



Dear Parents/Guardians,

11 Apr 2018

**School Vision: Learners with Passion, Citizens of Honour**

**1. Event Calendar (Term 2 Week 4: 11 Apr– 18 Apr 2018)**

Dates	Day	Levels	Subject
13 Apr	Fri	P3 to P6	SA1 EL & MTL Paper 1
16 Apr	Mon	P3	SA1 Oral (EL & MTL)
18 Apr	Wed	P5	SA1 MTL E-Oral & EL Oral

**\*Term 2's Morning Remedial (P4-6), Afternoon Supplementary Classes (P5 & P6), Enrichment Classes (P4 and 5), P1-P2 Reading Mum Programme for ML & TL and CCAs**

This is a reminder that the above activities will end this week, Week 4 unless otherwise instructed by the respective Teachers-in charge.

Do note the dismissal time for 16, 18, 19, 23, 26 and 27 April will be 1.30 p.m. This is due to the Primary 3 to Primary 6 English and Mother Tongue Oral Examinations that will take place on these afternoons. School buses will operate from 1.30 p.m. If your child does not take the school bus home, please make arrangements for them to be picked up at 1.30 p.m.

**2. 2018 SA1 Oral Communication Examination Schedule (P3)**

Please find in the table below the Oral Communication Examination schedule. Both EL and MTL Oral Examinations will be conducted in the afternoon after curricular hours. All P1, P2 and P4 - P6 students will be dismissed at 1.30 p.m. on Monday (16/04/18).

	Dismissal time for lunch break	Session 1 2.15 p.m. to 3.30 p.m. Reporting time for students: 2 p.m. @ Canteen	Session 2 3.45 p.m. to 5 p.m. Reporting time for students: 3.15 p.m. @ Canteen
<b>Primary 3 16 Apr 2018 (Mon)</b>	1.30 p.m.	Patriotism, Integrity & Empathy	Resilience & Discipline

*Your child/ward will be dismissed from school once he/she has taken both the English Language and Mother Tongue Language Oral Examinations. We have advised your child/ward to give you a call once he/she is done. Do make the necessary transport arrangements for your child/ward.*

**3. 2018 SA1 Oral Communication Examination Schedule (P5)**

Please find in the table below the Oral Communication Examination schedule. Both EL and MTL E-Oral Examinations will be conducted in the afternoon after curricular hours. All P1 – P4 and P6 students will be dismissed at 1.30 p.m. on Wednesday (18/04/18) and Thursday (19/04/18).

	Dismissal time for lunch break	<b>Note:</b> P5 students who are taking NTIL as their MTL will have their EL Oral Examination on <u>Wed. 18 Apr 2018.</u>
<b>Primary 5 18 &amp; 19 Apr 2018 (Wed &amp; Thu)</b>	1.30 p.m.	Students will be notified as to which subject they will be tested on the respective days. <i>Example: Student A (Primary 5) has MTL E-Oral Examination on Wednesday, 18 April 2018. Hence, he or she will have EL Oral Examination on Thursday, 19 April 2018.</i>



#### **4. From the Counsellor's Desk – Bully-proof Your Child**

Parents should remain calm, be supportive and reassure their child that they are not to be blamed for their victimization. Parents play an important role in helping the victim of bullying feel comfortable enough to talk about it. The parents should try to access details about the circumstances of their child's bullying, the parties involved, and teach the child how to respond assertively should they be bullied, without getting upset.

The school has a zero tolerance policy for physical aggression, therefore, hitting back should not be encouraged. Encourage your child to walk away and tell an adult if he/she feels someone is hurting or about to hurt him/her.

Teach your child to report bullying incidents to adults in an effective way. Adults are less likely to discount a child's report as "tattling" if the report includes information pertaining to the following critical questions:

- What is being done to him/her that makes him/her fearful or uncomfortable
- Who is doing it
- How does it makes him/her feel
- What had he/she done to try to resolve the problem or to get the bully to quit his/her act

The primary damage suffered during childhood bullying is that which occurs to the child's self-esteem and sense of self-worth. In order to heal from this damage, the victim needs help in building a strong, resilient and flexible identity that will allow him/her to deal with the challenges in life. Victims of bullying may benefit from engaging in activities that can improve their confidence, self-esteem, and overall emotional strength, it be via sports, music, or other extracurricular activities. Engaging in such activities can also help the child build friendships and improve their social skills.

#### **5. SEN Issue 2: Beyond the Label**

Many parents find it difficult to accept that their child has special needs. It is definitely not easy, especially when there may be negative connotations attached to the idea. However, diagnosis is never made with the purpose of labelling a child. Rather, it is meant for early intervention and for the school or caregivers to provide the necessary support.

There are critical periods in a child's development in which intervention has the most, if not all the impact. After which, the benefits are increasingly reduced, or non-existent. Children never spontaneously grow out of having special needs; they may simply have been taught, or learnt coping strategies to help them manage.

Denying that your child has special needs will not change reality, but only leaves you unable to fully understand, appreciate, or support them the way they need and deserve. Delaying support will only harm your child.

We would like to share the following 1987 prose by an American writer, Emily Perl Kingsley, who explained what it is like to raise a child with special needs. Hopefully it resounds in you as much as it has for many parents.

#### **Welcome to Holland**

I am often asked to describe the experience of raising a child with a disability – to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this...

When you're going to have a baby, it's like planning a fabulous vacation trip – to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum, the Michelangelo David, the gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!" you say. "What do you mean, Holland?" I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy.

But there's been a change in the flight plan. They've landed in Holland and there you must stay.



The important thing is that they haven't taken you to some horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.  
So you must go out and buy a new guidebook. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.  
It's just a different place. It's slower paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around, and you begin to notice that Holland has windmills, Holland has tulips, Holland even has Rembrandts.  
But everyone you know is busy coming and going from Italy, and they're all bragging about what a wonderful time they had there. And for the rest of your life you will say, "Yes, that's where I was supposed to go. That's what I had planned."  
The pain of that will never, ever, go away, because the loss of that dream is a very significant loss. But if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland.

**6. Healthy Mind, Healthy Body (A Sleep Contract for the Family)**

With sufficient and regular sleep, our bodies get to reap benefits such as feeling fresher, brighter and more energetic to take on the day. For primary schoolers, sufficient sleep would mean having 9 to 11 hours of shut-eye each day.

Parents and caregivers play a critical role in ensuring their children have enough quality sleep.

To find out **how you can help your child to achieve the recommended hours of sleep**, do visit the link provided: <https://www.healthhub.sg/live-healthy/1862/a-sleep-contract-for-the-family>

[Source: Health Promotion Board]

Thank you for your support.

With warm regards,

Cheng Huey Teng (Mrs)  
Principal

