

# NEWSLETTER

Penned with passion, PSG Newsletter Team

ISSUE: SEM 2 / 2025





# SCHOOL EVENTS SUPPORTED BY PSG IN SEM ESTER 2

JUL'25

In July, we celebrated **Racial Harmony Day** with fringe activities held during Recess. Students "travelled" across 5 MRT-themed cultural booths representing the Indian, Malay, Chinese, and Eurasian communities.

Our PVs worked hard to decorate and man the booths. They shared with the children about our shared food heritage through hands-on experiences!



15 July  
RHD Fringe Activities



15 July  
RHD Line Dance performance

AUG'25

Helping to dismantle and redecorate the LEGO installation is one of our talents!



For our **National Day** celebrations, our PVs donned our country's colours and performed the Dance Of The Nation workout!



8 August  
NDP Workout



12 August  
Our Hawker Stories book launch

SEP'25

September kicked off with **PAM Fest**, the Physical Education, Art, & Music Festival.

We got busy over 3 days to give our students a memorable and fun experience at various parts of the school!



1-3 September  
PAM Fest



Parent Volunteers do not necessarily have the time, they have the heart.





Our talented PVs decorating the board to get ready for **Staff Appreciation Day**



Alone we can do so little;  
together we can do so much



PVs and students alike learn about SG's history and heritage on **Learning Journeys** to various places of interest.



25/26 September, 14 October  
LJ to Kreta Ayer Heritage Centre



OCT'25

Our PVs supported **Waste Weighing Wednesdays** every other week to encourage students to recycle, and promote environmental awareness.



We celebrated Children's Day in October with **REALLY FUN Day**, with field trips to various places in Singapore.

It started with the packing of the children's goodies!



And then, onward to fun!



9 Oct  
**REALLY FUN Day!**



NOV'25

Some of our PVs enjoy dancing and performing, just like these ladies for the **Deepavali Concert**.



4 November  
**Deepavali Concert**





# PVs Doing Recess Duty

**Volunteering** is a noble act, especially for parents who carve out time to make significant contributions to our school, while juggling numerous other responsibilities both at home and at work.

The unwavering support from our Parent Volunteers doing Recess & Playground (The CORE) Duty helps allow students to enjoy their meals and play in a safe and nurturing environment. Their quiet commitment every week significantly contributes to the strength of our school community.



## PLAYG ROUND DUTY



**Gnanam**

**What are your favourite moments volunteering for Playground Duty?**

I initially opted to turn up for Playground Duty twice a week. After seeing a lot of smiles, happiness, and the students' eagerness to play, I opted to come all 5 days a week. I enjoy seeing their smiles.

## PLAYG ROUND/RECE SS DUTY



**Giang**

**Why do you volunteer?**

I like to volunteer for Recess & Playground Duty because it gives me a chance to connect with students in a relaxed and joyful environment.

## PLAYG ROUND/RECE SS DUTY



**Doreen**

**Why do you volunteer?**

Being a stay-at-home Mum enables me to dedicate my free time to volunteering during Recess, where I derive great satisfaction from aiding students in recovering their misplaced items, including wallets, water bottles, and books.

## PLAYG ROUND/RECE SS DUTY



**Malthi**

**Why do you volunteer?**

I volunteer to support the school in promoting a positive and safe experience during recess for all students. By assisting with supervision, and guiding children through social interactions, I hope to create a respectful and welcoming atmosphere.

## RECESS DUTY



**Wenxia**

**Why do you volunteer?**

I volunteer because I enjoy being part of the school community. And I love watching the students play, grow, and support one another.

## RECESS DUTY



**Abinaya**

**Why do you volunteer?**

I really feel the connection between me and the school. Interacting with students, and helping them with their needs, no matter how small, makes me feel wholesome.

## RECESS DUTY



**Hindhuja**

**Why do you volunteer?**

Being around children brings me great happiness and fulfillment. A simple "Hi!" or "Good morning!" from a Primary 1 child always brightens my day and makes the experience special.



# HEALTHY HABITS FOR BUSY FAMILIES!

(Let's stay happy, strong, and full of energy)

## Hello, everyone!

We all know that school life can be very busy with homework, CCA, and family time. But did you know that even **small healthy habits can make a big difference** in how we feel each day? Let's learn some easy ways to stay healthy together as a family!

## Quick and Yummy Meals for Busy Days

Healthy eating doesn't have to take hours! Here are some easy ideas you can try at home:

**Overnight oats** - Mix milk, oats, fruit, and a little honey in a jar. Leave it in the fridge overnight for a healthy breakfast!

**Colourful veggie wraps** - Use wholemeal wraps and fill them with chicken, lettuce, carrots, and tomatoes.

**Fruity popsicles** - Blend fruits with yogurt, pour into molds, and freeze for a cool and healthy treat!

**Tip:** Try the "**Rainbow rule**" - eat fruits and vegetables of different colours each day!



## Sleep and Screen Time Balance

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need?>

Did you know that **primary school students need 9-12 hours** of sleep every night? A good night's sleep helps you focus better in class and gives your body time to grow. Stop using screens (phones, tablets, TV) at least 1 hour before bedtime. Read a short story or listen to soft music instead. Go to bed at the same time every night, even on weekends!



## Family Fitness Fun!

- ✓ Take evening walks together at the park, playground or join the community event. [POSB PAssion Run for Kids](#)
- ✓ Have a mini dance party in the living room!



## Creating a Healthy Home Environment

- ✓ Keep fruits and water where everyone can see them.
- ✓ Have a "no gadgets at mealtimes" rule.



# Gratitude List



to PVs who have  
helped support  
events in this  
semester:

Abinaya	Abirami	Erie Maya	Nafisa	Siti Nurbaidah
Doreen	Aghila	Ferry	Nandha	So Chantha
Yating	Agnes	Gaya	Nor'Ain	Subhajeet
Giang	Alice Hoang	Geetha T. S.	Pooja	So Chantha
Gnanam	Alice Lin	Grace Wei	Pei Yun	Subhajeet
Hindhuja	Alicia	Iqbal	Xiao Min	Susan
Malathi	Anastasia	Jennifer	Radhiah	Ted
Vanitha	Aun Nee	Jimmy	Ramella	Van Thai
Venkat	Bharath	Keerthana	Razan Rajin	Varun S.
Wenxia	Bini	Kirti	Rominee	Shreenidhi
Yating	Bridget	Lee J. Y.	Rudel	Shouyan
	Corrine	Lekshmi	Ryan	Yee Cheng
Denise	Damon	Li Jia	Saito Eri	Yhelen
Joan	Daniel	Lien Phan	Sakthivel	Yvonne O.
Mardiana	Devi S.	Liyana	Sammaiah	Zen S.
Sharon L.	Dexter	Lucena	Sathyabama	
Slyv	Diana	Mahe	Sharon W.	
Yani	Emily	Mandy	Shin	
Yean Ping				

**Join us as a PSG member!**

