

# PSG Newsletter

Issue No. 2, March 2025



## THE PARENT SUPPORT GROUP OF WSPS

GET READY FOR SHOWTIME!

HeArts Shine  
Fiesta

Highlighted  
Events 2024

10 Things I Do  
To Strengthen  
My Bond With  
My Child

The Vital Role  
of Self-Care In  
Parenting



Email  
[wspspsg@gmail.com](mailto:wspspsg@gmail.com)



We love to hear from you  
[PSG Feedback Form](#)



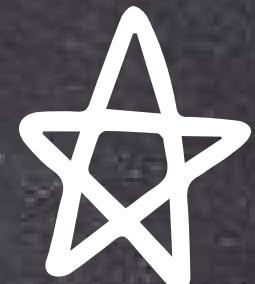
Join us at WSPS PSG  
[Members Registration Form](#)

To spread the love or borrow a slice of this Newsletter, please give a shout-out to WSPS PSG as your source. Thank you!

# Back to School

A Warm Welcome To All WSPS Parents

DEAR Parents,



Welcome back to a new and exciting term!

We hope the recent school holidays were filled with joy and meaningful family time. As we begin this new term, we look forward to reconnecting with familiar faces and welcoming new families to our school community.

Parents play a vital role in shaping a positive and supportive environment for our children. Whether by encouraging them at home, attending school events, or simply being part of their learning journey, your presence makes a difference.

Let's make this year a meaningful one by supporting our children, fostering connections, and growing together as a school community. Wishing everyone a fantastic term ahead!

Thank you for being a part of this journey with us!



# A Festive Reunion ExCo's Chinese New Year Celebration



The PSG ExCo team ushered in the Lunar New Year with a vibrant and creative Lo Hei gathering, celebrating joy and togetherness. On behalf of all ExCo members, we hope everyone had a wonderful Chinese New Year. May the year ahead bring you good health, prosperity, and happiness!



## We would like to extend a warm welcome to the newly joined PSG members!

Mdm Anita Said  
Mdm Faizah  
Mdm Jasmine Loh  
Mdm Jasmine Tan  
Mdm Jess  
Mdm Jiang Xuejiao Joyce  
Mdm Leong Sok Shen  
Mdm Nan Yu Yu Hlaing  
Mdm Siti Nur Syahirah Nadiah

Mdm Nur Atiqah Binte Mohamed Rihat  
Mdm Rachel Chai  
Mdm Rashedah  
Mdm Rohani  
Mdm Stacy Ho  
Mdm Teoh Kar Xin Alistair  
Mdm Yanny Loh  
Mrs Priyadharshini

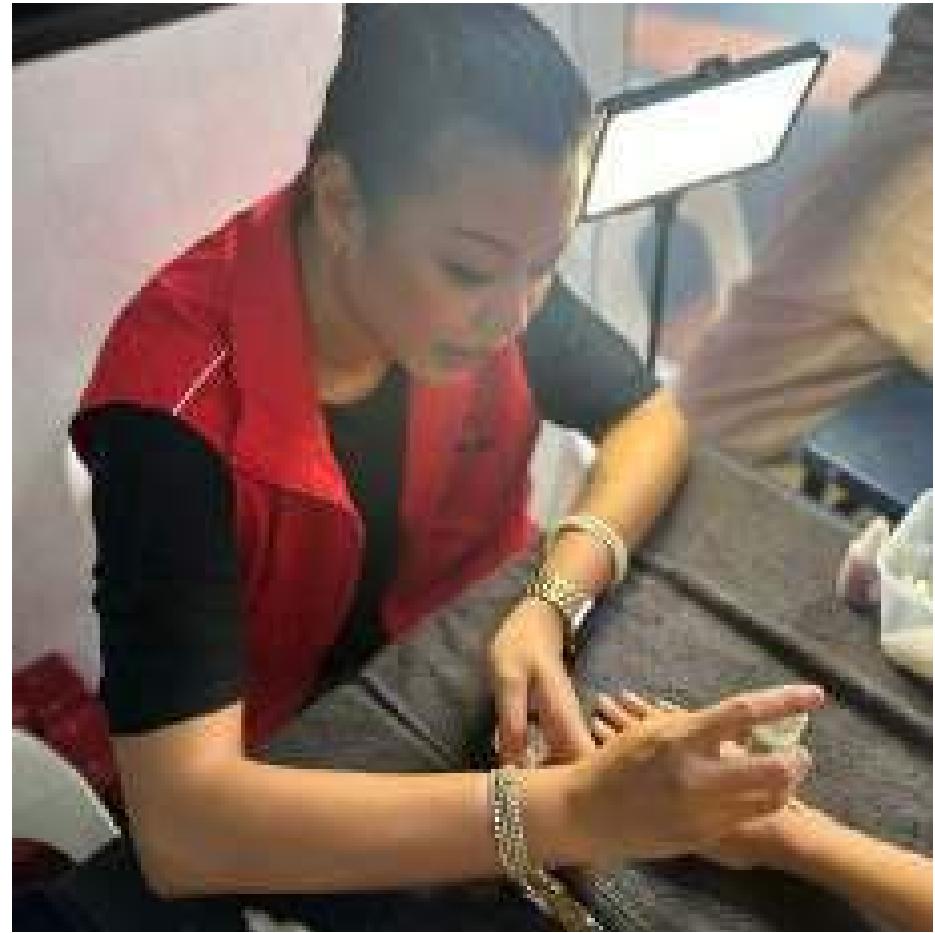
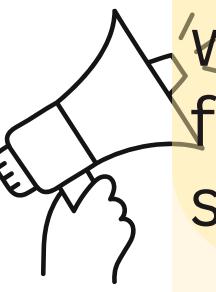


Thank you for joining us. We look forward to see you soon!

Connecting Parents, Journeying Together



A big shoutout and heartfelt thanks to our member- Syra Gulam for volunteering to set up a Henna booth for the kids! It was a huge hit, with long queues forming as the children eagerly waited for their turn. Thank you for going the extra mile to bring smiles to their faces!



## HeArts Shine Fiesta Cum Children's Day

3rd Oct 2024

One of our biggest events saw 20 dedicated PSG members coming together to support the Heartshine Carnival at school. From assisting teachers at the game booths to delivering food and drinks, everyone played a crucial role in making the event a success! Our members had an absolute blast too, enjoying the lively atmosphere and team spirit! A big thank you to all our members for your time and effort in making this event so special!



# HIGHLIGHTED EVENTS 2024

## P6 OUTDOOR EDUCATION

P6 students took on an Outdoor Gamification challenge at Jurong Lake Gardens, building teamwork, resilience, and strategy. PSG members were delighted to support the teachers and share in the students' excitement.



## PURPLE INCLUSION WEEK

White Sands Primary School celebrated Inclusion Week and the Purple Parade to raise awareness of disabilities, mental well-being, and promote inclusivity. PSG members enthusiastically wore purple to match the event theme and were excited to support the activities. Through hands-on experiences and reflections, students learned the importance of empathy and inclusivity. Way to go, White Sandians!



# PARTNERS APPRECIATION LUNCH



29th October 2024

The annual Partners Appreciation Lunch, organised by the school, is a wonderful gesture to recognise the dedication of the ExCos, PSG members, and Fathers@WSPS. The school leaders presented certificates and plaques to the ExCos and PSG members, recognising their dedication and valuable contributions.

This meaningful event not only celebrates the hard work of volunteers but also provides a great opportunity for bonding over lunch, strengthening the partnership between the school and its supportive community and fostering a spirit of collaboration and appreciation.

We  
Appreciate  
YOU





Thank  
you!

# ExCo Bonding Day

A Heartfelt  
Thank You To All  
ExCos For Your  
Hard Work, Time  
And Dedication!



On 25th November 2024, the PSG ExCos gathered for their annual bonding session over a delightful breakfast at The Coffee Bean, organised by the Event Makers. Guided by thoughtful card questions, members shared experiences and interests, fostering deeper connections. As a gesture of appreciation, each ExCo member received a small token of gratitude for their time, effort, and unwavering dedication throughout the year. The session concluded with lively bonding games that brought smiles and laughter all around, followed by a memorable group photo to capture the cherished moments of the day.

# P1 ORIENTATION DAY

November 18, 2024 | White Sands Primary School



Primary 1 parents and students received a warm welcome from the school during Orientation Day. The Parent Support Group (PSG) was honored to participate in this meaningful event, engaging with new parents through a video presentation by our Chairperson that highlighted the activities and achievements of the past year.

To further engage the attendees, we set up fun game booths, emphasising our commitment to building a supportive community that journeys together to nurture happy and confident children.



**Connecting Parents, Journeying Together**

# 10 Things I Do To Strengthen My Bond With My Child

Respect and accept all emotions

My love is unconditional and free

Always be there

Let everyone BE themselves

Don't interpret

Treat every gift with gratitude

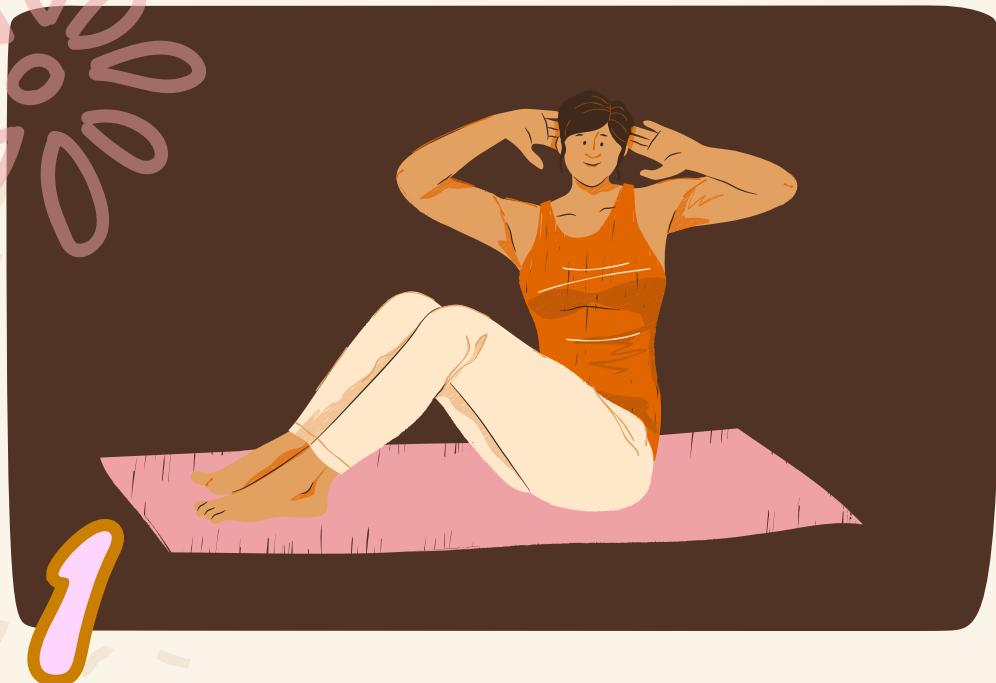
Ask for help

Express myself Authentically

Don't judge

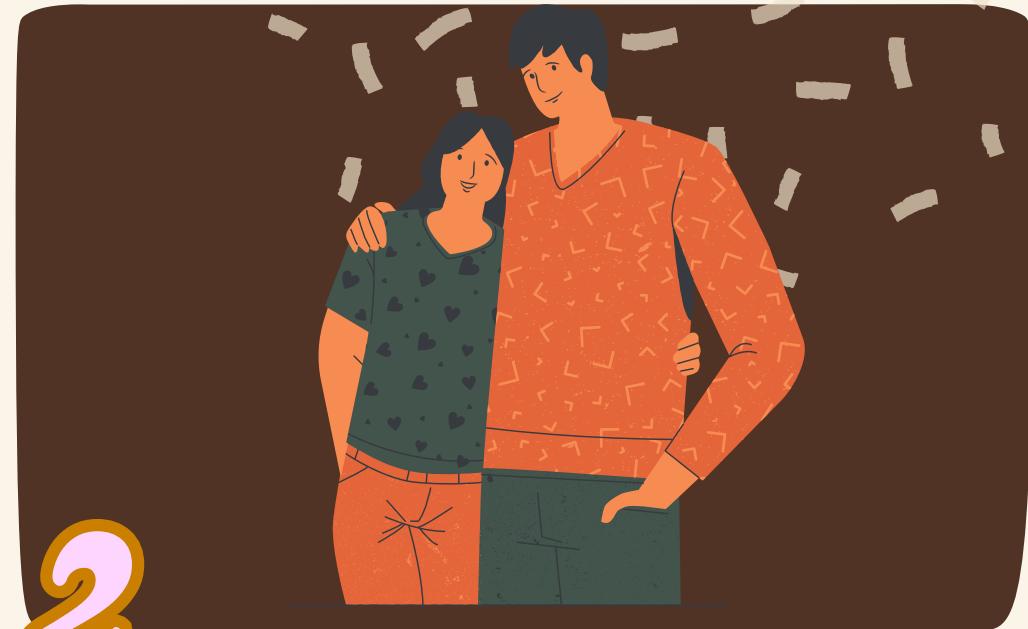
Expect nothing

# The Vital Role of Self-Care In Parenting



## 1 Nurturing your Well Being: Exercise, Nutrition and Rest

You can look after yourself by staying active, eating healthy food and getting plenty of rest.



## 2 Strengthening Your Relationship with Your Partner

Keeping your relationship healthy is part of looking after yourself. Having an open communication and set realistic expectations. Being understanding and forgiving towards each other.



## 3

## Managing Your Well-Being: Coping with Anxiety, Stress and Anger

Manage stress, anger and anxiety by relaxation strategies like breathing exercises. Practise self compassion. It is okay to make mistakes, forgive yourself and strive to improve

Reach out when needed. Call parenting hotlines, a trusted friend or join support groups.

Helpline:

TOUCH community Service 1800 377 2252. Offers family and parenting counselling.

Samaritans of Singapore 9151 1767. Offers 24hr crisis support.

National Anti-Violence Helpline 1800 777 0000

# Thank You for Being Part of our Journey

As we conclude this edition of the Parent Support Group newsletter, we hope you have found inspiration, connection, and encouragement within these pages. Every event, every article, and every interaction is an opportunity to grow together as a supportive network of parents. We look forward to your participation as we kick off 2025 with a blast!



## Gelabut Hari Raya

With festive season around the corner, we would like to wish all our Muslim friends, Selamat Hari Raya. Maaf Zahir dan Batin.

Happy holidays!

### Event Updates

- \* Primary 3 Buddy Clean  
13th March 2025
- Primary 1 SPECS  
14th March 2025

### Get involved

Interested in volunteering or helping organise future events? We are always looking for passionate individuals to join our efforts! Reach out to us by scanning the QR code beside!

[Join us at WSPS PSG Members Registration Form](#)



### Stay Connected

"We would love to hear from you! If you have any suggestions, feedback, or ideas for future events and newsletters, don't hesitate to reach out. Share your thoughts by clicking the link! Together, we can create even more meaningful experiences."

[We love to hear from you  
PSG Feedback Form](#)

See you soon!



### Food For Thought

"Speak to your children as if they are the wisest, kindest, most beautiful and most magical humans on earth, for what they believe is what they will become."

~ Brooke Hampton ~

