



WHITE SANDS PRIMARY SCHOOL

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IN LINK Bulletin 30 Sept 2022

Dear parents/guardians,

1. White Sands Primary School's achievements at the National School Games (NSG) 2022

Due to the pandemic in the past two years, the NSG had to be unprecedentedly suspended. Many of our student athletes had missed out on the valuable experience of participating in the NSG competitions. Our students had also missed the experience of cheering on their schoolmates and friends.

With the resumption of NSG this year, many of our student athletes took part and represented our school in various games and competitions, namely Football (boys' and girls' categories), Netball, Table Tennis, Wushu and Swimming. We are very proud that our student athletes did very well despite the 2 years of disruption to their training.

In particular, we would like to highlight the achievements of the following sports:

- Football Girls (Juniors Div): **NATIONAL CHAMPIONS!!**
- Football Boys (Seniors Div): **2nd** Position in East Zone
- Football Boys (Juniors Div): **3rd** Position in Tier 1 Classification Group
- Netball (Seniors Div): Top 6 in East Zone

We would like to thank all our parents/guardians for their continued support in their 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 student athletes in the process.

2. HeArts Shine Fiesta cum Children's Day 2022

The school will be celebrating HeArts Shine Fiesta cum Children's Day on Thursday, 6 October 2022. This year, our theme 'Let's Get Active Together' encourages all staff and pupils to adopt a healthy lifestyle through cultivating the body, mind and soul.

School hours are as per usual, and pupils will be involved in programmes that promote emotional, mental and physical well-being. Pupils are to report in their PE attire with sports or school shoes. They are encouraged to bring a small bag/bag pack and water bottle.

As part of the Children's Day celebration, all levels will have an extended recess of an hour. Special carnival food items will be sold at the canteen. Each pupil will also be given a cup of popcorn.

We thank you for your support and look forward to your child's/ ward's participation.

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3. 2022 P6 Post-PSLE Programme

As part of our P6 pupils' holistic development here at White Sands, an array of enjoyable and purposeful activities is planned as part of the Post-PSLE Programme to engage our P6 pupils. These activities would be conducted during curriculum time after PSLE till the end of Term 4.

- **Aesthetics Programme** (*learning about various art/music interests*)
- **Social Entrepreneurship Programme** (*learning about Design Thinking, concept of Marketing and experience creating a prototype*)
- **Secondary School Highlights** (*gaining better understanding about the Secondary Schools invited to share on their respective school programmes*)
- **P6 Olympic Day** (*enjoying a day of fun and physical activities through sports and games*)
- **Trekking at MacRitchie Reservoir** (*outdoor learning experience*)
- **Loyang View Experience** (*experiencing various secondary school subjects such as Design & Technology, Nutrition & Food Science, Floorball etc. through hands-on workshops at Loyang View Secondary School*)
- **Code for Fun** (*learning about coding to develop their logical reasoning and analytical skills*)

P6 White Sandians would round up their journey in primary school with a celebration of their learning experiences on 17 November, Thursday during their Graduation Party. More details would be provided nearer the date, via Parent Gateway.

4. Traffic Congestion along Pasir Ris St 11 during school dismissal

We would like to remind parents who drive to pick-up your children during school dismissal not to park your vehicles along Pasir Ris St 11. Please come 5 minutes after dismissal time when the school gates are open so that you could drive in to pick your child up without obstructing any traffic or affecting the ongoing road works along the street.

In addition, with the upcoming construction of the CR107 Pasir Ris East Station along Pasir Ris Drive 1, we are also expecting announcements to road diversion. This may require the cooperation of all in the community to ensure a smoother traffic situation around our school vicinity. Further details on the road diversion will be shared once we receive more information from the relevant authorities.

Hence, we hope to garner the support of our parents to do our part for the community. You could contact the school should you have any feedback and we would greatly appreciate your cooperation in this matter.

5. Promoting Active Lifestyles - Sleep well, learn better

Every child needs a daily dose of quality sleep. The brain and body experience significant development, and the transition to adulthood brings important changes that affect emotions, social and family life.

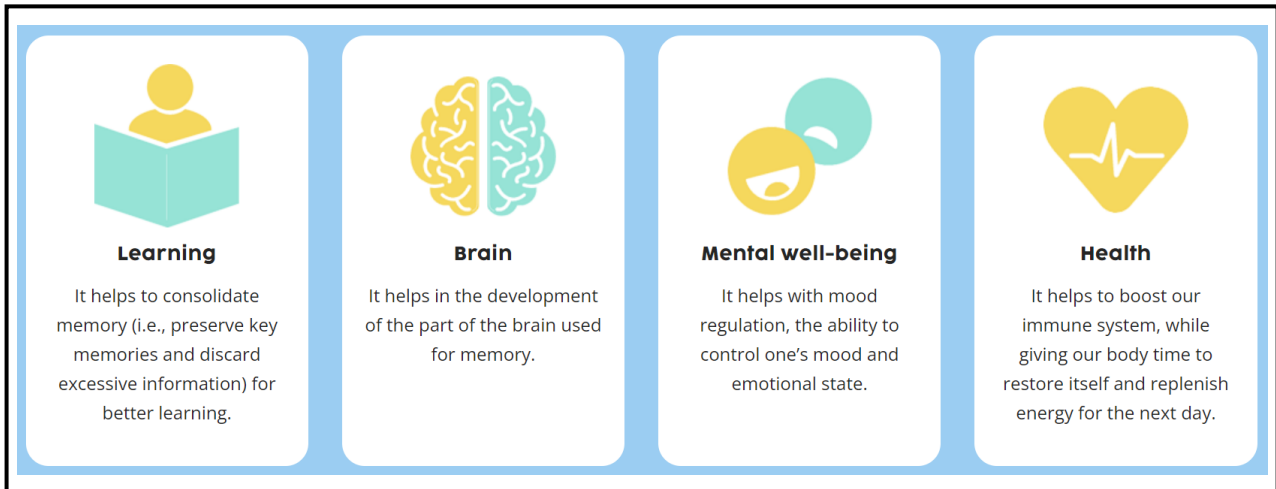
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Why do we need sleep?

Regular, adequate, and restful sleep recharges our bodies and minds, leaving us refreshed and alert when we awaken. This is beneficial in the following areas:



What happens when we sleep?

We usually pass through four sleep stages. These stages progress in a continuous cycle from Stage 1 to 4 (which is known as the rapid eye movement, or REM stage). Sleep cycles vary from person to person. On average, each sleep cycle lasts around 90 minutes and repeats several times throughout the night.

How much sleep do we need?

A good night's sleep should leave us feeling refreshed, alert, and ready to begin the day. International recommendations for sleep duration depend on age. For those who are 6 to 13 years old, it is recommended they aim for 9 to 11 hours of sleep.

You may also like to view the YouTube video on the benefits of a good night's sleep:

<https://www.youtube.com/watch?v=qedoSfZvBgE>

Adapted from: <https://www.healthhub.sg/programmes/186/mindsg/caring-for-ourselves/sleeping-well-Teens#home>

6. Growth Mindset Nuggets #9: Fostering Gratitude in Children

In September's issue, we invited parents to share their success stories on how their children could build resilience beyond the classroom. We thank all parents for your contributions. Well done, parents!

Sharing from P2F student's parent, Mdm Shireen Wan

As parents, we always wish we could protect our precious child from every disappointment, defeat, or challenge, but reality always hits us hard. We believe that protecting our son from every hard knock in life does not allow him to develop and practice the skills he needs to be resilient to effectively navigate life's challenges. We recognise that he watches and learns from everything we do, so we constantly remind ourselves the importance of modelling resilient behaviours. We make sure that we set aside time to listen to him whenever he is ready to talk. It is important that we allow him to express his feelings by using feeling words like "angry", "sad", "excited". We hope he will be able to deal with life's challenges and disappointments with emotional maturity. We know that we can't and shouldn't keep Dennis in a bubble or hold his hands through life, hence we should always give our best to instill in him this extremely valuable tool of resilience.

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For this month's issue, we will be focusing on how to show gratitude to the people around us. Gratitude is a quality which is self-acquired, and it is achieved through the recognition of someone going out of their way for you. As a parent, you are your child's role model. He / She will look up to you in everything you do.

For children who practise being grateful on a regular basis, they will experience psychological and interpersonal benefits such as being more generous towards others, staying positive and feeling happier.

It is important to remind the children to say, "Thank you" to show their gratitude, and to make this act into a daily conscious practice.

Here are several ways to model gratitude for your child:

- **Say "Thank you"** to people around you for a task completed.
- **Talk about gratitude** by making it a point to share what you are grateful for, such as for a great weather today!
- **Express gratitude** by letting the people around you know that you appreciate them.

Over time, we hope that your child will develop a thankful heart and benefit the society with a sense of graciousness.

Below are links to some videos and an article for your reference.

Why Gratitude	Gratitude	Schoolbag Article
https://go.gov.sg/why-gratitude	https://go.gov.sg/gratitude365	https://go.gov.sg/raising-grateful-children



<https://go.gov.sg/gratitude-wsps>

We would love to hear your stories of how you foster gratitude in your child at home. Share your experience with us by 15 October 2022 via <https://go.gov.sg/gratitude-wsps> or scan the QR code here so that we could learn collectively. We look forward to hearing from you.

Your partner-in-education,



Ms Audrey Wong
Principal

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