



Dear Parents/ Guardians,

1. National Day 2021

This year's National Day theme 'Together Our Singapore Spirit' evokes our common Singapore identity and Singaporeans coming together as one united people. It also calls on Singaporeans to draw new strength from our "can-do" spirit amidst challenging circumstances from COVID-19 and potential disruptions in the new decade.

The school will be celebrating National Day on Friday, 6 August 2021. **School hours will be curtailed. Please see the updated school hours as stated below.**

Levels	Dismissal Timing
Primary 1 & 2	10.15 am
Primary 3 & 4	10.30 am
Primary 5 & 6	10.45 am

- To enhance the celebrative mood and atmosphere, students are strongly encouraged to come in red T-Shirt and school skirt/shorts or PE attire as they will be participating in ACES workout. Students are to bring some light snacks on that day. The school canteen will not be opened due to the curtailed school hours.
- To celebrate this important and significant event, every student would be given a National Day souvenir which is a reusable face mask specially designed by our very own White Sands students. We hope that every student would play his/her part to put up a strong defence against the Co-vid 19 virus and make the school a safe space for everyone.
- In view of the COVID situation, there are no P5 NE Shows this year. The NDP organisers will provide each Primary 5 student with the National Day Parade (NDP) Pack, in commemoration of National Day. Students will receive the NDP pack at school between 3 August and 6 August 2021.

2. Continuation of eCCA on Term 3 Week 6

- In line with the Phase 2 (Heightened Alert) national stance from 22 July 2021 to 18 August 2021, CCA will continue in eCCA mode in Term 3 Week 6. The eCCA instructions and ZOOM details will be sent through Student Learning Space (SLS) or through the Parents Gateway announcements by Term 3 Week 5. The eCCA will be conducted on Wednesday afternoons from 2.30 p.m. unless otherwise stated.

Term 3		
Weeks	Date and Time	CCA Mode
Wk 6	4 Aug	eCCA
Wk 7	11 Aug	eCCA
Wk 8	18 Aug	eCCA
Wk 9	25 Aug	eCCA*
Wk 10	1 Sep	eCCA*

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* Parents will be informed via Parents Gateway if the national stance allows for Face-to-face CCA after 18 August 2021.

3. Primary 3 Gifted Education Programme (GEP) Screening Exercise

- You would have received a notification on 28 July 2021, via Parent Gateway (PG) to indicate consent for your child to participate in this year's Gifted Education Programme (GEP) Screening Exercise. More information could also be found in the attachment provided in the PG notification.

Date(s)	Papers	Participants
18 August (Wednesday)	English Language 8.15 a.m. – 9.30 a.m. (1 h 15 min) Mathematics 10.30 a.m. – 11.45 a.m. (1 h 15 min)	Primary 3 pupils enrolled in government and government-aided schools are invited to participate.

- Please be reminded that the deadline for you to indicate consent via PG is **4 August 2021, Wednesday**. Pupil's participation in the Screening Exercise is not compulsory, however, we encourage you to allow your child to take part. In addition, all results of pupils' performance at the Screening Exercise are confidential and will **not** be released.
- As a gentle reminder, this programme provides enriched curriculum to cater the needs of pupils with high intellectual potential. Pupils who are not ready to handle the intellectual rigour and demands of the programme will struggle with the enriched curriculum, causing undue stress on the pupils and impact their self-esteem. With this in mind, we would like to urge parents to avoid any test-preparation activities which could inflate the pupils' scores and inaccurately reflect their suitability for the programme.
- Last but not least, please note that **18 August 2021**, Wednesday is a regular school day. This means that pupils who have opted not to participate in the Screening Exercise are still expected to attend school.

4. Primary 4 Parents Engagement Session

- We would like to invite P4 parents to join us for an engagement session on **27 August, Friday**, to gain a better understanding on matters such as Subject-based Banding, the provision for students to take a combination of subjects at standard and foundation levels at P5 and P6, and the changes to the PSLE Scoring and Secondary One Posting systems which would take effect this year.
- Please note that the engagement session would be conducted online, via video-conferencing and details would be sent out via PG at a nearer date.
- In the meantime, do check out the following websites for more information.

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<https://www.moe.gov.sg/microsites/psle-fsbb/psle/main.html>
MOE Microsite for new PSLE Scoring System from 2021



<https://www.moe.gov.sg/primary/curriculum/subject-based-banding>
Information on Subject-based Banding (SBB) for primary school

5. PSLE Oral Days

As stated in July In-Link bulletin, PSLE oral would be conducted on 12 and 13 August 2021. Please note that Primary 1 to 5 pupils **are not required** to report to school on these 2 days. P6 pupils would be informed of the time to report nearer the dates. For more information, please refer to SEAB website: <https://www.seab.gov.sg/docs/default-source/examination-timetable/2021psleexamtimetable.pdf>

6. Healthy eating

A healthy diet is one of the most important parts of maintaining a healthy lifestyle. It ensures that our body gets the appropriate amount of nutrients and vitamins we need, preventing the onset of diseases and conditions.

Cooking healthy recipes and meals does not have to be difficult or time-consuming! These healthy recipes will please the whole family. Let us strive to promote healthy eating habits and portion control. Based on the recommended guidelines by the Health Promotion Board, we should encourage our children to have two portions of vegetables and fruits daily.

Below are some links to prepare healthy food for your child:
https://www.healthhub.sg/live-healthy/10/build_healthy_food_foundation
https://www.ais.gov.au/nutrition/recipes/any_fruit_smoothie
https://www.ais.gov.au/nutrition/recipes/scrambled_eggs
https://www.ais.gov.au/nutrition/recipes/fruity_bread_pudding
[https://www.ais.gov.au/nutrition/recipes/berry and banana smoothie](https://www.ais.gov.au/nutrition/recipes/berry_and_banana_smoothie)

7. Parenting article “Be a resilient parent, raise a resilient child”

Our partner, Methodist Welfare Services has prepared a parenting article, “Be A Resilient Parent, Raise A Resilient Child!” This article features useful practical tips on how to effectively manage stress and expectations so as to increase our children’s resilience. The article is attached as Annex A for your reading pleasure.

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8. Gratitude

Teaching our children to say “thank you” is important, but truly instilling a sense of gratitude in them is another matter entirely. Fundamentally, gratitude is about being aware of who or what makes positive impacts in our lives, and acknowledging it. When children learn to think in those terms, they will begin to appreciate what they have rather than focusing on what they wish they had.

Gratitude starts at home and here are 5 tips to help you start growing an ‘**Attitude of Gratitude**’ in your children:

1. Have a moment of thanks each day when everyone shares something they are thankful for.
2. Help them connect the concept of gratitude to a real-life situation so that the lesson we are teaching will impact them.
3. Resist the urge to shower our children with too many things. Tell them why we are grateful to have them! This shows them that gratitude extends well beyond material things.
4. Teach our children to be resilient and help them to refocus on the positives which they may be overlooking.
5. Insist on politeness and respect. Set a good example ourselves by saying “thank you” sincerely and often.

More tips can be found in the following article:

<https://www.schoolbag.sg/storygratitude>



Gratitude

5 things any parent can do



Model it

01

Thank your family, neighbours, or the people working around you - **let your children see your gratitude.** Spread the happiness!



02

Encourage it

Suggest that your children **write a note of gratitude and read it aloud** to someone they appreciate. It'd make your children feel glad too!



Share it

03

Start meal times by sharing something each one feels grateful for. The positive emotions shared builds bonds!



04

Praise it

Spot grateful behaviour and praise them for it. Say, "You thanked your friend for sharing - good job! I'm sure he felt glad and it helped your friendship grow!"



Reminders for it

05

Put notes on the fridge or in the room to remind them to be thankful for their health, siblings, etc. Or text them about a blessing you noted!

Reference:
National Association of School Psychologists. (2009). Fostering an attitude of gratitude: Tips for parents. Communiqué 8(3).



Ministry of Education
SINGAPORE

I wish you and your family a Happy National Day and a restful long weekend!

Your partner in education,

Ms Audrey Wong
Principal

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