



Dear parents/ guardians,

We have come to the end of Term 1. We sincerely hope that school has been fulfilling and enriching for your children. I would like to take this opportunity to thank all parents who attended our annual SPECS session this year and am looking forward to seeing both parents and the children in action at our upcoming P1 SPECS.

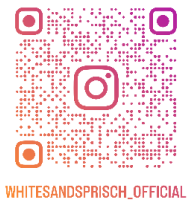
As Singapore exits the phase of the Covid-19 pandemic, the current DORSCON level has been adjusted to Green. While the situation has been stable locally and globally, we will continue to play our part in keeping ourselves and others safe, and exercising social responsibility, such as getting vaccinated, mask-wearing when unwell and adopting good hygiene practices.

### 1. White Sands on Instagram

White Sands Primary School has officially launched our Instagram account in addition to our official Facebook account (<https://www.facebook.com/whitesandsprimaryschoolofficial>).

Parents can follow the school's Instagram account [@whitesandsprisch\\_official](https://www.instagram.com/whitesandsprisch_official) or by scanning the QR code here.

Please be informed that photos and videos of students' involvement during various events and learning experiences will be posted on both Facebook and Instagram, as well as platforms of other educational institutions. Parents are to contact Miss Ng Hui Yin at [ng\\_hui\\_yin\\_b@moe.edu.sg](mailto:ng_hui_yin_b@moe.edu.sg) if they have any concerns on this matter.



### 2. Adjustments to School Canteen Food Pricing

With the rising cost of food, the school canteen food prices will be adjusted upwards starting Term 2, i.e. 20 March 2023. The revised food prices generally fall within the price range of \$1.50 to \$1.80 for set meals and \$0.70 to \$1.30 for drinks.

The price adjustments are necessary to reflect the underlying cost increases and allow the canteen stallholders to sustain themselves in view of rising cost pressures. We seek your understanding and support. The school will continue to monitor the canteen food quality to ensure the nutritional needs of pupils are met.

### 3. Primary 6 Mother Tongue Languages (MTL) Day Camp

The MTL Department will be organising the MTL Day Camp for all P6 pupils taking the Chinese, Malay and Tamil Languages as their official Mother Tongue languages on Friday, 31 March 2023 from 2.00 pm to 5.30pm.

The MTL Day Camp aims to provide students with a more authentic learning environment to sharpen their oratorical skills. The various experiential learning experiences will also provide students with:

- an immersive environment for learning and using MTL
- activities that allow them to hone their oratorical skills
- opportunities in developing their confidence in communication skills

We seek your support and understanding in ensuring your child's/ward's attendance. More details will be shared via Parents Gateway (PG) on a later date.

#### 4. Primary 6 Cohort Learning journey

The Primary 6 classes will be visiting the Asian Civilization Museum during school curriculum hours from 20 – 23 March 2023. The Museum-based Learning Journey (CCE and Social Studies field-based learning) allows pupils to understand the history and heritage of Singapore and the region. This would help strengthen pupils' national identity and build a sense of belonging and pride in Singapore. Please see the schedule in the table below:

Dates/ Time	Classes
20 March 2023, 9 - 11 a.m.	6C, 6D, 6F
21 March 2023, 9 - 11 a.m.	6A
22 March 2023, 9 - 11 a.m.	6B
23 March 2023, 9 - 11 a.m.	6E

More details on the learning journey will be sent via Parents Gateway (PG) nearer to the dates.

#### 5. Co-Curricular Schedule for Term 2 2023

Please find below the schedule for CCA in Term 2.

TERM 2	Week 1	22 Mar	CCA
	Week 2	29 Mar	CCA
	Week 3	5 Apr	CCA
	Week 4	12 Apr	CCA
	Week 5	19 Apr	CCA
	Week 6	26 Apr	CCA
	Week 7	3 May	CCA
	Week 8	10 May	No CCA
	Week 9	17 May	CCA
	Week 10	24 May	CCA

#### 6. P3 Gifted Education Programme (GEP) Identification Exercise 2023

Every year, MOE conducts the GEP Identification Exercise to identify suitable pupils with high intellectual potential. We would like to urge parents to avoid any test-preparation activities which could inflate the pupils' scores and inaccurately reflect their suitability for the programme. Pupils 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.

Please find the tentative schedule for the 2 stages of the GEP Identification Exercise 2023 as given below:

##### GEP Screening & Selection Exercises

Date(s)	Papers	Participants
17 August 2023 (Thursday)	English Language Mathematics	Primary 3 pupils
17 & 18 October 2023 (Tuesday & Wednesday)	English Language Mathematics General Ability	Primary 3 pupils shortlisted after the GEP Screening Exercise

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

## 7. Healthy Lifestyle Fun Fruity Facts About Fruits

Fruits are packed with health benefits as they are naturally low in fat, calories and sodium. In addition, many fruits are rich in fibre, keeping us feeling fuller longer and thus preventing us from overeating.

Here are some interesting facts about fruits that you can use to engage your child and encourage him/her to bring fruits for their snack time in school.

**Apples:** A natural mouth refresher cleaning your teeth with each bite while leaving behind a pleasing aroma in your mouth. An apple's flavour and aroma come from fragrance cells found in its skin. So, for maximum taste and added fibre, leave that skin on.

**Bananas:** Containing one of the highest amounts of potassium found among fruit. A medium-sized banana contains around 422mg of potassium (about 10%) of the requirement for an average person. Potassium is an important nutrient for the functioning of muscles.

**Berries:** Among all the fruits, berries contain the highest amount of antioxidants. The antioxidant properties of these fruit help to fight off diseases and potentially prevent cell deterioration.

## 8. Growth Mindset Nuggets #2:

### a) Setting S.M.A.R.T. goals

We would like to thank parents of Kaeden from Primary 2 for sharing how they guided their child in setting S.M.A.R.T. goals. Kaeden's parents had also intentionally injected the element of play to motivate Kaeden's in attaining his goal - to complete one round of high-elements course.



**Specific:** Build confidence and resilience.

**Measurable:** Completion of the entire course.

**Achievable:** Parents will take the lead, walk ahead and demonstrate how to overcome each element.

**Relevant:** The child learns to face new challenges in the future with more confidence and resilience.

**Time-Bound:** To be achieved within an hour of the high-elements course.

Well done Kaeden in achieving your goal!

### b) Supporting Your Child's Aspirations

As parents, you play a pivotal role in helping children set S.M.A.R.T goals. This will in turn facilitate their growth and at the same time develop their education and career goals.

How can you then engage your children in meaningful conversations and activities to support their education and career decisions? What are some ways through which you can support your children as they pursue their education and career aspirations?

All these answers and more tips can be found in the Education and Career Guidance (ECG) handbook for Parents. Please refer to this link <https://www.moe.gov.sg/-/media/files/programmes/ecg/ecg-tips-for-parents.ashx> or scan the QR Code below to download a copy for your reference.



We would also like you to share your positive experience in inspiring your child to pursue his/her aspiration via <https://form.gov.sg/63e34ba5627e200013df4415> or by scanning the QR code provided. We look forward to hearing from you!



## 9. Major Events and Holidays for Term 2

Date	Event	Remarks
11 Mar (Sat) – 19 Mar (Sun)	<b>Term 1 School Holidays</b>	-
20 Mar (Mon)	Back to school <b>for Term 2</b>	-
3 Apr (Mon)	International Friendship Day (IFD) Commemoration	-
7 Apr (Fri)	<b>Good Friday</b>	Public Holiday
22 Apr (Sat)	<b>Hari Raya Puasa</b>	Public Holiday
24 Apr (Mon)	<b>Hari Raya Puasa School Holiday</b>	-
1 May (Mon)	<b>Labour Day</b>	Public Holiday
5 May (Fri)	Exercise RHINOS	More details will be provided at a later date.
8 May (Mon) – 19 May (Fri)	P3 – P6 Weighted Assessment (WA) 2	More details will be provided at a later date
25 May (Thu) & 26 May (Fri)	Grow With Me! Conversations with Parents	No school for all levels. HBL will assigned.  More details will be provided at a later date.
27 May (Sat) – 25 June (Sun)	<b>Term 2 School Holidays</b>	-

Once again, thank you for your kind attention to the contents of this bulletin. Looking forward to a fulfilling Term 2 2023 with your child/ward.

Your partner-in-education,



Ms Audrey Wong  
Principal