

# STAMFORD PRIMARY SCHOOL



Our Ref: SPS/PL/2022-08

2 August 2022

Dear Parents/Guardians

Our school will be commemorating National Day on Monday 8 August 2022 with the theme, “Stronger Together, Majulah!”. “Stronger Together, Majulah!” is a call for all Singaporeans to forge ahead as a strong and united people towards a better future.

“Stronger Together” also reminds Singaporeans that unity in our diversity is what makes us stronger since communities, families and friends coming together form the bedrock of our nation’s strength and resilience, and enables us to overcome challenges. “Majulah”, which means “onward”, encapsulates our hopes and spirit as a nation since our independence 57 years ago, and is a rallying call for Singaporeans to strive for a better future, and grow from strength to strength as we emerge from the COVID-19 pandemic.

Our students and staff will be involved in a series of pre-commemoration activities from 25 July to 5 August 2022 based on the theme. The commemoration on 8 August 2022 will begin with the National Day Observance Ceremony and a series of classroom activities for the upper primary students. Lower primary students (P2 and P3) will join their counterparts in Farrer Park Primary for combined activities after attending the National Day Observance Ceremony in school. Kindly refer to Section B for more details.

Let us build a spirit of unity, resilience and hope in our students and fellow Singaporeans as we overcome the challenges and disruptions amidst the Covid-19 pandemic.

Yours sincerely

A handwritten signature in black ink, appearing to be 'Cassie Fan', is written over a light blue horizontal line.

Mdm Cassie Fan  
Principal

## **A. KEY ANNOUNCEMENTS**

### **1. Home-Based Learning (HBL) (for P2 to P5)**

As the school will be conducting PSLE Orals on Monday 15 and Tuesday 16 August 2022, P2 to P5 students, except students attending Carehut, will have HBL at home. Please note that your child/ward need not report to school on these 2 days. Your child/ward will have to complete online learning tasks and/or assignments from home via the Student Learning Space (SLS), which is accessible at <https://go.gov.sg/sfpssls>. More detailed information will be uploaded on the school website at <https://go.gov.sg/sfpshbl>.

### **2. P6 Preliminary Examination (Written Papers) (for P6)**

As a lead up to PSLE starting on Thursday 29 September 2022, the P6 cohort will be having their Preliminary Examination (Written Papers) from Wednesday 17 to Tuesday 23 August 2022. The schedule has already been disseminated to the students and can also be found on the school's website at <https://go.gov.sg/schassessment>. We would like to take this opportunity to encourage our students to prepare well for the Preliminary Examination, as it is a good indication of their ability prior to the PSLE. Parents, as our partners-in-education, can encourage and work together with their child/ward on this final lap of the primary school journey.

### **3. Weighted Assessment 2 (for P3 and P5)**

Parents/Guardians are reminded that your child/ward will be having their Weighted Assessment from Monday 22 to Friday 26 August 2022. The schedule has already been disseminated to the students and can also be found on the school's website at <https://go.gov.sg/schassessment>. To role model social responsibility, we appeal to parents/guardians not to send their child/ward to school on the days they are unwell. Parents/Guardians are required to bring their child/ward to see a doctor and get a medical certificate for those dates of absence. With the medicate certificate submitted, your child/ward's marks will be pro-rated. There will be no re-administration of the assessment.

## **B KEY PROGRAMMES**

### **1. National Day Commemoration (Monday 8 Aug 2022)**

Students will report to school by 7.20 a.m. and be dismissed at 10.30 a.m. Please make the necessary transport and after-school care arrangements for your child/ward in view of the early dismissal time.

The commemoration will begin with the National Day Observance Ceremony and a series of classroom activities for the upper primary students. P4 to P6 students should report to school in either school uniform or red t-shirt with school skirt (girls) or school shorts (boys).

Lower primary students (P2 and P3) will attend the National Day Observance Ceremony in school before joining their friends in Farrer Park Primary School for combined activities. They should report to school in PE attire. More details will be given to parents via Parents Gateway (PG).

## **2. Health Week**

In line with stepping up our efforts on holistic health education, we organised a Health week from Monday 25 to Friday 29 July 2022. A series of healthy eating and active living through recess play activities were conducted to increase awareness of choosing healthy food options and benefits of the outdoors. Besides special healthy menus, a highlight this year was our students bonding over a variety of fruits with their subject teachers together on Fruity Friday.

As part of our collaboration with Health Promotion Board, we are pleased to invite parents/guardians to an exclusive 'Colours of the Mind' virtual workshop on Saturday 13 August from 10.00 a.m. to 11.00 a.m. This is a complimentary programme that aims to equip parents/ guardians with the knowledge and skills in catering to their child/ward's mental well-being. If you have not indicated your interest earlier, please let us know if you are keen by registering at [go.gov.sg/cotmhp](https://go.gov.sg/cotmhp). Details of the session will be shared with registered participants separately.

Through this campaign, we seek to promote a culture of healthy eating and living, so that we can all emerge stronger together.

## **3. Teachers' Day Celebration (Thursday 1 September 2022)**

Our school will be celebrating Teachers' Day on Thursday, 1 September 2022. There will be assembly items, students' and parents' well-wishes as well as classroom activities.

Students will report to school as usual by 7.30 a.m. All students will be dismissed at 10.30 a.m. on that day. Please make the necessary transport and after-school care arrangements for your child/ward in view of the early dismissal time. The Student Care Centre in school (Carehut) will open as usual. There will be no lessons on Friday 2 September. Students will report back to school on Monday 12 September 2022 after the term break.

## C. SUPPORT FOR PARENTS

### Cyber Wellness Tips

## Helping Your Children with Appropriate Online Expression



### What is Appropriate Online Expression?

Appropriate online expression refers to online communication which is socially appropriate and does not bring about conflicting opinions and stereotypes. With appropriate online expression, one can create a meaningful and positive presence in the cyber community. However, youths may engage in inappropriate online expression either intentionally or unintentionally.

#### Examples of inappropriate online expressions include



##### Using vulgarities

- Using vulgar words to provoke an online fight

##### Possible Sites:

- Online games (e.g. Mobile Legends, Minecraft)



##### Pretending to be someone else

- Creating a false representation of self online due to a desire to 'hide' or deceive

##### Possible Sites:

- Social news websites (e.g. STOMP, Mothership)



##### Posting insensitive content

- Creating and posting images / videos that may offend or hurt others (e.g. public shaming)

##### Possible Sites:

- Meme pages (e.g. Kiasu Memes for Singaporean Teens, Finsta)



##### Going too far in attracting "Likes" online

- Curating picture-perfect photos or videos of oneself or others so as to garner online "Likes" (e.g. performing dangerous challenges)

##### Possible Sites:

- Social networking sites (e.g. Snapchat, Facebook)
- Internet Challenges (e.g. #IceBucketChallenge, parkour) through YouTube



### Why is it a Concern?

- Everything online is searchable, replicable, and contributes to a permanent digital reputation
- Inappropriate online expression may affect a child's social, emotional and mental well-being



### How can Parents Help?

Parents can help by:

- ✓ Modelling respectful forms of online expression
  - e.g. not engaging in aggressive expressions while gaming online or on social media
- ✓ Sharing examples of positive online expressions
  - e.g. inspirational stories from social media
- ✓ Encouraging use of the T.H.I.N.K. framework before posting anything online
  - Is it True, is it Helpful, is it Inspiring, is it Necessary, is it Kind?
- ✓ Discussing with children the need to respect differences in views, opinions and beliefs
  - Encourage them to respond politely and objectively even if they disagree with what others say
- ✓ Monitoring the interactions of their children with others on social media or online games
  - e.g. connect with their children on social media, join them in online games

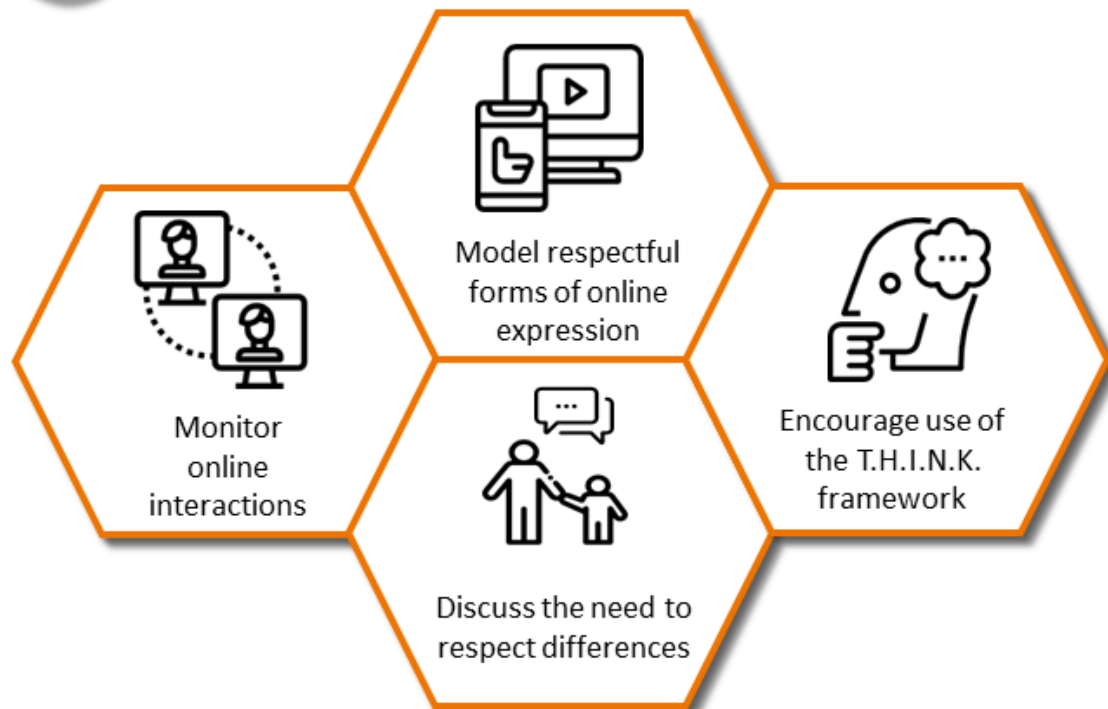


Ministry of Education  
SINGAPORE

**CYBER WELLNESS**  
Responsible Digital Learners



## Key Messages



## Resources



### MOE Cyber Wellness Portal

Useful tips, strategies and resources on various cyber issues.

[ictconnection.moe.edu.sg/cyber-wellness](http://ictconnection.moe.edu.sg/cyber-wellness)



### Media Literacy Council

Information, tips and resources by Media Literacy Council on managing online expression.

[betterinternet.sg/-/media/Resources/PDFs/Youth-Guides/Media-Wise-Youth-Guide.pdf](http://betterinternet.sg/-/media/Resources/PDFs/Youth-Guides/Media-Wise-Youth-Guide.pdf)



### Clique Click

Handbook produced by MLC to help parents guide their children on their internet journey.

[betterinternet.sg/-/media/Resources/PDFs/Parents-Guides/CliqueClick-Parent-Guide.pdf](http://betterinternet.sg/-/media/Resources/PDFs/Parents-Guides/CliqueClick-Parent-Guide.pdf)



Give us your  
feedback!

**CYBER WELLNESS**  
Responsible Digital Learners