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# **IN LINK Bulletin**

July 2024

Dear parents/ guardians,

Welcome back to Term 3! We hope that your child/ward has had a good break and is ready to start the new term. For this term, pupils will be participating in activities such as learning journeys and other school-wide events to provide support in their holistic development. My team and I would like to thank all parents for your continued support and partnership in your child's learning. We look forward to a fulfilling Term 3 2024 with your child/ward.

#### 1. Staff Movement

We would like to welcome the following staff to the WSPS family:

- Mdm Poonguzhali Narayanasamy (Teacher)
- Mr Joven Chong Jun (Teacher)

# 2. School's Achievements in Singapore Youth Festival (SYF), National School Games (NSG) and CCAs

We are pleased to announce our pupils' achievements in the SYF, NSG and various CCA competitions:

## a) SYF Achievements:

- Guzheng: Certificate of Distinction
- Modern Dance: Certificate of Distinction
- Chinese Dance: Certificate of Accomplishment
- Malay Dance: Certificate of Accomplishment
- Choir: Certificate of Accomplishment

## b) NSG Achievements:

- Netball (Senior Division): Quarter Finals
- Football Boys (Senior Division): 3<sup>rd</sup> Position in League 1 Group E
- Football Girls (Senior Division): 4<sup>th</sup> Position in League 1

#### c) CCA Achievements:

- 2<sup>nd</sup> ActiveSG-TBAS Inter-School Tchoukball Championships 2024 (Senior Division):
  2<sup>nd</sup> Position
- Pei Hwa Hackathon Competition: 2<sup>nd</sup> Runner Up
- Scouts CCA:
  - i) Akela Awards for 6 cub-scouts
  - ii) Frank Cooper Sands Award

We would like to thank all our parents/guardians for their continued support in your child's CCA development and pursuit of excellence. We would also like to thank our dedicated teachers and coaches who have trained and motivated our pupils in the process.

## 3. Mother Tongue Languages (MTL) Fortnight Activities 2024

As part of the school's continuous efforts to immerse pupils in their culture and traditions, and to enhance their engagement with the Mother Tongue Languages, the MTL Department is organising the Mother Tongue Languages Fortnight (MTLF) for all Primary 1 to Primary 6 pupils from 2 to 12 July 2024. The goals of MTL Fortnight activities are to:

- Create an engaging environment for the learning of MTL.
- Provide platforms for pupils to actively learn MTL.
- Offer authentic opportunities for pupils to use MTL and experience different cultural aspects.

During the MTL Fortnight, pupils will participate in a variety of activities designed to make learning and using MTL fun and engaging. These activities include:

- Making traditional snacks and desserts using clay modelling
- Immersing in enchanting folklore tales
- Engaging in classic games and challenges
- Designing and crafting cultural handicrafts
- Experiencing the art of calligraphy
- Appreciating songs and understanding their lyrics' composition

These activities aim to provide pupils with an immersive environment where they can learn and use their Mother Tongue Language in novel and exciting ways. The pupils will enjoy the event tremendously and gain a rich cultural learning experience.

## 4. English Language Reading Week

The English Language Reading Week will take place, from **8 to 12 July 2024**. Based on the theme, 'Explore, Dream, Discover', this event aims to foster a love for reading, develop reading skills, expand vocabulary, and spark creativity among our pupils. Two key highlights include the following:

#### a) Read for Books Charity Drive

On **Monday**, **8 July 2024**, pupils will participate in the Read for Books Charity Drive. This event raises awareness and shares the gift of reading with the less privileged. For every 10 pupils who read for 15 minutes, one book (or its equivalent) will be donated to selected beneficiaries.

#### b) Characters Come Alive Day

Characters Come Alive Day is on **Friday**, **12 July 2024**. Pupils are strongly encouraged to dress up as their favourite book character. This activity allows them to express themselves creatively, engage with the characters and their stories, and cultivate a love for reading.

## 5. Racial Harmony Day 2024

Singapore thrives as a harmonious society enriched by a diverse tapestry of cultures, and fostering social cohesion and unity requires everyone's effort. This year's Racial Harmony Day (RHD) theme, "Singapore: Our Multicultural Mosaic", focuses on appreciating the diverse races and religions that contribute to our shared sense of cohesion and harmony.

Through the school activities, pupils will learn the importance of values such as respect and empathy in their daily interactions. As part of our home-school collaboration, we hope that parents and caregivers can reinforce the message of strengthening connections amongst communities and take action to preserve racial harmony in Singapore at home.

We encourage pupils to come to school in either their own ethnic costumes or ethnic costumes of another race on **Monday**, **15 July 2024** as part of the RHD celebrations. This provides an opportunity for them to appreciate each other's cultures and build new friendships, understanding that every race and religion is respected. Pupils without ethnic costumes should come to school in their school uniform. All pupils are required to be in their school shoes too.

### 6. Learning Journeys for Primary 3 and Primary 4 Pupils

Learning journeys form one of the key Student Development Experiences (SDE) for primary school pupils. Primary 3 and Primary 4 pupils will be embarking on their learning journeys in the month of July.

## a) Learning Journey to HortPark for Primary 3 Pupils

The Primary 3 pupils will be going on their learning journey (during curriculum hours) to HortPark. Please see the schedule below.

Class	Dates	
3A	2 Jul (Tue)	
3B	4 Jul (Thu)	
3C	5 Jul (Fri)	
3D	9 Jul (Tue)	
3E	11 Jul (Thu)	
3F	12 Jul (Fri)	

Please refer to the notification via Parents Gateway (PG) sent out on **Monday**, **24 June 2024** for more details.

### b) Learning Journey to Harmony in Diversity Gallery for Primary 4 Pupils

The Primary 4 pupils will be going on their learning journey (during curriculum hours) to Harmony in Diversity Gallery. They will be participating in a gallery tour as well as an outdoor trail at Telok Ayer Street. Please see the schedule below.

Class	Dates	
4A	15 Jul (Mon)	
4B	16 Jul (Tue)	
4C	17 Jul (Wed)	
4D	19 Jul (Fri)	
4E & 4F	& 4F 18 Jul (Thu)	

More details on the learning journey will be sent via Parents Gateway (PG) nearer to the dates.

### 7. National Education (NE) Show (Primary 5)

As part of the cohort's learning journey, the Primary 5 pupils will be attending the NE Show held at The Padang on **Saturday**, **6 July 2024** from 2.30pm to 9.30pm. Please refer to the notification via Parents Gateway (PG) sent out on **Wednesday**, **29 May 2024** for more details.

#### 8. Co-Curricular Schedule for Term 3/ 2024

Please find below the schedule for CCA in Term 3 for Primary 3 to Primary 5 pupils.

Dates		P3 to P5	
Term 3	Week 1	26-Jun	CCA
	Week 2	3-Jul	CCA

Week 3	10-Jul	CCA
Week 4	17-Jul	No CCA
Week 5	24-Jul	CCA
Week 6	31-Jul	No CCA
Week 7	7-Aug	CCA
Week 8	14-Aug	No CCA
Week 9	21-Aug	CCA
Week 10	28-Aug	CCA

#### 9. Healthy Living #5: Encouraging Healthier Food Choices for Our Children

Healthy eating is essential for children as it directly influences their growth, development, and overall well-being. Encouraging healthier food choices involves mindful eating habits, understanding nutrition labels, and prioritizing whole, nutrient-dense foods.

Here are some effective strategies for making healthier food choices:

- a) **Plan Meals Ahead**: Dedicate time each week to plan meals and snack, ensuring a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
- b) Read Nutrition Labels: Examine nutrition labels on packaged foods to understand their ingredients and nutritional content. Aim for products with minimal added sugars, sodium, and unhealthy fats.
- c) **Choose Whole Foods:** Whenever possible, select whole, minimally processed foods. This includes fruits, vegetables, whole grains, lean meats, fish, nuts, seeds, and legumes.
- d) **Follow the Healthy Plate Guide**: Strive to fill half the plate with fruits and vegetables, one-quarter with lean protein, and one-quarter with whole grains, incorporating healthy oils for a well-balanced meal.
- e) Limit Added Sugars and Sugary Drinks: Cut down on sugary snacks, desserts, and beverages like soda, fruit juices, and sweetened teas. Choose water, herbal teas, or water infused with fresh fruits and herbs instead.
- f) **Snack Smart**: According to the Health Promotion Board's (HPB) guidelines, limit snacks to two servings per day. Opt for options that are under 100 calories per serving and prepared through steaming, grilling, baking, or dry roasting.

By integrating these strategies into your daily routine, you can foster healthier eating habits that support the overall health and well-being of your family.

#### 10. Growth Mindset Nuggets #6: Embracing the Power of 'Yet'

As we embark on Semester 2, our children will encounter new challenges and setbacks. Teaching them the power of 'yet' helps them develop a growth mindset, which is essential for lifelong learning and resilience.

As parents, you can support your children by praising effort, not just results, and framing challenges as opportunities for growth. Encourage your child to say, "I can't do this *yet*" instead of "I can't do this", emphasizing that skills can develop over time. Share stories of your own struggles and successes to model perseverance. Create a positive environment where mistakes are viewed as learning experiences. By focusing on progress and effort, you can empower your child to embrace challenges with confidence and curiosity.

For more insights, please refer to the article "Why Teaching Kids How to Fail Can Teach Them How to Live" (<a href="https://www.schoolbag.edu.sg/story/why-teaching-kids-how-to-fail-can-teach-them-how-to-live/">https://www.schoolbag.edu.sg/story/why-teaching-kids-how-to-fail-can-teach-them-how-to-live/</a>).

## 11. Major Events and Holidays for Term 3

Date	Event	Remarks	
30 Jun (Sun)	Youth Day		
1 Jul (Mon)	Youth Day School Holiday	Pupils need not report to school.	
6 Jul (Sat)	P5 NE Show	Please refer to PG sent on 29 May for details.	
15 Jul (Mon)	Racial Harmony Day Celebrations		
17 Jul (Wed) – 18 Jul (Thu)	P6 Oral (Prelims)	To be conducted after curriculum hours. More details will be sent via PG nearer the date.	
24 Jul (Wed) – 2 Aug (Fri)	Weighted Assessment 3	For P3 to P5 pupils only.	
7 Aug (Wed)	P6 Listening Comprehension (Prelims)		
8 Aug (Thu)	National Day Celebrations	School hours for all pupils will be from 7.30am to 10.30am.	
9 Aug (Fri)	National Day Public Holiday		
13 Aug (Tue) – 14 Aug (Wed)	PSLE Oral	P1 to P5 pupils need not report to school.	
15 Aug (Thu)	P3 GEP Screening	More details will be sent via PG nearer the date.	
15 Aug (Thu)	P6 English Language		
16 Aug (Fri)	P6 Mathematics	P6 Preliminary Examinations	
19 Aug (Mon)	P6 Mother Tongue Language		
20 Aug (Tue)	P6 Science	Examinations	
21 Aug (Wed)	P6 HMTL		
29 Aug (Thu)	Teachers' Day Celebrations	More details will be sent via PG nearer the date.	
30 Aug (Fri)	Teachers' Day School Holiday	Pupils need not report to school.	
31 Aug (Sat) – 8 Sep (Sun)	Term 3 School Holidays	P6 supplementary classes will be held on 5 and 6 Sep. (More details will be sent via PG nearer the date.)	

Thank you for your kind attention to the above information.

Your partner-in-education,

Ms Audrey Wong Principal