



Dear Parents/Guardians,
School Vision: Learners with Passion, Citizens of Honour

18 Apr 2018

1. Event Calendar (Term 2 Week 5: 18 Apr– 25 Apr 2018)

Dates	Day	Levels	Subject
18 Apr	Wed	P5	SA1 MTL E-Oral & EL Oral
19 Apr	Thu	P5	SA1 MTL E-Oral & EL Oral
20 Apr	Fri	P1 & P2	EL Listening Comprehension
20 Apr	Fri	P1	MTL Listening Comprehension
23 Apr	Mon	P4	SA1 EL & MTL Oral
23 Apr	Mon	P1 – P3	HDB Roadshow: OHYAY Roadshows
23 Apr	Mon	P4 – P6	Art Assembly
23 & 24 Apr	Mon & Tue	All	Youth for the Environment Day Recess Activities
24 Apr	Tue	P1 & P2	EL & MTL Oral
24 Apr	Tue	All	Class Photo-taking
25 Apr	Wed	All	Class Photo-taking

2. 2018 SA1 Oral Communication Examination Schedule (P4)

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 - P3, P5 and P6 students will be dismissed at 1.30 p.m. on Monday (23/04/18).

	Dismissal time for lunch break	Session 1 2.15 p.m. to 3.30 p.m. <i>Reporting time for students: 2 p.m. @ Canteen</i>	Session 2 3.45 p.m. to 5 p.m. <i>Reporting time for students: 3.15 p.m. @ Canteen</i>
Primary 4 23 Apr 2018 (Mon)	1.30 p.m.	Discipline, Empathy, Patriotism	Integrity & Resilience

Note: 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 (P6)

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 – P5 students will be dismissed at 1.30 p.m. on Thursday (26/04/18) and Friday (27/04/18).



	Dismissal time for lunch break	
Primary 6 26 & 27 Apr 2018 (Thu & Fri)	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 6) has MTL E-Oral Examination on Thursday, 26 April 2018. Hence, he or she will have EL Oral Examination on Friday, 27 April 2018.</i>

Note: P6 students who are taking NTIL as their MTL will have their EL Oral Examination on Thursday, 26 April 2018.

4. Youth for the Environment Day (YED) 2018

The Youth for the Environment Day (YED) is an annual event where young Singaporeans are strongly encouraged to champion environment ownership and conservation.

In Changkat Primary, our students will be involved in YED activities during recess on 23 & 24 April where they will be able to see the key roles they play in ensuring the development of a more environmentally-conscious and socially responsible society.

At home, the entire family can be part of the YED movement too. Do visit the following website, <https://www.mewr.gov.sg/individual-pledge> where together with your child/ward you can make a pledge now to take climate action and fight climate change. You may like to discuss with them how through our everyday actions we make a direct impact on climate change. By taking simple steps, we can help reduce our carbon footprint.

Together, we take one step closer to the development of a more environmentally-conscious and socially responsible society.

5. When Your Child is the Target of Bullying

If your child has reached out to you and asked you for help to handle a bullying situation, what would you say or do? Here, we provide some general tips and strategies to help you have a successful conversation and handle the most frequently reported problems of bullying. Remember you are the expert about your own child and also the role model for how to handle difficult situations. **As the significant adult in your child's life, you play a critical role in helping your child regulate his/her emotions. Your child is not a victim unless he/she allows it to happen.** In guiding your child, you play an important part in building his/her resilience.

Step 1: Set yourself up for a successful conversation with your child.

- Take your child seriously and listen.** If your child wants to talk to you about a bullying situation, take it seriously. Your ability to listen to your child and understand his feelings and experiences means everything to your child. It is a basic human need to be heard and understood.
- Find the best space to have the conversation.** Find a private place to talk with your child where you both will be comfortable and your child feels safe to talk freely. Consider taking a walk or going for a snack. Give your child the physical distance he need during the conversation.
- Before you talk to your child, check in with your own feelings.** Take a deep breath, recognize the strong emotions you might have about the situation, and, most importantly, manage them before you talk with your child.
- Remember, you are the role model.** Your child is learning about the best and worst ways to respond to challenging situations like bullying from watching you. Your feelings are contagious. If you stay calm, your child will more likely be calm and learn how to deal with challenging situations effectively. If you notice you are still upset and not sure you can stay calm while talking to your child, hold off until you feel ready to have a successful conversation.



Step 2: Talk with your child about the problem.

Bullying comes in many forms online, including someone saying mean things, spreading rumours, posting an inappropriate photo of your child, someone not leaving your child alone, or someone making threatening remarks to your child. The first step to helping your child is to be a good listener and then talk through the problem.

- a. **Give your child unconditional support.** No matter what has happened, let your child know you will listen to him. Let your child get out the full story without interrupting or criticizing him. Your child needs to feel emotionally safe in order to be open and honest with you. Reassure your child that you will not go behind his back to “fix or report” the problem and that you will work with him to find a positive resolution.

Some key points to guide your initial conversation:

- Be a good listener; don't put words into your child's mouth or jump to conclusions.
- Use a calm and steady voice throughout the conversation. Avoid using harsh or accusatory language, which can result in your child either shutting down or becoming more upset.
- Avoid being judgmental or critical about what behaviour they were engaged in before the bullying incident.
- Do not blame your child for being the target of bullying.
- Avoid making promises you can't keep, but do reassure your child that you want to help find a successful resolution to the problem, and that you will do your best to make sure his life doesn't get more difficult.

- b. **Use gentle exploration and empathy.** This will help you to find out what happened, how your child feels about it, and what he might want to do. Make sure your child knows that the reason you are asking questions is because you need all the facts, so you can do your best to help him solve the problem.

Step 3: Work with your child on an action plan.

Empower your child to come up with a few ways to deal with the situation. Sometimes an initial plan doesn't work out and it's important to have multiple options.

Here are some ways to help your child manage the most common types of bullying. If it's a serious situation (e.g., someone is threatening your child), take immediate action because your child's safety is the priority.

- a. **Solve the problem together.** Ask your child what he wants to do and how you can help. First, ask fact-finding and open-ended questions to better understand what happened. Example Conversation Starters: • “In order to best help you, I need to know what happened and who was involved.” • “What was going on between you and the person before this happened?” • “Let's look at the photo/post together.” If you feel like you need more information or are not satisfied with what you are hearing, ask “What else might we do?” to help generate alternative solutions.
- b. **If your child is being physically threatened, feeling scared or has any other strong emotions about what has happened** let him know that you are there for him and will do everything you can to ensure his safety. Explore with your child who else might help to resolve the problem like a trusted teacher or friend.
- c. **Never contact the parents of the bully** to avoid escalating the situation. Let the school of your child speak to the parents



Step 4: Follow up with your child.

- a. **Ensure your child feels safe to go back to school.** Work on a plan with your child for how he will navigate his day. Suggest to your child he find a close friend to be with at school the following day. Ask your child who he would choose to make sure he has someone he can turn to when he feel uncomfortable or unsafe.
- b. **Check in with your child.** At the end of your initial conversation and each day for a few weeks check in to make sure he feels comfortable and safe at school. You also want to be sure that the situation has been handled as best as possible.

Source: <http://bullyfree.sg/adults/adults-resources-downloads/adults-resources/> (Bullying Prevention Hub: Resources for parents); <https://www.facebook.com/safety/bullying/parents>

Thank you for your support.

With warm regards,

Cheng Huey Teng (Mrs)
Principal

