



WHITE SANDS PRIMARY SCHOOL

2 PASIR RIS STREET 11, SINGAPORE 519075

TEL: 6922-9100

FAX: 6581-5013

ILB / 02 / 2022

IN LINK Bulletin 31 January 2022

Dear parents/guardians,

In view of the now-prevalent Omicron variant globally and locally, which is seeing a surge in confirmed cases in recent weeks, we will continue to mitigate the risk of transmission in school. We would like to seek your partnership to continue to inculcate good habits and personal hygiene practices in your child/ward in order for the school to operate safely with Safe Management Measures (SMM) in place. We would also like to remind you of the new MOH health protocols which have taken effect from 21 Jan 2022.

1. Shifts in MOH Healthcare Protocols and SMM

- i. As Singapore transits towards the endemic stage, right-siting care towards primary care and self-responsibility will become the new default mode of recovery. With effect from 21 Jan 2022, for Individuals on Protocol 1 and are in Community Treatment Facilities (CTF) or on Home Recovery Programme (HRP), or individuals on Protocol 2 (Primary Care):
 - No Isolation Order would be issued; and
 - They may self-exit via negative self-administered ART after 72hr or until time-based discharged at 12pm on D7 (fully vaccinated and children <12 years) or D14 (unvaccinated/partially vaccinated aged ≥12 years), whichever is earlier. D1 is taken to be the day of receipt of positive healthcare administered PCR/ART test results.
- ii. A summary of the new Healthcare Protocols is provided in Attachment 1. For more information, you may visit <https://www.covid.gov.sg/>
- iii. With the shift in MOH Healthcare Protocols, we **would require parents** to inform the school immediately should your child/ward receive a **PCR+, Ag+ or Health Risk Warning (HRW)**. Our staff will then be able to advise you on the necessary actions accordingly.
- iv. We will continue our best efforts to tighten our ring-fencing measures in order to keep all children and staff members safe. Some of these measures we have in place include the following:-
 - Screening of students in the morning
 - Screening of all visitors / vendors coming to school
 - Staggered recesses, with a one-level per recess approach
 - Staggered dismissal
 - Stepping up cleaning and sanitising of common areas
- v. The school will continue to remain vigilant and seek your partnership to win this battle against the virus for the safety and well-being of our staff and students.

Vision: Every White Sandian, a success story

Mission: To nurture passionate learners with exemplary character who lead with a heart and contribute to society

Values: Care, Respect, Responsibility, Resilience, Rallying Together, Excellence

2. Vaccination of Children aged 5 to 11 years

We are encouraged by the positive response from parents/ guardians since the start of the paediatric vaccination. A PG notification has been pushed out from MOE on 24 Jan 2022 with information on the Walk-in Vaccination arrangements. Please continue to keep the school informed if your child/ward has received the 1st and 2nd dose of vaccination so that we will be able to take added precautionary measures.

Thank you for doing your part to keep our children, families and wider community safe and resilient again Covid-19.

3. Safety of our students in school

We would like to thank our parents/guardians for your strong support and understanding in ensuring the safety and security of our students in the school. The movement of students in the morning and during dismissal has been smooth since the start of the academic year.

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 book shop or report to the General Office to get assistance on any other matters. Parents/Guardians **are not allowed** to go to the other parts of the school, including the classrooms. Please avoid coming into school from 12.45pm to 1.45pm as we are facilitating dismissal and will not allow entry into the school compound.

We seek your understanding and support in these areas.

4. Group Personal Accident (GPA) Insurance for Pupils

The Ministry has purchased a Group Personal Accident (GPA) insurance plan from NTUC Income Insurance Co-operative Ltd for all pupils. Information on claims, FAQs and other details pertaining to the GPA insurance plan can be found on NTUC Income's website at <https://www.income.com.sg/studentgpa>. Parents may also refer to Attachment 2 on GPA Product Factsheet 2022 on details of the benefits of the GPA insurance, claims procedures and contact persons from NTUC Income.

For claims submission, parents are to submit their claims online and check their claims status through the online portal <https://studentgpa.incomegroupins.com.sg>

5. Grooming and school attire

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 Pupil Handbook). We urge parents to reinforce in your children the importance of personal hygiene and good grooming. Daily supervision of such habits by parents will result in the growth of the child's self-esteem and pride in personal appearance. Do note that your child/ward may come attired in half uniform during this mask wearing period. Girls are to be in PE T-shirt and school skirt and boys are to be in PE T-shirt and school shorts.

Vision: Every White Sandian, a success story

Mission: To nurture passionate learners with exemplary character who lead with a heart and contribute to society

Values: Care, Respect, Responsibility, Resilience, Rallying Together, Excellence

Safety of belongings - Smart Watches and handphones

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 communicate with parents and make an arrangement for the items to be returned.

6. Birthday Celebrations in School

We seek parents'/guardians' understanding that the school does not allow parents/guardians to send food items such as tidbits and cakes to school for your children's birthday celebrations. While we appreciate the good intention of parents/guardians who wish to share the joy of your children's birthdays with their classmates, we are concerned with food allergies. Your kind understanding and co-operation is greatly appreciated.

7. Launch of the WSPS 2021 E-Yearbook

We have officially launched our E-yearbook for the academic year 2021. The E-yearbook features the overall learning experiences of White Sands pupils. This year, it is anchored on the idea of a 'treasure box' where pupils may flip through colourful pages filled with collections of precious moments they have experienced in school. We hope that through it, pupils may relish the good memories made with their friends, reflect on their journey in the past year and also, share them with you. This yearbook can be viewed via the link found in our school website: <https://online.flippingbook.com/view/969037397/>

8. Assessment Information for Primary 3 to Primary 5

As part of teaching and learning process, assessment helps pupils and teachers to address learning gaps and move their learning forward. Please note that P3 - P5 assessment schedule will be sent out to you via PG by mid-February.

9. Promoting Healthy & active living

Living and eating healthily is the best lesson to teach your child/ward and this will stay with him/her for life. A healthy child has the potential for a bright future. Hence it makes perfect sense to start cultivating the habit of maintaining good health from young. Helping your child/ward develop and maintain good habits from young can help prevent health problems when he grows up.

First, we can start by replacing a portion of carbohydrates with wholegrain options. For example, replace a portion of your white rice with brown rice or prepare half your sandwich with wholegrain bread. Brown rice refers to rice that is unpolished where only the hull is removed. The health promoting and protective bran and fibre is retained in brown rice. Brown rice has a shelf life of six months at room temperature. Both white and brown rice contain similar amounts of energy, carbohydrates and protein.

Vision: *Every White Sandian, a success story*

Mission: *To nurture passionate learners with exemplary character who lead with a heart and contribute to society*

Values: *Care, Respect, Responsibility, Resilience, Rallying Together, Excellence*

However, brown rice contains higher amount of vitamins, minerals and fibre. The bran of different wholegrain rice not only increases the fibre content but also contains a variety of colour pigments that may be beneficial for health such as lower the risk of heart disease, diabetes and certain cancer. It can also help in weight management.

Get your children and the entire family excited with brown rice meals! Here is the link, <https://www.tasteofhome.com/collection/healthy-brown-rice-recipes/> for 60 brown rice recipes. Enjoy introducing brown rice to your child/ward.

10. Growth Mindset Nuggets #2: Setting SMART Goals

The SMART goal method teaches our children how to break their large aspirations down into bite-sized, actionable steps that they can realistically follow through hence, helping them to reach their goals. Parents play an important role in demonstrating to their children on how to set goals for themselves.

What are some ways parents can support their children to set SMART goals at home?

The QR quote on simple checklist which you can try out with your child/ward. In addition, do check out this link <https://tinyurl.com/4umcs3vn> for some tips on guiding your child to set goals. Do have fun together at the same time!



We would love to hear how you have managed to work on setting SMART goals with your children! Do share your experience with us via <https://form.gov.sg/61f2229f07aa7700120e0d77> by 15 February 2022 so that we could learn collectively. We look forward to hearing from you.

On behalf of all my staff, I would like to wish all our families celebrating Chinese New Year a bountiful and exciting Year of the Tiger. May the New Year usher in good health and fulfilment for everyone!

Your partner-in-education,

Ms Audrey Wong
Principal

Vision: Every White Sandian, a success story

Mission: To nurture passionate learners with exemplary character who lead with a heart and contribute to society

Values: Care, Respect, Responsibility, Resilience, Rallying Together, Excellence