

iN Touch @Frontier

www.frontierpri.moe.edu.sg

July 2015



ANNOUNCEMENTS

School news in your smart phones

– through SNAC!

The school has adopted the **SNAC** system to enhance communication with parents. With SNAC, you can receive information on school matters **immediately** and **directly on your smartphone!**

Most parents have installed and registered the **free SNAC app** on their iPhone or Android phones during the Parent-Teacher Conference (PTC) in May.

If you have not yet done so, do view *the SNAC System Guide attached* and also on our school website under “Latest Announcements”. The process will take less than 5 minutes. You may also get in touch with your child’s Form Teacher for help.

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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>



ANNOUNCEMENTS

SG50 Trekathon

As part of the SG50 celebrations, Frontier's Trekathon this year aimed at benefitting the wider community outside school. **HCA Hospice Care** was identified as the beneficiary of this year's fund raising.

Our staff spent half a day trekking with the wheelchair-bound patients of the HCA Hospice Care at the Singapore Botanical Gardens and the Singapore Orchid Garden on Friday, 5 June 2015. The patients, who are mostly elderly, were brought around the garden by staff members. They interacted with one another while enjoying the scenery and tranquillity of the place.

Frontier Primary is happy to announce that as of 27 May 2015, the school has collected an amount of **\$41250.00** for HCA Hospice Care. We would like to thank all pupils, parents and staff for their kind effort in raising the amount in the donation drive.

Eve of Hari Raya Puasa

(i) Early Dismissal for Muslim Pupils

Muslim pupils may be excused from school earlier on the eve of Hari Raya Puasa, **Thursday, 16 July 2015**. A separate letter has been given to parents of Muslim pupils with the details. Here's wishing all Muslim pupils and their families 'Selamat Hari Raya Aidilfitri!'

(ii) Special Arrangement for P3 SCCA

P3 SCCA will be conducted during school curriculum hours between 11.00 a.m. to 1.15 p.m. on **Thursday, 16 July 2015**. As such, **all Primary 3 pupils will be dismissed together with the other levels at 1.15 p.m.** The school bus company has been informed regarding this arrangement. Please make the other necessary transport/ pick-up arrangements for your child/ ward.

Please refer to the P3 SCCA schedule this semester. Unless otherwise indicated, all sessions are on Thursdays and end by 4pm:

TERM 3	TERM 4
02-July	17-Sept
09-July	15-Oct
16-July (*Early dismissal @1.15pm)	05-Nov
30-July	
13-Aug	
27-Aug	



ANNOUNCEMENTS

Singapore Red Cross Flag Day

Our pupils from the Red Cross CCA are participating in the Singapore Red Cross Flag Day 2015. This year's theme of "**You Can Make A Difference**" aims to instil in the mind-set of the younger generation that every effort contributes to a bigger good.

We hope that you can support our efforts to cultivate a spirit of social consciousness in our pupils and give expression to the values that we want them to embrace. Please allow your child to use some of their savings/ pocket money for this flag collection. Our pupils from Red Cross CCA will doing the collection from **20 July to 24 July 2015**.

To find out more about the Singapore Red Cross Flag Day, you may visit Red Cross website at <http://www.redcross.org.sg/news/support-the-singapore-red-cross-flag-day-2015>



UPCOMING EVENTS

Racial Harmony Day cum Hari Raya Celebration

This year, the theme for Racial Harmony Day is ***Harmony in our Hands***. We have been enjoying harmony in Singapore through the years. Now, it is the turn of the younger generation to play a bigger role to ensure the continuous harmony of our beloved Singapore. Genuine and sincere harmony stems from the common values and aspirations we share, and the ties which bind us together.

In Frontier, we will be commemorating Racial Harmony Day on **Wednesday, 22 July 2015**. To mark of the end of the fasting month, we will also be having our Hari Raya Celebrations on the same day too. We will be having an assembly programme which will also include items showcasing a mass dance, a touch of Malay culture and a special appearance from visiting overseas students. **All pupils are encouraged to be dressed in their ethnic best** when they come to school. In addition, there will also be **traditional snacks to be sampled** by the pupils during their recesses.

As part of the celebrations, we will be showcasing several ethnic musical instruments during recess. These musical instruments will be played by some of our friends and teachers.



UPCOMING EVENTS

e-Learning Day

The school will be having our e-Learning Day on **Thursday, 23 July 2015**. The purpose is to develop in all Frontierers the qualities of self-directed learning and resilience, while increasing their proficiency in ICT-facilitated learning via the online tools on the school's Learning Management System (LMS). This also prepares our pupils for home-based learning in the event that they are unable to attend school, minimizing the impact of potential disruptions to teaching and learning.

Pupils **do not report to school** that day. Arrangements will be made with the school's official bus vendors.

Pupils **are expected to complete all online tasks assigned to them** by the teachers on the school LMS portal from home at <http://www.mconline.sg>. The tasks can be completed anytime from 8.00am to 11.59pm that day. More details will be provided nearer the date.

National Day Celebration

– 'Majulah Singapura, Our Golden Jubilee'

- Date** : 6 August 2015 (Thursday)
Timing : 0730 hrs to 1000 hrs (early dismissal; no recess)
Attire : All pupils are encouraged to be dressed in red T-shirts and white/school shorts

As part of celebrating Singapore's 50th birthday in Frontier, pupils will undergo a Lego-building activity, '*Building My SG*'. Using a personal set of Lego blocks sponsored for every child, pupils will discuss and learn about three of Singapore's iconic landmarks and their significance in Singapore's past, present and future. Subsequent to the session, pupils will take their personal sets back home.

*Note: 7 August and 10 August are public holidays; hence pupils are to return to school on **Tuesday, 11 August 2015**.*





UPCOMING EVENTS

Mass Book Borrowing Drive @ Frontier



The school will be organising a mass book borrowing session with the National Library Board for all pupils on **Tuesday, 21 July 2015**. Your child will need to bring his/her library card or student pass card to borrow the books. Please kindly ensure that all NLB fines incurred, if any, have been paid before the abovementioned date. The books borrowed are to be returned to the nearest NLB libraries before due date. We thank you for your kind understanding and support in encouraging your child to be an active reader.

Youth Celebrate!

In celebration of SG50, *Youth Celebrate!* is set to be a showcase of the vitality of our youth and their achievements in sports, arts and uniformed groups. *Youth Celebrate!* also marks the official opening of the Singapore Sports Hub.

Frontier Primary School will be bringing a group of selected Primary 4 pupils to attend this momentous event which will happen on **Sunday, 26 July 2015**. They will have the opportunity to experience an event that will bring together more than 3,700 performers and athletes from MOE schools, as well as Special Education schools and Institutes of Higher Learning. This will also be the first time that our National Stadium is hosting a joint sports and arts event for over 53,000 students, educators and parents.

Please note that **Monday, 27 July 2015** is a school holiday due to Youth Day. Pupils are to return to school on Tuesday, 28 July 2015.



Looking Back

What did we have in school before the June Holidays?

Well, the pupils had an interesting week during the **Aesthetics Splash**. They ran and gave their best during the **Sports Day**. As for the teachers and staff of FPS, we had our **SG50 Trekathon** with the elderly from the HCA Hospice Care .

In addition, some pupils from the Primary 3 and 4 had an enriching experience as they visited two schools and other educational places in Hong Kong as part of **Frontier's 1st Internationalisation Programme**.

These blog entries will be coming to you very soon at:

<http://blog.frontierpri.net>

Do view to see what Frontierers experienced during these events!



ICT MATTERS

W3 Cyber Challenge 2015

On 3rd June 2015, 18 selected P4 pupils took part in the *W3 Cyber Challenge 2015* at West Grove Primary School. This was a one-day programme organized for about 140 pupils from 7 primary schools. This programme was W3 Cluster's initiative to promote cyber wellness advocacy and engage student voice. Some of the topics covered include online privacy, balanced lifestyle on the Internet, cyber bullying, and online intellectual property. These topics were carried out in a fun, meaningful and impactful way.

From the programme, pupils learned to work collaboratively in teams with peers from other schools to gain more understanding and awareness of cyber wellness related issues and its impact. In addition, pupils also learned how to create resources such as videos, cartoons, skits and games to aid them in the promotion and implementation of cyber wellness messages as well as activities in their respective schools.



When family problems affect children in school

Retired Principal, Mrs Jenny Yeo, shares how problems at home can affect a child's learning in school.

Recently, one of my friends said, "More and more of my pupils are acting up and not doing well in school because of family problems. Are parents aware of this? Do they know that their relationship as a couple affects their child?"

A stable home environment, anchored by a loving couple, is vital for children to thrive in school and in life. When the home environment is unstable and parents fight in the presence of their children, children often think it is their fault and are traumatised. They worry that their parents will not stay together and suffer emotionally. This affects their psychological health adversely, takes a toll on their development and shows up as bad behaviour and poor results in school.

I was teaching English in a Primary Three class when a student, Randy, stuck out his leg as his classmate walked to the front of the classroom. She tripped, fell and cried. Randy laughed. I comforted her and called for Randy. This was just one of many occasions when he had misbehaved and I was concerned. Moreover, he was failing in all his subjects. I sensed something amiss.

"Randy, why did you do that?" I asked.

"Because it's fun," he said with a smirk.

"If you want attention, you can come and talk to me. You don't need to behave badly to get it."

He looked away and grinned, seemingly unaffected by my words.

"Randy, from now on, you are invisible to me. I will treat you this way until you apologise and change your behaviour."

For the next two days, Randy continued with his usual mischief and I stayed true to my word, ignoring him. On the third day after school, he came to me with his head held low and tears flowing down his cheeks. Between sobs, he said softly, "I'm sorry, Mrs Yeo." I seized this teachable moment and sat down with him. After some probing, he revealed that his parents were constantly fighting and he was terrified that they would split up.

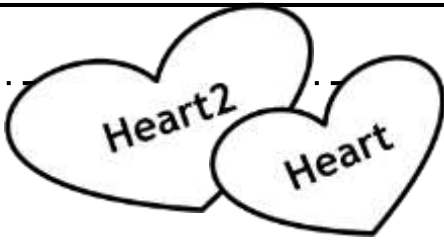
When children are in an emotional turmoil, they are unable to concentrate and learn. Instead, they will either 'act up' and become aggressive or withdraw.

I will always remember the angry, tormented cry of a troubled student I used to counsel. "I didn't ask to be born into this world!" he shouted with anguish. He had hit the nail on the head. When we bring children into this world, it is clearly our responsibility to create a safe and loving environment – one that will nurture the child and help him to develop into a confident and responsible adult. One of the key factors of this safe environment is a positive relationship between parents.

Just as we need to build strong bonds with our children, we also need to make an effort to nurture our relationship with our spouse, such as by scheduling regular dates, spending quality time together.

We cannot expect relationships to be always smooth sailing. Nevertheless, parents should be especially careful with how they treat their spouse in front of children. If you quarrel, make sure you are out of earshot and above all, keep children out of it. Remember that the child suffers most when they witness their beloved parents quarrel or fight. If issues cannot be resolved and the clashes recur too frequently, you can seek help; there are Family Service Centres and professional help available from religious and private organisations.

Ultimately, our children need to feel safe and loved to be ready for school. Only then can they begin to focus on learning and doing their best in school.



Healthy, Wealthy and Wise

Say "No" to Myopia



Singapore has one of the highest incidences of myopia in the world. It is important to be aware that severe myopia may lead to complications, which can result in blindness. Fear not! In this month's Healthy, Wealthy and Wise, we are sharing some tips to prevent myopia.

- **Increase outdoor activities** : Outdoor activities increase your child's exposure to visual opportunities for far distance vision and provide a quick relief to strained eyes.
- **Use proper lighting** : Eye strain often is caused by excessively bright light either from outdoor sunlight coming in through a window or from harsh interior lighting. When you use a computer, your ambient lighting should be about half as bright as that typically found in most offices.
- **Take a 20-20-20 break** : According to a recent NIOSH study, discomfort and eye strain were significantly reduced when computer workers took four additional five-minute "mini-breaks" throughout their work day. Encourage your child to take a break every 20 minutes when doing his/her homework or reading, take a 20-second break and look at something 20 feet away to relax their eyes.
- **Limit your child's usage of computer to 30 minutes per day** : By limiting your child's usage of computer to 30 minutes per day, you can significantly reduce the amount of blue light exposure and digital eye strain. You can also free up time to spend quality time with your child.



It is important for us to be proactive in protecting your child's eyesight. We hope these tips help you in keeping your child safe from myopia!