

# iN Touch @Frontier

www.frontierpri.moe.edu.sg



November 2014



## Post-Exams Activities (10 – 14 Nov)

It has been an exciting and eventful year. In bringing the year to a close, the school will be enriching the learning experiences of Frontierers through a range of post exams activities in the week of 10 Nov - 13 Nov. The activities planned include Sports and Games Workshops, Financial Literacy Skit and Workshops, a Dental Programme, a Theatrical Experience, an Anger Management Workshop and a Mercy Relief Meals Matter Workshop.

P1 and P2 pupils will also embark on a personalised gift-making and gift presentation to culminate the Buddy Me Programme for the year. This aims to inculcate values of friendship and build friendships among the young Frontierers as they appreciate their buddy for the year.

On the last day of school, Thu, 13 Nov, Frontierers will engage in a Spring Cleaning exercise. Frontierers will prepare the classrooms for the new classes in 2015. The children will be introduced to their Form Teachers and Co-form Teachers at a later date.

During the post exams period, all pupils will need to report to school at 7.40am as usual and the usual dismissal hours and attire will apply.

Pupils need not attend school on Fri, 14 Nov as the school will hold its annual Prize-giving Day. Prize-winners and performers involved have been informed separately.

## P3 CCA Skills-Awareness Programme in preparation for P4 CCA Selection

The Primary 3 pupils have been undergoing a P3 Skills Awareness Programme (SAP) during the last two Structured CCA sessions to assist them with their selection of their CCA at Primary 4. The P3 SAP is a baseline skills awareness programme with the following purposes:

- a) For teachers to assess pupils' capabilities at current point to facilitate allocation of pupils in CCAs at P4.
- b) For pupils to be aware of their strengths/ competency levels in the above-mentioned CCAs to assist them in making an informed choice when they select their CCAs at the end of P3.
- c) For teachers to maintain a record of pupils' performance and competencies so that: i) they will be aware of pupils' AFIs for use during CCA; ii) for administrative records if pupils make a request to switch to a different CCA.
- d) To engage pupils with two other Sports Exposure Programmes in partnership with JWSS.

The Primary 4 pupils will be selecting their CCAs next year. The following information will be made available when they return to school in 2015 to assist them in making an informed decision on their CCA choices.

- i) Individual results from the P3 SAP programme
- ii) CCA information on every CCA that will be offered in 2015

### School Hours in 2015

Please note the school hours for all pupils in 2015.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Flag Raising Ceremony</b>	7:30am (Pupils should be seated by 7:25am at the school hall)				
<b>School Dismissal Time</b>	1:45pm	1:15pm	1:45pm	1:15pm	1:15pm
<b>Co-curricular activities</b>	x			<b>P3 only*</b> SCCA will run until about <u>4:00pm</u>	<b>P4 only*</b> CCA will run until about <u>3:45pm</u> .  Dismissal time may vary depending on timing and nature of CCA activities.

\*CCAs do not start on the first day of school, 2 Jan 2015.

More details on the schedules for SCCA and CCA will be released in early January.



# Congratulations



We would like to congratulate Bryan Peng Zhe Hao(彭哲浩) from Primary 2 Resilience for achieving merit award at W3 Cluster Schools On-The Spot Penmanship Competition and Koh Yan Lin(许彦霖) from Primary 3 Care for coming in second place in W3 Cluster Writing Competition. Well done children. Keep it Up!

#### ECHA@FPS (Edusave Character Award by MOE)

We are proud to announce our ECHA@FPS 2014 awardees. The ECHA recognizes outstanding Frontierers who are exemplary in character, and who can be role models to inspire others. Our heartiest congratulations go out to the following Frontierers who have demonstrated (1) school values and character traits that Frontier strongly encourages, (2) a high level of civic responsibility and (3) qualities associated with resilience. We are proud of all our awardees.

No	Name	Class	No	Name	Class
1	Kek Ke Er	1 CA	8	Sorenson Yeo Zhi Xun	2 CO
2	Ryan Tan Wei Jie	1 CR	9	Chee Li Yi Cheryl	3 RY
3	Chee Tong Yi Clover	1 IN	10	Mohammed Zafuan Bin Zainal Abiddin	3 IN
4	Abia Chan Yi Xuan	1 JO	11	Chua Wen Jie Tarasia	3 RE
5	Dong Yijie Zoey	2 CA	12	Dayna Ikshan Tan Shi En	3 CA
6	Chang Hoe Siang	2 RT	13	Miyoko Ang Shu Xian	3 RT
7	Lim Jia Hui Raizel	2 IN	14	Mah Yue Ying	3 CO

Awardees will be recognized in the annual Prize Giving Day. More details will be given to the respective pupils through separate letters.

## Dismissal Arrangements on 2 - 7 January 2015

To facilitate smooth dismissal and to enable pupils to adjust to new routines in the first few days of 2015, dismissal times will be adjusted and staggered **on 2-7 Jan only** for pupils who leave school via school gates A or B.

	Friday (2 Jan)	Monday (5 Jan)	Tuesday (6 Jan)	Wednesday (7 Jan)
<b>P1</b>	12.45pm	1.30pm	1.00pm	1.30pm
<b>P2</b>	1.00pm	1.40pm	1.15pm	1.40pm
<b>P3</b>	12.45pm	1.15pm	1.15pm	1.45pm
<b>P4</b>	12.45pm	1.15pm	5.00pm	1.45pm

Please inform your child regarding the dismissal venue (Gate A or Gate B).

The dismissal times for pupils who take the school bus home will not be affected, and follow the usual school hours.

Normal dismissal time will resume on Thursday, 8 January 2015 according to the usual school hours.

### Primary 4 Team Building cum MUVE.INC Dance Programme

Please note that a special programme will be conducted for all Primary 4 pupils on Tuesday, 6 January 2015. The programme will help the P4 pupils team build through aesthetics. As such, **dismissal timing for Primary 4 pupils will be at 5.00 pm on that day**. Please make the necessary arrangements to pick up your child/ ward on that day.

## Announcement for members of the Parent Partnership Community (PPC)

For all PPC members,

The PPC Annual General Meeting (AGM) will be taking place on **14 November 2014, Friday**.

The AGM will be held in the school's **PAL Room from 11 a.m. to 1 p.m.**

The agenda is as follows:

1. Report on PPC events organized in 2014
2. Report on the Financials for 2014
3. Duties and Roles of PPCC
4. PPC Annual Recruitment and Membership
5. Use of PSG Funds

Following the AGM, there will be a sharing session on Family Matters Awareness. (Formerly SFE)

We highly encourage all new PPC members to attend this upcoming meeting and connect with all current PPC members.

Please confirm if you are attending the meeting by replying via email to [ppc@frontierpri.net](mailto:ppc@frontierpri.net) by **9 November, Sunday**.

Looking forward to your favourable reply.

Do you have any feedback or ideas for In-Touch?

Do let us know on our website at 'Our Stakeholders' → 'In-Touch@Frontier'.

You can also view our past issues at the same location.

## Healthy, Wealthy and Wise tip for November

‘Safety is as simple as ABC – Always Be Careful.’

As we approach the long year-end holidays, it is important we ensure the well-being and safety of our children. Danger lurks almost everywhere around them and prevention is essentially better than being sorry.

### Road Safety

Pedestrians such as children are a vulnerable group of road users and they need to do their part in ensuring road safety. Here are some safety tips:

#### **Do Not Jaywalk. Use Designated Pedestrian Crossings**

In the interest of road safety, pedestrians should never attempt to jaywalk and should always make use of available pedestrian crossing facilities such as signalised crossings, zebra crossings, underpass, and overhead bridges to cross the roads safely. Accidents have occurred when pedestrians fail to use available pedestrian crossing or when crossing within a pedestrian crossing when the red man is lighted.

#### **Be Safety-Conscious even at Designated Pedestrian Crossings**

While it is safer to cross at designated pedestrian crossings, we should still be safety conscious and exercise extra precaution. Always ensure that it is absolutely safe to cross before doing so. At traffic lights, wait for the green man to appear before proceeding to cross the road. Never cross when the green man begins to flicker as the lights would change to the red man shortly and accidents can happen when you run across the road.

#### **Practise the kerb drill when crossing the road**

##### **Look to your right. Look to your left. Look to your right again.**

When crossing the road, stop, look and check for any vehicles coming in your path. Be patient and practise your kerb drill. Check to see that there are no vehicles or that vehicles have come to a stop, before raising your hand and crossing the road safely.

#### **Use footpaths and walkways**

Always walk on footpaths and walkways. For your safety and the safety of other road users, never walk on the roads.

#### **Be Seen, Be Safe**

Carry reflective materials or wear light-coloured clothing when using the roads at night to make you more visible to other motorists.

#### **Don't cross at road bends and in between stationary vehicles**

Never cross at road bends or between stationary vehicles. It is dangerous as you cannot see the oncoming vehicles and they cannot see you. Always cross from an area where you have a full view of the traffic. Never stand in the middle of the road and wait for the traffic to clear as there may be chances where you could get hit.

#### **Don't play near roads**

Never play near roads or car parks as accidents can happen when your equipment or when you accidentally land on the road. Motorists may not be able to react in time to stop when an object or person suddenly appears in front of them. Always play in safe, open areas, away from moving traffic and car parks.

#### **Avoid using a mobile phone or portable media player**

Be alert to look out for vehicles and changing traffic lights when crossing roads. Avoid distractions such as using a mobile phone or portable media player so you can hear vehicles and concentrate as you cross the road.

## Personal Safety

### Home Safety

Many children stay home alone while their parents are at work or out running errands. Here are some things the children can do to stay safe when home alone:

Don't let anyone know that they are home alone.

If a stranger knocks on the door, inform the children not to answer it.

If the children are home alone and someone calls to speak to the parent, the child should say, "He/she can't come to the phone right now. Can I take a message?"

Always remind the children to keep the main gate locked and know how to quickly unlock them to get out if an emergency occurs.

Ensure that the children learn all important phone numbers and keep them handy by the phone. These include the emergency hotline, the parent's workplace contact numbers and a trusted neighbour's contact number.

Inform the children to let the parents know if they need to leave home to go somewhere and call the parents when they get back. That will help the parents know how to contact the children if they need to.

Inform the children to practise what should be done in emergencies. There are some things they should remember to do if there is an emergency. Discuss with the children what they should do when they need help in some scenarios of an emergency. With the children, decide on a safe place they can go to if they need help right away. They are to go to the safe place when the emergency happens.

### Neighbourhood safety

Unfortunately no neighborhood is completely immune to crime. However, there are steps you can take to help keep your family and your neighborhood safe.

Know where your family members are.

Have contact numbers on hand so you can call if you need to.

#### Learn important contact numbers.

The children need to practise reciting the home phone number and address, and the parents' work and mobile phone numbers. If they have trouble memorizing these, ask them to write them down on a card and carry it with them at all times.

#### Get to know the children's friends.

Always have your children's friend's contact number before they go over to their home so you call your children if need to. Always ensure the parents or family of your children is around when they want to go to their friend's home.

#### Work together with your neighbours.

Watch out for suspicious and unusual behaviour in your neighbourhood. Get to know your neighbours so you can look out for one another.

## Internet Safety

Your computer has a lot of information, some of which may be personal.

### Protect your computer.

The best way to stop cybercriminals from getting your information is by protecting your computer. You can password protect your computer, use an antivirus or firewall programs that have a login screen for a password.

### Limit what you share online.

Never send someone your picture or give out personal information such as your name, contact number and address. If a stranger asks you for your personal information, tell an adult immediately.

### Avoid interacting with strangers.

To stay safe, only talk to familiar people. If a stranger says something that makes you uncomfortable, tell a trusted adult.

Feature from schoolbag.sg

## Avoid Online Gaming Addiction

*Retired principal, Mrs Jenny Yeo, shares tips on how parents can help their child avoid getting addicted to online gaming.*

Gary<sup>†</sup> screamed and yelled at the adults who refused to open the door to the computer room. When this did not work, he grabbed a chopper and threatened to use it on them! Gary's parents had to call the police in to restrain him. They also sought professional help for his online gaming addiction. It was a long and difficult time for the family.

Online gaming can be a fun recreational activity to relieve stress. However, when a child becomes addicted to online gaming, he or she tends to become restless or withdraw from family and friends when they are not getting their online 'fix'. Other symptoms like tardy behaviour in school, isolating themselves or even neglecting their health may be observed.

As parents, we need to proactively protect our children from being addicted to online gaming. Here are some tips on preventing this from happening:

Use **parental control tools** to protect your child. For example, a parental lock to limit the online applications your child can access.

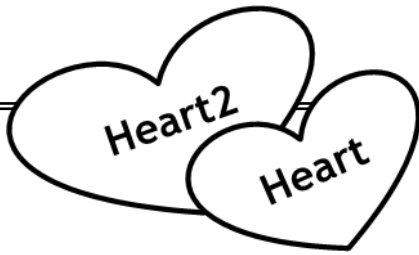
Set a limit on the duration and time that your child can spend on online gaming

Place the computer in a common area in the house, so that you can keep an eye on your child's online gaming.

Understand about **internet addiction** - what leads to it and how it works - so that you can have an informed conversation with your child.

Encourage your child to develop other interests other than online gaming, for example, by picking up a sport or learning a craft. The best way to protect your child from being addicted to online gaming is to build a healthy relationship with him or her and inculcate values and practices that they can apply both online and offline.

<sup>†</sup>Name has been changed to protect the identity of the student.

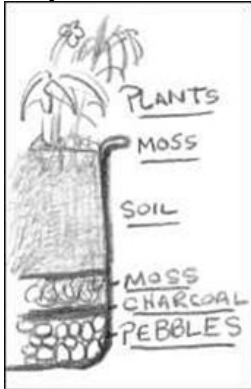


## Let's Build a Terrarium!

Frontier's curriculum teaches children about nature and the need for conservation in an effort to create awareness for environmental conservation. Everyone has a part to play in environmental conservation and children are integral individuals in this effort.

A **terrarium** is a type of miniature [ecosystem](#) of plants. With your child, create a terrarium using the steps below and discuss the symbolism of the terrarium. A simple yet attractive model of the actual Earth environment, it is a powerful tool for your child to learn from.

### Steps to create a terrarium:



The drawing on the left shows the arrangement layers in the container.

- 1) Put a layer of pebbles in the bottom of the container. Make it about one inch thick. This will allow for good drainage.
- 2) Put a layer of activated charcoal right on top of the pebbles approximately one half inch thick. This will filter the water.
- 3) Put a layer of Sphagnum moss on top of the charcoal. Sphagnum moss is a dried and wiry material and what this does is act like a barrier so the soil does not slip down into the rocks at the bottom.
- 4) Put a layer of soil on the top of all of this. The layer should be at least two or three inches thick but you can vary this according to the size of your container.
- 5) Poke small holes into the soil and transplant your plants into the container.
- 6) Place some miniature colored stones or figurines in the container for an interesting look.
- 7) Water it a moderate amount and cover it. Now just monitor it over the next few days. If it needs more water then add. If it is too wet then keep the cover off so it can evaporate.





## Learning Lesson for kids: Terrariums as an ecosystem

A terrarium is a miniature ecosystem which is a complex system of relationships between organisms and resources of different types. The predominant organisms in your terrarium ecosystem are plants and the micro-organisms in the soil. The major resources are water, sunlight, and soil. These all work together to form a miniature little system that can sustain itself for long periods of time. If you have a good balance of plants, soil, nutrients, and water in your terrarium you will be able to seal it up and watch it grow and thrive for very long periods of time - sometimes even years.

The ecosystem inside your container is very similar to that in the real world. There is water accumulated in the soil and in the pebbles, and sunlight will cause this water to evaporate and form droplets along the sides and top of the container. These drops will grow larger and then fall back into the soil. This is a circular process that will continue as long as there is water and sunlight and this rhythm will bring a constant supply of moisture and nutrients to your plants. And if you have put activated charcoal in your terrarium it acts as a filter. As the water passes through the charcoal all the impurities are trapped so the water is more pure for the next cycle. In the real world the same thing happens when it rains. Water is evaporated up to the clouds then released back down in the form of rain. It is a continuous cycle just like inside your container.

### Caring for your terrarium

A terrarium needs to be watched carefully for the first week. This is to ensure it is getting the right amount of light and water. If you purchased your plants you should look at the tags that came with them and follow the watering and lighting instructions. If you found your plants outdoors you should try to simulate the environment they were found in. Were they in an open field with lots of sunlight? If so then give them lots of sunlight. Were they in a forested area with only moderate light? Then keep them in a window that only gets moderate amounts of light. Finally, if you found the plants yourself, were they in rich and moist soil or dry soil? Simulate this when watering.

### Watering

For the first week you should watch your plants very carefully. Are water droplets forming on the glass? If so, this is great! But if the soil seems soggy then you might have over watered so you should take the cover off for a couple of days and let it dry out a bit. If the soil is dry and very few droplets are forming you should add a little bit of water. If sunlight only comes into the terrarium from one particular side you should rotate the terrarium every couple of days to ensure the plants don't all grow at an angle pointing toward the window. Rotating will force the plants to grow straight up.

Source : <http://www.stormthecastle.com/terrarium/terrariums-for-kids.htm>

