



Ministry of Education
SINGAPORE

PARENT KIT

How do I support my child on regular HBL Day?



As part of students' Blended Learning experience, regular Home-Based Learning (HBL) Days will be implemented for all students in secondary schools and Junior Colleges (JC)/Millennia Institute (MI) by end 2022.



We can start by knowing what regular HBL Day* is and is not!

*regular HBL Day is conducted around once every fortnight, as part of the schooling experience for secondary school, junior college and Millennia Institute students.

1. Know what regular HBL Day will look like for your child

Here's what it will look like for students in school.

AIM:

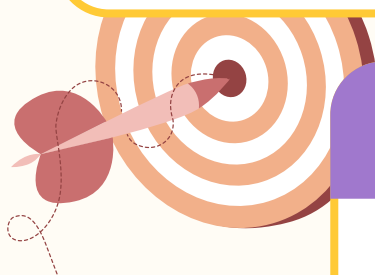
Nurture self-directed and independent learners (in line with MOE's Learn for Life movement).

FREQUENCY:

LOCATION:

Home (If students need to venture outside, they will need to seek their parents' and school's permission)

MODE OF LEARNING:



2. Know what regular HBL Day should not look like for your child

HBL Day \neq Screen time only

HBL lessons can be both online and offline such as:

- SLS lessons
- Online research
- Hands-on activities
- Learning from print materials
- Journaling or writing reflections

Be assured that your child is still learning even if the entire day is not spent on SLS.



Nudge your child to have regular breaks!

Ask your child if they have had breaks or to move around if they feel restless.

Invite them for a short chat away from their work desk (or for a short call if you are at work).

Remind your child that they should time their breaks around their learning.

HBL Day \neq You becoming your child's teacher

If you have plans to take leave to supervise and guide your child on HBL day, think twice! Your child should take charge of their own schedule and learning. Teachers will share the regular HBL Day plans in advance with their students for them to think about how to structure their day and complete the tasks.



Use these questions to check in with your child at the end of the day:

- o What are the tasks you have completed?
- o What was the highlight of the day for you?

IT Support

If your child is in Secondary 1, you can support them by going through the process of logging onto their various students accounts and having the correct passwords on hand.



HBL Day ≠ Learning with distractions

Your child needs a learning space where they can focus. For instance, they should not be participating in their lessons in front of the television. They should have a learning space, their own timetable to follow and learning goals to meet – similar to going to school.



HBL Day ≠ School Holiday

HBL Day is still a school day with learning tasks and goals to be completed. Let's reinforce this message to our children. Keep the movies and beach outings for the weekends!



As parents, let's focus on the process of helping our children become self-directed and independent learners. There may be some bumps and hiccups along the way, which is normal. Let's focus on progress and not perfection :).



For our previous Parent Kits on:
Experiencing Blended Learning with Our children [click here](#)
Helping your child become an Independent Learner [click here](#)



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