

March 2018



ANNOUNCEMENTS

ENHANCEMENT TO MINISTRY OF EDUCATION FINANCIAL ASSISTANCE SCHEME

1. We are pleased to inform you that the Ministry of Education has enhanced the MOE Financial Assistance Scheme (FAS).
2. Starting from 1 April 2018, Singapore Citizen students from households with gross monthly household income (GHI) of \$2,750 and below, or per capita income (PCI) of \$690 and below, will be eligible for the MOE FAS.
3. MOE FAS recipients are not required to pay school fees and standard miscellaneous fees. They are also eligible for free textbooks, school attire and transport subsidy. All students can opt to pay their 2nd Tier miscellaneous fees from their Edusave account.
4. If you are eligible and wish to apply for the MOE FAS, you can obtain a copy of the application form from the General Office and return the completed form with the supporting documents to the school for processing. If you have any enquiries, please contact the school General Office at 6578 9555.

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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

Easy Snacks for Break Time!








Looking for ideas for healthy, simple and easy-to-prepare snacks?


The infographic below from the Health Promotion Board (HPB) contains useful examples of what your child could consume in the classroom during snack breaks.



SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

<p>WHOLEMEAL SANDWICHES</p> <ul style="list-style-type: none"> • *Peanut Butter & Jam • Cucumber and Tomato • *Grilled Cheese <small>(wrapped in aluminium foil to retain freshness)</small> 	<p>PIZZA</p> <ul style="list-style-type: none"> • Wholemeal bread pizza with vegetable toppings <small>(wrapped in aluminium foil to retain freshness)</small> 	<p>VEGETABLES</p> <ul style="list-style-type: none"> • Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice) • Boiled broccoli with cute toppers 	<p>FRUIT & NUTS</p> <ul style="list-style-type: none"> • Fresh fruit kebab • Almonds added to plain cereal for a higher fibre snack or plain nuts 
<p>WHOLEMEAL WRAPS</p> <ul style="list-style-type: none"> • Homemade popiah filled with vegetables (toasted) • Vietnamese rolls • Slice into triangles and toasted to make "chips" <small>(store in air-tight bag/ container to maintain crisp)</small> 	<p>WHOLEMEAL PANCAKES, MUFFIN & CAKES</p> <ul style="list-style-type: none"> • Banana Pancakes • Homemade with reduced sugar 	<p>POPCORN/ CRACKERS</p> <ul style="list-style-type: none"> • Homemade without additional toppings like salt, butter • Wholegrain or HCS variety 	

*where possible, choose the Healthier Choice Symbol (HCS)  or lower fat/lower sugar options



UPCOMING EVENTS

International Friendship Day

The school will be commemorating International Friendship Day on **Monday, 2 April 2018**. The theme this year is '**Celebrating the ASEAN Community**'. International Friendship Day is a day dedicated to promoting understanding Singapore's relations with neighbouring countries and beyond. It aims to sensitise our children to the geo-political realities inherent in Singapore, as well as nurture the spirit of friendship and collaboration.

Through the planned activities, we aim to create opportunities for pupils to gain an awareness of the festivals celebrated in Singapore and ASEAN countries. Pupils will be able to appreciate cultural diversity and embrace others from diverse backgrounds.

This year, we are also delighted to be **hosting 32 pupils and 3 teachers from an Indonesian school, Santa Lausensia School from 2 April to 5 April 2018**. During the assembly programme, our guests will share on the *Betawi* culture as well as put up a dance performance. Selected P5 Frontierers will also be paired with their Indonesian counterparts over the 4 days. We believe that Frontierers will gain much from this rich sharing.

On Monday, 2 April 2018, our school canteen will sell special food usually sold in Cambodia, Vietnam and Thailand during recesses. There will also be a snack sampling corner where pupils will have opportunities to taste snacks from the ASEAN countries. In addition, a number of activities have been planned for pupils to participate in. They will have opportunities to interact with artefacts from Japan, Laos and Thailand.

Through these learning experiences, we hope that pupils will be guided to keep an open mind-set, and express an appreciation for the contributions of new immigrants living, working and studying in Singapore.



UPCOMING EVENTS

P4 & P6 NAPFA (National Physical Fitness Award)

NAPFA is a standardised assessment for overall fitness of pupils in Singapore. Since 2014, only P4 and P6 pupils will take the NAPFA test. The NAPFA involves a series of five stations (Sit-Ups, Inclined Pull-Ups, Sit and Reach, Standing Broad Jump and Shuttle Run) and a 1.6 km run.



The 1.6 km run will be conducted during curriculum hours while the five stations will be conducted after curriculum hours on the dates shown below:

Primary 4	Primary 6
Monday, 30 April 2018	Monday, 2 April 2018

More details will be disseminated via SNAC to the respective levels involved.



LOOKING BACK

The last day of Term 1 ended with a blast with Sports Day for Primary Four to Primary Six pupils. It was an exciting day for our pupils as they worked together as a class and put in their best effort. Pupils learnt the importance of teamwork and sportsmanship while having tremendous fun!

Do visit our blog at <http://blog.frontierpri.net> to read about the highlights of the event. The blog post will be up from the beginning of April onwards.



ACCOLADES



Cub Scouts Frank Cooper Sands Award

Created in 1995 in honour of the father of Scouting in Singapore, the **Frank Cooper Sands Award** is awarded annually to scout units for unit excellence. We are proud to announce that our Frontier Cub Scout has done the school proud by clinching the most prestigious **Frank Cooper Sands Gold Award** for the second time.

The assessment for the award centres on the involvement, training and development, finances and initiatives of the unit. This achievement would not have been possible without the active participation and dedication of all Frontier Cub Scouts, the CCA teachers and support from teachers and parents. Our heartiest congratulations to all on the award!

The Moo-O Awards

On 9 March 2018, three Frontierers represented our school in the Annual Moo-O Awards at CHIJ Our Lady of Good Counsel. Elysha Bte Zaini (P3 Resilience), Chervel Chang (P3 Resilience) and Deepaprabha Dasghosh (P3 Care) were selected after an audition session held in February.

Under the guidance of Ms Shirin and Mrs Sabrina Zhang, the three girls worked on their speech, intonation and use of the right facial expressions for the various characters in the Moo-O software.

We are pleased to announce that Frontier Primary is one of five schools to have clinched the **Gold** in the Moo-O Awards!

Great job girls! You have made the school so proud of you!





ICT Matters

Better Internet Campaign

It is important that we are aware of what is being introduced and presented to our children online. The Better Internet Campaign led by the Media Literacy Council, aims to promote safer and more responsible use of the internet. It focuses on cyber-bullying, cyber security and educates on distinguishing false information in online news.

At <http://betterinternet.sg/> parents can view a digital literacy guide, which contains ways to manage their children's screen time, protect their online privacy and evaluate the credibility of online information. One advice given in the guide includes the Grandma Rule: "If you can't show it to grandma, don't send it." There are also many programmes lined-up throughout the duration of this campaign which will run until December 2018.

Let's play our part in making the digital world safer for our children. To learn how you can participate in the Better Internet Campaign, do visit the website.

Cyberwellness@Frontier

Pupils underwent some cyber wellness lessons in Term 1 Week 10, along with some hands-on learning experiences facilitated by their fellow peers.

During Form Teacher Guidance Period (FTGP), Primary 1-3 pupils learnt guidelines for how they can express themselves appropriately online. Primary 4-5 pupils learnt to identify and respond to inappropriate content online. Pupils also participated in the Cyber Wellness (CW) Day during recess on 6 March 2018.



Do have your child look out for more Cyber Wellness activities and lessons throughout the year and encourage them to participate actively.



Fake or real?

31 JUL 2017

How can we help our children stay vigilant against fake news? By teaching them to spot it...

“Supermarket jasmine rice made of plastic!” Aiyoh! “Your mobile phone has been used for illegal activities! Give us your personal details to check...”

You must have seen these circulating online or in various Whatsapp groups. Did you believe them? Did you pooh-pooh them? Or did you do the smart thing and think it through?

Through sensationalised headlines and clever manipulation of images, lies can easily be disguised as truths. And they spread virally, because people assume they are true and want to share the juicy gossip fast.

As parents, how can you help your child discern what’s real and what’s not? MOE’s Guidance Branch shares a few tips.

Encourage your child to:

- Question the source(s) of information
- Go beyond the surface
- Speak out

Read the full article at

<https://www.schoolbag.sg/story/fake-or-real>





by Amy Morin, LCSW

5 Ways to Teach Your Child Anger Management Skills

Frustration and anger can quickly turn into defiance, disrespect, aggression, and temper tantrums if your child does not know how to deal with his emotions. When left unchecked, aggression in childhood, such as fighting and teasing, has been linked to academic problems, peer rejections, and poor mental health in adulthood.

If your child has trouble taming his temper, there are five strategies that can teach her anger management skills.

1. Differentiate Between Feelings and Behaviour

Anger is a normal, healthy emotion. But many kids struggle to understand the difference between angry feelings and aggressive behaviour. Teach your child to label his feelings, so he can verbalize feelings of anger, frustration, and disappointment.

Say, "It's OK to feel angry but it's not OK to hit." Help him see that he's in control of his actions when he feels angry.

Sometimes, aggressive behaviour stems from a variety of uncomfortable feelings, like sadness or embarrassment. Talk about feelings often and over time, and your child will learn to recognize his feelings better.

2. Model Appropriate Anger Management Skills

The best way to teach your child how to deal with anger is by showing him how you deal with your emotions when you feel angry. If your child watches you lose your temper, he'll likely do the same. But, if he sees you cope with your feelings in a kinder, gentler way, he'll pick up on that too.

Although it's important to shield your child from many adult problems, it's healthy to show him how you handle angry feelings. Point out times when you feel frustrated so your child understands that adults get mad sometimes too.

It's OK to say, "I'm angry the car in front of us didn't stop to let those kids cross the street.

But I'm going to stop so they can cross safely." Verbalizing your feelings will teach your child to talk about his emotions too.

Take responsibility for your behavior when you lose your cool in front of your kids. Apologize and discuss what you should have done instead. Say, "I am sorry that you had to see me yelling today when I was mad. I should have gone for a walk to cool off when I was angry instead of raising my voice."

Interested to learn more strategies? Do read them at

<https://www.verywellfamily.com/ways-to-teach-your-child-anger-management-skills-1095010>