

iN Touch @Frontier



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April 2016



ANNOUNCEMENTS

2016 Singapore Youth Festival Arts

Presentation Achievements

The Singapore Youth Festival Arts Presentation was held this April at various Cultural Centres in Singapore. Our teachers, pupils and coaches put in a lot of effort into their preparations which started last year.

We would like to congratulate our Performing Arts Groups for their achievements at the SYF.

Group / Category	Achievement
Chinese Dance / Dance (Chinese)	Distinction
DanceWhiz / Dance (International)	Distinction
String Ensemble / Instrumental Ensemble (Strings)	Commendation

These outcomes are testament to the hard work that they have put in. Through the experience of working together as a team to put up the best performance that they can, our Frontiers have gained much in learning the value of resilience and the spirit of collaboration.

Indeed, they have much to be proud for. Great job Frontiers!

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Do you have any feedback or ideas for iN Touch?

Do let us know on our website at <http://www.frontierpri.moe.edu.sg/our-stakeholders/iN-Touch-feedback-form>

You can also view our past issues at <http://www.frontierpri.moe.edu.sg/our-stakeholders/iN-Touchfrontier>

Confident Thinkers • Adaptable Individuals • Passionate Leaders
Make A Difference • Be The Difference



ANNOUNCEMENTS

June Travel Declarations

The school holidays at the end of Semester 1 will be on 28 May to 26 June 2016. We will need the assistance of parents/guardians to submit their travel plans for these upcoming school holidays.

We seek the co-operation of parents/guardians in ensuring that this is done via the MC Online website **by Friday, 20 May 2016**.

More details and a step-by-step guide will be provided via SNAC soon.



UPCOMING EVENTS

ICT Baseline for P3 pupils – Point-It!

As part of our 6-year Baseline ICT Skills Programme, our Primary 3 pupils are undergoing basic Microsoft PowerPoint training in Term 2. Training sessions have been incorporated into their English Language and Mother Tongue Language lessons to enable pupils to see the relevance and application in these subjects.

The objectives of Microsoft PowerPoint include familiarizing pupils with:

- the basic interface of the PowerPoint software,
- use of standard design templates,
- changing the font (type, size and colour),
- use of clipart (insert, move and resize),
- use of the text box,
- application of different animation effects
- application and change in the background through various methods.

At the end of the module, pupils should be familiar with the basics of the Microsoft PowerPoint software and be able to plan, design and complete a basic set of slides. Pupils will be uploading the completed work into their e-Portfolio via the MC Online website.



UPCOMING EVENTS

Sports Day (P3 to P5)

This year, all Primary 3 to Primary 5 pupils will have their Sports Day on **Thursday, 26 May 2016** at Jurong West Stadium (Jurong West Sports Centre). Pupils and staff come together on this day to celebrate sports as a school through various track events. **Primary 1 and Primary 2 pupils do not report to school on this day.** A separate Lower Primary Sports Day for Primary 1 and Primary 2 pupils will be held later in the year.

Our objectives for Sports Day are to:

- ◆ encourage mass participation in sporting events
- ◆ facilitate application of skills learnt during PE lessons in a competitive setting
- ◆ instil class pride and loyalty in pupils while developing their competitive nature in a fun setting

Information to note:

Event	Sports Day (P3 to P5)
Day / Date	Thursday, 26 May 2016
Time	7.15 a.m. - 12.00 p.m. <i>Staff and pupils will report to school before taking a short walk from the school to the stadium.</i>
Attire	PE Attire with black school shoes or sports shoes (Primary 4 and 5 pupils may wear their DanceFRONT T-shirts)
Items to bring	A filled water bottle A poncho or small umbrella Small bag to hold the items

More details will be made known via a letter nearer the date of the event.

We look forward to a fun and enjoyable Sports Day!

Request for Parent Helpers for Frontier Primary School Sports Day 2016

We are looking for approximately 40 parent helpers to assist us during the event. Parent helpers will be involved in various duties such as:

- (i) Parent Chaperones of classes
- (ii) Assistant Competitors' Stewards
- (iii) Assistant Prize Stewards
- (iv) Assistant Equipment Stewards
- (v) Photographers

If you would like to sign up as a parent helper, please register via the link below.

Registration is on a first-come-first-served basis and it will close once the required number is met.

Only successful registrants will be notified.

Registration link: <http://tinyurl.com/FPS-sportsday2016>



UPCOMING EVENTS

PARENT-CHILD-TEACHER CONFERENCE (PCTC)

A close collaboration between parents and the school plays a critical part in our children's holistic education. To facilitate this, Frontier will be holding the annual Parent-Child-Teacher Conference (PCTC) on **Friday, 27 May 2016 from 8 am – 4 pm.**

Parents are able to register a slot through the Learning Management System from **1 May – 16 May 2016.** It will be on a **first-come-first served** basis. Details of the PCTC will be made available through a separate letter.

Pupils will be required to attend the PCTC with their parents on this day. We strongly encourage all parents/guardian to take this opportunity to meet up and converse with the Form or Co-Form Teachers regarding your child's/ward's education at school. Together, we will work to support his/her learning progress and character development.



LOOKING BACK

As part of the school's efforts to develop a rugged Frontierer, the school organised a 2-day 1-night **Adventure Camp** recently for all Primary 5 pupils. These pupils spent a night away from the comforts of home, bonded with their peers and learnt to appreciate the outdoors. In addition, Frontier's very own **DanceWhiz** boys, **Chinese Dance** members and **String Ensemble** members had worked extremely hard to represent the school in the various SYF arts presentations.

Do visit our blog at <http://blog.frontierpri.net> to see our Frontierers in action!



ROAD SAFETY

TEACHING ROAD SAFETY TO PUPILS

We would like to seek the cooperation of parents/guardians to work with the school in ensuring the safety of pupils coming to and leaving school.

Some parents have given feedback that some care-givers may not be adhering to traffic rules while crossing the roads when they fetch or send their children to school.

We hope that you can help to reinforce correct road safety behaviour such as using pedestrian crossings at St 61 & St 63, and avoid jaywalking or using a mobile phones while crossing. Our children look to us to show them the best and right way to do things.

The school will also continue to stress the importance of road safety. Together, we can impart the values that will help our children to stay safe.

Tips for being a traffic safety role model

1. **Practise safe crossing methods – use pedestrian crossing when available, wait for the signal to cross at traffic light, cross only when it is safe to do so and hold hands with children.**
2. **Take care when using public transport, particularly if crossing roads while getting on and off buses.**
3. **Take care when dropping your child off at school or picking them up. Use the school foyer and park only where it is permitted.**
4. **Wear a helmet and bright coloured clothing when riding bicycles or scooters.**





ICT Matters

Talk to your child about: Instant Messaging

In recent weeks, WhatsApp generated a lot of buzz when it activated encryption for all its users. It joined other chat services, such as LINE and SnapChat, in making instant messaging more secure for users. Greater security, unfortunately, is not a sufficient condition for **safety**.

Looking back to just 10 years ago, the dangers to children were much more obvious than in today's world. Keeping your loved ones safe meant keeping an eye on who they were talking to and meeting up with. Today, however, it is a whole different ball game with technology potentially giving almost anyone access to your children.

Instant Messaging, like WhatsApp, is truly convenient because it allows us to quickly communicate with one another. But it also carries with it a lot of risks; for example, it may allow one to be contactable by complete strangers and even receive inappropriate content!

WhatsApp's *Terms of Services* states clearly that no child under the age of 16 should be using the app. But we all know that children can be one step ahead of the game, and this could endanger them and their friends.

So what can parents do to help your children stay safe?

Here are some tips:

- ⇒ Regularly ask your children about their online friends and activities.
- ⇒ Be positive about what you see, but also be open about concerns you have e.g. "I'm a little worried about things I've seen here".
- ⇒ Talk to your child about what you think is appropriate – but also involve them in the conversation. Ask what they think is OK for children of different ages – they will feel involved in the decision-making.
- ⇒ Be aware that your child might talk about friends who use apps or visit sites that you've decided are not suitable. Be ready to discuss your reasons, but recognise that they may not agree with you. Listen carefully for the reasons why.
- ⇒ Teach your children not to give out personal information to anyone that they do not know in the physical world



Support your child in his or her homework

Create a positive home-learning environment and experience for your child

As parents, you can help your child to understand his/her responsibilities towards homework.

Purpose of Homework

Homework reinforces your child's learning, helps him/her cultivate good study habits, and informs the teachers' on his/her progress so that timely feedback and support can be given.

Effective use of homework can help your child to:

- deepen his/her understanding of lessons taught;
- allow him/her to regularly practise, and apply skills and concepts learnt in class; and
- have greater ownership and responsibility for independent learning.

Homework can also provide you with:

- timely information on the learning progress of your child; and
- opportunity to be involved in your child's learning

Supporting Your Child

As parents, you can help your child to understand his/her responsibilities towards homework.

He/she should:

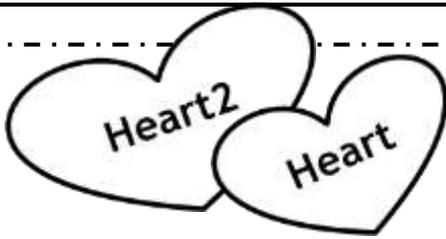
- understand the purpose of homework and what is expected of him/her;
- keep track of homework instructions and deadlines;
- manage time well to ensure that homework is completed and submitted on time (e.g. prioritise homework appropriately so that it is not left till late at night);
- give his/her best effort in completing homework; and
- review feedback from teachers on homework submitted.

Optimal Amount of Homework

Research shows that time spent on homework should be responsive to students' age and development. The beliefs that 'the more homework, the better' and the 'more difficult the questions, the better' are not sound approaches. In fact, providing too much or too difficult homework could be detrimental to your child's attitude and motivation towards learning and deny him the time and opportunity for more holistic development. Therefore, while time spent on homework is generally helpful for academic development up to a point, too much can bring about adverse effects.

As such, it may not be beneficial for your child to complete additional worksheets and assessment papers beyond what is assigned by the school (e.g. from tuition, assessment books and practice papers). For the holistic development of the child, parents and educators alike must bear in mind that children need a balanced life with time for family bonding, social activities, hobbies and rest. They need time to participate in other activities that inculcate important life skills.





7 Tips for Helping Your Child Manage Stress

By [Margarita Tartakovsky, M.S.](#)

The key to helping children manage stress is teaching them to problem-solve, plan and know when to say yes and no to activities and commitments, she said. Children will reach for something to make them feel better right away, and usually it won't be something healthy, she said.



Here's how you can help your children manage stress successfully.

1. Stop overscheduling.

One of the biggest stressors for children is being overscheduled, Lyons said. And yet, today, children are expected to pay attention and perform in school for seven hours, excel at extracurricular activities, come home, finish homework, and go to bed just to do it all over again the next day. Where's the downtime?

Children need downtime to rejuvenate. Their brains and bodies need to rest. And they might not realize this by themselves. So knowing when your child is overscheduled is important.

Lyons suggested looking at your children's schedules over the course of a week and making sure that there's enough downtime. Are there several hours on the weekend or a few nights during the week when your child can simply kick back and relax? Also, pay attention to how your family is eating their meals. That's an important indicator.

2. Make time for play.

Lyons emphasized the importance of "play that isn't pressured." There's no lesson, competition or end goal, she said. Younger children will do this naturally. But older children may forget how to simply play. Combine play with physical activity, which is critical for well-being. Some ideas include: riding your bikes, throwing around the baseball, wrestling and hiking, she said.

3. Make sleep a priority.

Sleep is vital for everything from minimizing stress to boosting mood to improving school performance, Lyons said. Again, reducing commitments helps. It is helpful to stress the importance of sleep and create an environment that facilitates it. For instance, keep TV – and other electronics – out of your child's bedroom.

4. Teach your children to listen to their bodies.

Teach your children “to understand their own bodies and the physiology of stress,” Lyons said. Encourage them to listen to what their bodies are saying. While it’s normal for a child’s stomach to feel jumpy on the first day of school, leaving class because their stomach hurts or waking up repeatedly with a headache is a sign there’s too much going on, she said.

5. Manage your own stress.

“Stress is really contagious,” Lyons said. “When parents are stressed out, children are stressed out. If you’re living in an environment with a lot of stress, your child is going to pick up on that.” She underscored the importance of showing your children how to relax and effectively deal with stress. They have to see you slowing down.

6. Make mornings calmer.

A disorganized home is another stressful trigger for children, and this is especially evident in the mornings. Lyons suggested making mornings smoother, because this sets the tone for the day.

7. Prepare your children to deal with mistakes.

For children a lot of stress comes from the fear of making mistakes, Lyons said. Remind them that they’re not supposed to know how to do everything or do everything right.

Also, while making good decisions is an important skill to learn, the skill that might be even more important is learning how to recover from a bad decision, Lyons said. We can really stress out our children by not helping them understand that screwing up is part of the process. Help your child learn to figure out the next steps after a bad decision or mistake. Help them figure out how to fix it, make amends, learn the lesson and move on, she said.

Source : <http://psychcentral.com/lib/7-tips-for-helping-your-child-manage-stress/>

