

27 June 2017



Dear Parents

Hope you and your family had a good family bonding time this holiday. As we begin a new semester, we would like to remind you of the following matters pertaining to student safety and well-being.

### **Curriculum Time**

Curriculum time during school days is precious and has been set aside for your child to learn the required syllabus content so that he/she is adequately prepared for the various assessments over the terms. Hence, your child is expected to be present during term time. Parents are strongly discouraged from bringing your child out of the school or country unless there are exigencies to attend to. Do also assist to monitor your child regularly and ensures that he/she completes the homework assigned, be it physical worksheets or online assignments on MCOonline, so that he/she has the necessary practice and consolidation of his/her learning.

### **Snack Break @ 12 noon**

To enhance the well-being of our students, a snack break in class is given daily so that they can have a small bite to tide them over the school day. Do take note that it is not a must for students to eat during this break as some do not require it. Only dry snacks such as **biscuits, sandwiches or fruits** are allowed to be consumed in class during this snack break and students are not be allowed to go to the canteen to buy food. Kindly refrain from packing wet food items for your child to consume as it will be difficult for them to eat or manage in class and the food may also not last or remain fresh for consumption after a few hours.

***More importantly, please discourage your child from consuming unhealthy or junk food such as chips, chocolates and sweets.*** Simple yet easy to eat snacks such as fruits, biscuits and bread with healthier choice symbols will serve the students' needs well. Eating healthily at a young age will go a long way in cultivating healthy lifestyle when they reach adulthood. To provide parents with some suggestions as to what constitute healthy meals and snacks, please click on the following Ministry of Health (MOH) link: <https://www.healthhub.sg/programmes/55/my-healthy-plate>

In order to teach our students to be independent and to plan ahead, they could pack their light snacks from home and purchase healthy meals from the canteen during recess. We urge parents to refrain from bringing food for your child for recess or snack breaks unless he/she has special dietary requirements.

### **Active & Healthy Lifestyle**

Even though the semester has started, we hope you could continue to provide opportunities for your child to develop in areas like the sports and the outdoors or to pick up a hobby or new skill. Here are some suggestions for the family to consider:

- ✓ Encourage your child to participate in moderate to vigorous physical activities for about 60 min a day as recommended by HPB.
- ✓ As the P3 students would have completed the SwimSafer Programme, do encourage your child to continue practising the skills that they have learnt.
- ✓ Learn to cook or bake & eat healthily as a family.
- ✓ Visit the nearest community library weekly and borrow a range of books.
- ✓ Ensure your child cultivates the habit of sleeping and waking up early.

**Springdale Primary School**

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## Road Safety

As highlighted in our recent Letter to Parents dated 15 May 17, the construction of the sheltered walkway has begun and is expected to complete at the end of the year. For the safety of your child and other stakeholders, we would like to remind all parents to closely adhere to the safety instructions and advisory put up by the school, Land Transport Authority (LTA) and Traffic Police (TP) at various affected areas from time to time during the period of construction.

For parents who send and/or pick up their child to/from school by car, we would like to also remind you on the following based on feedback from the neighbouring residents:

- ✓ **Not** to stop your vehicle and allow your child to alight along Anchorvale Link (even though it is just after the school gate in both directions) in the morning as this will affect the heavy traffic during the morning peak hour. More importantly, your child may be at risk of being hit by a motorcyclist or cyclist when your child is alighting from your vehicle.
- ✓ Alight your child safely at the preferred venue at HDB Multi-Storey Carpark at Blk 326 just beside our school. Your child can then use the sheltered walkway (along Sengkang East Way) which connects to the Rear Gate.
- ✓ You are advised **not** to stop your vehicle along Sengkang East Way or the recess area leading to the Power Station and obstruct the flow of traffic along the main road. There were few near misses when cars try to move off and the oncoming traffic unable to slow down in time.
- ✓ Similarly, parents should refrain from parking their vehicles along any of the service roads in our neighbouring HDB flats and estates, e.g. Blk 332A in front of the school as this would immediately reduce the service roads to a single lane, thereby severely obstructing the flow of traffic along such roads in the morning when the residents head for work in their vehicles. The safety of the residents would also be compromised as a result.

We appeal to your cooperation to closely adhere to the above as we have been getting feedback from concerned residents nearby that our parents have been obstructing the traffic, causing congestion along the roads and neighbouring HDB estates and more importantly, compromising the safety of the students, other pedestrians and road users.

## Student Well-Being

Safeguarding the health & well-being of our students is our collective responsibility. At the school level, we would continue to ensure a high level of hygiene to prevent the spread of any viruses. **On your part, we seek your co-operation to seek medical attention for your child should he/she develop flu-like symptoms and keep him/her away from school until he/she has fully recovered.** As a practice, the school conducts its temperature-taking exercise after each long weekend or term break. ***Kindly ensure that your child's thermometer is in working condition and your child has the thermometer in his/her bag every day.***

We would also like to seek your cooperation to send your child to school only **after 7 am and before 7.25 am** so that students have time to settle down before lessons start at 7.30 am sharp.

Wishing your child a good start to the term as we all work together to ensure a positive and safe learning environment for them.

Yours sincerely  
Mrs Lee-Koh SC  
Principal

