



RAFFLES GIRLS' PRIMARY SCHOOL

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

RGPS/N24/P6/029

28 August 2024

Dear Parents/Guardian,

2024 P6 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.

As the PSLE approaches and the students undergo their final round of revision and preparation, it is equally important that they get adequate rest during this period. A well-rested mind is more alert, better at retaining information, and less prone to stress. We would like to encourage you to ensure that your child maintains a regular sleep schedule, balances study time with breaks, and engages in relaxing activities to unwind. Thank you for your support and helping to look after the mental and emotional well-being of our students!

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.

S/N	Item	Remarks
1	Classroom Noticeboard Design	Please note submission deadline on Friday, 13 September 2024
2	The Reusable Bag Assistant – A Sustainability Initiative by RGPS	
3	P6 Learn and Bond @ RGPS Learning Journeys (Oct/Nov 2024)	
4	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 or Ms Farhani at 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 norshedah_aslam_khan@schools.gov.sg.

3. P6 Learn and Bond @ RGPS Learning Journeys (Oct/Nov 2024)

We wish to inform you that the school will be organising 4 learning journeys for your daughter/ward as part of our P6 Learn and Bond @ RGPS Programme.

i. **SCDF Responders Plus Programme (RPP)**

We have made arrangements for our P6 students to attend the SCDF Responders Plus Programme at Bukit Batok Fire Station. This programme focuses on core lifesaving skills and essential emergency procedures with an emphasis on practical hands-on engagements. Our students will undergo practical hands-on training on three vital Emergency Preparedness (EP) skills known as the ‘Triangle of Life’. This three-pronged programme comprises:

- Basic first aid
- CPR-AED and
- Basic fire fighting using fire extinguishers and hose reels.

The schedule is as follows:

Date	Time	Class
8 Oct 2024	8.00am – 1.00pm	6C
10 Oct 2024	8.00am – 1.00pm	6A
11 Oct 2024	8.00am – 1.00pm	6F
18 Oct 2024	8.00am – 1.00pm	6G
22 Oct 2024	8.00am – 1.00pm	6E
23 Oct 2024	8.00am – 1.00pm	6H
24 Oct 2024	8.00am – 1.00pm	6I
30 Oct 2024	8.00am – 1.00pm	6D
1 Nov 2024	8.00am – 1.00pm	6B

ii. **Dialogue in the Dark (DITD) Singapore**

The students will also go to Dialogue in the Dark Singapore at Ngee Ann Polytechnic. They will get to participate in a tour carried out in the dark to experience life as a visually-impaired person. Each group will be accompanied by a guide to go through themed rooms that simulate familiar environments. This experience will help the students understand themselves better and increase their social awareness of people with visual and other impairments. It also offers a unique and effective platform to encourage and promote an inclusive society.

The schedule is as follows:

Date	Time	Class
8 Oct 2024	8.30am – 12.30pm	6E
10 Oct 2024	8.30am – 12.30pm	6B
11 Oct 2024	8.30am – 12.30pm	6G
17 Oct 2024	8.30am – 12.30pm	6A
22 Oct 2024	8.30am – 12.30pm	6D
25 Oct 2024	8.30am – 12.30pm	6F
29 Oct 2024	8.30am – 12.30pm	6H
30 Oct 2024	8.30am – 12.30pm	6C
1 Nov 2024	8.30am – 12.30pm	6I

iii. Social Studies FbL (@ Sustainable Singapore Gallery)

The P6 students will go to the Sustainable Singapore Gallery to find out more about the concept of sustainability in a real-world context. They will learn about the challenges of sustainability in Singapore and be inspired to live their lives in a more sustainable manner. They will also take part in a hands-on workshop to learn how to upcycle disused items into something new and useful. They will explore how to incorporate upcycling into their daily lives to reduce waste.

The schedule is as follows:

Date	Time	Class
9 Oct 2024	8.00am – 11.00pm	6A
9 Oct 2024	8.00am – 11.00pm	6D
9 Oct 2024	8.00am – 11.00pm	6G
9 Oct 2024	9.30am – 12.30pm	6B
9 Oct 2024	9.30am – 12.30pm	6E
9 Oct 2024	9.30am – 12.30pm	6I
10 Oct 2024	8.00am – 11.00pm	6C
10 Oct 2024	8.00am – 11.00pm	6F
10 Oct 2024	8.00am – 11.00pm	6H

iv. Hawker Culture Discovery Journey (@ Tampines Round Market & Food Centre or Tiong Bahru Market & Food Centre)

Singapore's Hawker Culture has been officially recognised by UNESCO and holds a special place in the hearts of all Singaporeans. The school has specially arranged for the students to go on a discovery journey to either the Tampines Round Market & Food Centre or the Tiong Bahru Market & Food Centre. Through this discovery journey, we aim to educate as well as to create awareness in our students a sense of ownership for our community dining rooms. During the discovery journey, additional resources such as Padlet and booklets are also provided to the students to support the facilitation of their learning.

The schedule is as follows:

Date	Time	Class
17 Oct 2024	8.30am – 12.00pm	6B
17 Oct 2024	8.30am – 12.00pm	6I
18 Oct 2024	8.30am – 12.00pm	6C
23 Oct 2024	8.30am – 12.00pm	6A
24 Oct 2024	8.30am – 12.00pm	6D

24 Oct 2024	8.30am – 12.00pm	6E
25 Oct 2024	8.30am – 12.00pm	6H
29 Oct 2024	8.30am – 12.00pm	6G
1 Nov 2024	8.30am – 12.00pm	6F

We seek your understanding that unforeseen circumstances may require us to amend the dates on the schedules. In such an event, we will update parents/guardians of the affected classes.

Please indicate your consent to your child's/ward's participation in these activities via Parents' Gateway by 15 September, Monday. For the well-being of your child/ward, we would also appreciate an update on your child's/ward's medical condition (if any) for us to take note of.

We will be conducting a briefing on the details of these learning journeys with all our P6 pupils after the PSLE.

If you have any query, please contact Mrs Lo Kaur Kheng (Assistant Year Head, Pri. 5 & 6) at goh_kaur_kheng@schools.gov.sg.

4. 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.

FOR P5 AND P6 PARENTS

ZOOM WEBINAR

HELPING YOUR CHILD COPE WITH EXAM STRESS

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

JOIN US AND LEARN:

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 Banton at catherine-banton@lakeside.org.sg

Topics:

- "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

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).

CAROLINE DAVID
COUNSELLOR, FAMILY LIFE
EDUCATOR, TRAINER

REGISTER NOW

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

Brought to you by: