



JING SHAN PRIMARY SCHOOL

Thinkers. Learners. Leaders.

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REF: 2018T2_010

5 April 2018

Dear Parents/Guardians,

From the Principal's Office – April 2018

1) Public/School Holidays and Major School Events

Please take note of the public/school holidays and major school events scheduled in May and into the first week of July. There are no major events in April.

Date	Event	Remarks (if any)
1 May, Tue	Labour Day	Public Holiday
21 May, Mon	Admin & Training Day for Teachers	No school for all pupils
22 May, Tue	Career Fest	P5 & P6 pupils
24 May, Thu	P6 Meet-the-Parents Session	No school for all P6 pupils. P1 to P5 pupils report to school as usual.
25 May, Fri	Lower Primary Sports Carnival & Eat with Your Family Day	For P1 – P3 pupils The school will close at 5pm to support Eat with Your Family initiative.
26 May, Sat – 24 Jun, Sun	School Vacation	
2 Jul	Youth Day (off in lieu)	School Holiday
6 Jul, Fri	Open House	School hours will remain as usual for all levels.

2) Welcome

The school is pleased to introduce Physical Education teacher Mr Teng Cheng Boon, and Infocomm Technology (ICT) trainer Ms Tan Shiyong Jos, who joined the school in Term 2. We also welcome Mrs Susan Chia and Mdm Sharon Chen who have returned from their leave.

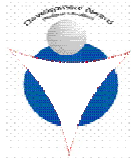
The school would like to bid farewell and extend our sincere thanks to Mrs Diana Tan and Ms Rita for their past contributions to the school.

3) Learning Journeys

As part of the school's efforts to make pupils' learning more engaging and authentic, the school has organized learning journeys for pupils in April and May.



Loyalty
Integrity
Generosity
Enthusiasm
Respect &
Responsibility



Date	Learning Journey	Level
29 Mar, Thu (5/1, 5/2) 6 Apr, Fri (5/3, 5/4 & 5/5)	DNA Lab @ Science Centre: Diversity of Cells	All P5 Pupils
29 Mar, Thu (Gp 1) 12 Apr, Thu (Gp 2)	Road Safety Park	All P4 Pupils
23 May, Wed	LJ to Singapore Changi Airport	All P1 pupils
23 May, Wed	LJ to Marina Barrage	All P3 pupils

4) Eye Care Awareness Session, 5 – 6 April 2018

Singapore has one of the highest prevalence of myopia or short-sightedness when compared to other countries in the world. This is a cause for concern as the earlier a child develops myopia, the higher the tendency of developing severe myopia later in life.

The school Eye Care Awareness Session will be conducted from 5 April, Thursday to 6 April, Friday. During Morning Assembly, teachers will share useful tips on eye care to remind pupils of how to take good care of their eyes. Activities will also be held during all recesses on these two days to allow pupils to appreciate the importance of eye care.

5) NAPFA Test, 10 – 25 April 2018

All P4 and P6 pupils are required to take the NAPFA (National Physical Fitness Award) Test, which is made up of 5 stations and a 1.6km walk/run. Please refer to letter dated 29 March, Thursday, for details.

Please note that it is compulsory for all pupils to complete the NAPFA test unless he/she is medically exempted. A medical certificate should be provided if your child is absent on the day of the test.

6) Nurturing a Reading Culture @ Jing Shan

a) World Book Day, 16 April 2018

World Book Day is a yearly event organised by UNESCO to promote reading, and is celebrated in over 100 countries. This year, the theme is "The Joy of Reading". Selected pupils and teachers will be sharing their literary insights on books which they have read. A mystery speaker will be sharing her experiences as an author and promote the importance of reading. The sharing will be conducted during school assembly on 16 April, Monday. There will also be recess activities to motivate students to read and trigger their interest in reading.

b) WOW MUM/DAD

The Parent Support Group is supporting the school reading programme by conducting storytelling sessions in the Ligerbrary. The WOW MOM/DAD programme (WOW stands for Words of Wisdom) includes storytelling and in-depth discussions based on the stories told. Through the interaction with the pupils, the parent volunteers seek to connect the moral of the stories to real life experiences, and impart important values to the pupils. Do encourage your child to visit the Ligerbrary to experience these fun and interactive reading sessions! The details for WOW MUM/DAD:

Day / Time / Venue	Dates
Thursday during the 3 Recesses @ Ligerbrary	5 April
	19 April
	3 May

7) Holistic Assessment and Semestral Assessment 1 (SA1)

Please refer to the letter given out to parents on 22 January, Monday, for details of Holistic Assessment and Semestral Assessment 1 schedule and School Examination Policy.

8) Singapore Student Learning Space (SLS)

As part of our commitment to nurture future-ready learners, the Ministry of Education has announced that all students in Singapore schools will be supported in their learning by the Singapore Student Learning Space (SLS), an online learning platform that contains curriculum-aligned resources and learning tools.

With the SLS, students will be able to learn anytime, anywhere, and at their own pace, whether independently or with their peers. Teachers will also be able to use the SLS to complement their classroom teaching, further enriching students' learning experience.

SLS is being rolled out to all schools in phases. Students in our school will be given their accounts in **April 2018**. Our teachers will guide your child in activating their SLS account and using the learning platform. We look forward to your support as we help our students strengthen their learning through the SLS.

9) Healthy Eating

Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health. Introducing our pupils to healthy eating starts now and we seek parents' support to encourage your child to eat healthily for all meals, and include a balanced mix of whole grains, fruits and vegetables, and reduce their consumption of high fat, salt and sugar. We would like to refresh parents with some simple and easy-to-prepare snacks. These snacks can be prepared for consumption during snack time in the classrooms. Please refer to the attached infographic for information. Additionally, do visit the Health Promotion Board website for tips on healthy living and eating.

10) Family Matters@School: Workshops in April

The school is organizing a series of parenting seminars which are subsidized by the Ministry of Social and Family Development (MSF). Please refer to the table below for a summary of the upcoming workshops, and the registration form attached with this letter.

Workshop Title	Day / Date / Time / Venue	Fee	Target Group
Cyber-wellness	14 April 2018, Saturday 9.00 am to 12.00pm Venue: JSPS AVA Room 1	\$5 / parent	P1 – P6 parents [Maximum capacity: 30 parents]
Triple P Level 2 Seminars	14, 21 & 28 April 2018, Saturday 9.00am – 11.00am Venue: JSPS Conference Room	FOC	For invited P3 & P4 Parents only

Goh Meei Yunn (Mdm)
Principal

SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

WHOLEMEAL SANDWICHES

- *Peanut Butter & Jam
- Cucumber and Tomato
- *Grilled Cheese

(wrapped in aluminium foil to retain freshness)



PIZZA

- Wholemeal bread pizza with vegetable toppings

(wrapped in aluminium foil to retain freshness)



VEGETABLES

- Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers



FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts



WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips" (store in air-tight bag/ container to maintain crisp)




WHOLEMEAL PANCAKES, MUFFIN & CAKES

- Banana Pancakes
- Homemade with reduced sugar



POPCORN/ CRACKERS

- Homemade without additional toppings like salt, butter
- Wholegrain or HCS variety

*where possible, choose the Healthier Choice Symbol (HCS)  or lower fat/lower sugar options



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5 April 2018

FAMILY matters
© school

Talk on Cyber-wellness for Parents

Dear Parents

We are organizing a talk for parents on 'Cyber-wellness' by Mr Poh Yeang Cheng from Kingmaker.

The workshop will cover:

1. The common uses of the Web & their dangers - blogs, Social Media (Facebook, Twitter etc), forums, Internet gaming and surfing.
2. How to use Internet monitoring tools to help your children surf the web responsibly
3. Knowing the sources of sexuality online and how to deal with it
4. Helping your children to avoid the various dangers online
5. Introduction to healthy and educational internet web sites

We would like to encourage parents to register early as this workshop is limited to the **FIRST 30 parents only.**

Details of the event

Date: Saturday, 14 April 2018

Time: 9am to 12pm

Venue: Jing Shan Primary School at AVA room 1

Fee: \$5 per person

Please complete the attached registration slip and submit the slip together with the payment (placed in a sealed envelope, Attn: Mdm. Jaya) to the General Office by **Tuesday, 10 April 2018.** We look forward to your support in making this programme a success in our school as we continue to nurture healthy and happy children.

REGISTRATION SLIP

"Cyber-wellness"
14 April 2018

Name(s) of Parent(s) _____

Contact Numbers: (HP) _____ **(H)** _____

Email: _____

Name of Child: _____ **Class** _____