



XINGHUA PRIMARY SCHOOL
45 HOUGANG AVENUE 1 SINGAPORE 538882 TEL:
62889121 FAX: 62838831

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Xinghua Link

Message from the Principal

Dear Parents/Guardians,

More than 2 weeks have passed since the incident at River Valley High School on 19 July 2021 that resulted in the death of a student. Since then, members of the public had left flowers and notes of condolences and encouragement at the school. Counselling professionals had also stepped forward to offer their services.

This incident has once again reminded us of the importance of mental well-being.

HealthHub.Sg¹ recommends 7 easy tips for maintaining mental well-being. We can use these tips to help our children too.

1. **Exercise Regularly:** Exercising releases “happy hormones” into one’s body, although one should always be mindful about not over-straining.
2. **Do More of What Makes You Happy:** Instead of working non-stop, our children need to learn about taking a break to do what they enjoy so that they feel refreshed and then be more ready to handle problems.
3. **Manage Your Time:** Guide your child in planning his/her time well so that tasks can be completed on time. Encourage him/her to break large tasks into smaller manageable parts so they do not feel overwhelmed and lose the sense of control.
4. **Speak to Someone:** Seeking help is not a sign of weakness. Encourage your child to share his/her worries. However, do not pressure your child to share when he/she is not ready. The main message to your child is that you are always there for him/her.
5. **Think Positive:** When faced with problems or challenges, encourage your child to use his/her creativity to look at problems from different angles and consider new possibilities. This can help him/her to change the way he/she understands the problem and develop positive attitudes that can make him/her more resilient.
6. **Sleep Well:** Getting enough sleep (7 to 9 hours daily for an adult; 9 to 11 hours for school-age children) is key to **better concentration and focus**. This promotes a sense of control and also physical well-being.
7. **Practise Deep Breathing:** Breathe in deeply through one’s nose for 5 counts and breathe out slowly for 5 counts. This is a simple breathing technique that helps your child to calm down when feeling stressed and can be performed in any place at any time.

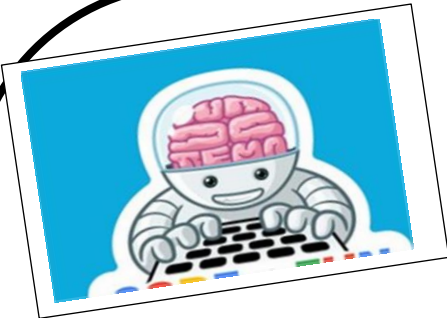
For the tips listed above to really work, children need to have **positive relationships with parents, teachers, peers and other responsible adults**. Only with affirming and positive relationships, our children can enjoy better mental well-being and lead balanced and productive lives.

Happy National Day in advance!

Warmest regards,
Mr Chew Mun Wai

¹ Source: <https://www.healthhub.sg/live-healthy/891/mental-wellbeing>

Looking Back ...



CODE FOR FUN PROGRAMME

Our Primary 5 students completed the **Code for Fun Programme** in Semester 1. During this programme, they learnt basic coding concepts and had hands-on activities to programme Sphero Robots to perform specific tasks. Through the activities, our students further developed their critical thinking and problem-solving skills in a fun and engaging way.



The programme teaches us coding which we can then use in future to code games and apps.

Vera Wong (5R4)



I enjoyed the Code for Fun programme. I learned many things there that I didn't know I could do.

Ai Leng (5R1)



I liked playing "Scissors, Paper, Stone" using the robots with my friends. My favourite part was the bonding with my friends while coding.

Syaza Eva (5R3)

Looking Back at July 2021

Read@XHPS 2021
12 July 2021 - 16 July 2021



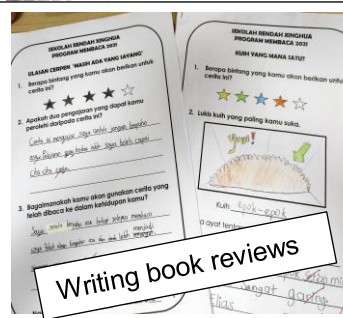
Charlotte's Web
Mask making experience

This year's Read@XHPS 2021 kicked off with Mr Chew reading a heartwarming story about a boy in search of a book of gold. Then colourful and interesting characters in storybooks introduced themselves in class in Characters Come Alive! Despite the searing heat, enthusiastic students gamely put on their costumes and talked about their characters in the story.

Follow up activities such as making stick puppets, role playing, book cover design and letter writing to a character in a book, saw students immersing themselves wholeheartedly in the activities. The Mother Tongue department also organised a slew of activities such as quizzes and making bookmarks during the Mother Tongue periods. Students talked about a story or a character and recorded it on video. They could dress up as one of the characters and take a photo and upload it via padlet. At the same time, our school library conducted activities such as Book Scavenger Hunt that tied in with the event.



Writing letter to
character/author
Dear Minfong Ho...



Writing book reviews



Designing book covers...



Characters Come Alive!



Looking Back at July 2021

Racial Harmony Day (RHD) - Diverse Cultures Uniting Together!



19 JULY 2021

Many students came to school on Monday, 19 July dressed in their beautiful ethnic costumes to celebrate Racial Harmony Day. Preparations had begun two weeks before, where teachers assigned lesson packages to students in SLS. P3 to P5 students researched on one aspect of one of the four races (Chinese, Malay, Indian and Eurasian) and prepared powerpoint slides on that race. They presented the slides in class that day while P1 and P2 students brought photographs and pictures to share with their classmates. They also wrote their reflections in their handprints which were used to make a colourful Hand Collage.



Students dressed in ethnic costumes



Colourful hand collages



I learnt a lot of things from my friend's presentation. I am happy that people in Singapore are living in harmony and there are no fights among the different races. We should respect all cultures and religions and not make fun of them.

Nyla Eldriana (5R4)



Students presenting their research on one of the four races in Singapore.

Looking Back ...

Singapore Youth Festival (SYF) Art Exhibition



Themed 'Artist and Technology', the 2021 exhibition invited student artists to reflect on how technology has impacted their lives. Over 3,500 students from 188 schools submitted more than 500 artworks via a range of media as artistic and creative responses to the theme. Through their artworks, many students emphasised the importance of safe and responsible usage of technology.

This year's exhibition is the first SYF virtual exhibition using immersive 360-degree technology. Members of the public will be able to view over 260 selected artworks set against a digitalised backdrop of gallery spaces within National Gallery Singapore. Three groups of students from Primary 2, 3 and 5 represented our school in this SYF Art Exhibition (Categories A, B and C). They have indeed worked very hard in the last couple of months. **WELL DONE!**

Congratulations to our student artists:

Dana Cheung Le En	2A4
Saravanan Ponnnavi	2A4
Sikkum Limbu	2A5
Lee Yu Tong	2A6
Anvita Vinay Rao	2A6



You may visit the following links to view the **SYF Virtual Art Exhibition** and the school's displayed pieces:

<https://www.syf.gov.sg/syf/virtualexhibition/>

<https://www.syf.gov.sg/syf/virtualexhibition/gallery-1>

Category A: Connecting Memories



Dana Cheung Le En	2A4
Saravanan Ponnnavi	2A4
Sikkum Limbu	2A5
Lee Yu Tong	2A6
Anvita Vinay Rao	2A6



Category B: My Forest, Our Future



Yares Sophia Louise Canlapan	3H4
Liaw Ren Feng	3H5
Pramisa Rana Magar	3H5
Raina Mahani Binte Ghazali	3H5
Dorotheus Koh Chian Yee	3H6

Category C: Re-emergence of Life



Chen Yingxu	5R3
Nguyen Lim Minh Ket	5R3
Sarah Natalie Chua	5R3



In addition, our school has also taken part in the School-Based Virtual Exhibition, and collaborated with 2 other schools: Wellington Primary School and Jing Shan Primary School. In this exhibition, you will be able to view all the other SYF submissions from our schools.

Visit the link below to view our school's collaborative work with Wellington Primary School and Jing Shan Primary School:

<https://www.artsteps.com/view/609dbfdc16dddf2cae2605c2>

Looking Back ...

Our very own **Soundbites!**

Soundbites is a recess busking programme to engage students during recess as well as to spread some cheer and boost the morale of the school. It is also a platform for both students and teachers to showcase their musical talents.

Due to current Safe Management Measures in place, the performances have been screened virtually. Students are encouraged to sign up and upload their videos showcasing their talents through SLS.

Through this programme, we hope to build confidence in students as well as inculcate in them an interest and appreciation of the arts.

Quote of the month...

imagination
and
creativity
can change
the
WORLD

Unknown

SOUND BITES

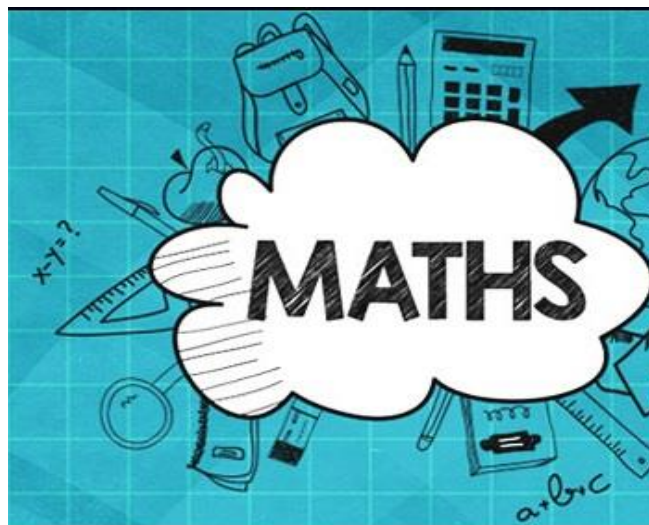


Looking Back ...

Funathon

Students solved Maths riddles once a week in the mornings for a term in 'Mathematics, I'm loving it'. They then created their own Maths riddles during the Funathon.

Our Winners are:



6E4		6E1	
Cavin Haw	House: Air	Lele Liu	House : Fire
Sumaiyah Binti Mohd Sarip	House: Earth	Javen Tan	House : Fire
Marsafira Binte Mislan	House: Fire	Harshinee	House : Fire
Abby Hu	House: Earth	Zulfian Zu'andi	House: Fire



The Maths riddles allowed us to show our creativity.

Cavin Haw (6E4)

5R4		4R2	
Ruthraveena M	House: Water	Malcolm Navaraj	House: Fire
Sean Quai	House: Earth	Muhd Adi Rryan	House: Earth
Phungsa Wanem	House: Fire	Mohd Luqman Wazif	House: Air
		Nurul Syafiqah	House: Earth



Solving the Maths riddles was challenging and exciting. I like 'Mathematics, I'm Loving it'.

Sean (5R4)

Creating the Maths riddle allowed me to think critically.

Phungsa (5R4)



Important dates in August & September 2021

1. Public / School Holidays

Teachers' Day School Holiday	Friday	3 September 2021
Term 3 School Holidays	-	4 September 2021 - 12 September 2021

PSLE Oral and Preliminary Written Examinations for P6 Students

PSLE Oral - Day 1	Thursday	12 August 2021
PSLE Oral - Day 2	Friday	13 August 2021
Primary 6 Preliminary Examinations		
EL Paper 1 & 2	Tuesday	17 August 2021
Maths Paper 1 & 2	Wednesday	18 August 2021
MT Paper 1 & 2	Thursday	19 August 2021
Science	Friday	20 August 2021
HMT Paper 1 & 2	Monday	23 August 2021

ADMINISTRATIVE MATTERS

FAQ on COVID-19

With the new variant of COVID-19 surfacing in Singapore, how will schools ensure the safety of my child?

Our schools remain safe places for learning. We have implemented stringent Safe Management Measures (SMMs) to minimise transmission risks. Surveillance measures are in place to detect potential COVID-19 positive cases as soon as possible, and we are using ringfencing measures such as MOE's Leave of Absence (LOA) and Approved Absence (AA) to keep potential cases out of schools. For example, **staff and students who have any household members who are unwell or placed on Quarantine Order/Issued Mandatory Swab/Received Health Risk Warning are required to stay away from school.** They are issued letters and allowed to return when their swab tests are negative. In addition, MOE closely monitors the situation in schools and continues to be guided by MOH tightened guidelines.

On the part of parents, please continue to monitor your child's health and do not send your child to school if he/she is unwell. Please seek medical attention for your child immediately. Please reinforce the virus-fighting habits of good personal hygiene, safe distancing and wearing of his/her mask when leaving home. We appeal to parents not to send your child to school if any household members are unwell or placed on Quarantine Order/Issued Mandatory Swab/Received Health Risk Warning.

When everyone continues to exercise vigilance and constantly remind ourselves of social responsibility, we can greatly reduce the risks of transmission in schools.



Feedback from Parents

As partners in education, we value your feedback and suggestions to make the school a more conducive learning environment for our children. Please feel free to give us your feedback via the QR Code below. It will give you access to our digital form to pen down some of your thoughts, compliments or comments for the school.

