

Breakout session 1 (Morning session)

Rooms in Microsoft Teams will open at 1045

Duration: 1100 – 1200

WE01M: A Journey on Positive Education – From A Positive Institute of Education to A Centre for Positive Education

Presenters: Mr Rafik Alkhatib & Mdm Sophia Tan, Westwood Primary School

Facilitator: Ms Alice Pang, Anglo-Chinese School (Independent)

In this session, we will share our school's journey on Positive Education to guide and nurture our staff and students with the mindset and skills for Excellence and Well-Being. Westwood Primary School was established 8 years ago as a school with Positive Education as our mission to provide a holistic education that nurtures Thriving Teachers and Flourishing Pupils.

As the only primary school in Singapore with the opportunity and honour to have embarked on the Positive Education journey right from the start, Westwood Primary School (WWPS) has over the years, grew from strength to strength and is recognised during the 2019 Excellence in Action (EIA) for our robust student development programmes that made a positive impact in our pupils' holistic growth with Positive Education which has been successfully incorporated into an innovative school-wide curriculum, leading our change from A Positive Institute of Education to A Centre for Positive Education. Participants will glean some insights on the approach the school took in embarking on Positive Education and how we adapted PERMA into our THRIVE framework. Participants will also learn how we translate school policies into effective programmes with our unique 3+3+3 key principles of Academic Excellence, Well-Being and Character Strengths.

WE02M: Forgiveness – The Key to Freedom

Presenters: Mr Gabriel Phee, Ms Sherilyn Khng, Mrs Megan Lim & Ms Michelle Fong

Anglo-Chinese School (Independent)

One of the challenges in achieving a state of well-being lies in how we choose to handle the feelings of hurt and bitterness we encounter in our lives. When someone offend us, holding on to anger and bitterness maintains depression and undermine our sense of well-being. In this workshop, we share about the forgiveness module taught in our Year 2 PCCG curriculum, where we help our students to take perspectives in situations of conflict, explore the nature of forgiveness, understand the impact of unforgiveness and appreciate the tools that can be used to help us progress from holding grudges to finding freedom through forgiving others and ourselves. Participants will get to engage in some of the activities taught in the module.

WE03M: Functional Behaviour Analysis in Behaviour Management

Presenters: Mr Thio Yu Chong & Mr Mohamad Azhar, Anglo-Chinese School (Barker Road)

Facilitator: Mr Ho Yee Cheong, Anglo-Chinese School (Independent)

Functional behaviour analysis is an approach used to figure out why a student behaves in a certain way. It helps to identify the root cause behind a certain behaviour, which can then guide the actions taken to help the student change it. The approach used by ACS (BR) is the SEAT approach, which categorizes the reasons behind behaviours into four categories, Sensory, Escape, Attention and Tangible. This approach has helped the discipline committee in ACS (BR) come up with consequences and follow up actions that target the reasons behind a student's misbehaviour and thus prevent further infractions.

WE04M: Realistic Optimism – The Glass is Always FULL

*Presenters: Mrs Karen Liau, Mrs Sandra Sim, Mr Benjamin Wong, Ms Janet Tay & Mr Julius Lee
Anglo-Chinese School (Independent)*

The time to shift perspective on the old half-full/ half-empty glass is long overdue. Why have we played into this belief by ignoring the scientific truth that the glass is always full? It is long established that every child is fully equipped with 24 Character Strengths and Virtues. The issue now is to actualise these character strengths in a balanced manner for equipoise and not combustion. Are we raising students to believe in the fallacy of positivity or are we equipping them with the amour of realistic optimism? This workshop illustrates a lesson, imbuing students with the importance of realistic optimism in the face of challenges. We must embrace a new mind-shift: Be ~~Positive~~ Resilient - A Balance of Optimism and Realism.

WE05M: GEAR-UP: Tiered Support and Mentoring

Presenter: Mr Dennis Lim, Anglo-Chinese School (Barker Road)

Facilitator: Mr Cao Huizhong, Anglo-Chinese School (Independent)

This session explores the identification of students and student groups within the school who may come from disadvantaged and/or challenging family backgrounds (FAS, single parent, abusive history) or who are demonstrating at-risk behaviour (e.g., smoking, constant fighting, repeated defiance towards teachers). A tiered system of support was used to provide customised support to students which includes the development of socio-emotional competencies, the provision of mentors to build a significant adult-child relationship and hands-on activities (e.g., coffee appreciation, baking, guitar) that would hopefully engage students in a healthier and more holistic manner. The setting up and activities of the Student Hub as an afterschool care centre will also be covered. The session will also take an honest look at some approaches that have not worked out and the areas of improvement that we have identified for future iterations.

WE06M: Thinking Traps

Presenters: Mr Shaun Choo, Ms Audrey Tay, Mdm Jamilah Lajam & Mdm Sharmila Manoj Saralkar, Anglo-Chinese School (Independent)

One of the stressors in life are Thinking Traps. These are patterns of thought – usually with a negative swing – which prevent us from seeing things as they really are.

1. Jumping to conclusions, 2. Tunnel Vision, 3. Magnifying and minimizing, 4. Overgeneralizing, 5. Emotional Reasoning, 6. Personalising, 7. Externalizing, 8. Mind Reading

Participants will have an overview of eight thinking traps. Discussions cover suggested measures for managing thinking traps, help-giving skills to improve the well-being of individuals.

WE07M: Implementing Well-being Education as a whole-school approach in ACS (Independent)

Presenters: Mrs Judy Ho & Mr Jarett Kan, Anglo-Chinese School (Independent)

Following a period of curriculum review in 2017, the school leadership in ACS (Independent) decided that there was a need to educate its staff and students on knowledge and skills related to Well-being. Participants will leave the workshop with an understanding on how the school adapted Martin Seligman's Well-being theory, Character Strengths from the VIA Institute of Character and Geelong Grammar School Applied Model of "Learn it", "Live it", "Teach it" and "Embed it" into the school's curriculum, practices and policies.

WE08M: Healthy Living – Eating Well and Dangers of Vaping

Presenters: Dr Cheah Nuan Ping & Ms Li Xinyi, Health Promotion Board

Facilitator: Mrs Elaine Lui, Anglo-Chinese School (Independent)

Dr Cheah Nuan Ping, Laboratory Director/Health Sciences Authority will be sharing on the latest science and myth on vaping and tobacco industry systematic manipulation in promoting these devices.

Li Xinyi, Dietitian/ Manager from Health Promotion Board will be sharing the importance of healthy eating, and how to incorporate it into daily habits.

WE09M: Self-Care 101

Presenter: Mr Chow Yen-Lu, Over The Rainbow

Facilitator: Mr Tan Keng Hsin, Anglo-Chinese School (Independent)

Mental wellness is not just the absence of mental illness, but the attainment of happiness and well-being. To create positive change in your mental world and to enhance your mental well-being, you need to start by looking within; tuning into your body, your breath and your mind, in order to get your inside right.

If you are calm and happy inside, your outside world will fall into place. This is a journey in Holistic Self-Care. Join Yen-Lu, OTR co-founder, as he brings you along this journey to achieve inner peace and joy. Self-care is a practice that OTR advocates in its work since the beginning, self-care for children, adults...for parents, teachers, caregivers! This talk-workshop has been presented by Yen-Lu through the years in various settings from schools to organisations, and he looks forward to sharing this with all of you.

WE10M: Stories For Good

Presenter: Ms Annabelle Siena Lim, The Hidden Good

Facilitator: Mrs Patricia Thong, Anglo-Chinese School (Independent)

“Stories For Good” is a capacity building programme for social impact storytelling which leverages on the art of storytelling to build brand affinity, enhance stakeholder engagement and amplify impact online. This workshop will explore innovative and inspired methods to translate and customize your narrative for the various digital platforms. It will explain more about social media, and at the same time illustrate how it can be made more accessible and implementable irrespective of resource limitations or budget challenges.

WE11M: Focusing on Well-being: Current Trends in Positive Psychology and Positive Education

Presenter: Dr Caleon Imelda Santos, National Institute of Education, Nanyang Technological University, Singapore

Facilitator: Mr Jamin Jeow, Anglo-Chinese School (Independent)

Positive psychology, which is usually referred to as the science of well-being and flourishing, has captured increasing attention of researchers, educators, and other groups in the past three decades. Interest in this movement has been growing exponentially, as evidenced by the large number of related research articles, resources, and activities that have been shared in various platforms. This session will introduce the participants to the key principles of positive psychology and its application in education. The session will cover the theoretical and empirical roots of positive psychology before zooming in on current and emerging perspectives that are directed towards developing a more balanced and nuanced approach to understanding and appreciating human experiences. During the session, the participants will also carry out some positive psychological activities.

WE12M: Youth Mental Wellness & Resilience and How Schools Can Overcome Stigma For Mental Illness

Presenter: Ms Christine Chiew, Singapore Association for Mental Health

Facilitator: Mr Wong Ping Loong, Anglo-Chinese School (Independent)

In this workshop, participants would be learning about the concept of mental wellbeing and how it contributes to the whole-body health. Examples of signs and symptoms would be explained to help one detect the need for support early. The speaker would also be discussing about stigma and the impact of stigma on the lives of individuals with mental health conditions. As participants learn on identifying how stigma is formed, the speaker would also explore the idea of “self as a role model” as a way to reduce stigma in everyday life.

WE13M: Joy of Creation

Presenters: Mr Terence Chiew, Ms Esther Poh & Mr Jonas Chow

Anglo-Chinese School (Independent)

The Pathfinder Programme and the Trailblazer Programme was developed in 2018 and 2019 respectively to develop the joy of learning and entrepreneurial dare amongst the students. The session aims to share with the participants the approach Pathfinder and Trailblazer programme has taken to develop the joy of learning and entrepreneurial dare, its challenges and way forward. Participants will also be engaged in activities to help develop the understanding on how creation and lead to joy and well-being as a whole.

WE14M: Developing an Honour Culture in ACS (Independent)

Presenters: Mdm Ivy Quek, Mr Paul Tan, Mrs Koo Zhi Min & Dr Philip Tieh

Anglo-Chinese School (Independent)

Honour is the foundation for building a lasting teacher-student relationship and a meaningful school experience. Those who honour others will empathise and be humble; those who honour their words will be steadfast and diligent.

Inspired by Honour Singapore (<https://honour.sg/>), the workshop aims to provide participants with an understanding of how the school builds a culture of Honour to espouse our SHIELD values through existing school programme and MOE’s Singapore Teaching Practices to strengthen teacher-student relationships in the classrooms.

WE15M: Exploring Classroom Support for High-Functioning SEN Students - An approach by one independent school

*Presenters: Mdm Lim Wan Hoon, Ms Christine Bok & Mrs Lisa Lai
Anglo-Chinese School (Independent)*

The number of students with SEN has since *more than doubled* between 2010 – 2018 in the mainstream schools and Anglo-Chinese School (Independent) is no exception. But how does ACSI support these high-functioning students with SEN in the classrooms? The Individual Education Plan Plus (IEP+) is an instrument developed by the Professional Learning Team (Special Needs) in managing high-functioning students with SEN. The development of the instrument is based on the works of the 24 Character Strengths and Virtues by Peterson and Seligman (2004) and the Positive Behavioural Interventions and Supports (PBIS) approach by Horner, Suga and Anderson (2010). This workshop aims to demonstrate the development of IEP+ for an individual student with SEN with the use of the PBIS website and 24 Character Strengths and Virtues.

WE16M: The 4-P Approach to Overseas Service Learning for the Development of Approaches To Learning (ATL) to Enhance Student Well-being

Presenters: Mr Norman Chua & Ms Alice Tan, Anglo-Chinese School (Independent)

The 4-P approach (Purpose, Process, People and Pitfalls) has effectively contributed towards the development of the Approaches to Learning (ATL) in the students helping them to derive greater meaning and hence wellbeing in life. This session aims to explain the approach by highlighting the importance of a clearly-defined purpose, the sharing of processes to ensure the successful initiation, planning, organisation and execution of an overseas service learning programme and discuss its potential pitfalls. Undergirding the success of the programme are its people, the Creativity Activity Service (CAS) Supervisors and student leaders. The presentation will cover the capacity building process to equip suitable people to guide and facilitate the project.

WE17M: Knowledge of Neuroscience In Flow and Engagement. (KNIFE)

*Presenters: Mr Hong Lee Kiat, Dr Doreen Ang & Ms Lee Suling
Anglo-Chinese School (Independent)*

This session aims to explain the theoretical framework of Neuroscience in Education, including major components such as: Attention, Emotions, Motivation, etc that leads to increased FLOW. Flow (described by Mihály Csíkszentmihályi) is characterized by complete absorption in what one does, and a resulting transformation in one's sense of time. Achieving flow can boost Engagement, Curiosity & Creativity. We will present some applications of Flow and how to promote Flow in order to improve student and teacher engagement. The workshop will include group activities. Here is a sample reference: <https://www.getstoryshots.com/books/flow-summary/>

WE18M: Positive use of Language

*Presenters: Ms Nirmala Silverajan, Ms Nilanjana Bose, Ms Fiona Ho & Ms Sheena Sutherson
Anglo-Chinese School (Independent)*

This workshop will feature three presentations.

Presentation 1: Providing positive feedback to students

This presentation will focus on how teachers could provide precise yet positive corrective feedback to students. I will be using the IB Paper 1 and 2 rubrics from the Language and Literature syllabus. Participants are encouraged to bring the rubric from their respective areas of testing.

Presentation 2: Specific lesson on Jason Mraz's song lyrics: Have it All

Today, being educated increasingly means having the attitudes and behaviours that enable one to adapt quickly to altered or different circumstances. Participants will recognise the relationship between the lyrics, self and others. They will investigate ways in which the specific use of diction may represent and be understood from a variety of social and cultural perspectives.

Presentation 3: Polite Language in ACS (Independent)

This section is about how as ACSians, we can make use of language to create a pleasant, peaceful and joyful environment for the school. In speech, when we become too direct in speech, we can come across as aggressive and disrespectful. Here are some ways to make our English more polite, indirect and diplomatic when we communicate with students and colleagues.

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