



In-Touch@Frontier

Website Address: www.frontierpri.moe.edu.sg

January 2012

Welcome to *In-Touch@Frontier*! This is the first issue of a monthly newsletter that we will use to keep parents informed of the happenings and upcoming events of the school. This newsletter will provide important information which you can use to support your child's school experience.

We wish all parents and children who are celebrating the Chinese New Year good health, joy and prosperity in the Year of the Dragon. **新年快乐，龙年吉祥** . We also wish everyone an enjoyable Chinese New Year holiday.

Lunar New Year Celebrations

The school will be celebrating the Lunar New Year on Friday, 20 Jan 2012. We invite our pupils to come dressed in Chinese traditional costumes or red-coloured tops for the celebration. Otherwise, they should be in their school uniform. There is a host of activities planned for the pupils. Through the activities, our pupils can enjoy themselves and at the same time, develop a greater appreciation of the Chinese culture. To teach our pupils appreciation and to show appreciation, the school has also invited the team of workers who have helped build the school to join us in the Lunar New Year concert. The children will be dismissed at 11:00am. Please make the necessary arrangements for the children to be picked up. The school will inform our bus vendor, JK59 of the dismissal time for 20 Jan 2012.

Aesthetics Week

The school understands the need for our P1 pupils to acclimatise themselves to being in a primary school. As such, we have dedicated the first week in getting the pupils to be involved in making name plaques, paper plate faces, family photo frames and making preparation for a short performance. At the end of the week, parents were invited to the classrooms to watch their children in action. We like to express our sincere appreciation for those parents who have attended the mini-production and for the wonderful support that they have given to us and the children.

School Safety and Security

We take safety of the children very seriously. As safety takes precedence in Frontier, we would like to remind all parents **NOT** to drive into the school compound when sending or picking up your child. Please wait at Gate A or Gate B during dismissal time and not obstruct the passageway as our pupils make their way home. To avoid traffic congestion especially during peak hours, parents are advised not to park or wait along the school main gate. Information regarding road safety has also been provided in the Pupils' Handbook and pupils have been reminded to cross the road correctly. Jaywalking is prohibited.

If you need to come inside the school for urgent matters or any other official business, please report to the GENERAL OFFICE and we will assist you accordingly. We hope you understand as it is impossible for the school to distinguish parents from other people who may be trespassing. We seek your fullest cooperation in this matter to ensure the safety and security of our pupils in the school premises.



School Rules and Regulations

We have taken time to explain school rules and regulations to the children. The rules and regulations can be found in the Pupil Handbook. We encourage parents to go through the rules with the children as well.

We also take this opportunity to remind pupils of the following rules:

- The shirt should be tucked into the shorts or skirts at all times.
- The name tags must be securely ironed and stitched on the top left (above the logo) of the school shirt
- All pupils must keep their hair neat in its natural colour. For boys, hair must be above the eyebrows, ears and at least 3 cm above the collar. For girls, the fringe covering the eyebrows is to be pinned up and hair beyond shoulder-length is to be tied neatly. Hair accessories should be black.

School Uniform

The new shipment of the school uniform will arrive by 1st week of February 2012. The school will contact the parents so that they can collect the uniform in due time. For pupils who did not manage to purchase the sizes they wanted for the school uniform and who received T-loan sets of uniform, the school will contact you so that we can have an exchange. For pupils who have loaned school uniforms from the school, please do **not** sew the name tags to your loaned sets. The name tags should only be sewed on to the personal sets of uniform.

Form Teacher Guidance Period – Pupil Journals

We are attaching a write-up on the Form Teacher Guidance Period (FTGP). Pupils will attend the FTGP period once a week within curriculum time. In conjunction, pupils will be recording their reflections and interactions in the FTGP personal journal. We will be issuing all pupils the journals before Chinese New Year and we will be collecting \$1.90 from all parents for the journal at a later date. To make it convenient for parents, the school is finalising a one-time collection from parents for the various programmes.

FRONTIER CARES

Fund Raising for Needy Pupils through FPS Staff Car Rally

The school will be organising a Staff Car Rally on 25 May 2012 to raise funds for our needy pupils. All pupils will be given a donation card this week. We would like to encourage all parents to donate generously to this cause. We will be collecting the cards from the pupils by March 2012.

Temperature Taking

The temperature taking exercise has been carried out successfully on Friday, 6th January 2012. The teachers have familiarised the pupils on the standard procedure when taking their own body temperature. The pupils have been given a thermometer each and they have been advised to ensure that the thermometer is always in good working condition.



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Reading Habits

Pupils are reminded that they need to be in school and be seated in the assembly area by 7.45am. Pupils are to bring a storybook every morning for their silent reading in the parade ground before school starts. We believe in inculcating good reading habits in our pupils as well as letting them find joy in exploring the world of books.

School Bags

The school has issued the pupils the class timetable last week. Pupils have been asked to paste it in the Pupil Handbook. We have also collected some of the pupils' workbooks, files and material in Week 1 and placed them in the classrooms. This will help our P1 pupils manage the weight of the school bags. We seek parents' assistance in guiding the children to pack their bags according to the timetable. We trust that our collective efforts will ensure pupils' well-being is taken care of.

Insurance

The school has purchased an insurance policy to insure your child/ward against accidents. A summary of the Policy Coverage and Benefits has been given to you during the P1 Orientation last December. If there are any queries on policy terms and conditions and claims, please feel free to contact AB LIM PTE LTD at 6272-2277.

Dental Health

The School Dental nurse has conducted "Dental Health for Primary 1" assembly talk on 11.1.2012 to teach the pupils proper tooth brushing techniques. She will also conduct class based oral hygiene lessons for the Primary 1 pupils, teaching them to care for their teeth and to cultivate good oral habits. She will be using the tooth model to teach them the proper tooth brushing method. For pupils who have opted for the Dental Programme during the Primary 1 Orientation, they will be given an individual hands-on coaching and a toothbrush and toothpaste set after the session. School Dental Programme Option Forms are still available at the General Office for parents who are interested in signing up for the School Dental Programme.

The School Dental Clinic will officially open end February. Pupils who require **URGENT** dental treatment can visit any of the following school dental clinics. Do call to book an appointment before going to the clinic. This is to ensure that there a dental staff is on duty.

Dental clinic	Telephone	Address
Jurong Pri School	65646859	320 Jurong East St. 32, S(609476)
Jurong West Pri School	67919700	30 Jurong West St 61 S(648368)



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Character Development@Frontier

Holistic education prepares our students to thrive in a fast-changing and highly-connected world. Knowledge and skills learnt in school must also be underpinned by values. Values define a person's character. We believe that these life-long skills shape the beliefs, attitudes and actions of our pupils, stay with them and guide them to make correct choices in life as an adult.

❖ Monday Assembly Talks

Our assembly periods on Monday consist of internal talks customised by our teachers, skits from external organisation to convey messages on values and information on health. A canteen sharing on 9.1.2012 has taught the pupils to buy our healthy set meals and healthier choice beverages, and proper behaviours in the canteen during recess. Future assembly talks include character building messages to treasure family ties, promote love and care at home and health information such as milk drinking to promote healthy teeth and bone growth.

❖ Lesson On Values Education (LOVE) Sharing

LOVE sharing is part of Frontier's efforts towards character building. Every Friday before the morning assembly, time is allocated for teachers or pupils to do a short customised sharing on certain values and skills important to the character development of our pupils. This term, our LOVE sharing focuses on values or skills that are named after the classes, namely, responsibility, respect, resilience, care, confidence, innovation and joy. This is to ensure the pupils' better understanding of these skills and values.

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Acknowledgement of *In-Touch@Frontier* January 2012

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

Name of Parent: _____

Signature and Date _____



Healthy Meals@Frontier

The vendors were trained on healthier cooking methods and taught to provide the right portions by HPB nutritionist. The focus was to use wholegrain alternatives such as brown rice and wholemeal bread, creating meals with low fat, sugar and salt as well as using oils with less saturated fat. The school follows a list of guidelines, such as selling fruits and providing water coolers in the canteen. By banning fried foods and only selling healthy set meals, we work with the Health Promotion Board (HPB) to promote healthier eating habits for children, to solve the issue of rising obesity rates in Singapore.

Message from Health Promotion Board

“As part of Health Promotion Board’s continual efforts to ensure that your children are receiving healthy food within the school compound, we are embarking on the Health Promoting School Canteen in our school. Through this programme, HPB will work together with our school’s canteen vendors to ensure healthy, balanced set meals are sold in the canteens. These delicious, healthier and affordable set meals are specially designed by nutritionists, chefs and school canteen vendors to ensure that your child enjoys the benefits of a well balanced and nutritious diet. Each meal comes with good mix of food from the 4 different food groups of the Healthy Diet Pyramid – rice and alternatives; fruit; vegetables as well as meat and alternatives. Every day, each canteen stall will prepare at least two types of set meals for the children to choose from. To add further variety to the children’s diets, the menu will be changed daily and they will have between 10-12 meals to choose each week. Through these meals, we hope that students and staff will learn the importance of eating a well-balanced diet at all times of the day.”

According to HPB chief executive Ang Hak Seng, there is a need to target the young in the battle against obesity. ‘Inculcating good eating habits at a young age increases the chance of children adopting well-balanced dietary practices in their adult life.’ He added, ‘we have targeted the school environment to influence the eating behaviour of schoolchildren as they consume at least one to two meals per day in school canteens. He pointed out that by cultivating healthy eating habits amongst Singaporeans from young will allow them to retain these habits into their adulthood, which will then lower their risk of suffering from obesity.

(Extracted from The Sunday Times – Home and Lianhe Zaobao)

Food Serving Size @Frontier Canteen (recommended by HPB nutritionist)

Food Group	SMALL/ 小/ Kecil (\$1.00)	MEDIUM/ 中/ Sederhana (\$1.50)	LARGE/ 大/ Besar (\$2.20)*
Rice & alt/ 饭类/ Nasi/Mee	Rice-4 tbsp $\frac{1}{2}$ small bowl	Rice- 8 tbsp 1small bowl	Rice - 13 tbsp $1\frac{1}{2}$ small bowl
Veg/ 蔬菜/ Sayur	2 Tbsp Veg	4 Tbsp Veg	6 Tbsp Veg
Meat/ 肉类/蛋/豆腐 Daging/Tauhu	Meat-1 Tbsp	Meat 2 Tbsp	Meat 4 Tbsp
Fruit 水果 Buah-buahan	$\frac{1}{4}$ Fruit	$\frac{1}{2}$ Fruit	$\frac{1}{2}$ Fruit

**Not serving currently. Serving size recommended for Upper Primary pupils or adults only.*