



RAFFLES GIRLS' PRIMARY SCHOOL

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

RGPS/N25/P3/2005

5 March 2025

Dear Parents/Guardian

**2025 P3 MARCH CIRCULARS**

Selamat Hari Raya Aidilfitri to all who are celebrating this joyous occasion.

The upcoming March holidays will be from 15 March to 23 March, and we wish all a restful break. We will see all students back in school on 24 March to start off Term 2.

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	RGPS Earth Buddies- Sustainability Efforts	
2	Parenting Support Service	
3	Parent-Teacher Conferencing (PTC) on 17 April	Booking starts on 27 March and ends on 10 April
4	Access your Child's Health Plan via HealthHub	
5	Value in Action (VIA) Programme	

Thank you.

Your Partner in Education  
Mrs Elaine Quek  
Principal

## 1. RGPS Earth Buddies – Sustainability Efforts

RGPS Earth Buddies programme aims to nurture our girls to be stewards of the environment and empower them to drive a positive change in the school, home and community by promoting more sustainable practices. Please refer to the following table for an overview of RGPS Earth Buddies Programme.

Level	Activities	Time Frame
All	<b>CLOOP Textile Recycling Bin</b> Located outside RGPS main gate	On going
All	<b>Sustainability initiatives in school canteen</b> No use of straws and disposables BYO containers (for those who need to pack food for snack time)	On going
All	<b>Recycling boxes in class</b> For paper and plastic bottle	Term 2-4
All	<b>World Water Day</b> Activities on SLS	Term 2
All	<b>Assembly talk by CLOOP</b> “Sustainable Fashion & Responsible Recycling”	Term 2
All	<b>Earth Buddies Fiesta</b> Commemorate Earth Day and Biodiversity Day. Recess activities eg. Nparks’ Roving exhibits and Nature trail by Env-Life science CCA members	Term 2
All	<b>Transport Ambassador Programme</b> Collaboration with LTA : Roving Exhibition on sustainability and green commutes; Green Commutes Challenge	Term 3
P4 – P6	<b>Viridis</b> A sustainability programme integrated into the Science curriculum with activities such as growing edibles, setting up terrarium and composting kitchen scraps	Term 1-2
P2	<b>Eco-Stewardship Programme</b> Collaboration with RGPS Alumni to promote awareness of food security and prevention of food waste.	Term 2
P1 & P2	<b>NParks Playtime series</b> Learn about sharing space with animals in our neighbourhood	Term 2

Thank you for your support in encouraging your child/ward to participate actively in these meaningful activities in alignment with our school direction Get Green & Love Earth.

## 2. Parenting Support Service- Triple P Seminar Series

We would like to invite you to sign up for a series of seminars delivered by our parenting support partner Lakeside Family Services.

The series is part of the **Positive Parenting Programme (Triple P)**, an evidence-based programme that equips you with techniques to promote your child's/ward's psychological, social, and emotional competence. It is designed to help reduce child behavioural challenges and strengthen your relationship. This online programme equips you with practical strategies to support your journey with your child/ward.

The seminar series is offered free of charge on Zoom, and you can choose from two different schedules.

Seminar	Dates
<b>Session 1:</b> <b>The Power of Positive Parenting &amp; Raising Confident, Competent Children</b>	25 March 2025, Tuesday, 7:00PM - 9:30PM OR 29 March 2025, Saturday, 9:00AM - 11.30AM
<b>Session 2:</b> <b>Raising Resilient Children</b>	1 April 2025, Tuesday, 7:00PM - 9:00PM OR 5 April 2025, Saturday, 9:00AM - 11:00AM

If you are interested in signing up for the above **Triple P Seminars**, please refer to the attached flyer or the following link: <https://go.gov.sg/3pseminar2025def>.

For any enquiries about the programme, do contact [pss@lakeside.org.sg](mailto:pss@lakeside.org.sg).

## Positive Parenting Programme



Need help with supporting your child amid developmental changes, or with managing your child's behaviour?



Lakeside Family Services and your child's school have partnered to present the Triple P – Positive Parenting Programme. These webinars offer invaluable knowledge on positive parenting and practical tips to make raising kids more manageable and fulfilling.

**Join us to learn more! Registration closes on 24 March 2025.**

✉ Email [fflc@lakeside.org.sg](mailto:fflc@lakeside.org.sg) for more information.

**Free Webinars**  
on Zoom

REGISTER



**Session 1:**  
**The Power of Positive Parenting; Raising Confident, Competent Children**

- 25 March 2025 (Tuesday), 7:00 PM – 9:30 PM
- OR
- 29 March 2025 (Saturday), 9:00 AM – 11:30 AM

**Session 2:**  
**Raising Resilient Children**

- 01 April 2025 (Tuesday), 7:00 PM – 9:00 PM
- OR
- 05 April 2025 (Saturday), 9:00 AM – 11:00 AM

**Triple P Certified Speaker**

**Mr. Steven Tan**  
*Counsellor, Trainer,  
 Family Life Educator*



Steven holds a Master of Social Science in Counseling from University of South Australia, and a Graduate Certificate in Parent Education Leadership Training (PELT) from Swinburne University, Australia. He has more than 20 years of experience as a Family Life Educator.

Brought to you by:






### 3. Parent-Teacher Conferencing (PTC) on 17 April, Thursday (8.30am to 3.30pm)

The school believes in the importance of maintaining a close working partnership with our parents/guardian for the growth of our students and has established different channels to communicate with you.

We have organised Parent-Teacher Meetings at the beginning of the year to brief you on school matters. Subject teachers also used Parents Gateway (PG) to update you regularly on subject matters. Form and subject teachers will also call or email you to discuss about your child's/ward's growth and progress in school.

We will continue to leverage on the strong partnership with parents/guardian in our upcoming Parent-Teacher Conference (PTC) on Thursday, 17 April 2025, from 8.30am to 3.30pm. All parents are invited to meet the **Form Teacher** in the upcoming PTC. All students need not attend school on that day.

The focus of the upcoming PTC is your child's/ward's wellbeing as the welfare of our students is of paramount importance. During this conference, you will have the opportunity to interact and dialogue with the Form Teacher about your child's/ward's holistic development. The Form Teacher is a key figure in our pastoral system who takes the class for weekly CCE/FTGP lessons, conducts termly check-in surveys and engages in one-to-one dialogue session(s) with your child/ward. The Form Teacher will also share your child's/ward's character strengths to help you better support her in developing her social and emotional resilience.

You will receive an invitation via PG from your child's/ward's Form Teacher on **26 March** to book an appointment with him/her via PG from **27 March (8.00am) to 10 April (11.30pm)**. We appeal to parents/guardian to keep the discussion to a maximum of **15 minutes** to allow other parents/guardian to meet the teachers punctually.

PTC will be conducted via video conferencing (Microsoft Teams). If you are unable to set up Microsoft Teams or meet via video conferencing, please email the respective Form Teacher to make alternative arrangements.

Lunch break for teachers will be from **11.30am to 12.30pm** and video conferencing via Microsoft Teams will **end at 3.30pm** on 17 April.

### 4. Access your Child's Health Plan via HealthHub

- a) The Health Promotion Board (HPB) has completed the annual health screening at your child's school.
- b) We are pleased to share that your child's tailored **Health Plan** is now available on HealthHub, and includes:
  - Health screening results
  - Vaccination reports (*where applicable*)
  - Referral letters (*where applicable*)
  - A personalised Lifestyle Prescription (*for P1-P3 students, as part of the **Grow Well SG** initiative*)
- c) We kindly request that you log in to HealthHub to access and download your child's Health Plan.

### Your attention is required:

- ✓ **All parents:** Log in to **HealthHub** to retrieve your child's Health Plan (link below).
- ✓ **Primary 1 to 3 parents:** In addition to the digital Health Plan, your child has received a **Health Plan booklet** with their health goals and home challenges. You are encouraged to support your child in trying out these home challenges and work towards achieving their health goals.
- ✓ **Primary 5 parents:** Your child has been given a **home vision screening chart**. You are encouraged to carry out an eyesight test for your child using this chart at home.

### LINKS:

- [Link to HealthHub: www.healthhub.sg](http://www.healthhub.sg)
- Video guide on how to access your child's screening results on HealthHub app: <https://go.gov.sg/healthhub-video-guide>

Thank you for partnering with Youth Preventive Health Service (Health Promotion Board) in supporting your child's health!

### 5. Value in Action (VIA) Programme

The Values in Action (VIA) programme for Primary 1 to Primary 4 students will take place over Terms 2 and 3. The VIA programme is designed to help students develop social awareness as well as manage relationships for personal and social well-being. It further aims to nurture students on social responsibility and provide opportunities for them to be active civic-conscious citizens.

The table below shows the area of focus for every level. Each student will be given the opportunity to be make contributions to their home, school or community respectively. To facilitate the planning and implementation of these projects, most activities will be conducted during curriculum time allocated during CCE (FTGP) periods. Students will also reflect on what they have learnt at the end of their VIA projects.

#### **Values in Action Focus:**

<b>Level</b>	<b>VIA Lesson Theme</b>	<b>Programme</b>
P1	Caring for Family	Caring Agent: To develop a mission plan to show care for family member(s) through words/actions. <i>*Family involvement is strongly encouraged.</i>
P2	Understanding My Friends	Secret Care Friends: To show care to a classmate whom they have been paired with.
P3	Being Kind to Our Classmates	Class VIA Project: To plan and implement a kindness project for their class collectively.
P4	Contributing to My Community	School-based VIA Project: To understand what it means to be part of a school community, and find ways to make it a better place to live, work and play in. Students develop a VIA plan in one of the four areas (Non-teaching Staff, Teaching Staff, Students, Environment).

Thank you for your support and partnership as we work towards developing the students' in their sense of responsibility and care for their own and shared spaces. We encourage you to continue to have conversations with your daughters on how they can put values learnt into action.