

15 May 2017

Dear Parents

We are coming to the end of Term 2. The last day of Term 2 is Fri, 26 May 17. Please note the following information:

National Family Celebrations – Eat With Your Family Day on Fri, 26 May 17

As part of National Family Celebrations, Fri, 26 May 17, is set aside as ‘Eat with Your Family Day’. This event is to encourage all Singaporeans to consciously set aside time that day to be with their families. Done through the simple ritual of having a family meal, we hope the event will serve as a reminder to families to encourage them to eat together regularly. ***In conjunction with the above-mentioned celebration, please note that the school General Office would be closed at 4 pm that day.***

School Vacation

The school vacation for this semester is from Sat, 27 May 17 to Mon, 26 Jun 17. If your child is travelling overseas for the holidays, we request that you provide the school with travel details via the MC Online portal. For instructions to enter the travel details using our online form, please visit the school website at <http://www.springdalepri.moe.edu.sg/>.

To familiarise all parents of P1 students with this practice, we would like you to submit your travel plans for the coming June holidays. A nil return is required.

School Events & Holidays in Term 3

Term 3 will be from Tue, 27 Jun 17 to Wed, 30 Aug 17. The following are the scheduled events for Term 3. More details will be provided later for the respective events or programmes. **Do note that students are expected to be present during curriculum time. Parents are discouraged from bringing your child out of school during term time.**

Week	Programmes/ Events/ Holidays	Remarks
Week 1	<u>Mon, 26 Jun 17</u> <i>Hari Raya Puasa Holiday</i>	All students need not report to school.
	<u>Sun, 2 Jul 17</u> NE Show @ the Float for all P5 Students	Only P5 students need to report to school tentatively from 12 pm to 10 pm . More information would be given once the school is given the details.
Week 2	<u>Mon, 3 Jul 17</u> <i>Youth Day School Holiday</i>	All students need not report to school.
	<u>Fri, 2 Jul 17, 3 pm – 5 pm</u> Cyber Wellness Seminar for Parents - The Art & Science of Parenting in the Digital Age	An Eventbrite link will be sent to all parents via email to sign up for the seminar in Term 3 Week 1.

Week	Programmes/ Events/ Holidays	Remarks
Week 4	<u>Mon, 17 Jul 17</u> Racial Harmony Day Celebration	Programme will be held during Assembly
Week 7	<u>Tue, 8 Aug 17</u> National Day Commemoration	Students only need to report to school from 7.30 am to 10 am. P1 & P2 students will also be involved in Games Carnival.
	<u>Wed, 9 Aug 17</u> National Day Holiday	All students need not report to school.
	<u>Thu, 10 Aug 17</u> National Day School Holiday	All students need not report to school.
Week 9	<u>Wed, 23 Aug 17</u> GEP Screening Exercise (English Language & Mathematics)	For selected P3 students who have signed up to take the test. The GEP Screening Exercise will be carried out in the morning. More details will be shared nearer the date.
Week 10	<u>Wed, 30 Aug 17</u> Teachers' Day Celebration	Students only need to report to school from 7.30 am to 10 am.
	<u>Thu, 31 Aug 17</u> Teachers' Day School Holiday	All students need not report to school.
	<u>Fri, 1 Sep 17</u> Hari Raya Haji Holiday	All students need not report to school.

Updating of Students' Particulars

As part of routine housekeeping, the school will be conducting a testing of its Mass Messaging System on **Wed, 17 May 17** by sending a test SMS message to the Contact Person who was declared earlier in the year.

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** 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 when you receive the SMS.

Springdale Primary School

71 Anchorvale Link Singapore 544799

63157600 (O) 63153351 (F)

www.springdalepri.moe.edu.sg

springdale_ps@moe.edu.sg



Cyber Wellness Message: Excessive Internet Use

Our children are digital natives and Internet savvy. The MDA Zero-to-Fourteen Consumer Experience Study 2015 <https://tinyurl.com/mru6nzy> showed that most of our children went online most days of the week using their smartphones and started using the Internet at 6 years old.

Parents play an important role in helping children and teens navigate media, which can have both positive and negative effects. Our children, like us, interact with their friends through digital activities, such as online gaming and social media, and use the internet to learn about the world. Whilst we may think that our children are often more digitally savvy than we are, as responsible parents and educators, we should not allow them to navigate this space alone. ***Our children still need our guidance to balance their on- and off-line activities and to be responsible and safe online.***

It is our responsibility to set home rules and boundaries on internet use for our children. The American Academy of Pediatrics has provided some helpful screen time guidelines and recommendations. [\[https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx\]](https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx)

Attached in **Annex A** is an infographic on “Helping Your Child Manage Excessive Internet Use” to give you a summary of the Cyber Wellness message.

Road Safety

As highlighted in our recent Letter to Parents dated 24 Apr 17, the construction of the sheltered walkway has just started this month and is expected to complete in about 9 months’ time. 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:

- ✓ **Not** to stop your vehicle and allow your child to alight along Anchorvale Link 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 and alight your child there as this will not only obstruct the flow of traffic along the main road but also subject your child to risk of being hit by a motorcyclist or cyclist when he or she is alighting from your vehicle.

We would like to once again seek your understanding of the various constraints faced by the school during the interim and we thank parents for their effort and support in adhering to the various safety instructions and advisory put up by the school.

Communication

As a gentle reminder, for parents who need to see the teacher, do make an appointment with them before coming to school to ensure they are available. You may write a short note in the Student Handbook requesting for an appointment with the teacher concerned. Please also register your name at the security counter before coming to the General Office. Your cooperation will help us ensure a safe and secure environment for all our students.

Student Well-Being

As the school holidays provide opportunities for your child to develop in areas like the sports and the outdoors or to pick up a hobby or new skill, we would like to encourage your child to learn something new and spend a meaningful holiday. 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 earlier.
- ✓ Learn to cook or bake & eat healthily as a family.
- ✓ Visit the nearest community library weekly and borrow a range of books. For the school holidays, the quota of books that can be borrowed is usually doubled.
- ✓ If you are travelling, get your child to do a mini-research on the culture, places of interest, historical background, geographical structure, famous people, etc. of the place you are visiting
- ✓ Do revise (via MC Online) on the areas for improvement which your child needs to work on for the respective subjects.
- ✓ Start your child reading on new topics to be taught in Term 3.
- ✓ Ensure your child cultivates the habit of sleeping and waking up early even during the holidays.

We look forward to seeing your child back in school on **Tue, 27 Jun 17**. We strongly encourage parents 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.

Also, as practised, the school conducts its temperature-taking exercise over the first 3 days of school after term break. **Kindly ensure that your child's thermometer is in working condition and your child has the thermometer in his/her bag when he/she returns.** To maintain personal hygiene, please ensure your child has a packet of tissue or wet wipes in his/her bag.

We wish all parents a good time of family bonding with your child this holiday!

Yours sincerely
Mrs Lee-Koh SC
Principal



HELPING YOUR CHILD MANAGE EXCESSIVE INTERNET USE

What is Excessive Internet Use?

Excessive Internet Use happens when an individual who uses the Internet to the extent where he/she experiences problematic outcomes that negatively affect his/her life .

What are the signs of Excessive Internet Use?

- ! Needs to spend an increasing amount of time using the Internet before achieving satisfaction
- ! Becomes irritable or violent when disrupted from the use of digital devices
- ! Academic performance and health are affected
- ! Tries to go online less often but is unsuccessful
- ! Prefers digital device / Internet use to social events or offline activities that may lead to strained relationships with family and friends
- ! Constantly listens out for the phone when away from it, feels distressed when it cannot be found



What can parents do to help their children manage their use of digital devices?

- ✓ Talk about the consequences of Excessive Internet Use with your child
- ✓ Set screen time limits, tech-free family times (e.g. meal times) and zones (e.g. bedrooms)
- ✓ Organise tech-free family activities and promote tech-free hobbies
- ✓ Promote and role model balanced Internet use



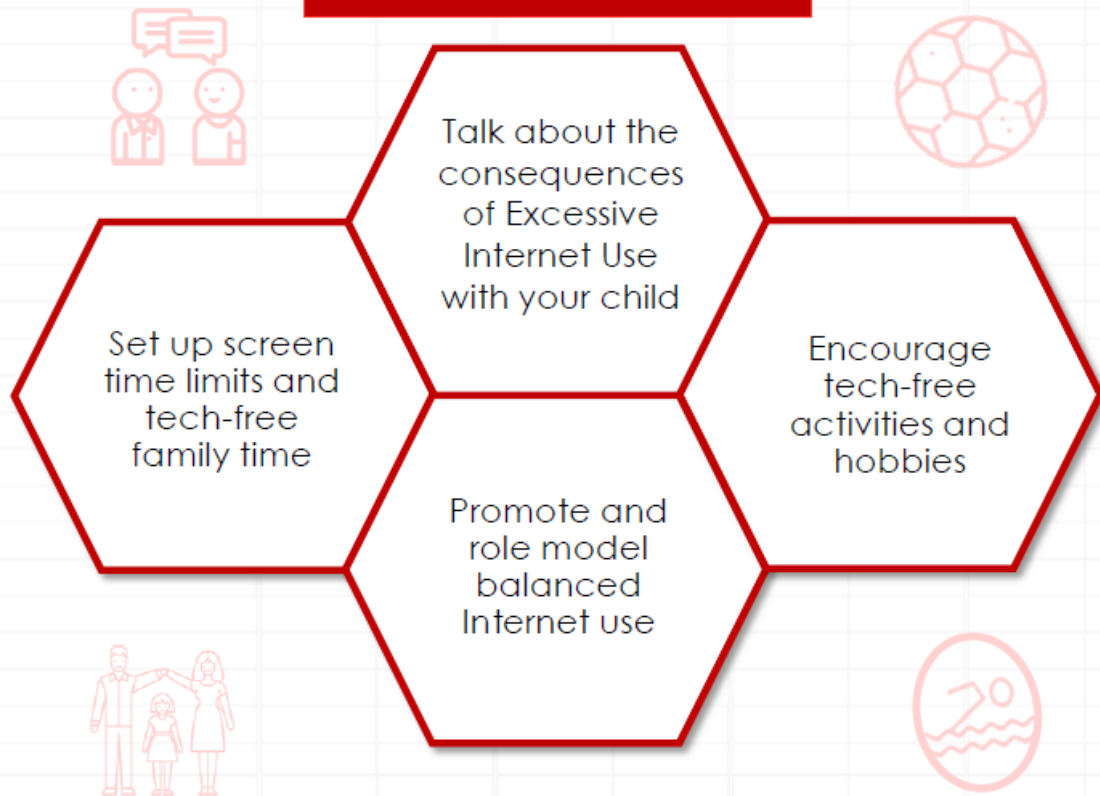
Ministry of Education
SINGAPORE

CYBER WELLNESS
Responsible Digital Learners

Springdale Primary School

71 Anchorvale Link Singapore 544799
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www.springdalepri.moe.edu.sg
springdale_ps@moe.edu.sg

KEY MESSAGES TO PARENTS



Where to Find More Information on Excessive Internet Use?



Ministry of Education

MOE's Cyber Wellness Portal has useful tips, strategies and resources on various cyber issues. You can also access it through "The ICT Connection" mobile app.
ictconnection.moe.edu.sg/cyber-wellness/for-parents



Ministry of Social and Family Development

Check out the What Bothers Youth portal by Central Youth Guidance Office which has some useful tips and contacts for balanced use of the Internet.
whatbothersyouth.sg/en/Pages/Online--Gaming-Addiction.aspx



Health Promotion Board

This article provides useful tips and resources for parents to manage excessive Internet use in their children.
healthhub.sg/live-healthy/1037/help-your-child-untangle-from-the-web



Media Literacy Council

Check out tips from the Media Literacy Council on how can the parents help their child to strike a balanced use of the Internet.
medialiteracycouncil.sg/online-safety/Pages/internet-addiction.aspx



National Addictions Management Service

The National Addictions Management Service has useful resources on gaming/ internet addiction, including a hotline for gaming addicts.
nams.sg/addictions/Gaming-Internet-Addiction/Pages/Gaming-Internet.aspx

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