



2024/110

18 March 2024

Dear Parents and Guardians,

1. Welcome Back

We hope that our Damaians had a restful and rejuvenating break. As we embark on this new term together, let us continue to demonstrate passion for learning with enthusiasm and resilience. May Term 2 be a canvas for new discoveries, deeper understanding, and personal growth.

2. Student Safety Matters

Travel Declaration for March School Holidays

If you may have overlooked the travel declaration for the March school holidays, we would like to seek your kind cooperation to submit it by 22 March 2024. To make a declaration for your child/ward via Parents' Gateway, go to [SERVICE > DECLARE TRAVELS]. Alternatively, you may also submit via QR Code or the following link: <https://go.gov.sg/dpstraveldeclaration1>.



No action is required if you did not travel overseas during that period.

Joint Advisory Notice with Land Transport Authority (LTA)

We would strongly advise drivers not to park and wait along Bedok Reservoir Crescent, but instead, in the nearby HDB car parks which allows a grace period of 15 minutes. Drivers should also consider coming at a later timing to pick up their children/ward when the traffic will be considerably lighter after the school buses have left. Please be advised that LTA will be taking enforcement actions to ensure that the road traffic regulations are adhered to, to ensure the safety of road users, especially the students of our school. We seek your understanding and co-operation for a smoother journey for all road users during school peak hours. Let us play our part to make the road safe for all road users. Thank you for your co-operation and support.

Cycling to School

Given the hazards that cyclists may encounter, the school is concerned about the safety of students who cycle to school. Students who wish to cycle to school are required to obtain an advisory note from their Form Teachers and attend a safety briefing by the Discipline Master to learn about safety precautions such as the use of protective gear and proper maintenance of their bicycle and accessories.



3. Updates on Individual Student Details Report (ISDR)

We would like to thank all parents/guardians who promptly updated the information pertaining to you and your child via MOE Student Details Form (SDF) Online Portal. Please note that the portal will be accessible till the last day of Term 4 for you to provide timely updates as and when necessary. We would greatly appreciate it if you could also notify the Form Teachers after making an update regarding the latest medical condition.

4. Perfect 10

We are delighted to share that our students had an enriching and fulfilling experience during the last week of Term 1, exploring, and learning beyond the syllabus. Throughout the week, our students were actively engaged in various activities - from ICT-related programmes to language programmes such as Vlogging, ICT Skills Training, Speech and Drama and Musical Theatre. All Damaians had the opportunity to learn new skills, fostering critical thinking, creativity, and teamwork skills along the way. Students can look forward to another run of Perfect 10 at the end of this term 2.

5. Extension of Duration of Primary 6 Supplementary Class

To give additional support to our students in their preparation for PSLE, the school will be extending the duration of the Primary 6 supplementary class by an hour. Starting from Term 2, students will attend two hours of supplementary class on Mondays and Thursdays - two subjects per day. The new schedule was sent via Parents Gateway (PG) and hard copies of the schedule have been issued to students whose parents are not on board PG.

6. Broadcast Journalism Plus (Primary 4 and 5)

Starting Term 1, selected Primary 4 and Primary 5 students have enrolled in the Mother Tongue Broadcast Journalism Plus Programme. This 14-week programme aims to provide students with hands-on experience in various aspects of journalism, including interviewing, reporting, editing and videography. By the end of this programme, students will be able to create news production and feature stories using digital tools. In addition to learning how to write and speak effectively in the Mother Tongue Languages, students will also learn how to listen actively and collaborate with others to work amicably as a team.

7. D'Aesthetics@Damai (Primary 3 and 4)

D'Aesthetics@Damai is a programme that provides students the exposure and experience in different art forms with the aim of involving them actively in the arts to develop them further in the aesthetics domain. We hope to engage our students in fun experiential arts programmes after curriculum time. Through these programmes, our students may discover their interests, and/or develop their talents. In addition, it will provide our students the platform to learn interpersonal and intrapersonal skills through structured play.

Students in Primary 3 will attend 'Fused Glass Art Programme' and explore the unique qualities of glass art and learn how to use them creatively to produce unique glass artworks. Students in Primary 4 will attend 'Chinese Drumming' to express themselves creatively through rhythm and sound. Students will get to work together to create harmonious rhythms and melodies for a group performance.

D'Aesthetics@Damai are scheduled on the following dates: 26 April, and 3, 10 and 17 May.



8. Bringing of Prohibited Items

Students should not bring any valuables, excessive pocket money, electronic games, game cards or toys to school. Any confiscated valuable, games, cards or toys will be returned to the student at an appropriate time.

Students are not allowed to bring communication devices to school without obtaining written permission from the school. Parents must fill in a prescribed form to request for permission. The school will not be responsible for the loss of any communication devices.

All students are not allowed to have in their possession any weapons. They are also not allowed to bring any weapon-like items which can be used or intended to be used to cause harm to others.

Students are not allowed to bring chewing gum to school for consumption, sale, or distribution.

Students who fail to adhere to these school rules will be subject to consequences which may include warning letter, detention, suspension, and others deemed appropriate by the school.

9. Vaping

E-vaporisers are illegal in Singapore. Under the Tobacco (Control of Advertisements and Sale) Act, the possession, use or purchase of e-vaporisers carries a maximum fine of \$2,000. It is also an offence to import, distribute, sell, or offer for sale e-vaporisers and their components. Any person convicted of such offences is liable to a fine of up to \$10,000, or imprisonment of up to six months or both for the first offence, and a fine of up to \$20,000, or imprisonment of up to 12 months or both for the second or subsequent offence. All prohibited tobacco items will be seized and confiscated.

MOE takes a firm stand against vaping. Vaping is categorised as a serious offence. When students are caught using or in possession of e-vaporisers, the prohibited product will be confiscated, and their parents will be informed. The schools will report the offender to Health Sciences Authority and manage vaping-related offences through existing disciplinary frameworks. These include taking school-based disciplinary actions, such as suspension or caning (for boys). Students caught vaping will also be placed on cessation support programmes where counsellors will guide them through their cessation journey to effect long-term behavioural change.

Parents have an important part to play in their children's education. There are resources and relevant information that parents can access on Parent Hub. Parents are encouraged to have a serious conversation with their children about vaping to prevent it from becoming a life-long habit. More information about the harms of vaping is available on Parent Hub at <https://go.gov.sg/parent-hub-vaping>.



10. Police Advisory for Parents/Guardians on Peer Pressure

Bedok Neighbourhood Police Centre has prepared a Police Advisory addressing the topic of peer pressure as appended to this letter. It highlights the impact of peer pressure on children, including the risks of gang involvement. Peer pressure can lead to criminal activities, exploitation, and social exclusion. Community support, education, and intervention programs are important to provide positive alternatives and combat negative influences. The Singapore Police Force collaborates with schools to educate students on the consequences of criminal behaviour and encourages parents to maintain open communication with their children. Parents are urged to join the Community Watch Scheme for crime advisories. Together, we can prevent, deter, and detect crime by supporting our children against negative peer pressure.

11. Early Dismissal for Muslim Students on the Eve of Hari Raya Puasa

As 9 April 2024, Tuesday, is the eve of Hari Raya Puasa, Muslim students will be able to leave school at 10.30 a.m. More details will be shared closer to the date.

12. Our Damaians, Our Pride

We would like to congratulate the students of Red Cross Youth for achieving the Excellent Unit Award (Year of Assessment 2023) – Silver Award.

Appended to this letter are the following:

1. Police Advisory For Parents/Guardians
2. Healthy Eating Tips For Parents from Health Promotion Board
3. Singapore Sports School Learn to Play Programme
4. Singapore Sports School Open House

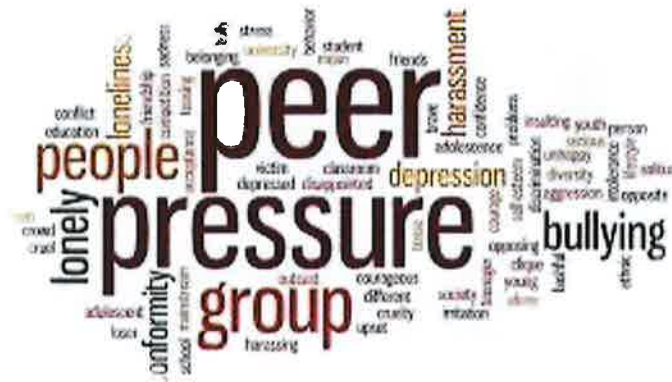
Yours faithfully,

Mrs Jenny Leong
Principal


POLICE ADVISORY FOR PARENTS/GUARDIANS

Dear Parents/Guardians,

As we journey into 2024 together, we hope that everyone is coping well and starting the New Year on a good foot. In January, we will be sharing about the challenges your child may face when dealing with new environments, and the potential negative influences, such as peer pressure, which your child may face while making new friends.



2 Peer pressure can manifest in various forms, such as direct pressure to conform, subtle influence, or even negative consequences for not following the group's behaviour. Direct peer pressure involves explicit requests or demands to conform to a certain behaviour or choice. Subtle influence is more nuanced, where individuals might feel compelled to align with the group's norms without explicit requests. Negative consequences for not following the group's behaviour can include exclusion, ridicule, or social isolation, creating pressure to conform to avoid these outcomes.



3 Gangs or Secret Societies. One of the most common reasons for youth involvement in gangs is the presence of peer pressure. Children may feel compelled by those they come across to partake in gang activity in order to gain social acceptance or protection. The desire to belong to a group can be a strong motivator, and the fear of exclusion or rejection can push individuals to conform to the expectations of the gang. Ladies especially, may be criminally exploited to perform sexual acts. Involvement in gangs may also lead to criminal activities. Possession of offensive weapons, violent crimes, thefts, being part of a scam syndicate and involvement with drugs are some of such examples of the consequences of joining gangs.

4 In addition, peer pressure to join a gang may be fuelled by the fear of retribution. Individuals may feel pressured to conform if they feel that they may be targeted or ostracised as a result of their refusal to join the gang.

5 Addressing this issue requires a holistic approach, including community support, education,
and intervention programs, to provide individuals with positive alternatives and mitigate the influence



**SINGAPORE
POLICE FORCE**
SAFEGUARDING EVERY DAY

of negative peer pressure. The Singapore Police Force have been working closely with the schools to provide educational talks and share insights into the consequences of partaking in criminal activities. We would also like to seek all parents' assistance to educate and support your children by continuing to maintain open communication lines with them, and strive to be actively engaged with your child's lives and social media presence.

6 Once again, to stay updated with the latest crime advisories, sign up to be part of our Community Watch Scheme (CWS) by following the steps below. Let's prevent, deter, and detect crime together.



**COMMUNITY
WATCH SCHEME**

Join the Community Watch Scheme (CWS) today.
Our actions count!

Step 1: Visit <https://www.volunteer.gov.sg>

Step 2: Sign up for any of the interest groups to receive alerts and crime information in your areas of interest.

Yours faithfully,

SUPT BERNICE ONG
COMMANDING OFFICER
BEDOK NEIGHBOURHOOD POLICE CENTRE
BEDOK DIVISION
SINGAPORE POLICE FORCE

Sign up now!



you've g♥t this!

Let's Cook Yummy Food!

PARENT TIP: Cultivate healthy eating as part of your family's lifestyle. You can influence your child to have positive eating habits by preparing healthy meals together and sharing meals as often as you can.

ACTIVITY

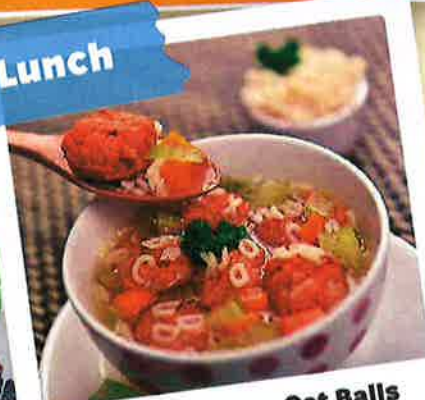
Decide on a recipe together and write down the list of ingredients you need. Bring your shopping list to the supermarket and be sure to look for ingredients with the Healthier Choice Symbol (HCS).



Need some inspiration?

Check out these healthy recipes!
Scan the QR code for the full recipe.

Lunch



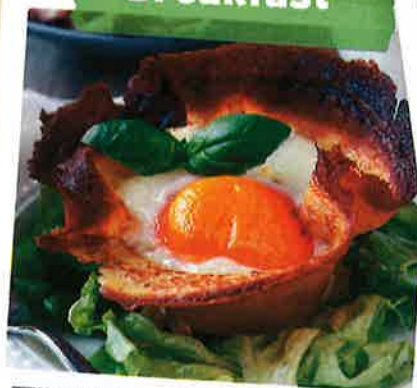
Chicken Oat Balls with Macaroni Soup
<https://go.gov.sg/chicken-oat-ball-act2>

Dinner



Nasi Kuning
<https://go.gov.sg/nasi-kuning-act2>

Breakfast



Easy Egg Cups
<https://go.gov.sg/egg-cups-act2>

Vegetarian



Mini Speedy Pizzas
<https://go.gov.sg/mini-pizza-act2>



you've got this!



Our Shopping List

We are making

1

2

3

4

5

6

7

8

9

10

TIPS to prepare a healthier meal!

Choose healthier products

Buy groceries with the Healthier Choice Symbol (HCS) as they are healthier as compared to other products of the same range.



Plan your meal using the My Healthy Plate guide to achieve a balanced diet

Include all the food groups in the right proportions, the Quarter, Quarter, Half way!



Use healthier cooking methods

Try healthier cooking methods such as boiling, grilling, roasting, baking, stir-frying and steaming instead of deep-frying.



Scan here to download
more activity sheets!

<https://go.gov.sg/first-influencer-act2>

Scan here to submit
your feedback!

<https://go.gov.sg/first-influencer-fbf-2>



Learn-To-Play Programmes



FENCING

Learn-To-Fence Programme

Who: Primary 3 to 6 students, Singapore citizens, who are good movers, quick thinkers, go-getters and fearless.

When: 2 sessions a week, conducted throughout the year.
Wed 7:00pm - 9:00pm & Fri 7:00pm - 9:00pm or
Wed 7:00pm - 9:00pm & Sat 9:30am - 11:30am

Cost: Approximately 20 lessons per quarter; \$250/quarter
Subsidy available for students on MOE FAS

To register, please go to <http://tinyurl.com/SSP-LTF>.

NETBALL

NETSSPLAY: Developmental Programme

Who: Offered to P6 Singaporean girls who are keen to further enhance fundamental netball skills, and possess a willingness to learn. Limited to 50pax only.

When: 7 sessions to be conducted from 8:30am to 10:00am
on Sat 23 March, 6, 13, 20, 27 April, 4 & 11 May 2024

Cost: Free of charge. Registration closes on Fri, 8 March 2024

To register, please go to <http://tinyurl.com/SSP-NETSSPLAY>.

SHOOTING

Learn-To-Shoot Programme

Who: Primary 5 students, Singapore citizens

When:

Course 3 & 4 (18, 25, 28, 30 May, 1, 4 June): 1.00pm - 3.00pm or 3.30pm - 5.30pm

Course 5 & 6 (6, 8, 11, 13, 15, 18 June): 1.00pm - 3.00pm or 3.30pm - 5.30pm

Course 7 & 8 (20, 22, 29 June, 6, 13, 20 July): 1.00pm - 3.00pm or 3.30pm - 5.30pm

Each student may only enrol for 1 Air Rifle and 1 Air Pistol Programme

Cost: \$240 for 6 sessions (special discount for school package)
Subsidy is available for students on MOE FAS

To register, please go to <http://tinyurl.com/SSP-LTS>.

Singapore Sports School

Open House 24

#weareSSPecial

Saturday, 23 March 2024

8.30am to 12.30pm

91 Champions Way, Singapore 737913

**Campus Tour, Sports Activities, Boarding Tour,
Academic Showcase and Talks**

**Come and find out how we nurture
Champions in sport, for sports, and in life.**

Register here via our Eventbrite page!

