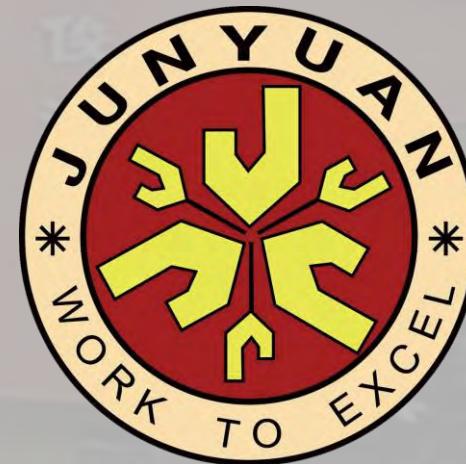




Welcome to Junyuan Primary School



P3 Curriculum Briefing
Mrs Lee Shi Lin (Vice-Principal)
27 January 2026



Vision

Future-Ready
Learners

Leaders of
Character

Mission

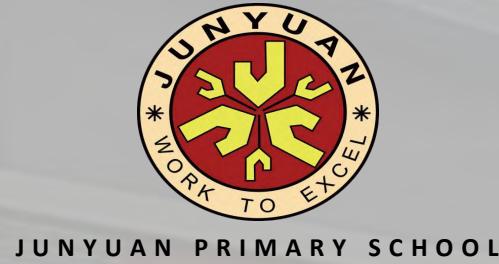
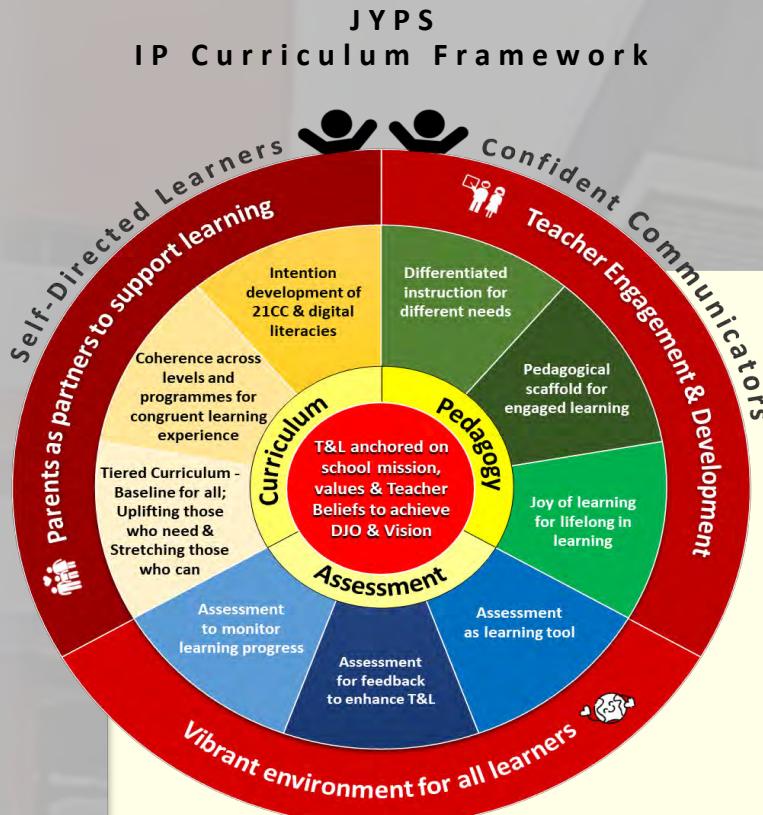
Nurturing Every
Child in a Vibrant
and Caring
Environment
where Talents
Blossom



Values (R³ICH)

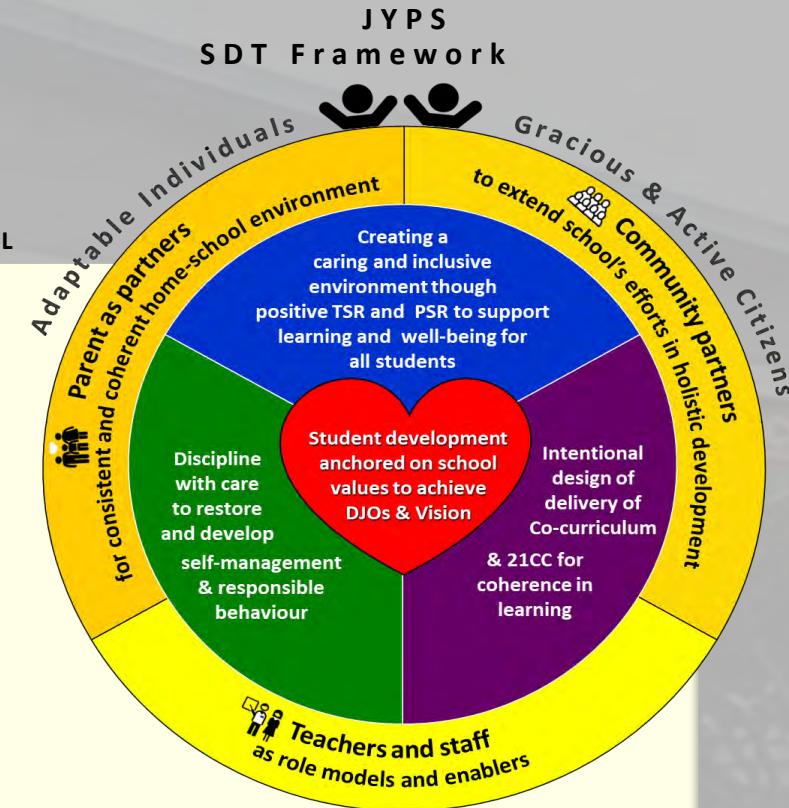
Respect
Responsibility
Resilience
Integrity
Care
Harmony





Vision
Future-Ready Learners
Leaders of Character

Mission
Nurturing Every Child in a
Vibrant and Caring Environment
where Talents Blossom

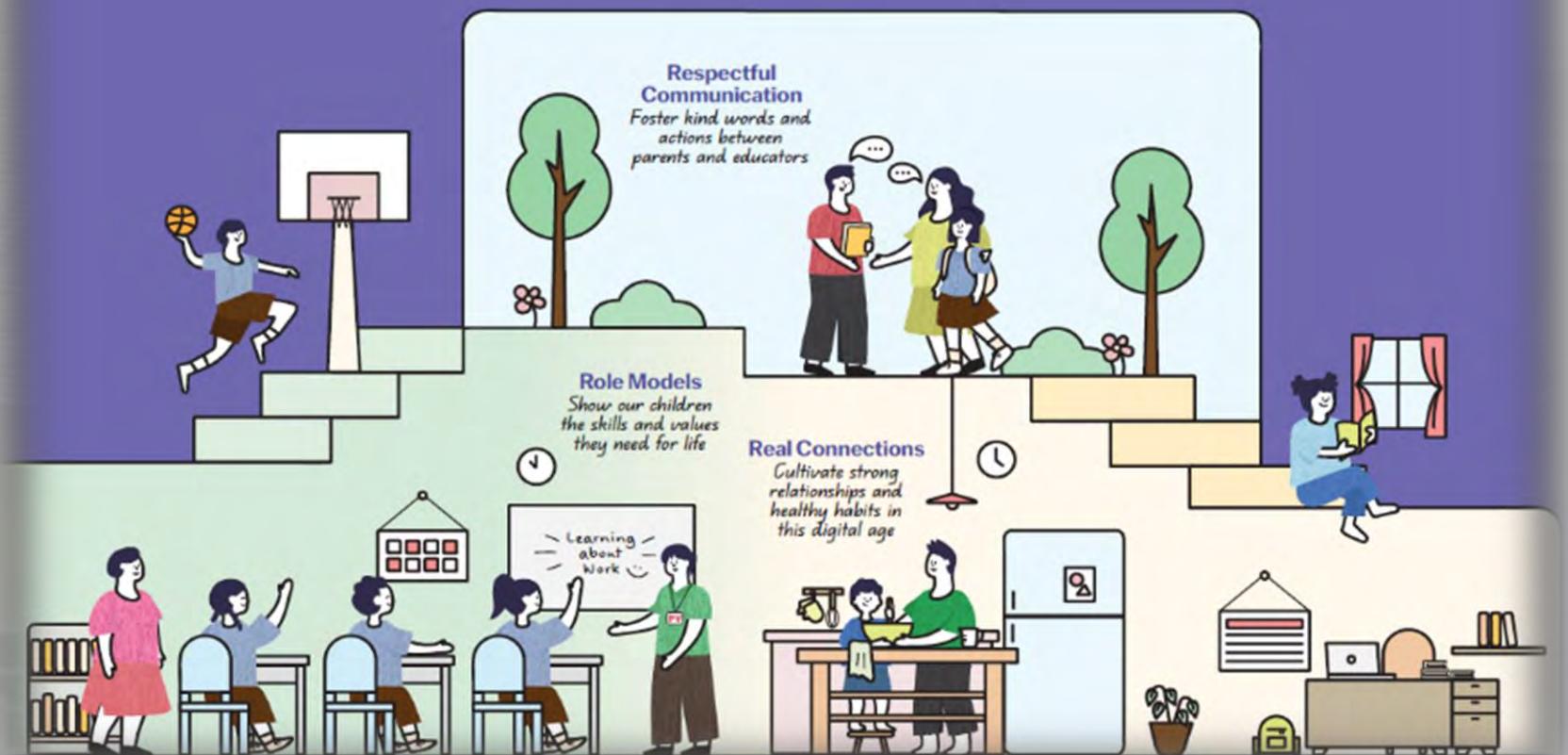


Our children do best when schools and parents work hand in hand to provide a supportive and nurturing home-school environment for them to **grow and glow.**



Guidelines for School-Home Partnership

Raising a Happy, Confident, and Kind Generation Together





Social & Emotional Development of 8 – 10 years old

- More independent
- More self-conscious
- Actively seek praise & affirmation
- Influenced by peers
- Developing strong opinions and will ‘argue’ & want to do things their way
- Better at managing their own emotions, including anger
- Use the way they behave to show how they feel

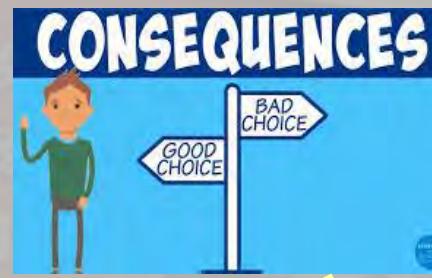


Cognitive Development of 8 – 10 years old

- Focus on active exploration and experiential learning which allow students to situate and apply their knowledge and skills in real-world contexts
- Build strong foundation for holistic education to promote students' personal growth, build character and inculcate strong values in them
- Manage academic stress and well-being



How can Parents Support?



Opportunities to build competencies

Communicate & build trust; spend quality time

Reiterate consequences

Connect to the real world

Be a role model



Real Connections

Cultivate strong relationships and healthy habits in this digital age.



Provide a safe space for conversations

- Children may hesitate to share their true thoughts and feelings with their parents, as they fear being judged or misunderstood.
- Let your child know that it is **normal to feel or think the way they do**. Help them **feel safe** expressing themselves with you.



Provide a balanced mix of engaging online and offline activities

- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- Children aged 7 – 12 should have **consistent screen time limits** (less than 2 hours daily, excluding school work).



Resources on providing a safe space for conversation are available at the end of the presentation.



Role Models

Show our children the skills and values they need for life



Find joy in everyday experiences with our children



Instill confidence by encouraging responsibility and believing in our children's abilities



Model good values in words and actions – respectful communication



Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.



Communication in Junyuan

School / Teacher to Parent

- Parents Gateway
- Monthly JYPS Bulletin
- Mass SMS – for reminders and alerts (e.g. NE Show)
- Student Diary
- Class Dojo
- Phone Call
- Letters to Parents

We seek your understanding that teachers will respond to your emails and phone calls **between 7.30 am to 5 pm on Mondays to Fridays during School Term Time**

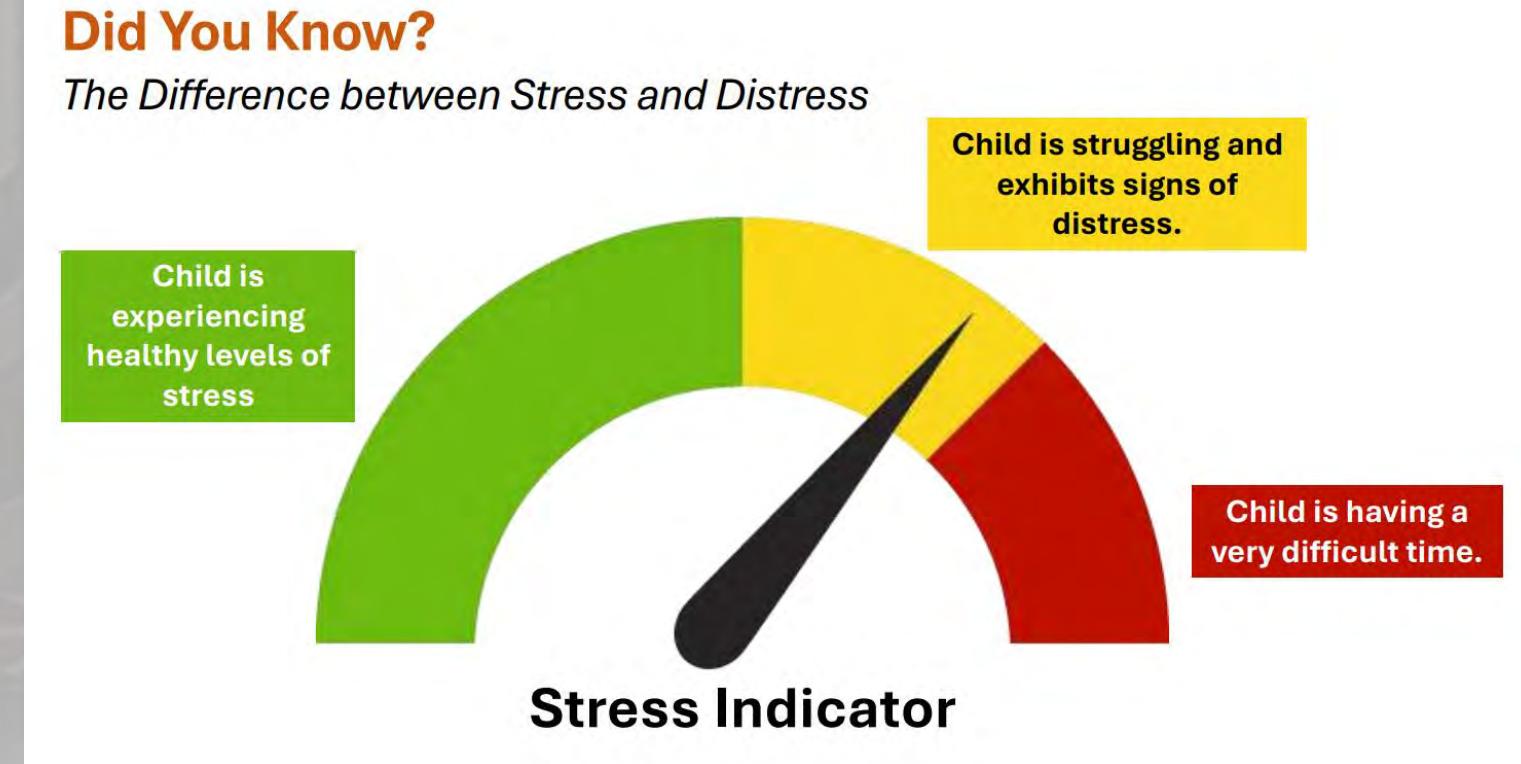


Managing Mental Wellness in Our Children



Mental Health

- It refers to a state of well-being where we realise our potential and can cope with the varying emotions and normal stressors that we all experience in our daily lives.





Did you know?



**Tinkle
Friend**

Mental health one of the top reasons primary school kids called helpline in 2023

Mental health became **one of the top five most common topics** that Singapore's young children anonymously asked the Tinkle Friend service in 2023, alongside issues related to school, peers and family.

Mental health-related concerns among these children – mainly **aged 13 and below** – include **self-image struggles and emotional distress that presents as fear, anger, anxiety and low moods**.

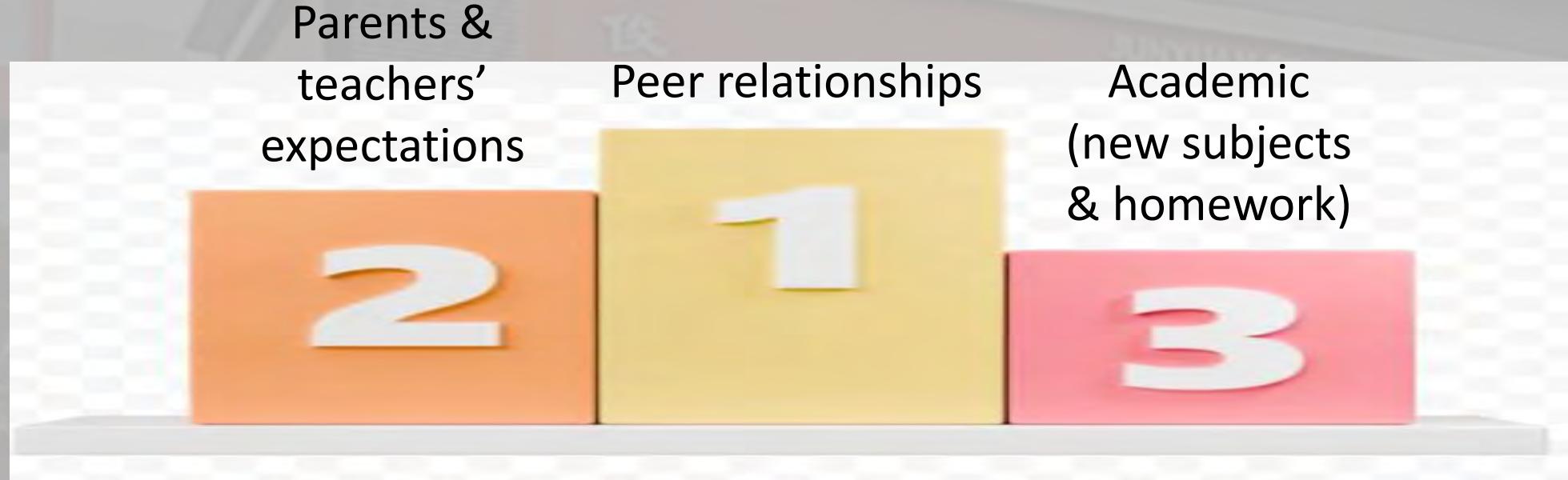
Among the children who called or chatted with Tinkle Friend in 2020, almost half were upper primary school pupils aged 10 to 12.

Source: The Straits Times, 2024



Termly Check-in Surveys

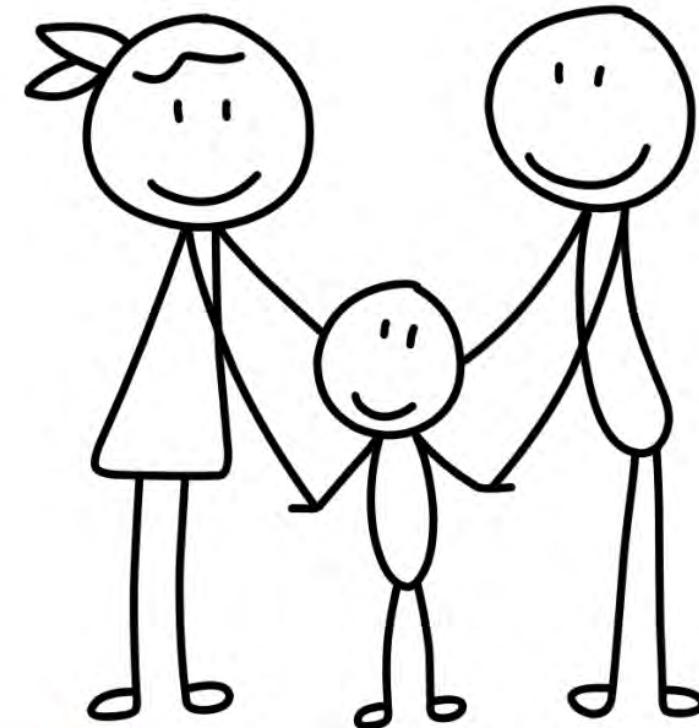
- Sources of stress





Home-School Partnership: Walking the Journey Together

The Termly Check-In Surveys show that families are a **predominant source of support** when Primary School students are feeling stressed or anxious — demonstrating the **vital role parents play in their children's mental well-being**.

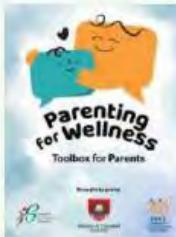


Parents are a predominant source of support for their child.



How can you support your child?

LOOK out for these signs which indicate your child may need help to cope:



Scan the QR Code to read more about stress vs distress in the Parenting for Wellness toolbox. The full toolbox is available at the end of the presentation.



ARE YOU FEELING TOO MUCH STRESS?

We can **LOOK out for:**

- L**oss of interest in hobbies
- O**verly tired, sad, worried or upset
- O**ften posting moody messages or talking about hurting yourself
- K**eeping away from people you are usually close to, or being quieter than usual



If you observe that your child may be struggling or showing signs of needing more support, you may use **C.H.E.E.R** to guide your conversations and support your child.



Scan the QR Code to read an example in the Parenting for Wellness toolkit, of how CHEER can be used. The full toolbox is available at the end of the presentation.

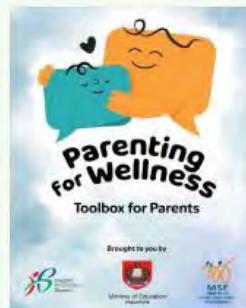


Source: Parenting For Wellness Toolkit



Providing a safe space for conversations

Tips taken from Parenting For Wellness Toolkit (p.11)



This QR code takes you directly to page 11 of the toolbox. The full toolbox is available at the end of the presentation.

<https://go.gov.sg/pfwp11>

➊ Things You Can Do



Listen attentively. Maintain eye contact and put away your devices to show that you are paying attention.



Ensure that the environment is conducive and comfortable for your child. E.g. recreate an environment where your child had previously opened up to you, and have the conversation in a place where your child feels they have privacy.



Listen to understand, instead of listening in order to give advice and offer solutions.



Take a step back to calm down if things get heated, and return to the conversation after calming down.



Check that your child is comfortable with you sharing what they have told you with other people. If you have to do so out of concern for their safety, explain to your child why it is necessary.

➋ Things You Can Say

- Use open ended questions to find out more about your child's perspectives and feelings.

How did that make you feel?

- Acknowledge that your child's opinions and feelings are valid, even if you disagree with them or do not fully understand them.

I hear that you are feeling frustrated.

- Let your child know that it is natural to experience these feelings, and that you experience them too.

I can see why you are upset.
I would be too.

- If you are not sure what else to do, you can let your child know you are concerned for them, and offer support or a listening ear.

How can I help? What support do you need from me?

'I' messaging rather than 'You' messaging



Parenting Resource: *Parenting for Wellness*

Keen to find out more about building strong parent-child relationships, supporting our children's mental well-being, and parenting in the digital age?

For more bite-sized resources (practical tips and strategies), scan the QR code on the right to download a copy of the **Parenting for Wellness Toolbox for Parents**.

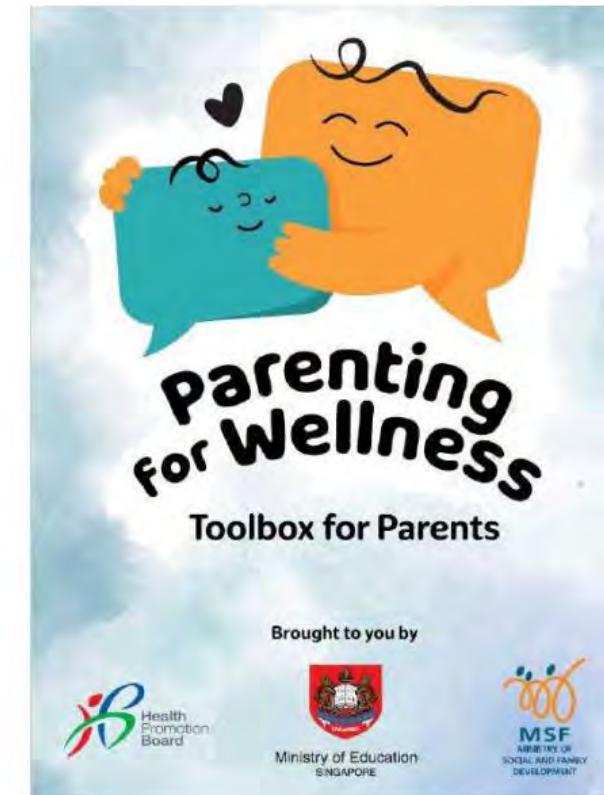


<https://go.gov.sg/pfw-toolbox-for-parents>



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

For personalised access to the full suite of parenting resources, check out the **Parenting for Wellness website** on Parent Hub (hosted by HPB)! Scan the QR code on the left to access the website.





7-38-55 Rule (Mehrabian's Model):
words (7%) are less impactful than vocal tone (38%) and body language/facial expressions (55%) for conveying feelings

Watch this video on YouTube about having conversations grounded in love and respect that can help your child feel heard.
[Timing Matters: It's Not Just What You Say](#)
<https://go.gov.sg/video-opencommunication>



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Cyber Wellness



Did you know?

Our children are **going online from a younger age**.

67% of children aged 7 to 9, and **85%** for those aged 10 to 12 in Singapore use **smartphones** every day, and are active on **social media**.

However, research has shown that both **screen time** and **type of screen use** (educational vs recreational) can impact our **children's well-being**.

What does this mean?

We need to help our children achieve **balanced and purposeful** screen use.

#1 Resources on balanced and purposeful screen use are available at the end of the presentation.

Why should we be concerned about Cyber Wellness?



TYPES OF ONLINE HARASSMENT (%)



NOTE: This question was posed only to parents who reported that their children had faced online harassment. The poll is subject to a margin of error that is comparable with other research surveys.

Source: MILIEU INSIG
STRAITS TIMES GRAPHICS

CURRENT REALITY

Types and frequency of harmful content our children are exposed to

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

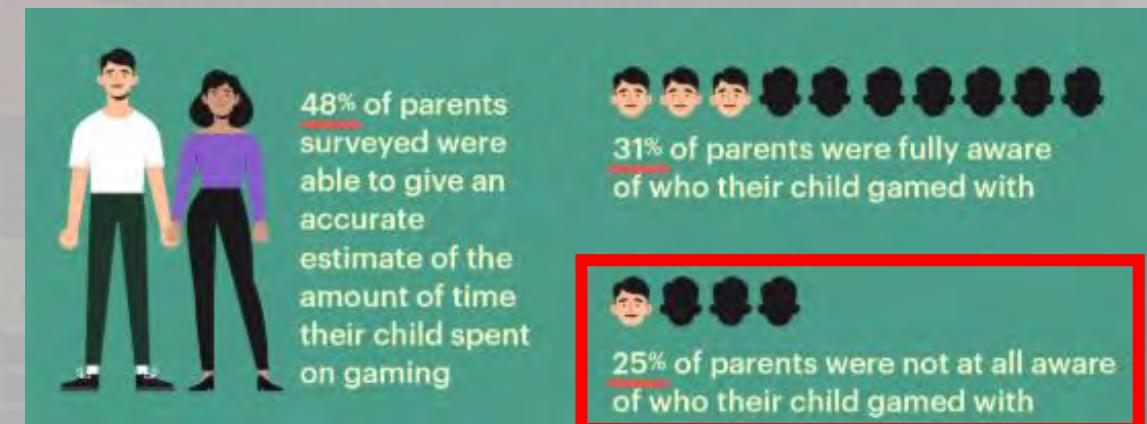
Parents might not be aware, but...

1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: [MLC-TOUCH Parent Child Poll Findings](#) (30 Nov 2023)



Source: [MDDI Survey](#) (Feb 2024)

Why should we be concerned about Cyber Wellness?



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Did you know?

A survey of 600 parents in Singapore revealed the types and frequency of **harmful content** our children are exposed to, including cyberbullying, sexual grooming, and sexual harassment.

However, **not all parents are aware** of the **online risks**.

What does this mean?

We need to be **involved** in our children's digital lives, and put in **parental controls** to keep them safe and role-model for responsible use.

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

Resources on parental controls are available at the end of the presentation.

Why should we be concerned about Cyber Wellness?



Forms of hurtful behaviours/bullying

Physical

Hitting someone or damaging someone's belongings, tends to occur alongside other forms of hurtful behaviours
It can extend from offline to online platforms, amplifying its visibility

Social

Leaving someone out of a group or things on purpose

Multiple forms of bullying could be experienced by the same student at the same time or sequentially.

Verbal

Name-calling, spreading rumours or making threats

Cyber

Hurtful behaviours/bullying that occurs when online technology (e.g. mobile phones, computers or social media) is used as a means to hurt or upset someone on purpose and repeatedly (through sharing and/or resurfacing a post)

Some common forms of cyber bullying include flaming, harassment, cyber stalking, denigration, impersonation, exclusion, trickery and doxxing.



Monitoring your child's online activity

- 1 **Cyberbullying.** Most kids who are harassed online by cyberbullies suffer emotional distress but never tell their parents. Monitoring can alert you if someone may be bullying your child – or if your child has been bullying someone else.
- 2 **Sexting.** Teens might think it's sexy to take and send nude pictures of themselves to someone else, or they might think it's funny to forward along pictures of someone else. Monitoring lets you step in and stop the behavior.
- 3 **Online Predators.** The Internet is the #1 tool of child predators for finding and developing friendships with children. You won't know if one has been talking to your child unless you're watching.
- 4 **Alerts you to cyberbullying and other dangers activities.** If your child is chatting with friends about illegal activities, suspicious behavior or maybe even committing suicide, you will have the chance to intervene before anything actually happens.



What is Cyber Wellness?

Cyber Wellness is the ability of our children and youth to navigate the cyberspace safely.

This is done through our **Character and Citizenship Education (CCE) curriculum** which aims to:

- **equip students with the knowledge and skills** to harness the power of Information and Communication Technology (ICT) **for positive purposes**;
- maintain a **positive presence in cyberspace**; and
- be **safe and responsible users of ICT**.

Through the curriculum, your child learns knowledge and skills to have **balanced screen use, be safe online, and exhibit positive online behaviours**.

Grow Well SG – Health Plan for individual students (eating habits, screen time etc)

Resources

Scan here to find out more about MOE's Cyber Wellness curriculum:



<https://go.gov.sg/moe-cw-education>

Primary 3 and 4

During
CCE(FTGP)
lessons,
students will
be taught:

Balanced use of digital devices

- Time management and spending time on screen-free activities

Netiquette

- Show respect to others online
- Be considerate when posting opinions online
- Reflect on how our interactions can affect others online

Stand up against cyber bullying

- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

How to stay safe online

- Steps to take to determine if an online friend is trustworthy



My Healthy Screen Time Pledge

I, _____ (my name) pledge to be responsible and practise self-control when it comes to using the computer or the mobile phone.

Tick (✓) 3 things you would like to start practising. I pledge to:

- set aside time to complete my homework, rest, exercise and spend time with my family.
- stop my screen time when having my meals and practise the 20-20-20 rule*.
- put my devices away at least 60 minutes before bedtime.
- stop my screen time when I have reached the time limit my parents/guardians have set for me.
- set the alarm for 30 minutes and stop my screen time when it goes off.
- stop my screen time when I am feeling tired.
- seek help from my family when I need support/reminders to manage my screen time responsibly.
- Other(s): _____



Paste this pledge at a place where I can see it every day.

* 20-20-20 rule: Look at something 20 feet (approximately 6 metres) away for 20 seconds after 20 minutes of screen time.

27

Do My Best

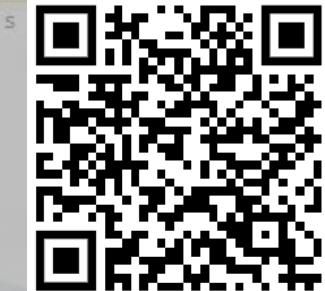


Discuss your child's healthy screen time pledge at home and cultivate accountability.



Students will use GenAI to learn in an age-appropriate manner

1. AI use for teaching and learning must be **age- and developmentally-appropriate**.
 - **Pri 1 to 3 students** will mainly engage in hands-on experiences, with **little or no** direct use of AI tools.
 - **Pri 4 to 6 students** will use AI tools occasionally with teacher supervision in class to support their learning.
2. There are safe and pedagogically sound AI tools available in the Singapore Student Learning Space (SLS). Students will use these tools when their teachers incorporate these tools within the assigned SLS modules.



Scan QR code to read more about SLS AI-enabled features!

Three AI-enabled systems in the Singapore Student Learning Space (SLS):

AI CAN MEANINGFULLY TRANSFORM TEACHING AND LEARNING

MOE harnesses Artificial Intelligence (AI) as a strategy to achieve the desired student outcomes, empowering self-directed learning and customising students' learning experiences.

Three AI-enabled systems are now available on the Student Learning Space (SLS):

- Adaptive Learning System
- Teaching and Learning Assistants
- Learning Feedback Assistants

GREATER CUSTOMISATION OF LEARNING

- Adaptive Learning System (ALS) provides personalised learning pathways to enable students to learn at their own pace.
- Teaching and Learning Assistants, such as the Learning Assistant (LEA) guides students self-directed learning through dialogue and iterative questioning based on curated learning materials in their knowledge base.

PERSONALISED FEEDBACK FOR LEARNING

Learning Feedback Assistants (LFAs) provide timely and targeted feedback across different subjects, helping students identify and correct their mistakes. They support the development of writing and oracy skills, content understanding, as well as problem-solving skills, while enabling teachers to focus on guiding students in deeper learning and higher-level thinking.

CLASS PROGRESS

SUPPORTING TEACHERS' PROFESSIONAL PRACTICE

Teaching and Learning Assistants support teachers by automating routine tasks, analysing student responses, and enhancing lesson design. Tools like Authoring Copilot (ACP) help teachers generate lesson plans and materials, while Data Assistant (DA) allows teacher to quickly analyse students' open-ended responses to enable timely and targeted interventions. These tools enable teachers to focus on designing more effective and personalised learning experiences.

The National AI strategy announced in November 2019 outlined a plan for Singapore to deepen our understanding and use of AI technologies to improve lives. MOE's EdTech Plan also guides the development of these AI systems for learning.



What are the limitations and potential risks of GenAI?

We recognise that GenAI might pose risks, especially when it is not used effectively:

- May give inaccurate or biased answers
- May create tendency for over-reliance when overused
- May pose risks if personal information is shared
- Probabilistic and predicts the most likely answer – it can sound confident even when it is wrong
- Responds like a person, but it does not truly understand or experience emotions.

Parents should discourage your children from relying on AI Companions for social-emotional support, as this may pose challenges for their development

About **1 in 2** teens would trust AI-generated news story to the same extent or more than one written by a human.²

About **1 in 3** teens use AI companions for social interaction and find them as satisfying or more satisfying than those with real-life friends.¹



**A set of knowledge, skills and dispositions that would help our students be confident, critical and responsible users of digital technologies*

Development of Students' Digital Literacy*

THROUGH
(In School)

CCE lessons

Lessons with
contextualised
infusion of digital
literacy skills

Self-paced
SLS lessons
(P4-6)

Sharings during
assemblies

AND
(At Home)

Family Time

Engage your child in the use of
technology for everyday situations

Examples: Research a recipe for a family meal, design a digital photo collage after a family celebration or outing and organise schedule in an online calendar.



The cyber world is where I can learn and play. It is important to have good and healthy online habits and make it safe for myself and everyone.



I will Be Safe.

- Protect your personal information.
- Protect against cyber threats.
- Be careful of strangers.

I will Be Smart.

- Manage time well.
- Practise good sleep hygiene.
- Practise healthy online habits.

I will Be Kind.

- Be respectful online.
- Be a positive influence.
- Respect works created by others.



AT JYPS, WE ARE *Responsible* DIGITAL LEARNERS.

I will take good care of this learning device.



I will not change any settings and the wallpaper of this learning device.

I will only use the specific/recommended apps and websites for the learning task.



When my teacher gives instructions, I will keep this learning device screen facing down and listen attentively.

I will report any fault with this learning device immediately to my teacher.



ICT AUP Agreement

I will strictly follow the ICT AUP Agreement in Student Diary (Pg 35-37).



Instill Good Habits in Our Children – Using Artificial Intelligence (AI)

Only use AI for your schoolwork under teacher's supervision.

If the use of AI is permitted by your teacher(s), acknowledge the use of AI in project work and schoolwork as required.

Be honest and responsible for your own learning when using AI. **DO NOT** use AI responses as your own.

When using AI at home, ensure that you meet the minimum age requirement specified in each AI tool's age restrictions before using it.



Instill Good Habits in Our Children – Monitor & Regulate Use of Gadgets

- Impose a limit on screen time daily
- No gadgets during meal times and 1 hour before bedtime
- Parental control apps in phones to help children to be in control of the technology use
 - Google Family Link (Android)
 - Apple Screen Time, Grace (IOS)

7 to 12 years old:

- ✓ Less than 2 hours of screen use a day, unless related to schoolwork.
 - ✓ Agree on a screen use plan or timetable.
 - ! Do not use screens during meals and one hour before bedtime.
- ✓ When using screens:
 - ✓ Use parental control settings and check content ratings to ensure content is age appropriate.
 - ✓ Talk to your child often on what they are viewing online. Offer advice regularly.
 - ! You should not give your child access to social media services.
 - ! Do not give your child mobile devices with unrestricted access to internet and applications.
- ✓ If you have concerns that your child has problems with screen use
 - ✓ Speak to your child, develop and agree on a realistic screen use timetable to balance their screen use with other activities.
 - ✓ Seek help from the school, community partners or professionals, if the problem persists.



Instill Good Habits in Our Children – Sleep Hygiene



- 7 – 12 years old need an average of 9 - 11 hours of sleep
- Children who consistently get a good night's sleep:
 - are healthier
 - have more energy during the day
 - have a longer attention span & can concentrate longer and more on tasks
 - are more able to learn and remember new things
 - have better problem-solving abilities
 - are more creative
 - are better able to make positive decisions
 - can create and maintain good relations with others



Grow Well SG is the multi-ministry effort to help families build and sustain healthy habits from young for long-term health benefits.



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**SUPPORTING FAMILIES IN BUILDING
HEALTHY HABITS IN CHILDREN**

Grow Well SG

A national health promotion strategy to enhance preventive care and inculcate healthier lifestyles in children and adolescents.

Strategy to reduce the risk of poor health and development arising from:

- Sedentary lifestyles with excessive screen time
- Insufficient physical activity
- Poor nutrition
- Inadequate sleep

Focuses on children **up to 12 years old**, and to be extended to older age groups.

**MINISTRY OF HEALTH
SINGAPORE**

**EARLY INTERVENTION IN
FOUR KEY AREAS**

Eat Well

Good nutrition can support growth and enhance overall health and development

Sleep Well

Healthy sleeping routines can improve concentration, mood and physical development

Learn Well

Engage in diverse learning experiences for holistic development

Exercise Well

Regular physical activity can strengthen bodies, sharpen minds and boost self-esteem

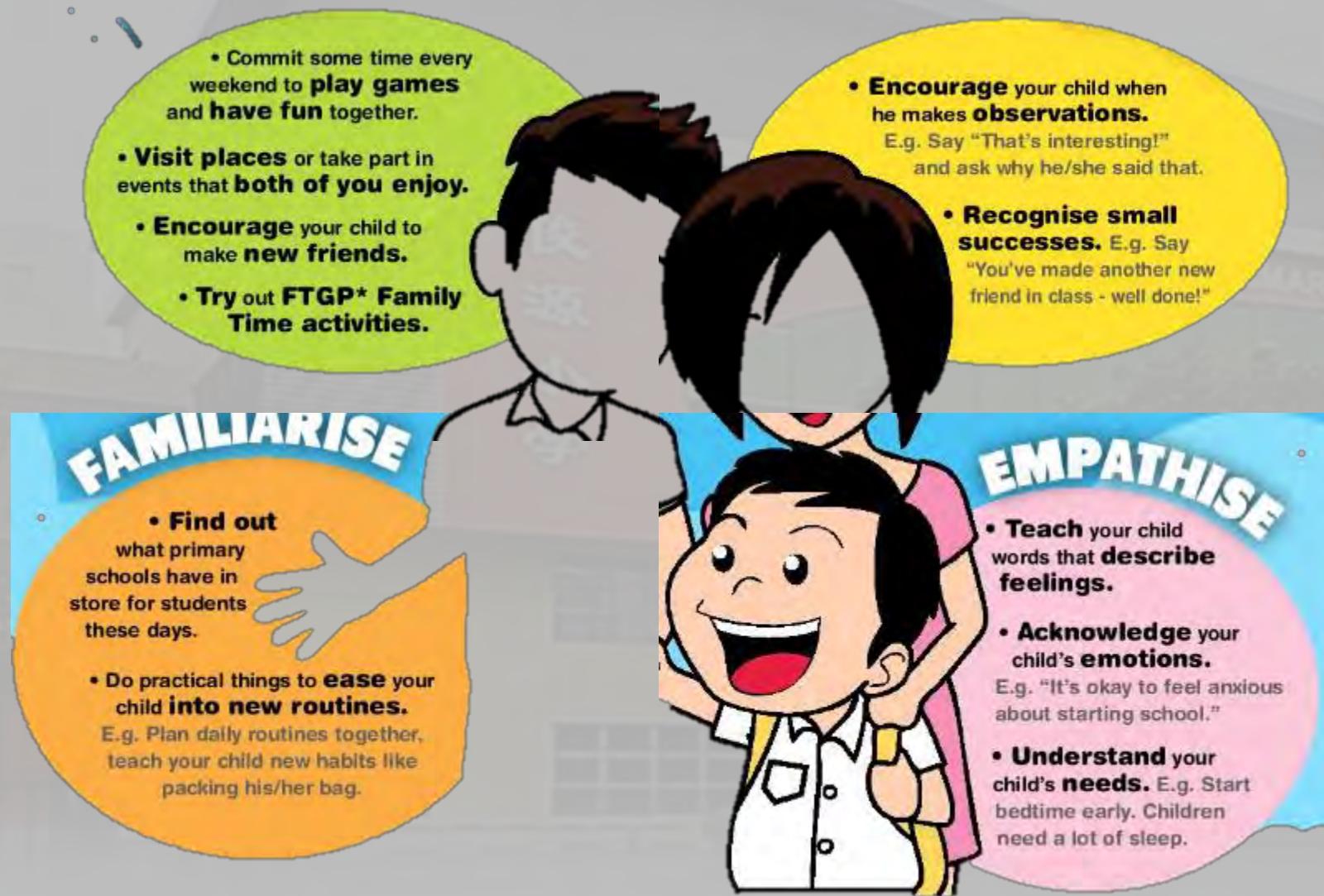
An equally important area:

Bond Well

Cultivation of strong relationships within the family and social connections with friends. This supports and reinforces healthy lifestyles.



Parents' Involvement





Useful Resources for Parents

Bite-sized practical tips and strategies to help you parent effectively in the digital age.

Useful Resources

Parenting for Wellness



For more bite-sized, practical tips and strategies on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the [Parenting for Wellness Toolbox for Parents](#).

You can also access the [Parenting for Wellness website](#) on Parent Hub (hosted by HPB) for personalised access to the full content!

Scan here to access the PfW Toolbox for Parents:



Positive Use Guide on Technology and Social Media

Scan here to access the Positive Use Guide:



The [Positive Use Guide on Technology and Social Media](#) draws on research to support families as they navigate the digital landscape together. It offers strategies for balanced screen time, how to build healthier digital habits and provides tools like self-check worksheets and curated resources. Scan the QR code on the left to access the guide on the Digital for Life website.



Compilation of Useful Resources

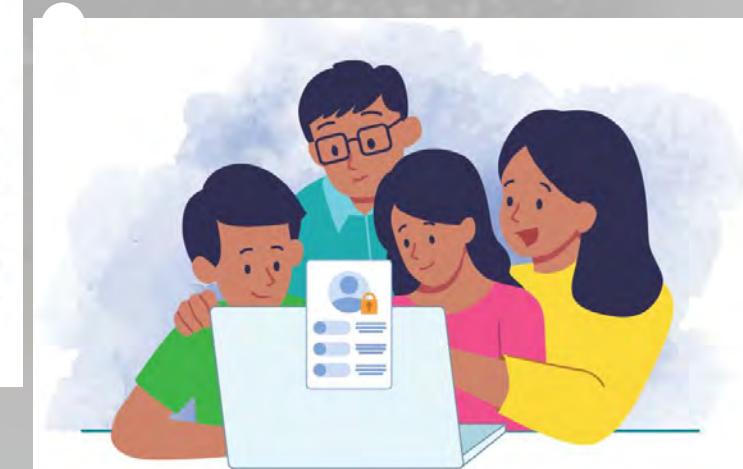


You can access all digital parenting resources shared throughout this slide deck by scanning this QR code or click [here!](#) *Send this link via PG to your parents too for their easy access.*

These resources focus on:

- Managing Device Use
- Respectful Communication
- Role-modelling healthy habits
- Fostering Real Connections
- Unlocking their First Smartphone or Smartwatch
- Playing Online Games
- Accessing their First Social Media Accounts
- Cyberbullying
- Parenting for Wellness
- Positive Use Guide
- Grow Well SG

Resources on tips and strategies to support your child when they might be a cyberbully are available at the end of the presentation.





Compilation of Useful Resources

No.	Managing Device Use	
1	Balanced and purposeful screen use	go.gov.sg/pfw-managing-safe-device-use
2a	Guide on Parental Controls on devices	go.gov.sg/pfw-web-parental-controls
2b	Information on in-app safety features	go.gov.sg/pfw-web-app-safety
3	Grow Well SG resources on purposeful screen use	go.gov.sg/growwellsg-learn-well
No.	School-Home Partnership resources	
4	Having open conversations about healthy digital habits	go.gov.sg/pfw-managing-safe-device-use
5	Role modelling respectful conversations	go.gov.sg/pfw-respectful-conversations
6	Providing a safe space for conversations	go.gov.sg/pfw-safe-space
7a	Video: real connections when conversations happen in safe spaces	go.gov.sg/video-opencommunication
7b	Video: healthy screen use starts at home	go.gov.sg/video-familyscreenuse



Compilation of Useful Resources

No.	Unlocking their First Smartphone or Watch	
8a	Things to consider when setting rules on the use of smartphones	go.gov.sg/pfw-web-involving-children-setting-rules-smartphones
		go.gov.sg/dfl-first-smartphone
8b	Screen Time settings on Apple devices (iPhone, iPad)	https://support.apple.com/en-sg/108806
8c	Google Family Link	https://families.google/familylink/
9	Video: Preparing your child for their first smartphone	go.gov.sg/video-firstphone
No.	Playing Online Games	
10	Video game ratings	https://imdaonline.imda.gov.sg/Classification/Search/VideoGames/Default.aspx
11a	Entering your child's gaming world	go.gov.sg/pfw-child-gaming-world
11b	Conversation tips on gaming concerns	go.gov.sg/gaming-conversation
No.	Accessing their First Social Media Accounts	
12a	Social Media: Is your child ready for it?	go.gov.sg/pfw-web-social-media-readiness
12b	Tools and resources for managing online safety	go.gov.sg/pfw-managing-safety-online



Compilation of Useful Resources

No.	Cyberbullying	
13a	Parenting for Wellness (PfW) Website Module on Cyberbullying	go.gov.sg/pfw-web-cyberbullying
13b	PfW resources – when your child is the victim	go.gov.sg/pfw-cyberbullying-victim
14	PfW resources – how to report incidents through online platforms	go.gov.sg/pfw-web-app-safety
15	PfW resources – when your child is the bully	go.gov.sg/pfw-cyberbullying-bully
No.	Additional Resources	
16a	Parenting for Wellness Toolbox for Parents (condensed info)	go.gov.sg/pfw-toolbox-for-parents
16b	Parenting for Wellness Website (full content)	go.gov.sg/pfw
17	Positive Use Guide on Technology and Social Media	go.gov.sg/positive-use-guide
18	Guidance on Screen Use in Children by Ministry of Health	go.gov.sg/pfw-screen-use-guidance
19	Online platform's online safety tools and resources	Tools and resources for managing your own safety online



Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.

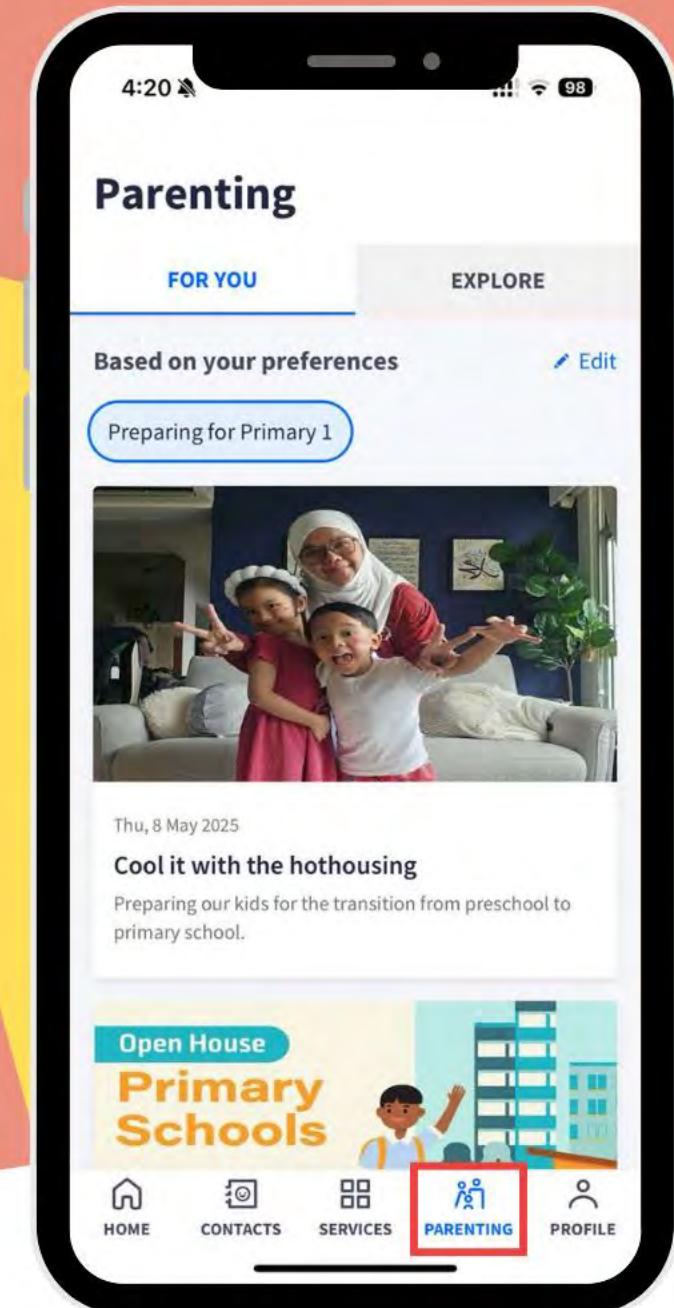




Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.





Disconnect to Connect Tech-Free Family Time

<https://www.youtube.com/watch?v=sTLPFRs2tac>

Watch this video on YouTube about setting routines and family agreements that will help your child learn when to switch off, and how to stay present:

[**Ctrl + Alt + Disconnect: Press Pause Together**](#)



Let's work together in partnership for
our Junyuan children.

Thank you!