



WHITE SANDS PRIMARY SCHOOL

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ILB / 03 / 2022

IN LINK Bulletin

01 March 2022

Dear parents/guardians,

1. Partnering with PSG and Fathers@WSPS

White Sands is proud to partner with our Parents Support Group and Fathers@WSPS to support our students' education journey. The Parents Support Group complements the school by supporting the school's programmes to improve our students' well-being and learning. Fathers@WSPS aims to foster the bond between father and child through various programmes and activities.

All parents are welcome on-board to be part of this enriching experience. For more information on the partnering, please refer to our school website.

We would like to welcome the following key members of our partners:

Designation	Parents Support Group	Fathers@WSPS
Chairperson	Mdm Norma	Dr Lai Shu Hau (New)
Vice Chairperson	Mdm Sharon Goh	Mr Tang Yong Chong (New)
Exco Members	Mdm Lisa Phoon	Mr Rayson Seah Swee Heng
	Mdm Siti Saidatul	Mr Jason Lim
	Mdm Pui Yee	Mr Muhammad Khairuldin
	Mdm Agnes Tan	Mr Bruce See Chee Boon
	Mdm Bobby Sunil	Mr Tan Kiang Kiang
	Mdm Ho Chiew Geok	
	Mdm Masako Niwa	
	Mdm Sharon Tan	
	Mr Peter Ling	

The school is also pleased to welcome the following new members to the Parents Support Group:

- | | |
|---------------------------|-------------------------|
| 1. Ms Elle Lin | 12. Mdm Nor Aishah |
| 2. Mrs Ramya U | 13. Mrs Faradilla |
| 3. Mdm Chun Elaine | 14. Dr Oran Devilly |
| 4. Mr Rajkumar | 15. Mr Mansoor |
| 5. Mrs Hema Rajkuma | 16. Mr Kanan Chidambara |
| 6. Mrs Yuki Lee | 17. Ms Yvonne Yeo |
| 7. Mrs Shaik Noor E Salma | 18. Mrs Reny Delfina |
| 8. Mr Chan Eng Keat | 19. Mdm Lo Loong Wuah |
| 9. Mr Harkanwal Virdi | 20. Mdm Katherine Chan |
| 10. Mrs Shamila | 21. Ms Nurul Huda |
| 11. Ms Fion Guo | |

Do look out for programmes line-up for your child/ward organised by them in the up-coming months.

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2. Mother Tongue Languages (MTL) Fortnight Activities

As part of the school's continuous efforts to expose students to their culture and traditions and to deepen students' engagement in the learning of the Mother Tongue Languages, the MTL Department will be organizing the Mother Tongue Languages Fortnight (MTLF) for all P1 to P6 students in Term 1 Week 10 and Term 2 Week 1. Through MTL Fortnight activities, the school aims to:

- create an engaging environment for the learning of MTL
- provide platforms for students to learn MTL actively
- provide authentic opportunities for students to use MTL and experience different aspects of culture

During the MTL Fortnight, a wide range of MTL activities is conducted to enable students to learn and use MTL in novel and exciting ways. The activities include handicrafts, storytelling, show and tell, making of traditional snacks and desserts using clay, traditional games etc. Cultural camps are organised to provide students with an immersive environment to learn and use the language. The students will enjoy the event tremendously and have a very rich cultural learning experience.

3. Mother Tongue Language Sharing Session with Parents

The Mother Tongue Language Department will be organising a sharing session with parents to provide relevant tips to encourage the use of the languages among our students. We believe in partnering with parents for collaborative efforts to enhance students learning.

The sharing will be conducted by our teachers. The details of the session are as follows:

Day/ Date: Friday, 11 March 2022
 Time: 3.00p.m. - 5.00p.m.
 Platform: Zoom

An invitation to the workshop has been sent via Parents Gateway (PG) last week. For parents to who are interested to join the workshop, please do respond by 7 March 2022.

If you have any queries, please email giu_suquan@schools.gov.sg or rabiah_rahmat@schools.gov.sg. Together with your support, we hope to partner you in strengthening our students' capacity in Mother Tongue Languages.

4. Police Pal Programme Level 1 for Primary 1 and 2 pupils

As part of bringing about greater awareness to crime prevention to children, Bedok Police Division has developed "The Police Pal" programme. The first booklet is specially designed for the Lower Primary pupils.

The objectives are to:

- enable pupils to complete self-directed activities to learn about crime prevention in Singapore
- arouse the pupils' interest in crime-prevention activities
- provide pupils opportunities to develop initiatives and a sense of responsibility to prevent crime

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Your child has received a copy of this booklet and we would like to encourage our parents to assist your child in completing the activities in the booklet. Pupils who completed all activities in the booklet could hand the booklet to their CARE Teachers by 27 May 2022 and they will receive a level badge and a mystery prize for their participation.

To find out more about Police Pal, do watch the following video:

<https://www.youtube.com/watch?v=zBaGssFt5Cg>.

5. “Parents’ Welcome Kit” from NLB for Primary 1 & 2 pupils

From early March, our Primary 1 & 2 pupils will be given a ‘Parents’ Welcome Kit’ from the National Library Board (NLB). This Parents' Welcome Kit - The Ride of a Lifetime- A Guide to Reading For Your Child - will help you kick-start your child's lifelong reading journey by providing you with compiled learning guides, book recommendations and activities for you and your child to engage in interactive learning. There are also activities for you and your child to complete together. Reading is an adventure filled with twists and turns where wonderful worlds are discovered and magical stories uncovered. Here is a chance to get on this adventure with your child. We strongly encourage all parents of our Primary 1 & 2 pupils to sign up for a free library membership to enjoy the full suite of NLB's services, including e-Books and e-Magazines and embark on this reading adventure together.

6. P3 Gifted Education Programme (GEP) Identification Exercise 2022

Every year, MOE conducts the GEP Identification Exercise to identify suitable pupils with high intellectual potential. Test-preparation activities could inflate pupils' scores and not reflect their actual potential. 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. This would place undue stress on the pupils and may even cause them to lose confidence and impact their self-esteem. With this in mind, 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.

Please find the tentative schedule for the 2 stages of the GEP Identification Exercise 2022 as given below:

GEP Screening Exercise

Date(s)	Papers	Participants
17 August 2022 (Wednesday)	English Language Mathematics	Primary 3 pupils enrolled in government and government-aided schools

GEP Selection Exercise

Date(s)	Papers	Participants
18 & 19 October 2022 (Tuesday & Wednesday)	English Language Mathematics General Ability	Primary 3 pupils shortlisted after the GEP Screening Exercise

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The GEP Screening and Selection Exercises will be based on the Primary 1 to Primary 3 English Language and Mathematics syllabuses. More details will be shared nearer to the dates.

7. School Bag Policy

It is important that for our young children avoid carrying heavy school bags. Carrying heavy bags may cause harm or injury to their backs. The general guideline from Health Promotion Board (HPB) is for children to carry no more than 15 per cent of their bodyweight. In practice, that would mean **no more than 3.5kg to 5kg** for a child in the first few years of school.

The following are some guidelines to help you guide your child in packing their school bags.

- Prioritise the bag's content by packing what is needed for the day. Pack his/her bag according to timetable and avoid bringing unnecessary items such as toys.
- Pack the heavier books nearer to the back of the bag. Use compartments to contain small and/or specific items where possible.
- Use a separate folder bag for bulky items such as artwork and files.

We look forward to your partnership to develop the right habits in our pupils.

8. Growth Mindset Nuggets #2: Mental Wellbeing

In February's issue, we invited parents to share their success stories on Setting SMART Goals. We thank all parents for your contributions. Well done, parents! Here are some good practices:

The SMART Goal framework is a very useful guide to goal setting. It can be used for life goals and also in simple weekly tasks such as learning the Chinese spelling or memorising the multiplication table. For Zivon, we tried applying the SMART framework in learning his Chinese spelling. For instance, the SMART goal for Zivon was to learn his Chinese spelling of 10 words within 3 days with the help of the little whiteboard and verified by daddy two days before the spelling date.

- **Daddy of Zivon Teo P1C**

SMART goals provide the clarity and focus required to get the most out of your efforts. The SMART framework was introduced to the students of White Sands Primary School a couple of weeks ago. When my daughter, Claire, came home from school, she was excited to share her new knowledge about setting of SMART goals with us. She told us that she will try to apply the new acquired knowledge to overcome her fear of heights. We found it very useful for her and other students as they can use knowledge to set their specific, measurable, attainable and relevant goals at a reasonable time.

- **Mommy of Claire Wong Xiang Tian P3D**

A few weeks ago, my daughter came back from school, requesting me to sit down with her to work out her goals for the year. I was pleased to hear from her that the SMART framework was introduced to the pupils during the pre-assembly. We set the goals together using the SMART framework and we realised that it was able to give her a sense of direction and to be more organised.

- **Mommy of Ong Rui Xian P5D**

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For March, we would like to focus on Mental Wellbeing.

Mental health is a state of wellbeing where people can meet their learning potential, cope with normal stresses, and are connected to community and their friends. The ability to cope and thrive in the face of negative events, challenges or adversity is **Resilience**. It is a skill that can be developed through the 'I Am, I Can, I Have' learning aid. This helps students think of who they are and their values (I Am), what they can do to overcome challenges (I Can), and the people they can reach out to for support (I Have).



Taking care of our mental health is just as important as having a healthy body. Parents play an important role in our children's mental health by the things we say and do, and through the environment we create at home.

Let's watch a short video on The Five Ways to Wellbeing:

<https://www.youtube.com/watch?v=qJ5V525SCk>



We would love to hear how you have looked after your family's well-being!

Do share your experience with us via <https://form.gov.sg/61fb5e81964155001323b67b> by 15 March 2022 so that we could learn collectively. We look forward to hearing from you.

Reference: <https://www.schoolbag.edu.sg/story/let-s-talk-about-mental-health>

9. Health Tips

This month, the PE department would like to share some natural boosters for our immune system. Feeding ourselves with these types of food can help to prevent colds, flu and other infections.

You can add them into your diet for you and your family to make it a balanced and tasty meal to help build a strong immune system for all ages. Do grab these 15 powerful immune system boosters and include them in your meal today! Check out the link below for these immune boosters:

<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#citrus-fruits>

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We have also included some simple recipes that even the children can manage. This could make a good weekend family bonding activity and it is even better when you are treated with your own creation. Please note that however beneficial the food is to our body, we will need to consume in moderation! Healthy eating, healthy living!

Fruit and Nut Yoghurt:

<https://www.bbcgoodfood.com/recipes/fruit-nut-yogurt>

Berry Bircher:

<https://www.bbcgoodfood.com/recipes/berry-bircher>

Kiwi Chia Pudding:

<https://www.primaverakitchen.com/kiwi-chia-pudding/#recipe>

Kiwi Popsicle:

<https://divascancook.com/refreshing-kiwi-popsicles-ahhh-summer/>

10. Cyber Wellness Tips for Parents: How Do I Keep My Child Safe From Online Threats?

With growing threats that come from an increasingly digitally-connected world, it is important to protect your child from online threats such as inappropriate content, scams and cyber bullying. We would like to share some information and tips you can refer to guide your child through their digital journey (Annex A).

Additional information can be found in <https://www.imda.gov.sg/digitalforlife/DigitalWellness>

11. Safe Management Measures (SMM) and Social Responsibility

As Singapore transits towards the endemic stage, right-siting care towards **primary care and self-responsibility** will be the new default mode of recovery.

Please note the following:

- a. If your child/ward is feeling **unwell** (eg, sore throat, fever, runny nose or cough), please refrain from sending your child/ward to school and see a doctor.
- b. If your child/ward receives a **Health Risk Notice (HRN)**, please administer an ART for him/her **daily** before he/she comes to school until the end of the HRN. You child/ward can come to school if his/her **ART result is negative and he/she is well**.
- c. Do continue to share and emphasise the importance of practising good hygiene habits with your child/ward.
- d. He/she should put on his/her mask at all times and refrain from taking it off while on the way home.

We hope to have your support to ensure that our school continues to be safe for our pupils and staff.

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12. Major Events and Holidays for Term 2

Date	Event	Remarks
25 Mar (Fri)	P6 Parents' Engagement Session	Via Zoom. More information will be sent via PG
18 Apr (Mon) – 26 Apr (Tue)	Weighted Assessment	P3 & P5 (Assessment details have been sent out via PG in Feb)
27 Apr (Wed) – 29 Apr (Fri)	SA1 Oral Eng and MT	P6 (after school hours) (PG will be sent out nearer to the date)
2 May (Mon)	Labour Day (School holiday)	Pupils need not report to school
3 May (Tue)	Hari Raya Puasa (Public holiday)	Pupils need not report to school.
5 May (Thu) – 6 May (Fri)	SA1 Oral Eng and MT	P4 (within curriculum hours)
9 May (Mon)	SA1 Eng Paper 1 & Listening Comprehension	P4 & P6
10 May (Tue)	SA1 MT Paper 1 & Listening Comprehension	
12 May (Thu)	SA1 Eng Paper 2	
13 May (Fri)	SA1 Math Paper	
16 May (Mon)	Vesak Day (School holiday)	Pupils need not report to school.
17 May (Tue)	SA1 MT Paper 2	P4 & P6
18 May (Wed)	SA1 Science	
19 May (Thu)	SA1 HMT	
27 May (Fri)	Return of report books	

Once again, thank you for your kind attention to the contents of this bulletin. Looking forward to a fulfilling Term 2 2022 with your child/ward.

Continue to keep safe and take care.

Your partner-in-education,



Ms Audrey Wong
Principal

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 CYBER WELLNESS
TIP SHEET FOR PARENTS

KEEPING MY CHILD SAFE FROM ONLINE THREATS




HTTPS://

Activate safe search settings whenever possible – on the device, browsers and apps too

Only allow device use in common areas, like the living room, to watch their online activity

Make use of teachable moments when your child confides in you

Let them know you will check their online activity from time to time, like their browser and chat history, to know that they are using the internet responsibly

Talk to your child and set up family rules on internet access together – if you have a rule they don't agree with, explain your reasoning so that they understand

Adapted from Media Literacy Council

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