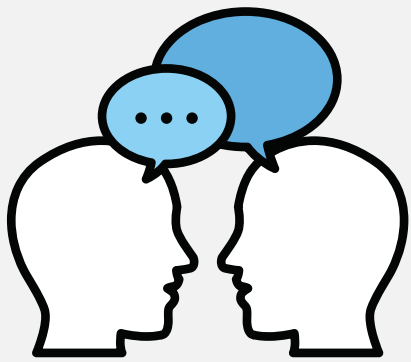




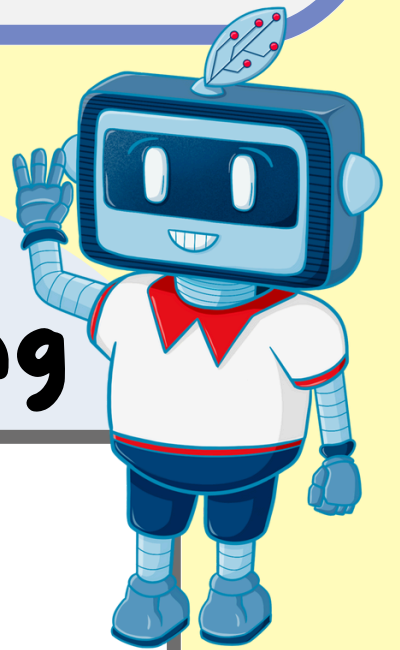
# Raising a Happy, Confident, and Kind Generation Together



## Real Connections

Cultivate strong relationships and healthy habits in this digital age

## Promote Digital Well-Being



a. Share strategies for effective device management and productive screen time.

b. Engage in cyber wellness education for safe and responsible online habits.

c. Explore educational websites as alternatives to gaming.



For more details, please refer to

<https://www.unitypri.moe.edu.sg/school-home-partnership/>

# Suggestions for Physical Activities

- **Healthy Living Festival @ North West**

Join in the 3 days of non-stop fun at The Singapore Turf Club during the school holidays. Click [here](#) to find out more.



- **Active SG - Join a sports programme**

Try a new activity from badminton to fitness classes! Check it out [here](#).



- **NParks - Learn by Playing in Nature**

Harness the power of play and nature to enhance the developmental growth of young children. Find out [more](#).



## Collaborative Efforts for a Safer Digital Environment

We encourage parents to:

- **Set Boundaries**

Establish clear rules regarding screen time and online activities.

- **Lead by Example**

Demonstrate healthy digital habits in your daily life.

- **Stay Informed**

Keep abreast of the latest digital trends and potential risks.

