

# IN-TOUCH @ FRONTIER

www.frontierpri.moe.edu.sg

May 2012



*"Yi Min and Jia Yi were the youngest competitors for this competition. This is the first time in history that our Frontierers have participated in a national competition."*



## Aces

### National Primary Schools Story-Telling Competition (Chinese Language)

We would like to commend Lee Yi Min and Lee Jia Yi of Primary 1 Resilience for participating in the National Primary School Chinese Story-telling Competition on 24<sup>th</sup> March 2012. This competition is jointly organized by Singapore Hokkien Huay Kuan, Singapore Middle School Chinese Teachers' Association and Chongfu School. It aims to provide pupils with the opportunity to speak good Mandarin and boost their interest in the learning of Chinese culture.

Yi Min and Jia Yi were the youngest competitors for this competition. This is the first time in history that our Frontierers have participated in a national competition. Though they did not manage to get into the Finals, they were praised by the judges for their performance and bravery during the competition.

Well done, Frontierers!

## Frontieritude

### Yuhua through my Lens Photo Contest

As part of family bonding and helping our pupils apply what they have learnt during the "Fun with Photography" sessions, we encourage you and your child to take part in 'Yuhua through my Lens Photo Contest'. In the process of capturing the essence of life in the Yuhua community, our children will also learn to relate better to the neighbourhood scenes in Singapore. In conjunction with the contest, there is also a free workshop on photography which you can also sign up for. Details of the Photo Contest can be found at <http://www.iremember.sg/?projects=yuhua-through-my-lens-photo-contest>.



## Whole-grains: The Wise Choice!

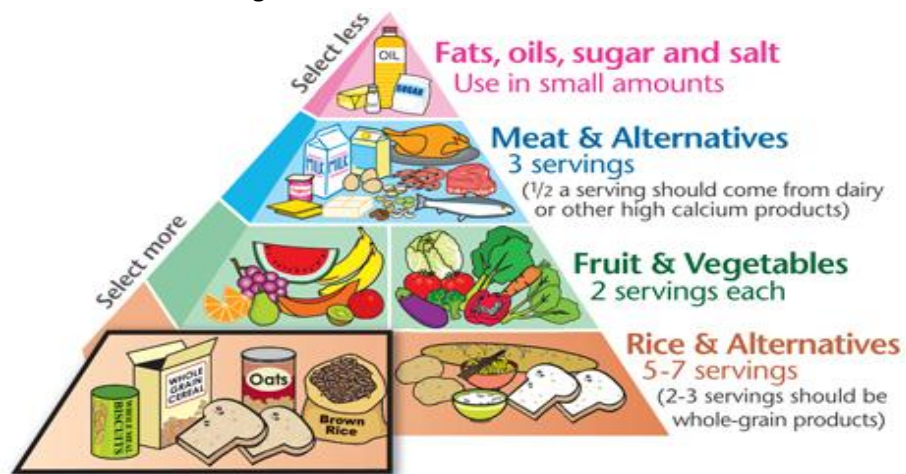
*Each Frontier Primary School pupil was given a loaf of Super soft and fine Enriched Wholemeal Bread for their Healthy Sandwich making Competition on Thursday, 3 May, 2012. We encourage a regular consumption of wholegrains to promote a healthier diet.*

### The wholesome benefits of whole-grains

Eating more whole-grains has been shown to lower the risk of developing chronic diseases such as heart diseases, diabetes and certain cancers. The health benefits of whole-grains are not just contributed by fibre or any single nutrient. Instead, the different components all work together to protect your health. For example, vitamin E, selenium and phytic acid found in whole-grains have antioxidant effects which may help prevent damage to blood vessels, while soluble fibre helps reduce blood cholesterol. These play a role in lowering the risk of developing heart disease.

Whole-grains may also support weight management as they provide bulk to the diet. This promotes the feeling of fullness and helps reduce the risk of overeating.

### How much do you need?



We should consume 2 to 3 servings of whole-grain food. Out of the 5-7 servings of Rice & Alternatives, 2-3 servings should be whole-grain food. All you have to do is replace your refined items with whole-grain items. Eating a variety of whole-grains not only ensures you get more nutrients, but will also make your meals and snacks more interesting.

### So Remember...

- Whole-grains are rich in fibre, vitamins, minerals and various phytochemicals (beneficial plant substances). Eating whole-grains can help reduce the risk of chronic diseases such as heart disease and diabetes, while assisting in weight management.
- Aim for 2 to 3 servings of whole-grain food a day to replace part of the recommended 5 to 7 servings for the Rice & Alternatives food group.
- Start including whole-grain food in your diet today!

School address:  
20 Jurong West Street 61  
Singapore 648200

Phone:  
65789555

E-mail:  
frontier\_ps@moe.edu.sg

## Announcements

### Water Bottles

Pupils, who bring water bottles to school, are reminded only to fill the bottle with water. We encourage pupils to drink water as opposed to drinks with sugar content when thirsty. Pupils should not fill the bottles with sugary drinks (syrup drinks, milo etc) as ants have been attracted to the water bottles.

### School Holiday on 7 May 2012

This is a reminder that Vesak Day falls on Saturday, 5th May 2012. Hence, the following Monday, 7 May 2012 is a scheduled school holiday (off in-lieu).

----- Please cut along this line -----

### Acknowledgement of *In-Touch@Frontier* May 2012

I, parent of \_\_\_\_\_ of Primary \_\_\_\_\_,  
acknowledge receipt and have noted the contents in this May issue of *In-Touch@Frontier*.

Name of Parent: \_\_\_\_\_

Signature and Date \_\_\_\_\_