



Dear parents/guardians,

We hope that the 'First Days of School' (FDOS) programme carried out during the start of Term 1 has helped your child settle well in school and get them ready for learning in 2025. We look forward to a fulfilling start with your child/ward.

1. Safety of Our Pupils in School

Safety and well-being of our pupils, staff and school community are our school's top priority. The school takes a vigilant and proactive approach to educate our pupils on the importance of safety. A safety talk has been carried out during Assembly in January where the pupils learn about the importance of Road Safety and safe play in school. Pupils walking to school are reminded that jaywalking is a traffic offence, and they must use the signalised road crossings (traffic lights) or zebra crossings to reach the school. Pupils are also reminded not to cross along Gate A (main vehicular gate) during arrival and dismissal times for their safety.

For parents/guardians who are driving your child/ward into the school, a gentle reminder to have your child/ward be prepared with his/her bag and belongings on approaching the school porch. Please allow your child/ward to safely alight independently. Do refrain from getting off the car to help them with their bags as it will delay the traffic flow. For dismissal, please note that the vehicles will only be allowed to enter the school compound to pick up the pupils 5 min after official school dismissal. Please do not park your vehicle or wait for your child/ward along Pasir Ris Street 11 as this will cause a congestion to the traffic.

Parents/Guardians are reminded to sign in at the Security Post and get a Visitor's Pass if you need to come into the school compound. With the Visitors' Pass, parents/guardians can then proceed to make purchases at the school bookshop or report to the General Office to get assistance on any other matter. Parents/Guardians **are not allowed** to go to the other parts of the school, including the classrooms. Please avoid coming into the school from 1.00 pm to 2.00 pm as we are facilitating dismissal and will not allow entry into the school compound.

Your understanding and cooperation are greatly appreciated to minimise traffic congestion and ensure the safety and well-being of our pupils, staff and the school community.

2. School Attire and Safety of Belongings

Every White Sandian is expected to come to school well-groomed and properly dressed in accordance with the school dress code (Please refer to the Student Handbook). Do note that pupils are to come in their full school uniform unless they have CCA, PE and Learning Journeys. On such days, they can come in their PE attire.

Pupils are strongly discouraged from bringing smart watches and handphones as these devices may distract the pupils from their learning. Should you need your child/ward to bring these devices to school, please remind your child/ward that they need to be responsible for them and not leave them unattended. The school is not responsible for any loss of electronic devices. The school may confiscate these items if they are deemed to be misused. When such action is taken, the school will arrange for the items to be collected by parents/guardians.

We seek your understanding and support in these areas.

3. Total Defence Day 2025 – Together We Keep Singapore Strong

The theme for Total Defence Day (TDD) 2025, "*Together We Keep Singapore Strong*", focuses on Singaporeans' readiness for crises and disruptions, highlighting the many ways we can apply the principles of Total Defence in our everyday lives.

As part of this year's TDD commemoration, the school will be participating in **Exercise SG Ready 2025 (ESR 25)**. This exercise provides an opportunity for pupils to learn how to respond calmly, resiliently, and responsibly to future threats and challenges. The ESR 25 exercise will take place on **Monday, 17 February 2025**.

On that day, the school canteen will not serve any form of meat (e.g., chicken, fish, pork, beef, mutton, or seafood). Selected stalls will also feature wartime foods, such as sweet potato, to simulate food supply disruptions. The objective is to prepare pupils for potential disruptions to Singapore's food supply due to factors like climate change, protectionism, or geopolitical tensions, given Singapore's heavy reliance on food imports. By introducing wartime foods, this exercise helps pupils appreciate the resilience and resourcefulness of our forefathers during difficult times. It also fosters gratitude, adaptability, and a deeper connection to Singapore's history and values.

In addition to the ESR 25 exercise, the school has planned a series of engaging TDD activities throughout February to further immerse pupils in the principles of Total Defence. These activities will focus on developing the pupils' understanding of resilience, responsibility, and the importance of being prepared for potential disruptions.

We encourage parents/guardians to reinforce the core message of Total Defence in everyday conversations with your child/ward. By helping pupils reflect on the importance of resilience, unity, and adaptability, we can work together to ensure they are equipped for future challenges.

4. Journey to SG60: Celebrating the Team Singapore Spirit (TSS)

This year, as part of our celebration of Singapore's SG60, our school will embrace the theme "Team Singapore Spirit", inspired by Prime Minister Wong's speech earlier this year. Throughout the year, all National Education events and activities will focus on fostering unity, resilience, and a shared sense of purpose—values that have brought Singaporeans together over the years.

To further engage our pupils and encourage them to live out these values, the school will be organising the Team Singapore Spirit (TSS) Challenge every month from January to July. These challenges are designed to promote active participation, teamwork, and creativity as pupils embody the values of the Team Singapore Spirit.

We strongly encourage parents/guardians to support your child/ward in participating actively in these challenges. Your involvement will not only make the experience more meaningful for your child/ward, but it will also create opportunities for family bonding and make this journey towards SG60 a memorable one for the whole family.

5. National Schools Games (NSG)

The National School Games (NSG) is the largest annual inter-school competition in Singapore. The NSG offers more than 400 championship titles, for more than 55,000 student athletes across all schools (primary, secondary, junior college and centralized institution) in Singapore.

The Motto of the NSG is **Character in Sporting Excellence**, in recognition of the important role sports participation and competitions play in the character development of our pupils, even as they pursue sporting excellence.

We are proud to share that White Sands Primary School will have pupil representatives participating in various events (Netball, Football Girls & Boys, and Table Tennis) starting with the

Senior Teams in Semester 1 and the Junior Teams in Semester 2. We wish all our sports athletes the best in their competitions!

6. Healthy Living #1: The Importance of Regular Physical Activity

Regular physical activity is essential for maintaining overall health and well-being. It offers a wide range of benefits, including improvements in physical health, mental clarity, emotional regulation, and social well-being. Engaging in regular exercise is crucial for preventing and managing chronic diseases, enhancing cognitive function, and improving mood regulation. Below is a summary of the key benefits of regular exercise:

| Physical Health Benefits | Cognitive Function Benefits | Emotional and Mental Health Benefits |
|---|---|--|
| <ul style="list-style-type: none"> • Prevents chronic diseases • Supports weight management • Strengthens muscles and bones • Boosts the immune system • Improves heart health | <ul style="list-style-type: none"> • Enhances brain health • Improves memory and learning • Boosts focus and concentration | <ul style="list-style-type: none"> • Reduces stress and anxiety • Improves sleep quality • Alleviates depression • Boosts self-esteem and confidence |

The amount and type of exercise recommended varies by age group. According to the World Health Organization (WHO), the guidelines for children and adolescents (ages 6–17) are as follows:

- Engage in a mix of aerobic activities (e.g., walking, running, cycling), muscle-strengthening exercises (e.g., push-ups), and bone-strengthening activities (e.g., jumping rope).
- At least 1 hour of moderate to vigorous physical activity per day.

In summary, regular physical activity is important for people of all ages. It plays a key role in improving physical health, cognitive function, and emotional well-being. Consistency is crucial—it's not just about the intensity or duration of the exercise, but about making physical activity a regular part of daily life. Tailoring exercise to suit age and health status maximizes the benefits and promotes long-term wellness.

Source: Health Promotion Board (HPB) and World Health Organization (WHO) websites and articles.

7. Growth Mindset Nuggets #2: Empowering Pupils for Success through Growth Mindset and Self-Discipline

A growth mindset, as introduced by psychologist Carol Dweck, is the belief that abilities and intelligence can be developed through consistent effort, learning, and persistence. Pupils with a growth mindset view challenges as opportunities for growth, rather than seeing them as setbacks. When combined with self-discipline, this mindset forms a powerful foundation for success. Self-discipline involves setting clear goals, managing time effectively, resisting distractions, and delaying gratification—skills that are essential for academic achievement and personal growth.

By cultivating a growth mindset and self-discipline, pupils are empowered to:

- **Take control of their learning** by embracing challenges and persisting through setbacks.
- **Develop problem-solving skills** by using challenges in school as opportunities to improve.

- **Manage their time effectively** to balance schoolwork, activities, and relaxation.
- **Improve their academic performance** by focusing on long-term goals and overcoming distractions.

For example, a pupil who approaches a difficult math problem with a growth mindset is more likely to persist and ultimately develop stronger problem-solving skills. Additionally, self-discipline helps pupils maintain focus, whether it's staying on track with assignments or studying for exams.

Parents play a vital role in supporting the development of both growth mindset and self-discipline by:

- **Modeling these behaviors** at home to reinforce the importance of persistence and self-control.
- **Praising effort and strategy** rather than innate ability, fostering a belief that improvement comes through practice.
- **Providing constructive feedback** that encourages reflection and growth.
- **Celebrating small milestones** to build confidence and resilience.

With the right support, pupils equipped with a growth mindset and self-discipline can overcome obstacles, improve their learning outcomes, and unlock their full potential, both in school and beyond.

Thank you for your kind attention to the above information and hope that you will practise some of the given tips with your child/ward at home.

Your partner-in-education,



Ms Audrey Wong
Principal