

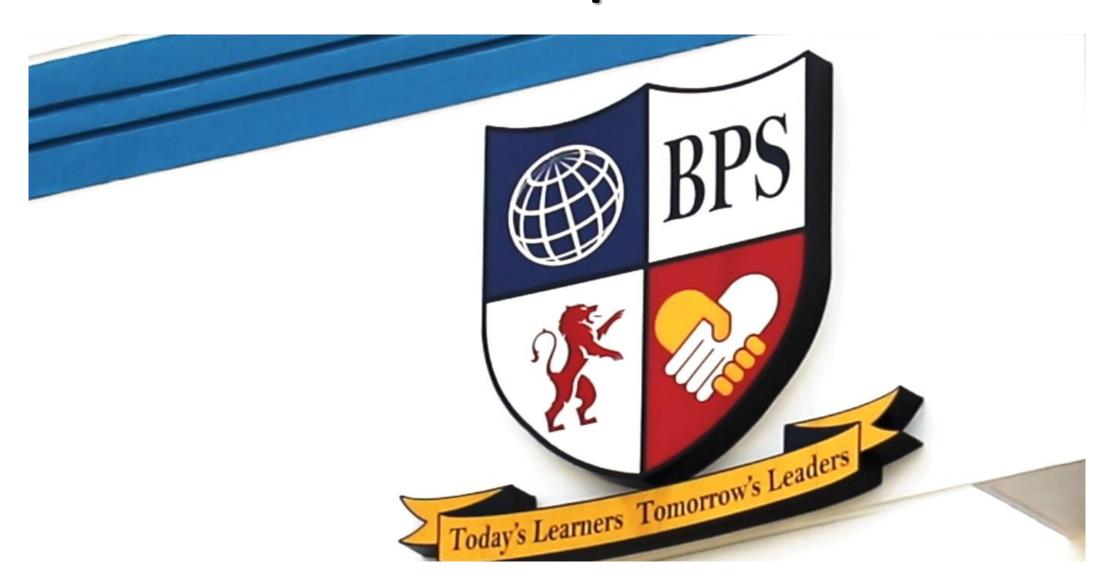
Sharing by Class Teachers for 2022 Primary One Parents



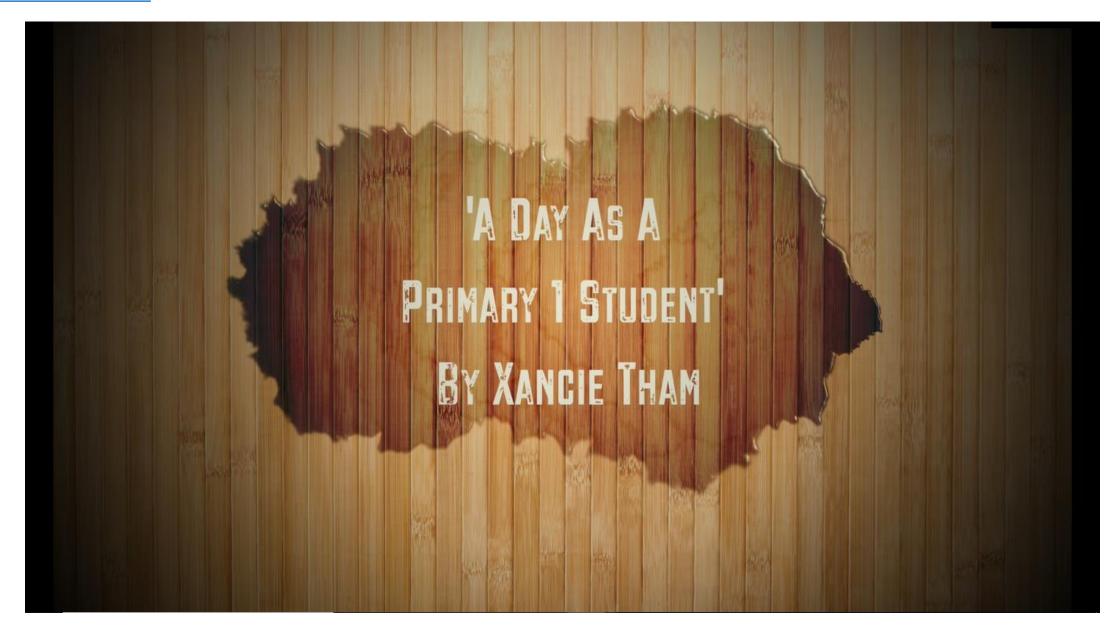
- Orientation to School Compound
- A Day in the Life of a P1 Student
- Getting Ready for School
- Other Admin Matters
- Q&A

Orientation to School Compound

Virtual Video



Xancie Tham's Video



Items Issued	Issuance Date	Purpose	What to do with it	
Lanyard	First Day	For easy identification	 Check name and class is reflected correctly on the lanyard Check that pick up point and dismissal arrangements are reflected accurately Child must put on the lanyard to school daily for the first 2 weeks of school 	
Handbook	First week	 Communication platform for teachers and parents Recording of daily homework 	 Check the handbook daily Guide child to inculcate the habit to write down their homework in the handbook every day 	
Time Table	Second week	To establish routine in school	Guide students to follow the timetable to pack their bags daily	
Thermometer	First week	Check students' well-being at the start of the day	Write your child's name on the thermometer and ensure he brings it to school every day.	

Daily Items to bring to school	Remarks	
Trace Together Tokens Ensure that TT tokens are labelled and working. This is for contact tracing purpose		
Water bottle and stationery	Ensure that all belongings are properly labelled	
Zip Lock Bag	Prepare zip lock bag to keep child's used mask during meal. Do label the bag	
Spare Mask	Prepare 2 spare masks to school every day	
Face Shield	Your child may wear face shields in place of a mask (if due to medical condition). Please do inform the Form Teacher in writing and await for approval	
Pocket Money for Recess	P1 recess is at 10am to 10.30am daily. You may give cash for your child to buy food or prepare packed food for them	
Snack Break	Pupils have 10 min snack break at 12noon everyday. You are encouraged to pack fruits/light snacks for them	
Proper School Attire	Ensure that the name tag is sewn above the school crest on the Polo T-shirt	
Medication (If any)	Please inform Form Teacher if your child requires (eg, Epipen, Asthma inhalers)	

(Healthy Meal in School Programme (HMSP))

Introduced since 2011, the HMSP enhances the availability of healthier food and beverage choices in schools. Schools play an instrumental role in nurturing good eating habits as students typically consume one meal in school each day.

- To ensure our students receive the right nutrients necessary for their growing needs, a healthy set meal is to incorporate food from **four main food groups** rice and alternatives, meat and alternatives, fruit and vegetables.
- To seek partnership and support for the programme and encourages healthy dietary habits among our children, especially the consumption of whole-grains, fruit and vegetables.

Every Mon, Wed and Fri, pupils are encouraged to eat fruits during Snack break



(Guideline to pack for snack break)

Every Mon, Wed and Fri, pupils are encouraged to eat fruits during Snack break

Examples of food items allowed	Example food items NOT allowed
 Dry snacks Oats biscuits/crackers Granola/oats bars Cereals *low sugar Bread buns *low sugar/salt Raisins Fruits eg apple, pear, banana (avoid cut fruits as it may not last or turn bad) Simple sandwich eg peanut butter sandwich (avoid 'sloppy' sandwiches like egg/tuna) Simple veggie salad or veggie sticks 	 Cooked food items such as chicken wings, fishballs, fried finger foods Sweetened drinks ie lemon tea, carbonated drinks etc Foods that are high in sugar or salt eg chocolate bars, sugared biscuits, sweets & potato chips (w/o Healthier Choice symbol)









Stall	Menu	Price range
Hot Drink and	Hot Drinks	\$0.70 - \$0.90
Tim Sum Stall (Non-Halal)	Snacks	\$0.50 - \$1.90
Chinese Rice Stall	Set A 1 vegetable + rice + 1 fruit	\$1.70
(Non-Halal)	Set B 1 meat + 1 vegetable + rice + 1 fruit	\$2.00
	Set C 3 vegetables + 1 meat + rice + 1 fruit	\$2.30
Chinese Noodle Stall (Non-Halal)	 Fish ball noodle Wanton noodle Lor Mee Laska Hor fun Curry chicken noodle Fried bee hoon / kway Teow/ noodle Tom Yam noodle 	Small portion - \$2.00 Medium portion - \$2.30 Large portion - \$2.50 * All sets come with 1 fruit
Malay Western Stall (Halal)	 Chicken Chop + spaghetti / Fries / Mashed potato + salad + 1 fruit Baked fish + Spaghetti / garlic bread / soup + salad + 1 fruit Baked macaroni + garlic bread/soup + salad + 1 fruit Pizza + mashed potato + 1 salad + 1 fruit 	Small portion - \$1.70 Medium portion - \$2.00 Large portion - \$2.30

Stall	Menu	Price range
Malay Rice Stall (Halal)	Set A 1 vegetable + rice + 1 fruit	\$1.70
	Set B 1 meat + 1 vegetable + rice + 1 fruit	\$2.00
	Set C 2 vegetables + 1 meat + rice + 1 fuit	\$2.30
Cold Drink Stall	 Bottled drinks Packet drinks Milo packet drink HL milk Mineral water Vitagen Peel fresh juice Yogurt Fruit drink Fresh fruit juice 	\$0.50 - \$1.50

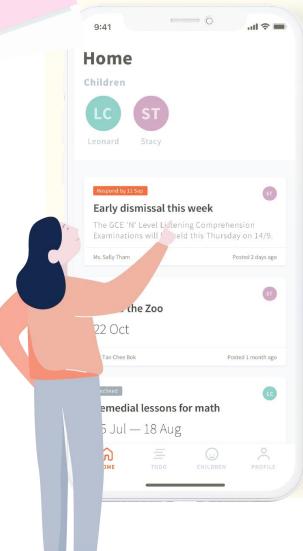


Books to bring to school in week 1

4 Jan (Tue)	5 Jan (Wed)	6 Jan ((Thurs)
English	Mathematics	Mother Tongue	Others
 Red English Files Stellar Handwriting Book 2 Broad lined exercise books A4 My Writing Book (Broad Lined) 	 Maths Practice Book 1A & 1B (2 Books) Maths Exercise Book – Square (Medium) 1 Blue Maths File 	Respective Mother Tongue Books	 Portfolio Music Textbook Active and Healthy Me FTGP Book Inquiring Into Our World Activity Book (Social Studies Activity Book)

Note: Pupils do not need to keep to the schedule if the books have not arrived. Just inform the teacher to take the books out from their bag and keep it in school when it is available.





Parent's Gateway

A mobile app that connects parents and schools on like administrative matters, allowing schools to send updates on programmes and activities to parents. Consent forms will also be issued through the app for participation in school activities.

What do you need?

Singpass to access to the app

How to get help?

https://bendemeerpri-moe-edu-sg-admin.cwp.sg/our-people/for-parents/ict-matters/parents-gateway



Submission of Forms

Forms	Dateline for Submission	
Interest in attending P1 Parents' Briefing on 4th Jan 2022	17 Dec2021	
Pick up points after school		One-Stop Portal at Bendemeer School Website

