



## ANNOUNCEMENTS

### Students' Annual Health Screening

The School Health Services will be conducting its annual health screening and immunisation in Frontier Primary School from **15 April 2021 to 23 April 2021**. P1, 2 and 5 students will be having the screening and immunisation, while P6 girls will be doing the Scoliosis Screening.

Only P1, P2 and P5 students are to submit their health booklets to their form teacher by **Monday, 5 April 2021**. The health booklets will be returned after the health screening. Parents can print copies of the immunisation records online at the Health Promotion Board website should you have lost the health booklet.

Parents of P1, P2 and P5 students are to access the Child Consent Portal via <https://childconsent.hpb.gov.sg> by using your SingPass or scanning the QR code below to give consent for your child's immunisation **by Monday, 5 April 2021**.



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## ANNOUNCEMENTS

### FPS 10<sup>th</sup> Anniversary Celebration Updates – CNY-cum-TDD Badge Design Competition



The winning designs of Frontiers

Our students celebrated Chinese New Year-cum-Total Defence Day (CNY / TDD) in Term 1. As we commemorated the events together, it was also an opportunity for our Frontiers to reflect on how they could make a difference and be the difference as they continue to keep Singapore strong.

The Badge Design Competition during the CNY-cum-TDD Celebration was introduced as part of Frontier's 10<sup>th</sup> Anniversary commemorative celebrations. The design on the badge is premised on the 10<sup>th</sup> Anniversary Theme – **I am a Frontierer. I Make a Difference. I AM the Difference.**

Our Frontierers rose to the occasion and creatively portrayed how they could do their part to display strength and unity through their drawings and designs. We are very proud to share that every Frontierer will receive one badge of the winning designs as a souvenir and they can choose to pin it on their pencil case or school bag.

Congratulations to our Frontierers whose designs were selected! Do continue to look forward to more 10<sup>th</sup> Anniversary mini celebrations this year!





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### World Water Day and Earth Hour

Every year, Singaporeans from all walks of life come together to celebrate **World Water Day**, an occasion dedicated to celebrate water, appreciate water and raise awareness on water conservation, **on 22 March**. It is an international movement observed by the United Nations since 1993, to celebrate the importance of water sustainability.

The World Water Day complements the **Earth Hour** which is a global movement taking place **from 8.30 p.m. to 9.30 p.m. on Saturday, 27 March 2021**. The Earth Hour Movement aims to rally everyone to do our part to protect our planet by reducing our energy consumption and to limit our carbon foot prints.

As a recognised green school, **Frontier Primary School will be commemorating World Water Day and Earth Hour on Monday, 29 March 2021**. There will be a class-based sharing on the event and planned recess activities to deepen the knowledge of the events.

On that day, students will also experience 'Earth Hour' by switching off the lights and fans in their classrooms for 20 minutes. Through the planned activities, we believe that our Frontierers will understand the importance of water conservation and the need to protect our earth. This will in turn spur them on to express their gratitude by using our precious resources wisely as they live out the spirit of **"I am a Frontierer. I Make a Difference. I AM the Difference."**





## UPCOMING EVENTS

### International Friendship Day

Frontier Primary School will be commemorating International Friendship Day (IFD) on **Monday, 5 April 2021**. The theme for this year is '**Singapore in the World**'.

More than ever, COVID-19 has brought both challenges and opportunities for Singapore, and reminded us of the importance of international collaboration and cooperation. The changing global landscapes and the complexities of the world highlight the importance of maintaining good relationships and the need for our students to recognise the importance of connectedness within and beyond ASEAN.



As part of the 10<sup>th</sup> year anniversary celebration, every Frontierer will receive a collar pin on this special day. This serves to remind Frontierers the importance to be culturally aware. Through an assembly talk, classroom and recess activities, we aim to create opportunities for our students to learn more about the rich diversity of cultural heritage sites. In alignment with developing the identity of "**I am a Frontierer**", this learning experience will allow them to develop a rich understanding which aids them in forging meaningful friendships and collaboration with peers from ASEAN countries and beyond in a post-COVID-19 world.

On the day of IFD commemoration, there will be a variety of activities for our students to participate in during recess. They will have opportunities to play games and interact with artefacts from ASEAN countries. On that day, our school canteen will also be selling special food, originating from some ASEAN countries, during the recesses.

The school will also be doing a virtual hosting of students and teachers from an Indonesian School, Santa Laurensia Elementary School through a "Friendship Beyond Border" programme. Selected P4 students will be involved in hosting a group of P4 students from Santa Laurensia. During our assembly programme, this group of P4 students from Santa Laurensia Elementary School will be putting up a cultural performance for Frontierers too!

Through these learning experiences, we hope that Frontierers will be guided to keep an open mind-set, and express an appreciation of the diverse and colourful culture and traditions of the region and the lives of their peers in the other ASEAN countries.





## UPCOMING EVENTS

### P4 and P6 National Physical Fitness Award (NAPFA)

P4 and P6 students will be taking their NAPFA test in Term 2. It comprises six test items to measure various components of fitness. They are Sit-Ups, Inclined Pull-Ups, Sit and Reach, Standing Broad Jump, Shuttle Run and 1.6 km Run/Walk. The details for the NAPFA Test are as follows:



#### P4 & P6 NAPFA Test (1.6km Run/Walk)

Primary 4			
<b>Date</b>	Tuesday, 30 March	Monday, 5 April	Tuesday, 6 April
<b>Classes</b>	4IN3, 4IN6	4IN1, *4IN2	*4IN4, 4IN5
* Please take note of the changes with reference to the letter (FPS/2021/0081) that has been PG earlier.			
Primary 6			
<b>Date</b>	Monday, 29 March		Monday, 5 April
<b>Classes</b>	6LO1, 6LO3, 6LO4, 6LO6		6LO2, 6LO5
<b>Timing</b>	The P4 and P6 1.6km Run/Walk will be conducted during curriculum hours.		
<b>Attire</b>	P4 and P6 students are to report to school in PE attire on the day of their NAPFA Test (1.6km Run/Walk). Sports shoes may be worn and have to be changed back to school shoes after the run.		

#### P4 & P6 NAPFA Test (5 Static Stations)

Classes		All P6 Classes	All P4 Classes
<b>Date</b>		<b>Thursday, 1 April</b>	<b>Monday, 12 April</b>
<b>Timing</b>		From 2.00 p.m. onwards	
<b>Attire</b>		P4 and P6 students are to report to school in PE attire the day of their NAPFA Test (5 Static Stations). Sports shoes may be worn in school the entire day	
<b>Estimated Dismissal Time</b>	3.00 p.m. (via Main Gate)	6LO2, 6LO3	4IN2, 4IN3
	3.50 p.m. (via Main Gate)	6LO1, 6LO6	4IN1, 4IN6
	4.30 p.m. (via Main Gate or Gate B)	6LO4, 6LO5	4IN4, 4IN5
<b>Remarks</b>		P4 and P6 students are to bring along their lunch money on the day of their NAPFA Test (5 Static Stations).	

P4 and P6 NAPFA will be conducted within the current SMM recommendations (reduction of group size and disinfecting of equipment). The plan is however subjected to change, based on updates from MOE. Changes, if any, will be communicated via Parents Gateway.



## UPCOMING EVENTS

### Primary 5 Experiential Day Camp

The Primary 5 students will be going through a P5 Experiential Day Camp where they will work in teams to achieve specific objectives as they participate in the camp activities. The camp theme for this year is “Forging New Frontiers at FRONTIERLAND”. Through this camp, our P5 students will have the opportunity to:

- develop character and learn to manage relationship of self and with others;
- appreciate and respect outdoor environment;
- experience outdoor-related and camp craft activities such as tent pitching, obstacle course, outdoor cooking, orienteering and teambuilding activities;
- relate their experiences to Frontier’s school values of Respect, Care, Responsibility, Integrity, Resilience and Loyalty; and
- foster Frontier’s G.R.E.A.T (Graciousness, Rigour, Enterprise, Affirmation, Thinking) culture among themselves during the camp.

The details for the P5 Experiential Day Camp are as follows:

<b>2021 Camp Theme: Forging New Frontiers at FRONTIERLAND</b>		
Day/Date	Thursday, 8 April 2021	Friday, 9 April 2021
Classes	5RE1, 5RE3, 5RE5	5RE2, 5RE4, 5RE6
Timing	7.30 a.m. to 5.00 p.m.	
Attire	P5 students are to report to school in their PE attire.	
Remarks	<ul style="list-style-type: none"> <li>• A packing list will be provided at a later date.</li> <li>• Students will be dismissed via Main Gate or Gate B at 5.00 p.m.</li> </ul>	

We look forward to an exciting and meaningful learning experience for our P5 Frontierers!





## ICT Matters

Social networking sites and online games are getting more attention from young users recently. The ability to interact with their peers and a chance for self-expression give much excitement to them. As parents, it is our duty to teach our child how to express himself/herself online appropriately.

What exactly is appropriate online expression and what constitutes inappropriate online expressions? Read the poster below to find out

### Helping Your Children with Appropriate Online Expression

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#### What is Appropriate Online Expression?

Appropriate online expression refers to online communication which is socially appropriate and does not bring about conflicting opinions and stereotypes. With appropriate online expression, one can create a meaningful and positive presence in the cyber community. However, youths may engage in inappropriate online expression either intentionally or unintentionally.

**Examples of inappropriate online expressions include**

<p style="color: #f4a460;"><b>Using vulgarities</b></p> <ul style="list-style-type: none"> <li>• Using vulgar words to provoke an online fight</li> </ul> <p style="color: #f4a460;"><i>Possible Sites:</i></p> <ul style="list-style-type: none"> <li>• <i>Online games (e.g. Mobile Legends, Minecraft)</i></li> </ul>	<p style="color: #f4a460;"><b>Pretending to be someone else</b></p> <ul style="list-style-type: none"> <li>• Creating a false representation of self online due to a desire to 'hide' or deceive</li> </ul> <p style="color: #f4a460;"><i>Possible Sites:</i></p> <ul style="list-style-type: none"> <li>• <i>Social news websites (e.g. STOMP, Mothership)</i></li> </ul>	<p style="color: #f4a460;"><b>Posting insensitive content</b></p> <ul style="list-style-type: none"> <li>• Creating and posting images / videos that may offend or hurt others (e.g. public shaming)</li> </ul> <p style="color: #f4a460;"><i>Possible Sites:</i></p> <ul style="list-style-type: none"> <li>• <i>Meme pages (e.g. Kiasu Memes for Singaporean Teens, Finsta)</i></li> </ul>	<p style="color: #f4a460;"><b>Going too far in attracting "Likes" online</b></p> <ul style="list-style-type: none"> <li>• Curating picture-perfect photos or videos of oneself or others so as to garner online "Likes" (e.g. performing dangerous challenges)</li> </ul> <p style="color: #f4a460;"><i>Possible Sites:</i></p> <ul style="list-style-type: none"> <li>• <i>Social networking sites (e.g. Snapchat, Facebook)</i></li> <li>• <i>Internet Challenges (e.g. #IceBucketChallenge, parkour) through YouTube</i></li> </ul>
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#### Why is it a Concern?

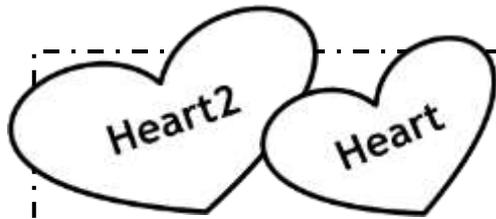
- Everything online is searchable, replicable, and contributes to a permanent digital reputation
- Inappropriate online expression may affect a child's social, emotional and mental well-being

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#### How can Parents Help?

Parents can help by:

- ✓ Modelling respectful forms of online expression
  - e.g. not engaging in aggressive expressions while gaming online or on social media
- ✓ Sharing examples of positive online expressions
  - e.g. inspirational stories from social media
- ✓ Encouraging use of the T.H.I.N.K. framework before posting anything online
  - Is it True, is it Helpful, is it Inspiring, is it Necessary, is it Kind?
- ✓ Discussing with children the need to respect differences in views, opinions and beliefs
  - Encourage them to respond politely and objectively even if they disagree with what others say
- ✓ Monitoring the interactions of their children with others on social media or online games
  - e.g. connect with their children on social media, join them in online games



## From “I’m okay” to “It’s okay”



**Is your child really feeling okay when he/she says so?**

According to Ms Joanna Tan, a Guidance Branch senior specialist in the areas of mental health and resilience, “Sometimes, saying “I’m okay” comes from a need to keep things cordial in situations that do not afford us a chance to bare our souls. Other times, it could be a convenient response to appear put-together regardless of how we may actually feel.”

Read <https://www.schoolbag.edu.sg/story/from-i-m-okay-to-it-s-okay> to gather some insights into how children may be really feeling when they say, “I’m okay.” In your conversations with your child, do reassure them that it’s okay not to be okay. Guide them to manage their expectations and be kind to themselves when they meet problems along the way. In the long run, this will build their resilient muscle in coping more effectively and bouncing back when they encounter difficulties.

As you take care of your children’s mental well-being and strengthen their resilience through the current challenges, they will be better prepared for the future.

