



2022/073

7 March 2022

Dear Parents and Guardians,

1. Extension of Duration of Primary 6 Supplementary Class

In order to give additional support to our students in their preparation for PSLE, the school will be extending the duration of the Primary 6 supplementary class by an hour. Starting from Term 2, students will attend two hours of supplementary class on Mondays and Thursdays; two subjects per day. A new schedule has been given to the students.

2. P3 Gifted Education Programme (GEP) Identification Exercise 2022

The schedule for the Primary 3 GEP Identification Exercise 2022 will be carried out in 2 stages as follows:

Stage	Date	Participants	Papers
GEP Screening Exercise	17 August 2022 (Wednesday)	Primary 3 students enrolled in government and government-aided schools	English Language Mathematics
GEP Selection Exercise	18 & 19 October 2022 (Tuesday & Wednesday)	Primary 3 students shortlisted after the GEP Screening Exercise	English Language Mathematics General Ability

The GEP Screening and Selection Exercise will be based on the Primary 1 to Primary 3 English Language and Mathematics syllabuses.

The GEP Identification Exercise aims to identify suitable students with high intellectual potential. Test-preparation activities could inflate students' scores and not reflect their actual potential. Students who are not ready to handle the intellectual rigour and demands of the programme will struggle with the enriched curriculum and not benefit fully from it. This would put undue stress on the students, and may even cause them to lose confidence and affect their self-esteem. Hence, we urge parents/guardians not to conduct test preparation activities to prepare your children for this exercise. More details for the GEP Screening Exercise will be given in July 2022.

3. Healthy Eating Habits

To bridge Home-School Partnership for a healthier lifestyle for our students, the school would like to share how you can educate your child to adopt healthier eating habits in school.

➤ *How can I prepare my child to make good food decisions in school?*

- Your child is taught about 'My Healthy Plate' in school. Reiterate the importance of food groups as they have specific benefits to the body.
- Encourage your child to eat full meals in schools so they can feel fuller for longer.
- Talk to your child about the benefits of eating fruit and vegetables of different colours daily, as they help our bodies in different ways.
- Most meals served in school include vegetables and a portion of fruit. Encourage your child to set a good habit

➤ *What can I prepare for my child to consume during snack break in school?*

- Prepare a simple dry snack e.g. bread, fruits, biscuits.
- Exclude unhealthy snack such as chips and candies.



Checklist for Parents

You can use this checklist as a reminder of all things you should consider when discussing recess food with your child:

- ✓ I have reviewed the dishes my child can order during recess.
- ✓ I have taught my child the benefits of having a complete meal with 4 food groups.
- ✓ I have taught my child how to manage his/her pocket money when paying for meals in school.

4. **Cyber Wellness @ Damai - How to Spot Signs of Phishing**

Phishing scams are in the spotlight again. To prevent yourself from becoming a victim of phishing scams, it is important that we learn to spot the signs of phishing.

Phishing is a method in which cyber criminals use to obtain your personal and financial information fraudulently such as your login details, bank account numbers and credit card numbers. As cyber criminals come up with increasingly convincing and sophisticated methods of phishing, we must be prepared for what might come our way.

Cyber criminals often disguise themselves as a legitimate individual or reputable organisation in email, instant messaging (WhatsApp and SMS) and other communication channels (for example TikTok, Instagram and Facebook etc.). Once cyber criminals obtain your personal information, they could gain access to your online accounts, and even impersonate you to scam the people around you, such as your family, friends and business partners.

Below are 4 videos to help you understand phishing better. Click on the link to view the video clips in 4 different languages.

Language	Video link
English video with English subtitles	https://www.youtube.com/watch?v=SawQL3w8rSc
English video with Mandarin subtitles	https://www.youtube.com/watch?v=8oTrDfLmmul&t=10s
English video with Malay subtitles	https://www.youtube.com/watch?v=YepVDMBTMDA&t=5s
English video with Tamil subtitles	https://www.youtube.com/watch?v=vFcKqAsuvtk&t=18s

Credits:

Cyber Security Agency

<https://www.csa.gov.sg/gosafeonline/Go-Safe-For-Me/HomeInternetUsers/Spot-Signs-Of-Phishing>

5. **COVID-19 Vaccination**

We are encouraged by the updates received on your child's COVID-19 vaccination dates. For those who have yet to register or have not updated the school on the dates, we would like to seek your assistance to update us on your child's vaccination dates via <https://go.gov.sg/dpsvaccination> or QR Code.

The information will be useful in helping us ensure that your child avoid strenuous activities for two weeks after the vaccinations.





6. Safe Management Measures

Do keep your child rested at home if they are unwell, issued with Stay Home Notice (SHN) or Isolation Order (IO). We appreciate that you inform your child's Form Teacher or call the General Office at 64456483 in the morning of the day of their absence to keep the school updated. Please submit the medical certificate to your child's Form Teacher when your child is well enough to return to school.

Your child is allowed to return to school as long as they are well, regardless of the health status of household members. If they are issued with Health Risk Notice (HRN), they are required to perform an ART Test and obtain a negative result before returning to school.

7. Travel Plans for March School Holidays

With the March holidays approaching, we would like to seek your cooperation to update and submit the travel declaration for your child/ward. **No action is required** if you have no intention to travel overseas during that period.

To make a travel declaration for your child/ward via Parents' Gateway (PG), go to [SERVICE > DECLARE TRAVELS]. Please declare your child/ward's travel plan(s), indicating both the country and city of travel, and any city of transit, **by 11 March 2022 (Friday)**. Only one parent is required to declare.

When planning your travel, please refer to the attached advisory on travelling. **If there is a change of travel plan(s) after you have made declaration, please submit a new travel declaration for the updated travel destination via PG or inform the school for cancellation of travel plan(s).**

8. March School Holiday

In the upcoming March school holiday, I hope everyone will have a good rest and enjoy quality family time together. Given that Singapore is currently in the midst of a COVID-19 surge, please remember to exercise social responsibility and cooperate with the safe management measures that have been put in place. If your child is sick, please do not send your child to school for any upcoming school holiday school activity or to the Student Care Centre.

Together, we can look forward to a safer Term 2 when school re-opens.

Yours faithfully,

Mrs Jenny Leong
Principal



Advisory on Travel Plans and Health Protocol for Students



1. All students **should only travel overseas under permissible prevailing MOH's travel advisory**. Please note the following points for consideration if you are making any travel plans for your child/ward.
 - a) Students and parents must update the school of their plans to travel to countries/regions permissible prevailing MOH's travel advisory. Refer to Immigration and Checkpoints Authority (ICA) website [<https://safetravel.ica.gov.sg>] for details.
 - b) Actual time spent overseas may be limited if travellers need to adhere to Singapore's requirements for entry (e.g. time to serve SHN) as well as travel requirements in the country of travel.
 - c) Stay-Home Notice (SHN) may be issued upon return to Singapore. Where individuals have to serve SHN at dedicated facilities, the costs will be borne by the traveller. Refer to official website [<https://safetravel.ica.gov.sg/health/shn>] for more details on SHN and SHN dedicated facilities.
 - d) Individuals may need to bear the cost of mandatory travel insurance and unsubsidised healthcare for COVID-19 treatment in case of infection upon return, if applicable.
 - e) In case of changes in travel restrictions by Singapore or other countries, there is a risk that students may not be able to return in time for the start of the school Term.
 - f) Vaccinated International Students (Student's Pass/ Dependent's Pass holders) and their accompanying family members holding Singapore Long-Term Passes (except Work Permit Holders) may re-enter Singapore without applying for an entry approval, subject to prevailing health protocols. They must produce their Long-Term Pass/in-principle approval letter and acceptable proof of vaccination status for entry to Singapore.
 - i. Eligible accompanying family members who do not hold Singapore Long-Term Passes will need to apply for approval to enter Singapore. Please refer to <https://safetravel.ica.gov.sg/stpl/overview> for information on eligibility criteria and application processes.
 - ii. Travellers departing from Vaccinated Travel Lane (VTL) countries/regions may also consider entering Singapore under the VTL, to enjoy quarantine-free measures. They will need to comply with all VTL requirements including the use of designated VTL transport.
 - iii. All travellers should visit the SafeTravel website (<https://safetravel.ica.gov.sg/arriving/overview>) for the latest information on prevailing health protocols, entry processes and vaccination requirements. If assistance is required, they may also call the SafeTravel Enquiries Helpline at 6812 5555, or write in to <https://go.gov.sg/sto-enquiry>
2. Border measures, health protocol and requirements for entry may change over time depending on the public health situation in the respective countries. Please check on these requirements by visiting the SafeTravel website at [<https://safetravel.ica.gov.sg>] and the Ministry of Health (MOH) at [<https://www.moh.gov.sg/covid-19>].