



TANJONG KATONG PRIMARY SCHOOL

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29 June 2018

Dear Parents /Guardians

UPDATES 6/2018

1. Parenting Workshop - FamilyMatters@School Programmes

The Term 3 parenting workshop centres on the theme of “Communication”. The details are as follows:

| Title | Conducting Agency | Date/ Day | Time/ Venue |
|---|--------------------------|----------------------|--------------------------|
| Effective Parenting for Successful Children | Compass Life | Thursday, 12 July | 10am to 1pm, AVA Room |

Effective Parenting for Successful Children covers a broad spectrum of practices to equip parents in parenting their children. The 4 main domains of focus will allow parents to explore on active listening skills, questioning techniques for effective communication, love and control and on behaviour and emotion management.

For the synopsis, speaker’s profile and registration details, please visit our school website for more information. Registration is open **from Tuesday, 3 July to Sunday, 8 July, 2018**. You may log on to the following link <https://tinyurl.com/12July2018> to register.

2. Edusave Character Award(ECHA) Nominations

The Edusave Character Award(ECHA) is an award to recognise students who demonstrate exemplary character and outstanding personal qualities through their behaviour and actions. This is part of the larger goal to foster an inclusive and stronger Singapore as we broaden the qualities and achievements to be encouraged and applauded. The award also supports our school’s continuing efforts in nurturing students of good values and character, who are active contributors and concerned citizens.

We will be starting the nomination process from Term 3 Week 3 with the finalisation of nominees in November 2018. Nominations will be accepted from students, parents, teachers and other key stakeholders who interact with students. Students must satisfy the Eligibility Criteria stated in Annex A before they can be awarded the ECHA. Hardcopy nomination forms will be made available through the General Office, whilst the softcopy can be downloaded from the school website from **3 July 2018** onwards. The deadline for submission is **10 August 2018**.

3. Racial Harmony Day Celebrations

The school will be celebrating Racial Harmony Day (RHD) on **Monday, 23 July** to remind students about the importance of racial harmony, and to inculcate respect, empathy and cross-cultural sensitivities in our students. Our theme this year is “Diversity Our Strength”. As we make the journey from tolerating differences to embracing diversity, our Singapore identity continues to develop. It is important that Racial Harmony is part of this identity and way of life. We continually strive to deepen bonds across and amongst communities. It is important that our youth, on whose shoulders our future lies, make Racial Harmony a key aspect of their hopes and dreams for what Singapore is and could be.

The students will be participating in various games on 23 and 24 July during recess, to foster greater understanding of the different ethnic cultures in Singapore. Our NE Ambassadors and Parent Volunteers will be guides in facilitating traditional games for all students during recess time. Through these games, we hope that our students can appreciate the different races and cultures that make up the Singapore narrative. As part of the RHD celebrations, students are strongly encouraged to dress up in **traditional or ethnic costumes** on 23 July.

4. Healthy Snacks

With the start of the new school term, we would like to refresh parents with some ideas of simple and easy-to-prepare snacks (please refer to [Annex B](#)). These snacks can be prepared for consumption during the snack breaks in class.

5. Calendar for Term 3

The important events and dates in Term 3 are listed below:

| Event | Date(s) | Participants |
|---|------------------------------|--------------|
| Youth Day Holiday <i>* School holiday</i> | Monday, 2 July | - |
| Racial Harmony Day Celebrations <i>* Students are encouraged to wear traditional costumes on 23 July 2018</i> | 23 & 24 July | P1 to P6 |
| National Day Observance <i>* All students are to report in the morning for a half-day programme</i> | Wednesday, 8 August | P1 to P6 |
| National Day <i>* Public holiday</i> | Thursday, 9 August | - |
| Day after National Day <i>* School holiday</i> | Friday, 10 August | - |
| PSLE Oral <i>* These 2 days are school holidays for P1 – 5 students</i> | 16 & 17 August | P6 students |
| Hari Raya Haji <i>* Public Holiday</i> | Wednesday, 22 August | - |
| Teachers' Day Celebrations <i>* All students are to report in the morning and will be dismissed at 12.30pm</i> | Thursday, 30 August | P1 to P6 |
| Teachers' Day <i>* School holiday</i> | Friday, 31 August | - |
| Term Break | 1 September – 9 September | - |

Best regards

Mrs Caroline Wu
Principal

Annex A: Tanjong Katong Primary Selection Criteria for Edusave Character Award (ECHA)

ELIGIBILITY CRITERIA

1. The award is given out to **Singaporean students** who have met the selection criteria and who have cleared the selection process. All **Primary 5 & 6** Singaporean students are eligible.
2. The nomination process is open to all students, staff, parents and partners (coaches, long-term vendors, etc).
3. Students may be nominated regardless of their academic results provided that their weak academic results are not due to negative character traits but are attributed to challenges that are beyond the control of the students.
4. The nominee is a role model in his / her conduct (behaviours and actions) and attitude.
5. The nominee must have demonstrated **good character and values** in a consistent manner. Students may be identified for the following types of qualities:
 - (a) Qualities associated with our school values (PR²IDE – Perseverance, Respect, Responsibility, Integrity, Discipline and Empathy

| Value | Definition |
|----------------|---|
| Perseverance | Staying the course, no matter the difficulties or obstacles faced |
| Respect | Treating others like one would like to be treated |
| Responsibility | Knowing and doing what is expected |
| Integrity | Having moral courage to stand up for what is right |
| Discipline | Exercising control of oneself |
| Empathy | Showing concern and love for others |

- (b) Demonstrated a high level of civic responsibility: Students must have demonstrated concerns about issues related to their community or issues faced by others. They could have initiated simple action or played an active role to address these issues and demonstrate commitment to making a difference; and/or
- (c) Qualities associated with resilience: Students who have persevered despite facing difficult circumstances (e.g. financial problems, health issues, family issues, peer resistance etc) and have managed to overcome the odds.

SNACKS FOR BREAK TIME

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

WHOLEMEAL SANDWICHES

- *Peanut Butter & Jam
- Cucumber and Tomato
- *Grilled Cheese

(wrapped in aluminium foil to retain freshness)



PIZZA

- Wholemeal bread pizza with vegetable toppings

(wrapped in aluminium foil to retain freshness)



VEGETABLES

- Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers



FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts



WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips" (store in air-tight bag/container to maintain crisp)




WHOLEMEAL PANCAKES, MUFFIN & CAKES

- Banana Pancakes
- Homemade with reduced sugar



POPCORN/ CRACKERS

- 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