East Spring Primary School
Briefing for Parents

2023

Gracious School , Life-long Learners

Objectives

SEL Competencies

School Values (SPRING)

Graciousness & Life-long Learning

Global Outlook

3Cs
Confident
Curious
Creative

Active & Healthy Lifestyle

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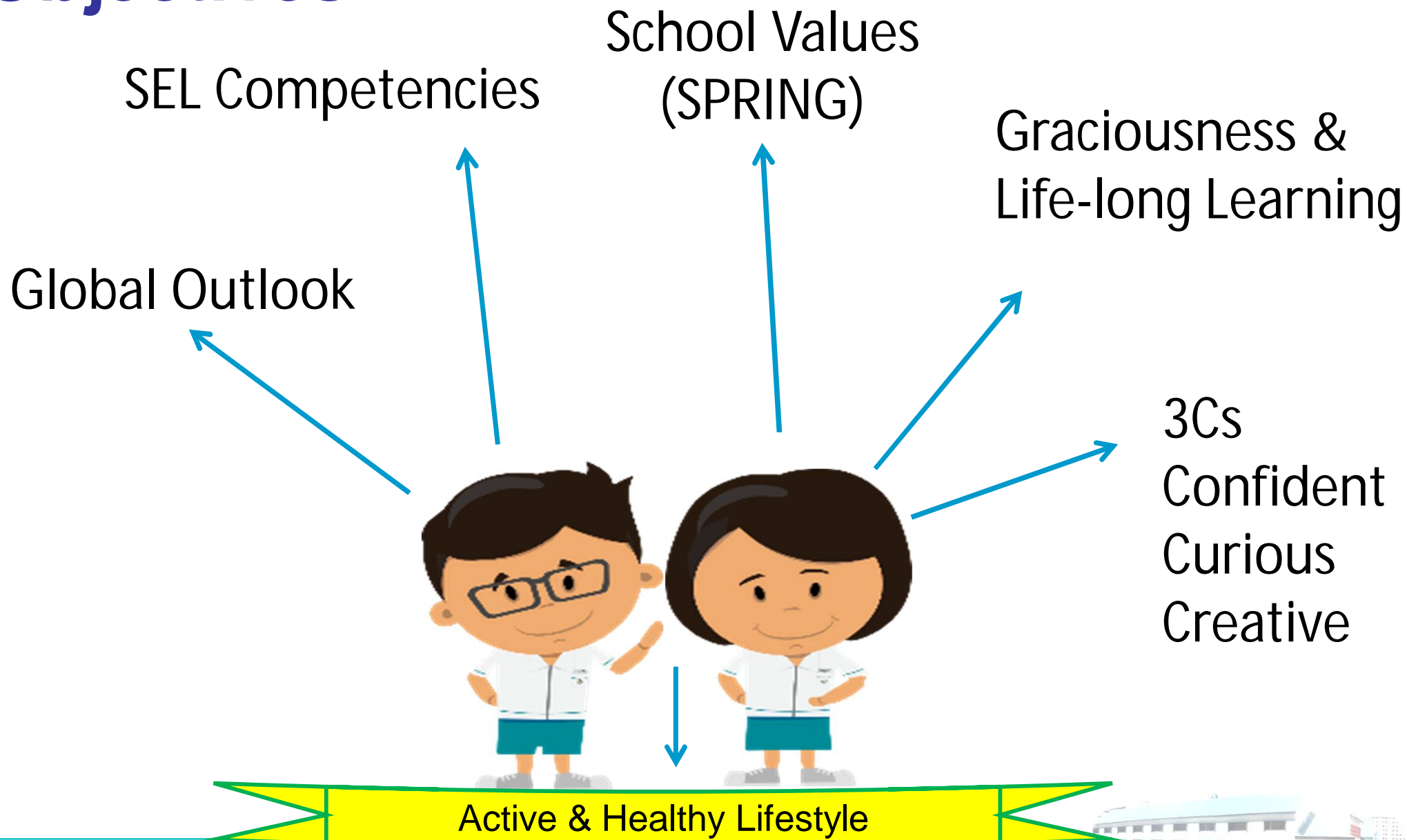
Causes of an unhealthy lifestyle

Habits & Routines	**Diet**

Poor lifestyle habits

Stress due to lack of SE competencies	**Lack of physical activity**

4 Pillars of an
Active & Healthy Lifestyle

Physical Activity	**Nutrition**
Hygiene	**Sleeping Time**

Consistency in **school** and at **home**

Programme to inculcate an Active & Healthy Lifestyle

PAL	**PE / LLP**
PHF Card *In school & home*	**Spark Time** *Healthy eating*

Programme for Active Learning (PAL)

Objectives

Values and Social & Emotional Competencies

School Values	Social Emotional Competencies
• Self-Control • Perseverance (Resilience) • Responsibility • Integrity • National Pride (Harmony) • Gratefulness	• Self Awareness • Social Awareness • Self Management • Relationship Management • Responsible Decision Making

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Objectives

2 **Broad exposure & experiences to SEL competencies** through fun and varied activities

Outdoor Education
- The Great Outdoors

Sports & Games
- Ball Games

PAL @ ESPS

Performing Arts
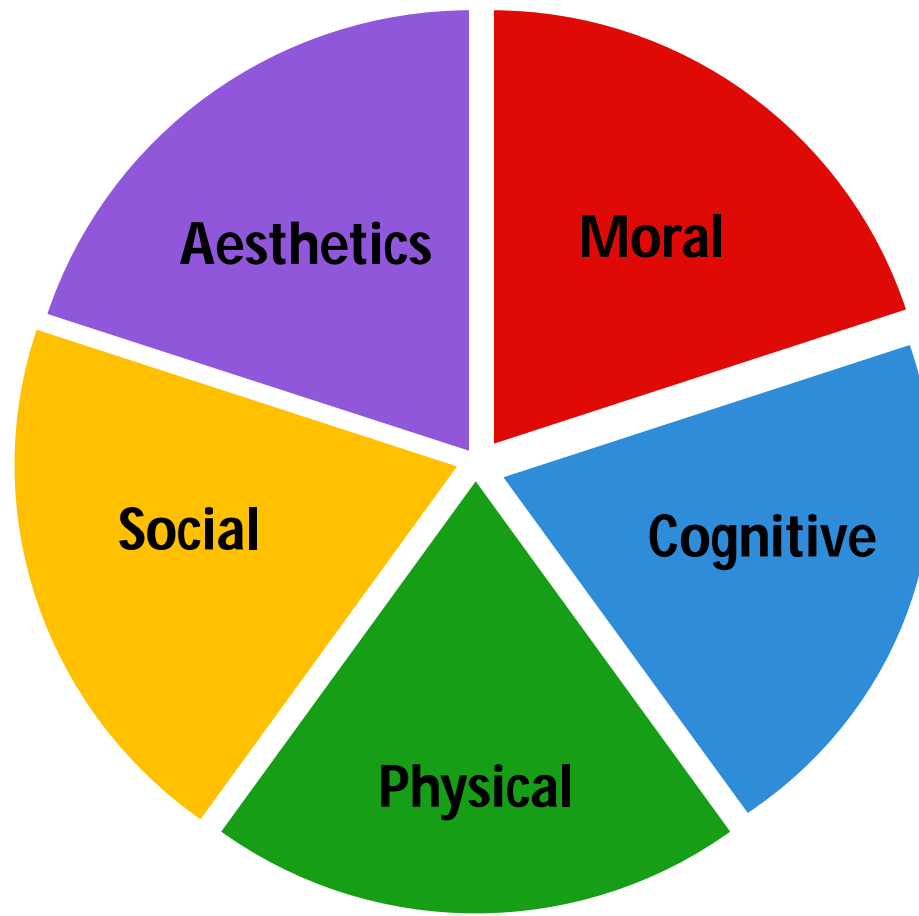- A Musical Journey (P1)
- We are Creative Dancers! (P2)

Visual Arts
-Underwater World (P1)
-My Garden (P2)

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Objectives

3 **Holistic Development** of every E'Light

ESPS PAL (Overview)

Adventures Around the World

PAL Domains

Performing Arts
- A Musical Journey (P1)
- We are Creative Dancers! (P2)

Visual Arts
- Underwater World (P1)
- My Garden (P2)

Outdoor Education
- The Great Outdoors

Sports & Games
- Ball Games

Countries & Stories

China - The Nightingale (P1)
India - The Farmer & the Snake (P1)
USA - The Wonderful Wizard of Oz (P2)

Australia - Finding Nemo (P1)
England - Alice in Wonderland (P2)

Germany - Hansel & Gretel (P1)
Peru - UP (P2)

Madagascar - Madagascar : Escape 2 Africa (P1)
United Kingdom - Harry Potter (P2)

Structure

Target audience	All Primary 1 & 2 Students
Frequency	2 hours per week
Deployment of Staff	Teacher specialists & Form Teachers

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PAL @ ESPS

- Children learns best with peer interaction
- Incorporates values education and social and emotional learning

PAL @ ESPS

- Hands-on authentic learning experiences
- Fun and enjoyable

Programme to inculcate an Active & Healthy Lifestyle

PAL	**PE / LLP**
PHF Card *In school & home*	**Spark Time** *Healthy eating*

Physical Health & Fitness Card

	No	Activity in Term 1	Duration / Requirements			Stars	PE teacher's Signature/ Date
EXAMPLE		Perform rope skipping for 50 repetitions for 6 days in a term.	(Write down the dates when you performed the activities)			★★★	
			3/1/2015	6/1/2015	8/1/2015		
			9/1/2015	7/1/2015	10/1/2015		
PE	1	Play a game/sport actively in school during PE lessons.	List down the name of the game/sport you played.			★★	
			Date	Game/Sport	One important thing that I learned		
			/ /2017				
	2	Participate actively during modular PE. Write down the dates. Show your PE teacher.	Write down the dates when you participate actively during modular PE.			★★★	
			/ /2017	/ /2017	/ /2017		
			/ /2017	/ /2017	/ /2017		
	3	Perform an underhand roll to a stationary partner. Show your PE teacher.	Please submit your card to your PE teacher for signature.			★★	
HE	4	Help to clean up the house for 6 days in a term. Write down the things that you helped to do.	Date	I helped to...	Parent's Signature	★★	
			/ /2017				
			/ /2017				
			/ /2017				
			/ /2017				
			/ /2017				
			/ /2017				
	5	Write down the three steps of the road safety drill.	They are: 1.) ___ 2.) ___ 3.) ___			★★★	
	6	Visit the Dental Care pillar in the canteen and find the answers to the questions on the pillar.	Answers: 1.) ___ 2.) ___ 3.) ___			★★★	
Whole-School Approach	7	Bring a fruit to school during recess and eat it.	Write down the dates when you bring a fruit.			★★★	
			/ /2017	/ /2017	/ /2017		
			/ /2017	/ /2017	/ /2017		
	8	Take a short walk/jog (15 min) or play a sport/game with a family member for 4 days in a term.	Who?	Date	Activity?	Parent's Signature	★★
				/ /2017			
				/ /2017			
				/ /2017			
				/ /2017			
	9	Have at least 9 hours of sleep for 3 consecutive days in a week during the term.	Date		Parent's Signature	★★	
			/ /2017				
			/ /2017				
			/ /2017				
	10	Borrow equipment during Recess Active Play to play a game/sport for 5 days in a term.	List down the equipment borrowed on the date you played.			★★★	
			Equipment Borrowed		Date		

You may submit the completed Physical Health and Fitness Booklet to your PE teacher anytime upon completion. Latest week of submission is Week 5 of the Term 4.

Semester 2   Primary 1

East Spring Primary School

PHYSICAL HEALTH & FITNESS CARD

ESPS

PHF

CARD

NAME: _____   CLASS: _____

Total number of stars	Individual Award
20 - 25	GOLD AWARD I have set my mind on completing my task and have done my best in being aware of my body.
15 - 19	SILVER AWARD I am almost there and I know I have the ability to do what it takes to be healthy and fit. I can do it!
10 - 14	BRONZE AWARD I will try harder next time because I know if I set my mind to it I can do it!

Structure

Frequency	**Card is issued once a Semester**
Activities	**10 tasks** *-Individual* *-Child & Family*
Timeline	**Completed along the semester**
Merit System	**Stars awarded based on completed tasks**

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Programme to inculcate an Active & Healthy Lifestyle

PAL	**PE / LLP**
PHF Card *In school & home*	**Spark Time** *Healthy eating*

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Structure

Target	**All students**
Implementation	**During curriculum time at least 2 hour before or after recess**
Duration	**15 minutes**

HEALTHY EATING (*Spark* Time)

- Symbol does **NOT** mean it is HEALTHY
- Just a slightly better choice than other snacks

Benefits

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Benefits
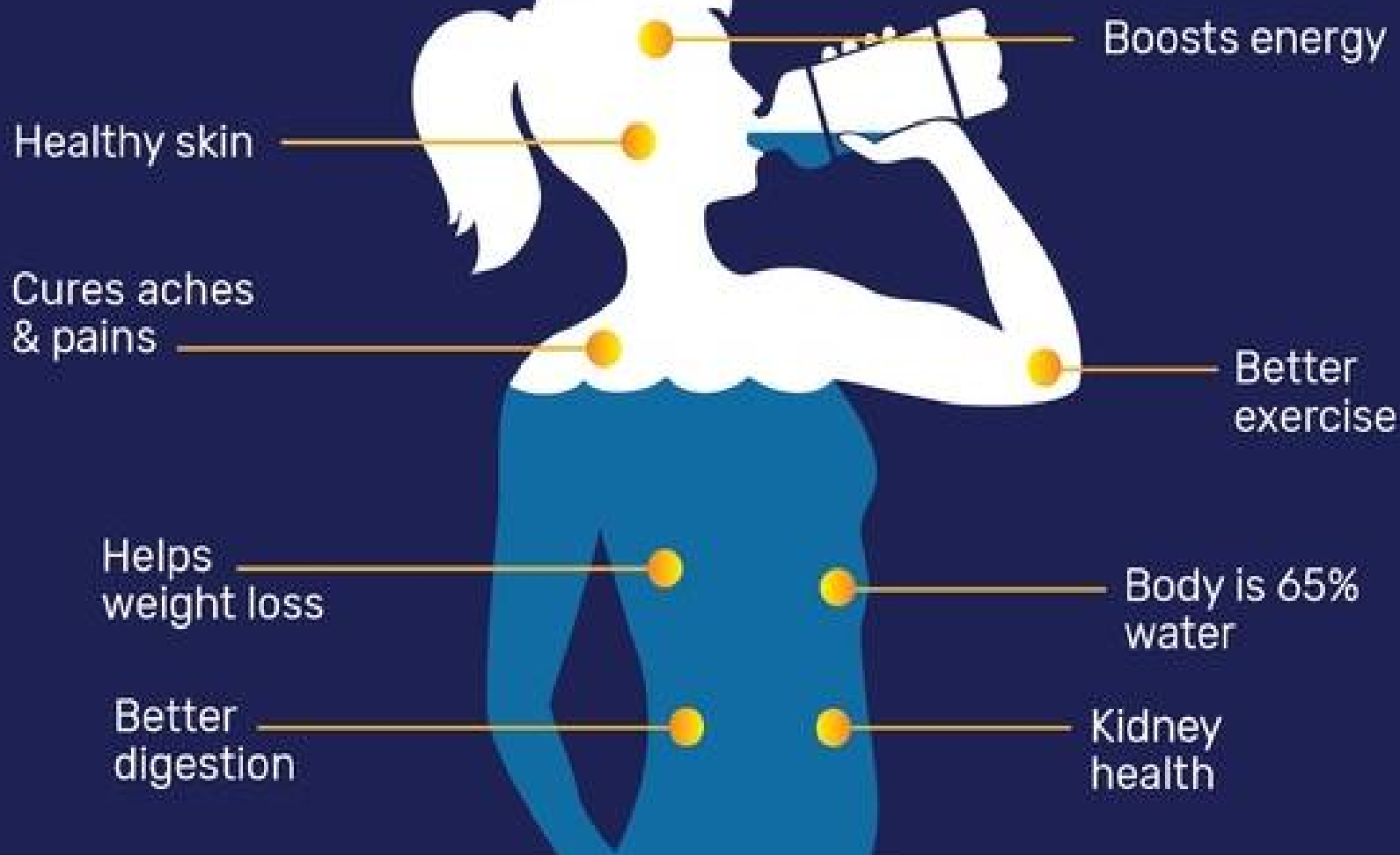
Most Importantly

- Money management skills

- Self-management skills

- Healthy habits

- Acts of love and care

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One of the greatest gift…

Programme to inculcate an Active & Healthy Lifestyle

PAL	**PE / LLP**
PHF Card *In school & home*	**Spark Time** *Healthy eating*

PE lessons

- Progressive
- Skill and concept-based syllabus
- Encourage fitness conditioning through cardiovascular jogs and climbing
- Inter-class Games

Learning for Life Programme (LLP)
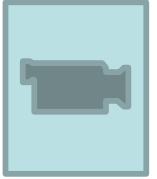
- Character-building and resilience
- Outdoor Education
- Climbing, Water Confidence and Navigation
- Sports Climbing Wall
- Camps

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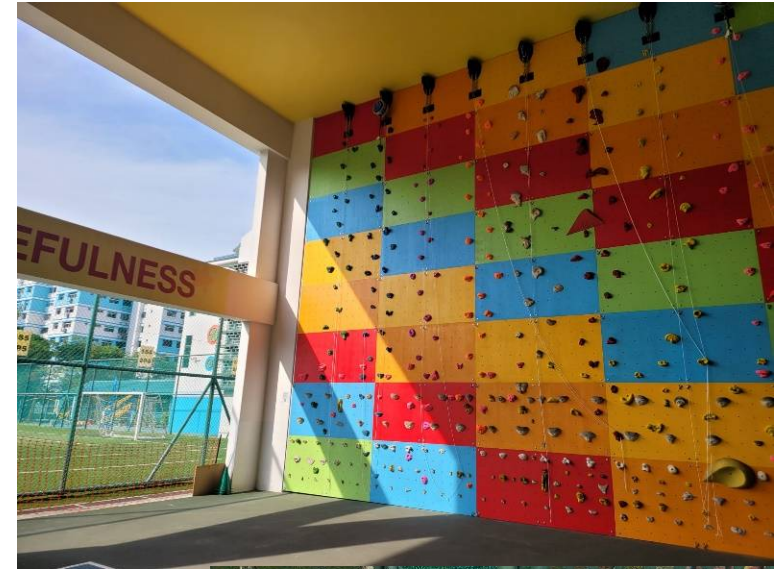
It takes a village to raise a child…

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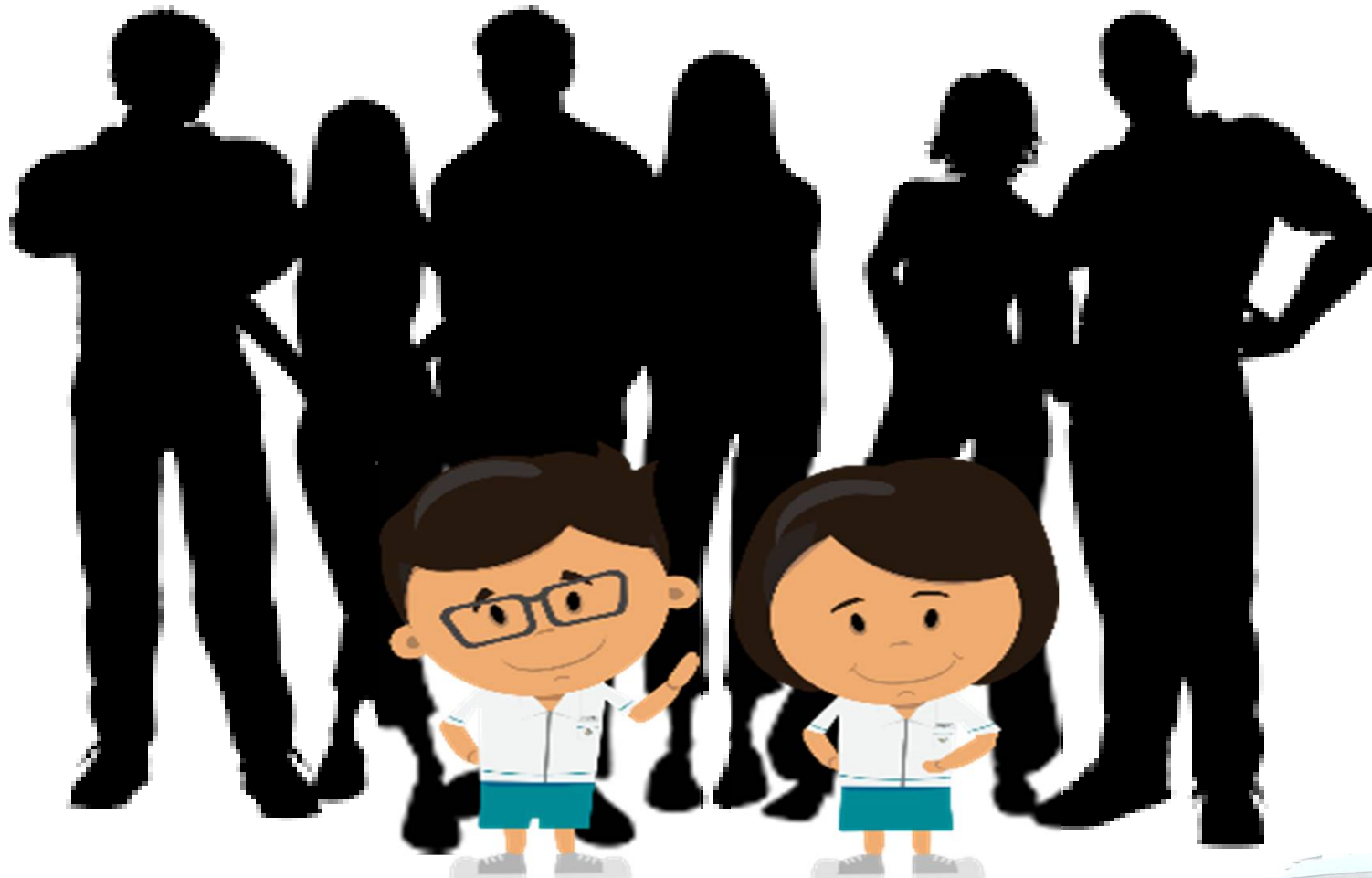
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Applied Learning Programme (ALP)
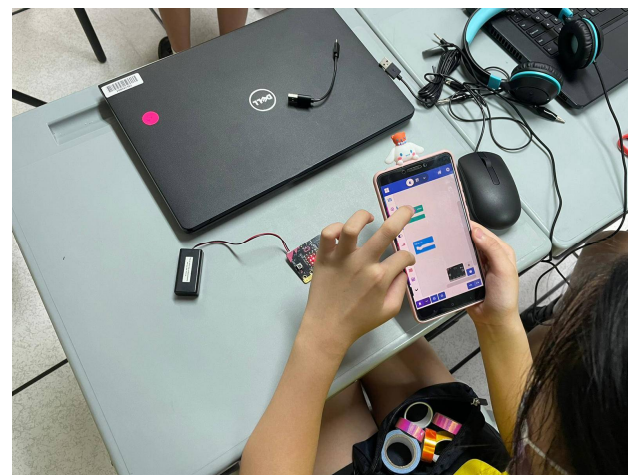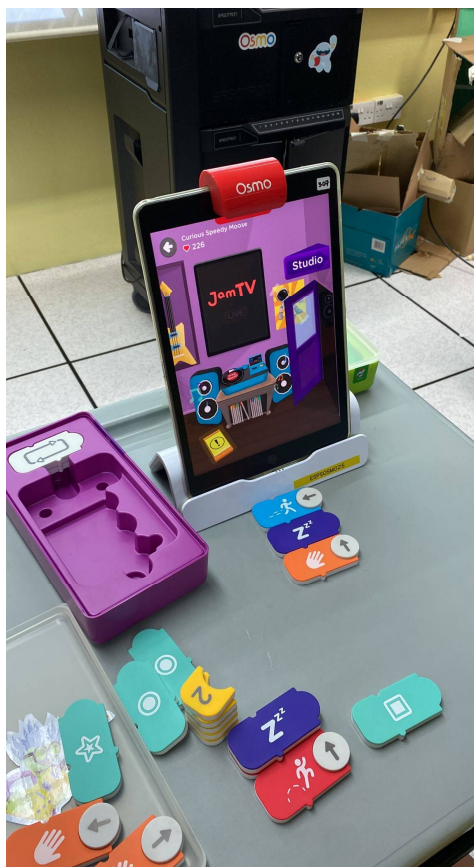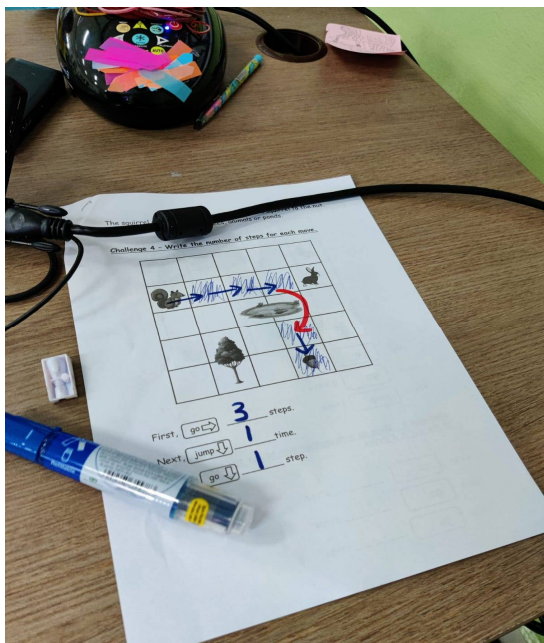
Develop Student Competency - ALP

- Deepen **21st century competencies**
- Acquire various ICT**,** computational thinking and Design Thinking skills to **solve real-world problems**
- adopts a spiral approach in the acquisition of various Digital Literacy and Digital Values that reinforce the importance of being a safe and responsible digital users (**Cyber wellness**) through design challenge

ALP Framework
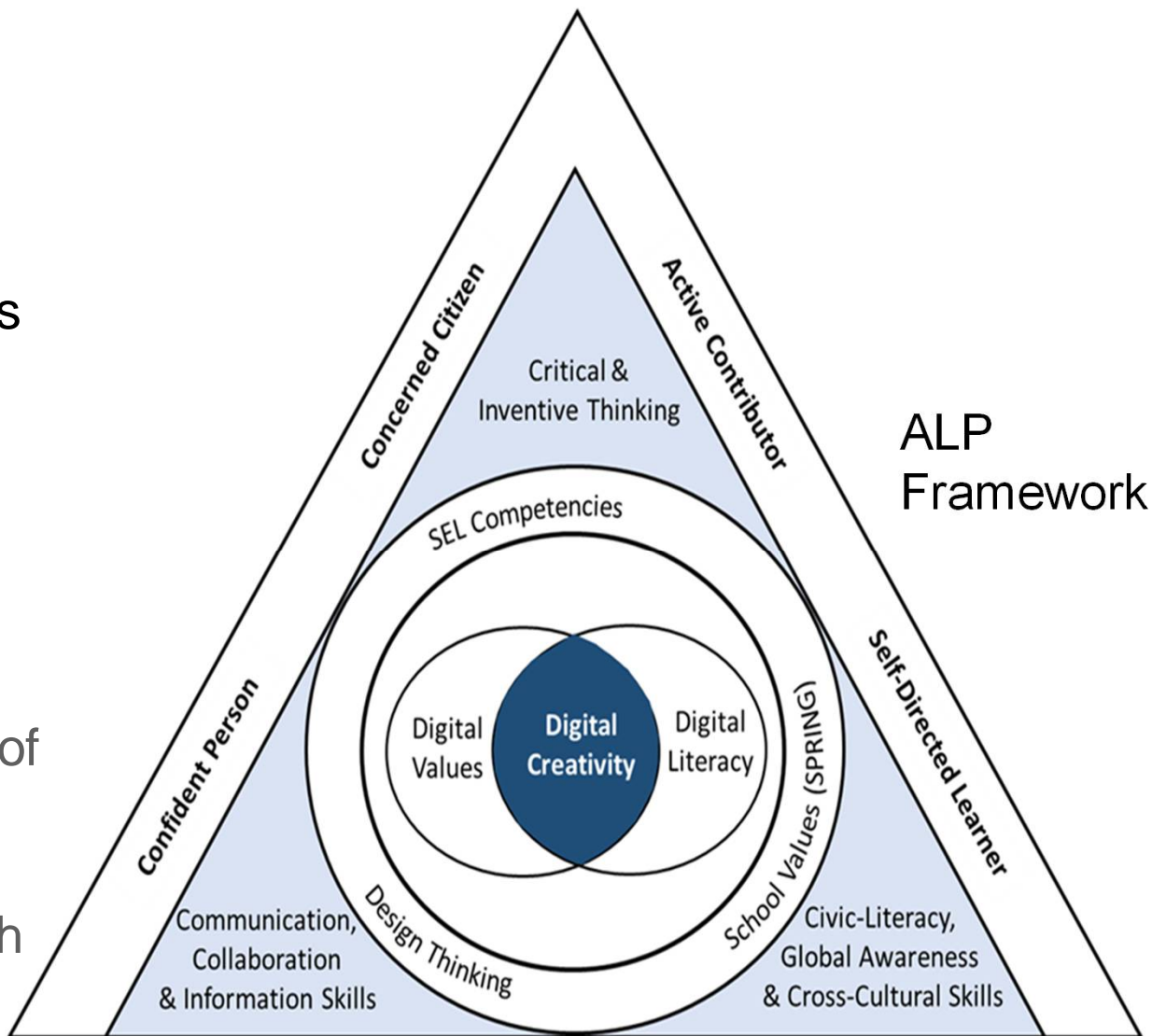
Baseline ICT Skills

Level	Skills
P1 - P2	Basic PC Operations, Touch typing, Search Engine, Basic MS Word, Basic MS Powerpoint, Google Classroom, Basic Photography, Basic Videography, Stop Motion
P3 - P4	Advanced MS Word, Advanced Powerpoint, Basic MS Excel, Advanced Photography, Emailing
P5 - P6	Advanced MS Excel, Advanced Videography

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Computational Thinking Skills

Level	Skills
P1 - P2	Osmo coding (Awbie), Osmo coding (Coding Jam)
P3 - P4	Scratch, Code for Fun, Basic Micro:bit
P5 - P6	Advanced Micro:bit, Drones Programming, Makecode Arcade, Figma

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Cyber Wellness

Cyber Wellness refers to the positive well-being of Internet users. It involves an understanding of the dangers of harmful online behaviours, an awareness of how to protect yourself and other Internet users from such dangers. Cyber Wellness @ ESPS aims to look at the positive well-being and developing a healthy cyber culture amongst our students, aligned to MOE's Cyber Wellness Framework.

Topic	P1	P2	P3	P4	P5	P6
Netiquette	✓	✓	✓	✓	✓	✓
Addiction to Games	✓	✓	✓	✓		
Dangers with Cyber Contacts	✓	✓	✓	✓	✓	✓
Cyber bullying			✓	✓	✓	✓
Handling Inappropriate Content				✓	✓	✓
Copyright					✓	✓

SENSE

CYBERWELLNESS PRINCIPLES

* Respect for Self and Others
* Safe and Responsible Use

ACT   THINK

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Thank you!

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