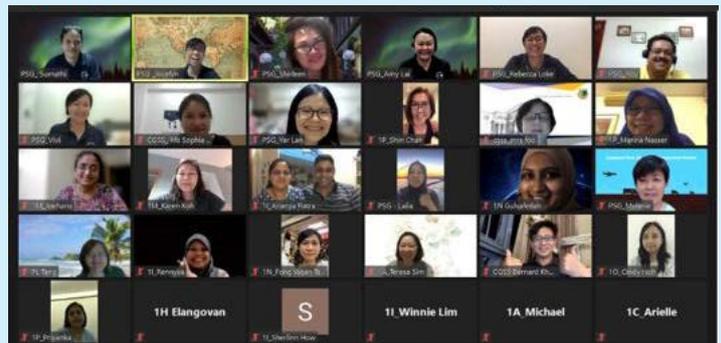
Leandra & mum, Lalaine



Jilliane & mum, Wini

Welcome Session for Year 1 Parents

Cedar Girls' PSG organised a Welcome Session for Year 1 parents via Zoom on 12 March 2021. Parents were introduced to PSG activities by various sub-comm heads. EXCO members also shared their experiences of joining PSG and answered questions during the Q&A session.



ANNOUNCEMENTS

Mark your calendar: Upcoming events

PARENTING SEMINARS IN JULY

The **Triple P** Positive Parenting Programme **Seminar Series** by TOUCH Community Services will be held via Zoom on:

- 16 Jul 2021** (Fri) 7.30pm-9pm
- Seminar 1: Raising Responsible Teenagers
- 23 July 2021** (Fri) 7.30pm-9pm
- Seminar 2: Raising Competent Teenagers
- 30 July 2021** (Fri) 7.30pm-9pm
- Seminar 3: Getting Teenagers Connected

Please check Parents Gateway for registration details.

PSG COFFEE CHAT SESSIONS VIA ZOOM

These are informal small group meetings for parents to get together with PSG EXCO members, share and ask questions as well as to offer support. Email cedarpsg@gmail.com if you are interested to join. Please indicate your preference for morning or evening session.



EDITORIAL TEAM:

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CEDAR GIRLS' PSG EXCO 2021

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Rebecca Loke

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Sumathi Subramaniam

Secretary
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Laila

IT Support
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Head - Family Bonding
Shirleen Chia

Head - Parents Engagement
Amy Lai

Speech Day Award Presentation to PSG EXCO



23 April 2021 - Eight parent volunteers received the PSG Appreciation Award from the school for their two or three years of dedicated service in the PSG EXCO, volunteering their time to organise and support school events, with the mission of supporting the school in the holistic development of our daughters so that they will grow up into Leaders of Character. Despite the challenges posed by the pandemic situation, the PSG managed to engage and connect with parents in meaningful ways.

If you are interested to be a parent volunteer, email us at cedarpsg@gmail.com or sign up at this link: [HTTP://GOTOQR.COM/A/APNLVWRG](http://GOTOQR.COM/A/APNLVWRG)

