

27 February 2017

Dear Parents of P4 Students

We are coming to the end of Term 1. The last day for this term is Fri, 10 Mar 17. We hope your child has adapted well to school life.

### School Vacation

The school vacation for this term is from Sat, 11 Mar 17 to Sun, 19 Mar 17. Students are to report back to school on **Mon, 20 Mar 17**.

**Please update the school on your travel plan via the MC Online portal by Fri, 3 Mar 17.**

Please refer to our school website at <http://www.springdalepri.moe.edu.sg/> for instructions to enter the travel details via the portal.

### School Events & Holidays in Term 2

Term 2 of the school calendar spans from 20 Mar 17 to 26 May 17. The following are the scheduled events and holidays for Term 2. More details will be provided later for the respective events or programmes.

Week	Programmes/ Events/ Holidays	Remarks
Week 1	<u>Mon, 20 Mar 17 to Wed, 29 Mar 17</u> Annual Health Check for all students & Immunisation for P1 & P5 students only	More details are shared in the Letter to Parents on the Annual Health Check.
	<u>Thu, 23 Mar 17 to Sat, 25 Mar 17</u> P5 Outdoor Adventure Camp	This camp is only for P5 students. More details will be shared nearer the dates.
Week 3	<u>Mon, 10 Apr 17</u> Commemoration of International Friendship Day	Commemoration will be held during Assembly period.
	<u>Sat, 8 Apr 17</u> MOE Kindergarten @ Springdale Open House	This Open House is for parents who are interested to register their young child in the kindergarten.
Week 4	<u>Mon, 10 Apr 17</u> MOE Kindergarten @ Springdale Registration	Details would be shared during the Open House.
	<u>Fri, 14 Apr 17</u> <b>Good Friday Public Holiday</b>	All students need not report to school.
Week 7	<u>Mon, 1 May 17</u> <b>Labour Day Public Holiday</b>	All students need not report to school.

Week	Programmes/ Events/ Holidays	Remarks
Week 8	<b><u>Wed, 10 May 17</u></b> <b><i>Vesak Day Public Holiday</i></b>	All students need not report to school.
Week 10	<b><u>Fri, 26 May 17</u></b> Parent-Teacher Conference 2	More details will be shared nearer the date.

### **Touch Typing**

To ensure that your child has more fruitful ICT lessons, we would like to encourage all students to take some time to familiarise themselves with the computer keyboard during the school holidays. Students can visit the following website <http://www.bbc.co.uk/guides/z3c6tfr> to learn touch typing. Alternatively, the link is also made available via the MC Online Portal under My Assignment. The assignment has been made available to all students from P1 to P4.

### **Cyber Wellness**

Cyber Bullying is a worrying trend that has now become quite common especially among teenagers. In this time and age, primary school students also use quite a fair bit of technology and they are not immune to the effect of bullying in the online world. To support parents in imbuing the right values in our children who are born in this era where technology is part and parcel of their lives, we have attached in Annex A, a fact sheet on managing Cyber Bullying. Together, we can work towards raising a generation of responsible users of technology.

### **Update on Computer Ownership**

The school would need to have an updated computer ownership status of the students in the school. As such, we would need parents to go to the following website to complete a survey on computer ownership: <https://tinyurl.com/sdps-com-own-survey>

For your information, IMDA, through its NEU PC Plus Programme offers students and persons with disabilities from low income households the opportunity to own a brand new computer at an affordable price. For details on the programme, please visit the IMDA website at [www.imda.gov.sg/neupc](http://www.imda.gov.sg/neupc). You may also send an e-mail to [neupc@imda.gov.sg](mailto:neupc@imda.gov.sg) or call the IMDA NEU PC Helpline @ 6684 8858 for enquiry.



### **Canteen Food – Bigger Set Meal @ \$1.80 each**

To better cater to the needs of the upper primary students, the school has worked with our canteen stallholders to introduce a bigger portion set meal priced at \$1.80 each to supplement the current set meals. The meals sold remain wholesome and follow the Healthy Meals in School Programme (HMSP) guidelines set by Health Promotion Board (HPB). This will take effect in Term 2. ***We urge parents to encourage your child to eat the fruits and vegetables provided in the set meals so that your child is trained from young to eat a balanced diet.***

<b>Food Stall Number</b>	<b>Type of Food Sold (Set Meal)</b>	<b>Set Meal Pricing</b>
Stall No 3	Chinese Noodles (Soup/Dry)	\$1.20 (Small)
Stall No 5	Chinese Rice	\$1.50 (Medium)
Stall No 6	Malay Cooked Food	\$1.80 (Large)

### **Values-In-Action**

Your child would have shared with you some of their learning experiences from programmes such as Programme for Active Learning (PAL), I Can!, Character & Citizenship Education (CCE), etc. ***Some of the programme may have activities such as Family Time which may require involvement on your part. We strongly encourage parents to be involved in these activities as it is a time for bonding and we hope you will find these shared moments enjoyable and meaningful in inculcating good habits in your child for lifelong learning.***

We have also enclosed a brochure of **A Dad's Imprint** (given to your child) on how fathers at home can build strong bond with your child. We hope you find the tips insightful in raising secure & resilient children.

### **Gifts, Goodies & Cakes**

As stated in the earlier letter to parents, we seek your cooperation to **refrain from giving birthday goodie bags to your child's classmates or sharing any food items with them.** This is out of consideration for students who may not be able to consume selected food products or have food allergies. It is also to ensure that our young students are not pressurised to reciprocate by giving gifts or goodie bags in return, making unnecessary demands on their parents. Henceforth, **the school and teachers would not be able to receive any of these gifts or goodies to be passed to the class.** We sincerely seek your understanding in this matter.

### **Punctuality**

***Punctuality is a virtue which we would like to inculcate in our students from young. Students not present in class during attendance-taking at 7.30 am will be considered late for school and this will be reflected in the students' report book.*** Students who arrive after 7.30 am will have their names and classes noted by the security officers at the Foyer.

### **Attire & Grooming**

This is a gentle reminder that students **must adhere** to school rules with regard to attire and grooming. ***Due to safety consideration especially when students are engaged in physical activities, there should be no personal adornment such as necklace or wristband.*** Please refer to Pg 10 & 11 of the Student Handbook for details. ***All students are reminded to have their Name Tags sewn on their uniform & PE attire.*** This will facilitate identification in the event of an emergency. If you require an order form to make orders for the Name Tag, please feel free to approach your child's Form Teacher or the General Office for the form. Starting this year, you would be notified by the Form Teacher to assist in checking that your child is attired accordingly as stated in the Student Handbook.

### **Well-Being Matters**

We would like to seek your assistance to ensure that your child stays healthy during this period of time. This would include **choosing the right type and the right amount of food for each meal.**

We also hope that you and your family could engage in **at least 60 min of moderate to vigorous physical activity each day** especially during the weekends and school holidays. These activities may include swimming, jogging, cycling, skipping and playing a variety of games such as badminton, football and basketball. Some of these skills have been taught during PE lessons in school. A video regarding the health benefits of PE and physical activities has been uploaded onto our school website <http://springdalepri.moe.edu.sg/parents/parents-information-n-resources>. Please take some time to view it together with your child.

The school conducts its temperature-taking exercise on the first day of school after each term break. ***Do ensure that your child's thermometer is in working condition and your child has the thermometer in his/her bag every day.***

On this note, we would like to remind parents to ensure your child has sufficient sleep of at least 8 hours daily. Having adequate rest would help your child pay attention in class and participate fully in the various activities planned. We would also like to appeal to parents ***not to send your child to school when they are unwell as part of social responsibility*** and to contain the virus that spreads very quickly especially to young children. This will also give your child sufficient time to rest and recuperate before returning to school.

### **School SMS Alert Testing**

As part of the school's effort to ensure all parents remain contactable during a school emergency, the school had conducted a SMS Alert Testing exercise on Fri, 20 Jan 17. We noted quite a number of you did not respond with the child's name and class. As such, the Form Teacher had to call you back to confirm if you had received the message.

We seek your cooperation to respond to the alert so that we are assured the sms is sent to the right guardian & more importantly, you can be readily contacted during an emergency. We urge all parents to understand **the importance of responding to any SMS Alert Testing exercise conducted by the school in preparation of any emergency** and to update the Form Teacher of your child immediately if you have changed your mobile number. Hence it would be greatly appreciated if you could respond with your child's name and class in the next exercise if you have not done so this time.



## **Communications**

We will continue to maintain a regular and open channel of communication between school and parents to help us achieve our common aim of providing a meaningful educational experience for our children. You are welcome to email or call our teachers on any matter concerning your child. You are also welcome to email us if you have any feedback regarding the school administration and operation matters. However, we would like to appeal to all parents to include your name and contact number or email address so that the school can do the necessary follow-up with you.

We would also like to appeal to all parents to refrain from making unsubstantiated comments as they might lead to undue stress and unfounded worries. If you should have any concern or require any clarification, the best person to speak to would be your child's Form Teacher or you could call the general office anytime during office hours. It is important that parents work together with the school and get first-hand accurate information rather than listen to hearsay.

Thank you to those parents who have given us via email your generous comments about the school and the teachers. It is indeed an encouragement for the staff, knowing their efforts are appreciated.

**Lastly, we strongly discourage students from bringing handphones or any expensive gadgets, e.g. smartwatch, etc. to school.** However, should you see the need for your child to bring it, it is his/her responsibility to ensure that they are kept properly. **The school will not be liable for any loss of items.** Students are also not allowed to use their handphones in class or within the school compound. For all school activities outside curriculum hours, consent forms will be issued to keep you informed. Please ensure that you acknowledge the form and return it to the teacher.

We wish all parents a good time of family bonding with your child and look forward to seeing your child back in school on Mon, 20 Mar 17.

Yours sincerely  
Mrs Lee-Koh SC  
Principal



## HELPING YOUR CHILD MANAGE CYBER BULLYING

### What is Cyber Bullying?

Cyber bullying occurs when electronic gadgets, such as mobile phones and computers; social media; and Internet services are used as a means to intentionally hurt someone in cyberspace.

With cyber bullying, negative content can be shared, saved, and spread online, and a victim can be bullied 24/7.

### What Parents Can Do to Prevent Cyber Bullying

- Be informed and aware of cyber trends and issues
- Participate in the digital world with your child
- Teach your child to be respectful online
- Have open discussions with your child

### If my child cyber bullies ...

- **Recognise the Problem**  
Acknowledge that your child may be a cyber bully. Do not dismiss the seriousness of the issue or attempt to justify his/her actions.
- **Stop his/her Actions**  
Ensure that your child does not continue with bullying activities. Be firm about stopping any offensive actions directed at others be it online or offline.
- **Imbue a Sense of Empathy**  
Nurture a sense of compassion in your child. Ensure that your child understands the consequences of his/her actions from the victim's point of view. Encourage your child to make amends with the victim. Equip your child to better manage his/her emotions and relationships.

### If my child is cyber bullied

- **Understand the Situation**  
Remain calm and listen closely to your child's concerns. Understand the context in which the bullying occurred before making any conclusions.
- **Be Supportive**  
Ensure the well-being of your child by providing social and emotional support.
- **Take Actions**  
Talk to a teacher at your child's school and involve your child in resolving the issues. Save the evidence and ask the service provider to remove the online content. Equip your child to cope with future challenging online situations.



**CYBER WELLNESS**  
Responsible Digital Learners

**Springdale Primary School**

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