



# RAFFLES GIRLS' PRIMARY SCHOOL

21 Hillcrest Road, Singapore 289072. Tel: 64684377 Fax: 6469 2024

RGPS/N24/P5/029

28 August 2024

Dear Parents/Guardian,

## **2024 P5 SEPTEMBER CIRCULARS**

The September holidays will be from Saturday, 31 August to Sunday, 8 September and we wish all a restful break. We will see all students back in school on Monday, 9 September to start off Term 4.

In this set of circulars, you will find the information on the following programmes. Please refer to the table below for a list of circulars which you will be receiving. We seek your cooperation to follow up accordingly and adhere to the submission dates.

If you require any clarifications, you may contact the General Office at 6468 4377 or email the teacher-in-charge as indicated accordingly.

<b>S/N</b>	<b>Item</b>	<b>Remarks</b>
1	Classroom Noticeboard Design	Please note submission deadline on Friday, 13 September 2024
2	The Reusable Bag Assistant – A Sustainability Initiative by RGPS	
3	Parenting Webinar - Helping Your Child Cope with Exam Stress	

Thank you.

Your Partner in Education  
Mrs Elaine Quek  
Principal

1. Invitation to Participate in Project-Classroom Noticeboard Design

If your child/ward has a flair for drawing, do encourage her to take part in Project Classroom Noticeboard Design.

Name of Activity	Design Theme	Deadline for all designs
Project Classroom Noticeboard Design  Purpose:  Provide an aesthetically appealing illustration/decoration for the classroom noticeboards.	Glowing Memories, Growing Together, Glow from Within Grow through Learning	Friday 13 September 2024

Size of Artwork : A4  
Medium : Artist's choice, including digital  
Requirement : RGPS students taking part in different everyday school activities related to specific subjects eg. a group of students working together on a science experiment, participating in a P.E. lesson, etc.

Important Notes:

- This activity is not a competition. **Only suitable designs will be selected.** A certificate/letter of acknowledgement will be awarded to students whose designs are selected.
- Participants are to submit the original hardcopies of their artworks through their art teachers by the deadline stated. Late submissions will not be entertained and the teachers' decision will be final.
- By submitting their artwork, participants agree to assign the copyright of their artworks to the school, even if the artworks are not selected for use. All copies of the artworks would be retained by the school.

For any queries, please contact Ms Ho Soo Peng at [ho\\_soo\\_peng@schools.gov.sg](mailto:ho_soo_peng@schools.gov.sg) or Ms Farhani at [noor\\_farhani\\_hanafi@schools.gov.sg](mailto:noor_farhani_hanafi@schools.gov.sg).

2. The Reusable Bag Assistant – A Sustainability Initiative by RGPS

We are thrilled to announce the launch of an exciting new project at RGPS, The Reusable Bag Assistant, spearheaded by our dedicated student, Hannah Chen of class P5H, under the guidance of Ms. Shahedah Khan. This initiative is a crucial part of our ongoing commitment to fostering a sustainable and environmentally-friendly community within RGPS.

**About The Reusable Bag Assistant:**

The Reusable Bag Assistant project aims to provide reusable tote bags to students who may need an extra bag to carry their belongings home. These bags, made from cloth or recycled materials, will be available for borrowing from a designated collection point outside the P5H classroom. This initiative not only promotes the use of sustainable resources but also cultivates a spirit of sharing and mutual support among our students.

**How You Can Contribute:**

We are calling on the collective support of our RGPS community to make this project a resounding success. We encourage you and your child/ward to donate any reusable tote bags

you may have at home. These donations will significantly contribute to reducing waste and supporting our students who find themselves in need of an extra bag.

**Why Your Support Matters:**

By participating in this project, we are teaching our children the importance of sustainability and the impact of their actions on the environment. Your involvement and support will not only enhance the effectiveness of this initiative but also inspire our students to become more conscious and responsible global citizens.

We trust that you will join us in this meaningful endeavour to promote sustainability and community spirit within RGPS. Together, we can make a substantial difference in the lives of our students and the health of our planet.

Thank you for your continued support and cooperation. If you have any further questions or need additional information, please do not hesitate to contact Ms. Shahedah Khan at [norshahedah\\_aslam\\_khan@schools.gov.sg](mailto:norshahedah_aslam_khan@schools.gov.sg).

3. Parenting Webinar - Helping Your Child Cope with Exam Stress

It is exam time for your child/ward, and naturally, they are feeling anxious. During this period, it is possible you are feeling the tension too! Many of you may find yourselves in the same boat, navigating the challenges of exam season. It can be a high-pressure time for both students and parents, filled with stress and anxiety. But remember, you are not alone, and there are ways to manage this stress and support your child/ward through this critical period.

We would like to invite you to sign up for a lunchtime webinar session delivered by our parenting support partner Lakeside Family Services, under their Families For Life@Community (FFLC) initiative.

**Topic:** Helping Your Child Cope with Exam Stress

**Target group:** Parents/Guardian with P5-P6 children

**Date:** 10 September 2024 (Tuesday)

**Time:** 12.00pm - 1.30pm

**Platform:** Zoom Webinar

**Registration link:** <https://go.gov.sg/LFS2024A>

The talk will cover the following topics:

- What are Stressors?
- Symptoms of Exam Stress
- "Good" stress vs "Bad" stress
- Ways to Minimise Exam Stress
- How can parents support their children in managing exam stress

If you are interested in signing up for the webinar, please refer to the attached flyer or the following link: <https://go.gov.sg/LFS2024A>

For any enquiries, do contact [catherine-banton@lakeside.org.sg](mailto:catherine-banton@lakeside.org.sg).



**FOR P5 AND P6 PARENTS**

**ZOOM WEBINAR**

**HELPING YOUR CHILD COPE WITH EXAM STRESS**

**10 SEPT 2024 (TUES) 12:00-1:30 PM**

Your child is anxious about exams, and you are feeling the stress too! Many parents are in the same boat. Exams can significantly impact a child's well-being and performance.

In this talk, you'll learn practical strategies to help your child manage exam stress. Through real-life examples, you'll gain actionable advice to support your child, fostering resilience, confidence, and a positive approach to academic challenges.

**REGISTER NOW**  
[HTTPS://GO.GOV.SG/LFS2024A](https://go.gov.sg/LFS2024A)



For more information, contact Catherine Barton at [catherine-banton@lakeside.org.sg](mailto:catherine-banton@lakeside.org.sg)

**JOIN US AND LEARN:**

- "Good" stress vs "Bad" stress
- Symptoms of Exam Stress
- Overcoming Failure
- Ways to Minimise Exam Stress
- How can parents support their child in managing exam stress?

Brought to you by:




**FOR P5 AND P6 PARENTS**

**ZOOM WEBINAR**

**HELPING YOUR CHILD COPE WITH EXAM STRESS**

**10 SEPT 2024 (TUES) 12:00-1:30 PM**


**SPEAKER/TRAINER**

**CAROLINE DAVID**  
**COUNSELLOR, FAMILY LIFE**  
**EDUCATOR, TRAINER**

Ms Caroline David is a Counsellor and Trainer with a Masters in Guidance and Counselling from James Cook University, a Postgraduate Diploma from Institute of Systems Science (NUS) and a Bachelor of Science degree from NUS. She has 12 years of counselling experience having worked with children of different ages as well as parents. Through therapy, she has helped alleviate students' mental health issues such as anxiety, depression, suicidal ideation and self-harm. Caroline is also involved in the rehabilitation programmes for inmates in the Singapore Prison System (SPS).



**REGISTER NOW**  
[HTTPS://GO.GOV.SG/LFS2024A](https://go.gov.sg/LFS2024A)




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