

# iN-Touch @Frontier



20 Jurong West Street 61, Singapore 648200 • Tel: 6578 9555 • Fax: 6790 8596

frontier\_ps@moe.edu.sg • <http://www.frontierpri.moe.edu.sg> • <http://facebook.com/frontierprimary>

July 2017



## ANNOUNCEMENTS

### School Visits by Parents

The school would like to remind parents who need to see your child/ward or any teacher during school hours to report to the General Office. You will need to obtain a visitor's pass at the Security Post before entering the school premises. **Please do not go directly to the classrooms or other parts of the school** as you will cause lessons to be disrupted.

We would like to inculcate in our pupils the value of responsibility for their own actions and belongings. As such, **parents are not to come to the school to deliver items that your child/ward has forgotten to bring**. Instead, do work with your child/ward to develop the routine of packing his/her bag with the necessary items on a daily basis, such as books, pocket money and packed food (if relevant).

The school will make exceptions only for critical cases such as if the items are medicine. In such cases, parents may leave the items with the General Office and our staff will then bring them to the pupils. These pupils will be warned should this happen more than once as we want all Frontiers to learn to be responsible for themselves.

We thank you for your understanding in the matter.

### At A Glance

- ◆ **Announcements**
  - \* **School Visits by Parents**
  - \* **Application for Pupil Leave in Exceptional Circumstances during Term Time**
  
- ◆ **Upcoming Events**
  - \* **SGEM Week**
  - \* **National Day Celebration cum Lower Primary Games Day**
  
- ◆ **ICT Matters**
- ◆ **Looking Back**
- ◆ **Schoolbag**
- ◆ **Heart to Heart**

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

### Application for Pupil Leave in Exceptional Circumstances during Term Time

Parents are reminded that taking pupils out of school during term time interrupts teaching and learning and can disrupt educational progress. Hence, except for absences due to medical reasons (medical leave or medical appointment), parents are required to submit a **Leave Application** form, together with all supporting documentation, at least 7 working days in advance.

Each application will be considered individually by the school for approval or acknowledgement from the school leader. The leave application form is now available online at the school website

<http://frontierpri.moe.edu.sg/our-stakeholders/letters-and-forms/> or in hardcopy from the school's General Office.



## UPCOMING EVENTS

### Speak Good English Movement (SGEM) Week

Frontier's annual SGEM week will be held from Monday, 31 July 2017 to Friday, 4 August 2017. SGEM Week aims to encourage Frontierers to speak and write in grammatically correct English that is universally understood, through engaging activities throughout the week.

Pupils can look forward to daily English sharings on some common mistakes found in conversations and signs, exciting board games during their respective recess, and immerse themselves in story-telling sessions in the library.

Here are some 'Get it Right' Sticky Notes for you to share with your child/ward. Let's work together hand in hand to be easily understood.





## UPCOMING EVENTS

### **National Day Celebration 2017 – #OneNationTogether**

The theme for this year's National Day Parade (NDP) is “#OneNationTogether”, a rallying call to unite all Singaporeans to stand together and overcome all odds together. ‘**One Nation**’ reminds Singaporeans that regardless of origin and background, we belong as *one people* and *one nation*. It encourages Singaporeans to harness our diversity and to leave no one behind as we strive towards an even brighter future. ‘**Together**’ emphasises the importance of *unity* in times of uncertainty and challenges ahead, and represents a *call-to-action* for all Singaporeans to overcome the odds together.



Frontier will be celebrating the nation's 52<sup>nd</sup> birthday in a grand way **on Tuesday, 8 August 2017**. **School dismissal will be at 10.30 a.m. that day**. Due to the early dismissal, there will be no recess.

All pupils are encouraged to be dressed in red T-shirts, white/school shorts and black school shoes. Pupils are to bring along a small bag to hold their water bottles, stationery and personal belongings. Please note that Wednesday, 9 August is a public holiday and Thursday, 10 August is a school holiday. Hence, pupils will need to report to school only on **Friday, 11 August 2017**.

### **Lower Primary Games Day (P1, P2 and P3 only)**

Our Frontier Lower Primary Games Day will be held in conjunction with the school's National Day Celebration on **Tuesday, 8 August 2017**. All P1 to P3 pupils will participate in relay races. They will be competing against one another in a fun and competitive setting. The relay events are designed to allow pupils to demonstrate both fundamental and manipulative skills learnt during PE lessons.

All Primary 1, 2 and 3 pupils will be required to be dressed in their PE attire or red T-shirts, white/school shorts and black shoes on that day. Pupils are also reminded to bring along their water bottles for the day. **School dismissal will be early at 10.30 a.m. on that day**





## ICT MATTERS

### Balanced Use of ICT

Frontierers have learnt about the need for balanced use of ICT during assembly talks and during lessons conducted by their form teachers. They have learnt how to identify the signs of excessive internet use and were taught tips for managing their behaviours. The diagram below is a summary of what they have learnt. Do look out for some of these symptoms displayed by your child /ward which may be an indicator of excessive online use.

#### **Losing sleep?**

Have a tech-free time of 15 to 30 minutes before you sleep. Turn off all gadgets or keep them out of your room for better sleep.

#### **Feeling bored or stressed?**

Don't resort to online activities. Find healthy ways to cope with stress. Pick up a new hobby and pursue your interests. Go out with friends or family.

#### **Feeling tired and achy?**

Give yourself a break. Practise good posture and habits. Exercise and get active. If pain persists, see a doctor.

#### **Losing focus?**

Keep out distractions. Create an Internet-free zone. Disable unnecessary notifications. Prioritise your tasks and complete them.

#### **Losing track of time?**

Set a time limit or a schedule. Use a timer or an app to keep track and stick to it.

#### **Feeling less love from family and friends?**

Explore offline activities with friends and family. Make online activities a social occasion which fosters real-life interactions.

Adapted from MOE *Cyber Wellness Connect* resources



## LOOKING BACK

### Hong Kong Internationalisation Trip



This year, a new group of 30 Frontierers made a memorable trip to Hong Kong. This was the second internationalisation trip that the school has organised.

This aimed to provide an opportunity to our pupils to experience a different educational system and immerse them in a different culture and environment.

During the trip, pupils learnt about various environmental issues, especially those that were related to Hong Kong.

Do visit our blog at <http://blog.frontierpri.net> to read more about our pupils' experiences of their Internationalisation Trip.



## SchoolBag.sg

### Let's Talk About ... Cliques

18 MAY 2016

**Friendships play a big part in shaping your child's identity, especially during the teen years. Here's how parents can encourage their children to be open and inclusive.**

You'll find them in every school. Your child could be in one. He may have changed his hairstyle or wardrobe to fit in. He may even have picked up lingo you can't stand.

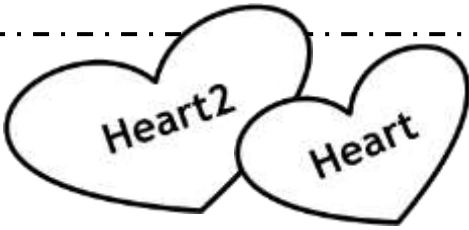


We're talking about cliques – those closely knitted groups of friends found in every school. The group's identity is shaped by shared activities, values and behaviours. Members of the group might dress the same way, talk the same way and imitate each other's quirks. And they spend an inordinate amount of time together – refusing to accept anyone else into the group.

Being in a clique is not always a bad thing – it's all part of adolescence. Friendships provide social support for acceptance and belonging. Cliques with positive influence can help children feel good and confident about themselves. But some cliques become a danger to others when they engage in socially unacceptable behaviour such as bullying.

A Senior Specialist from MOE's Guidance Branch offers parents tips on how to encourage your child to be open and inclusive. Read more at <https://www.schoolbag.sg/story/let-s-talk-about-cliques>





## Practical Tips to Help Your Child Learn Better and to Value Education

By: Edward M. Hallowell, MD

I offer these tips in the spirit of creating a home and family environment that supports, encourages, and nourishes the pursuit of learning and the value of education. My experience has shown me that the philosophy and attitude that your child experiences at home is often the most powerful determinant of educational success. Kids can learn to love learning at home. Here then are my tips to ponder and perhaps to put into place. The tips are not listed in order of importance.

1. **Unlink fear and learning.** The most common learning disability is also the most preventable: fear. While fear may promote learning in the short term, in the long term it turns children off to the whole process of education. Instead of instilling fear, use other tools, such as humour, praise, and structure. Create an atmosphere of learning at home.
2. **Applaud questions.** Emphasize that the only stupid question is the one you don't ask.
3. **Praise your child's efforts to learn, and give lots of reassurance.** You should shower the learner with praise and reassurance. Some parents feel that they should praise a child only when he has done something marvellous to "deserve" it. While understandable, this point of view is counterproductive. A child needs praise all the time as praise and reassurance lubricate and smooth the learning process. Never withhold praise and reassurance. Your child will know when he or she has done something marvellous.
4. **Value learning.** Talk about the importance of learning. Tell your child why learning matters. Ask your child over meals, "What did you learn today?"
5. **Read aloud to your child.** Reading aloud helps develop the imagination, because it allows the listener to form his own picture in his mind. It also helps develop a sense of the music and timing of language.
6. **Make sure your child knows that it is safe to fail.** No one learns without failing first. The only way you can develop a new skill is by passing through a period of doing poorly, then gradually improving. If your child is afraid to fail because she fears ridicule or disapproval, she will learn much less than the child who is bold and brave enough to learn new skills.
7. **If your child is "fighting with his brain," pounding his head, and saying, "I'm dumb!" as he does his homework, give him reassurance and then stay with him for awhile.** Help him bear the tension of learning. Tell him that the pain and frustration he feels are okay, a normal part of the learning process. Ask him whether he needs some help, or whether there is another approach to the problem that he might try.
8. **Have music in your house.** Anecdotal studies have suggested that workers do better when Mozart is playing, and children learn more. Many children study better when listening to music of the right kind.

This is adapted from Mind , the newsletter of information and opinion about psychology and the brain from the Hallowell Center. Edward Hallowell, M.D., author of Driven to Distraction and When You Worry About The Child You Love, is Editor in Chief.

For more information on how you can help your child learn through everyday activities, explore <http://www.parenting.com/gallery/everyday-ways-sneak-learning?page=1>.