

CYBER WELLNESS HEARTBEAT SEMESTER TWO, 2023

SEMESTER TWO NEWS

Dear Parents/Guardians,

In this semester, we reinforced our anti-cyber bullying stance and learnt how we can help our peers who have experienced cyber bullying. Some of our teachers took the stage to provide useful tips and advice to stop cyberbullying. Ms Ying, our school counsellor, also gave us some tips on how to manage our emotions should we face or see our friends facing such issues.



Left: Students answering quiz questions during assembly programme



Our friendly teachers and school counsellor giving advice on dealing with cyber bullying during our assembly talk.



Right: Students taking part in the Scavenger Hunt activity (courtesy of CSA) during recess.

CYBER WELLNESS ACTIVITIES (SEMESTER 2)

We were also honoured to invite the Cyber Security Agency of Singapore (CSA) to present an assembly talk in our school. Through this talk, we learnt ways to spot malware, phishing emails and explored ways to secure our devices and online accounts.

During recess, we had the opportunity to play games and take part in a scavenger hunt organized by CSA. We had loads of fun putting into practice what we have learnt during the assembly talk!

Some tips we learnt in order to stay safe from potential cyber attacks are:

- Create a strong password that is long and random.
- When receiving emails or messages, do look out for signs of phishing. Don't click on any unfamiliar links in messages and emails!

