



**ZHENGHUA
PRIMARY SCHOOL**

The Best That We Can Be.

Primary 4 Level Briefing

27 January 2024

Part 1a: Briefing by Principal	Part 2: Level Briefing by Year Head/Assistant Year Head	Part 3: Form Class Briefing
P2 to P6 9.30 – 10.00 am School Parent-Partnership & Priorities for 2024	P2/3/4/5 10.00 – 10.30 am	P2/3/4/5 10.30 – 11.00 am Q & A (11.00 – 11.15 am)
P6 only 10.00 – 10.15 am Support for Primary 6 Students	P6 10.45 – 11.30 am	P6 11.30 am – 12.00 pm Q & A (12.00 – 12.15 pm)
Part 1b: Talk by Guest Speaker		
P6 only 10.15 – 10.45 am Take the S(tress) out of PSLE Mr Chua See Siong Chief Therapist MindfulBear		

Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Overview

Segment 1: My Role as an Assistant Year Head

Segment 2: Overview of Our School Programmes



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My Role as an Assistant Year Head *(Well-being & Holistic Development)*

Segment 1



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Year Heads / Asst Year Heads

Mrs Lee Boon Kwang	Year Head (P1/2)
Mrs Siti Aisyah Sasikumar	Year Head (P3/4, covering)
Mdm Hafiza Ahssan	Year Head (P5/6)
Mdm Ong Yan Joo	Assistant Year Head (P1)
Mdm Ou Yanxia	Assistant Year Head (P4)
Mdm Nor Hazwani Bte Harun Rushid	Assistant Year Head (P5)

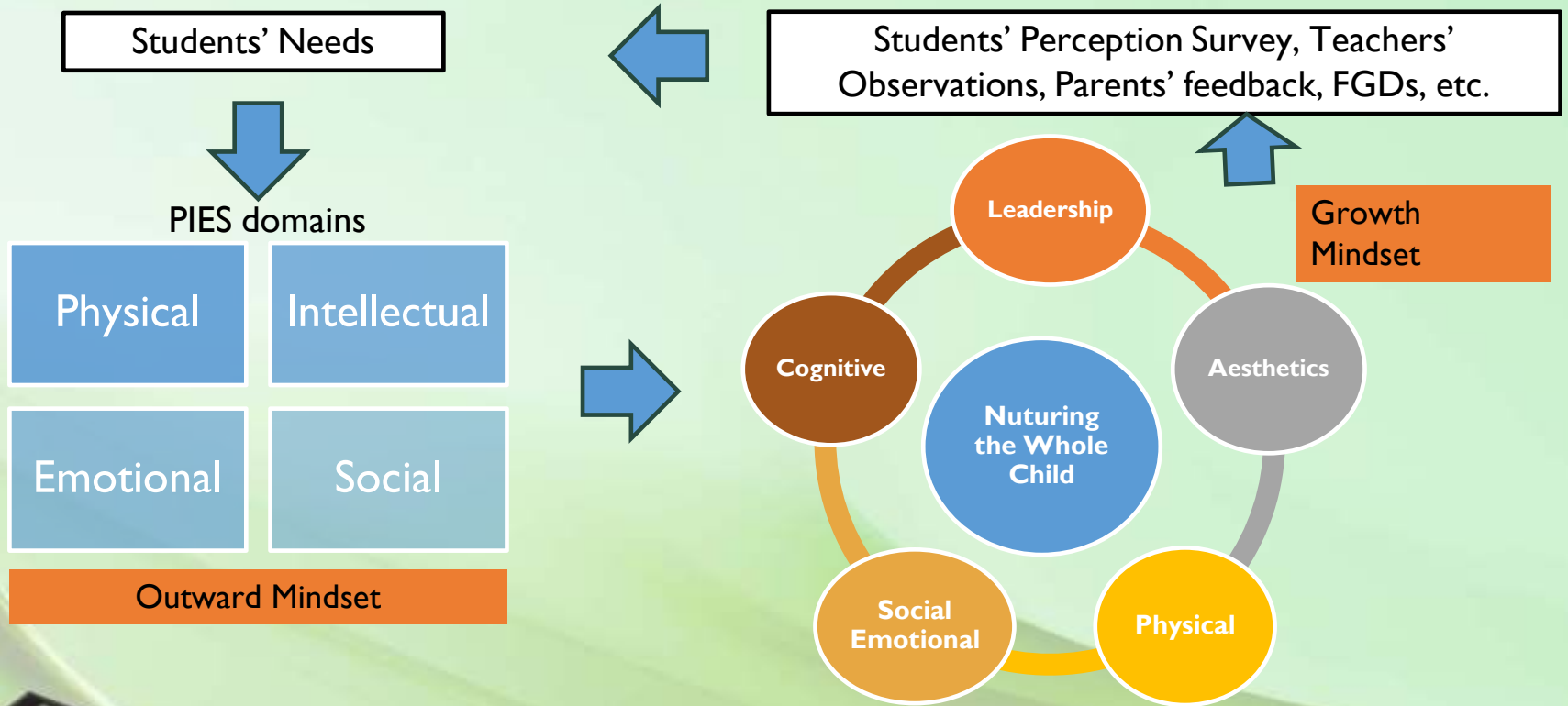
Well-being of Your Child



Students our Focus

Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Our Student Well-being Approach



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Daily and Termly Check-In

Fast Kit



Heart-to-Heart Talk with Form Teachers



Termly Check-In Survey via All Ears Form

*Term 1: Understand students'
thoughts and emotions about
starting the school year*

Only for **SELECTED** students. Consent form will be issued via Parents' Gateway.

Programme	Level (Selected Students)	Focus Area	Frequency
SPARK CONNECTION	P3 - P5	Behavioural and Social-Emotional Coaching	Every Friday after school
SPARK BLISS	P3-P6	Bridging Lessons <u>In</u> Social Skills	Fridays after school, every fortnightly



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

**Ms Toh Mui Hua
Catherine
(School Counsellor)**

**Mdm Esther Lim
(School Counsellor)**

Our Dedicated Team of Special Educational Needs Officers

**Mr Mohd Alighouse
S/O Md Sidique
(Senior Special
Educational Needs
Officer)**

**Mdm Shilka
Quraisha
(Special
Educational Needs
Officer)**

**Ms Siti Radhiana
Agustina
(Special
Educational Needs
Officer)**

**Mdm Rasimah
Mohamed Isa
(Special
Educational Needs
Officer)**

S.A.F.E. Tips

S

A

F

E



Support

Affirm

Familiarise

Empathise



The Child, Our Common Goal

- Continue to work closely with the teachers – share information about your child within and beyond the school.
- Attend school events.
- Participate in your child's school life.
- Personal Time (unstructured time)
- It is all right for children to feel bored.

Leveraging Partners in the Community

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Fei Yue Families for Life @ Community



TRIPLE P

Positive Parenting Program

Our Programmes



Parenting
Seminars



Grandparenting
Seminars



1-to-1 Parent
Consultations



Parents
Group Work



Family Life
Talks/Workshops



Marriage
Enrichment



Scan the QR code to
sign up or find out
more about Triple
P/Signposts:



Small changes,
big differences.



Indicate your interest by filling in the form
(scan the QR code or access <https://go.fyccs.org/PSS>)

For further queries, email to parenting@fyccs.org.

OVERVIEW OF PROGRAMMES FOR PRIMARY & SECONDARY LEVELS

PERFORM IN SCHOOL DEPARTMENT			
	LOWER PRIMARY (Pri 1 – 3)	UPPER PRIMARY (Pri 4 – 6)	SECONDARY (Sec 1 – 5)
Academic Support Intervention	MENDAKI Tuition Scheme (MTS)		
	Math Coaching		#amPowered@MTS
	Math Booster for Young Learners		
	MENDAKI Homework Café (MHC)		
Education Partnership	MENDAKI Cyber Homework Ace (MCHA)		
	Project ACE & Numeracy Enrichment Programme @ Big Hearts Student Care Centres		
		"Success in PSLE" Series	
Empowerment Programmes	Primary 1 Orientation	Exam Ready Campaign	
	Brunch with MENDAKI (for parents)		
	"Parents' Guide To..." Series (for parents)		
Financial Assistance	School Assistance Scheme (SAS)		
	Merchant Bursary		
	Subsidised Academic Programmes		

Access Our Services Anytime Anywhere

<https://my.mendaki.org.sg/Home/ContactUs>



CONTACT US @ MENDAKI

To get the info that you need immediately, please use the search box above. If you're unable to find what you need, please use the form below and we will get back to you within 5 working days.

Do sign up for an account with us so that you can easily keep track of all your activities with us and save time on having to enter your particulars again!



EDUCATION

Maximising educational opportunities for all students



CHILDREN

Engaging parents to play an active role in their children's lives



YOUTH

Inspiring youths towards greater achievements



PARENTS

Engaging parents to play an active role in their children's lives



ASSISTANCE

Supporting the community's needs and aspirations



SINDA

Call us : 1800 295 3333

Find out more @ : www.sinda.org.sg

Follow us on :    

Resilience, Innovation

支持家庭 SUPPORTING FAMILIES



- 家庭资源计划
Family Resource Programme
- 家长教育
Parent Education Programme
- “准备上学啦！”活动
CDAC “Ready for School” Project

经济与援助 FINANCIAL ASSISTANCE



- 家庭援助计划
Family Assistance Programme
- 华助会 - 泉多总会贫困援助金计划
CDAC/SFCCA Hardship Assistance Fund Scheme

联系乐龄 CONNECTING SENIORS



- “陪你知天下”及乐龄加油站
News Sharing & Senior Learning Kiosk
- 康乐活动
Senior Health and Wellness
- 资讯科技课程
Information Technology Courses
- 讲解会
Information Sharing Session
- 跨代学习与互动
Intergenerational Learning and Interaction
- 传统节日庆祝活动
Festival Celebration

Hotline
6841 4889

Email
enquiry@cdac.org.sg

华社自助理事会

CHINESE DEVELOPMENT
& ASSISTANCE COUNCIL



华社自助理事会
CDAC



cdac.org.sg



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Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Holistic Development



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Discipline & Character Growth

- **Discipline is essential to character growth**
- **Educative** and not punitive
- **Meaningful** consequences
- Adopt **Restorative Practice (RP)** in managing behavioural issues that undermine character

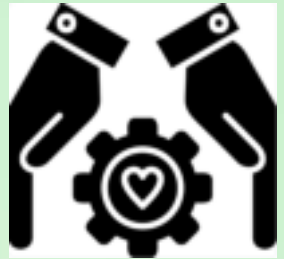
Mr Elliot Ang

Subject Head / Student
Management (Int)

Discipline Master

Positive and Restorative Discipline

- Cultivate values and teach social-emotional skills
- Guide the child to make right decisions and be responsible for their actions
- Reinforce good behaviour
- Guide students who have made mistakes
- Restore relationships that may have been affected



Moving away from overemphasis on academic grades

- **Removal of Mid-Year Exams** is part of MOE's ongoing efforts to **move away from an overemphasis in academic grades**
- More opportunities to help students to **develop their character and life skills** (e.g., self-directed learning), as well the joy of learning



We are partners in your child's character growth

IT TAKES A
VILLAGE
to raise
a child.



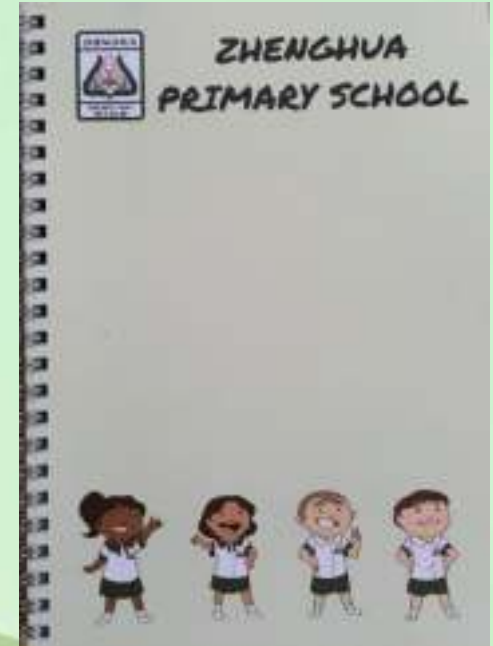
The Child, Our Common Goal

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Partnering you to develop your child's sense of responsibility

2 key areas:

- Homework submission
- Attendance and punctuality to school





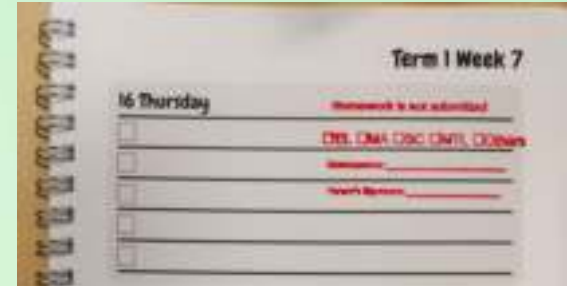
Roles in Homework Submission

Student's Role	Parent's Role
<ol style="list-style-type: none">1. Copy homework into Student Handbook and put homework into homework file	<ol style="list-style-type: none">1. Check Student Handbook
<ol style="list-style-type: none">1. Check Student Handbook and homework file for homework is brought home	<ol style="list-style-type: none">1. Good habit to sign Student Handbook daily to acknowledge that his/her homework is completed
<ol style="list-style-type: none">1. Once homework is completed, place the homework into homework file and into the bag	<ol style="list-style-type: none">1. Note Teachers' communication with you in the Student's Handbook (if any)

Homework Submission

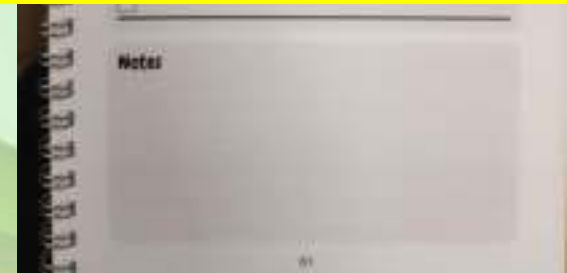
Benefits of Homework

- Develop **independent learning**
- Develop **time management skills**
- Allow students with different abilities and interest to learn at their own pace to **deepen conceptual understanding**
- Improve **retention of knowledge**



Remind your child to check the Student Handbook.

Acknowledge the homework non-submission stamp (if any).



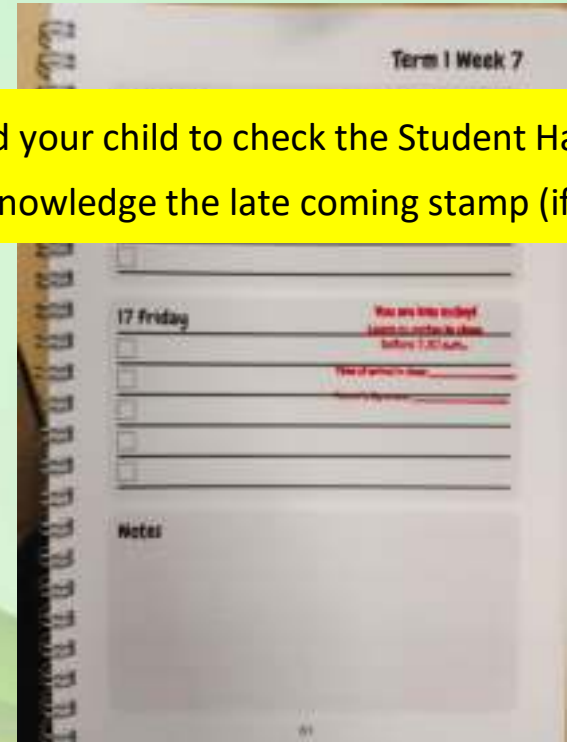
Punctuality to School

Benefits of Punctuality

- Builds a more self-confident child
- Builds discipline from a young age
- Builds mutual respect



Remind your child to check the Student Handbook.
Acknowledge the late coming stamp (if any).



School Policy for Late Coming and Late Homework Submission

	Late Coming (P1-6)	Late Submission of Homework (P2-6)
Stamp notification	Late stamp on student handbook for students who arrive in class/hall after the start of the National Anthem	Homework reminder stamp on student handbook for students who did not submit homework despite being given a reminder

Possible consequences after the 4th stamp:

- Recess detention
- After school detention
- Downgrade of conduct grade
- Notification letter to parents
- F2f engagement with parents
- Suspension from CCA/competitions
- Suspension of student leadership role
- Link up with external agencies to provide academic/mentoring support

Attendance in School is Important for learning

- Please **do not** take your child/ward out of school for other purposes (e.g., vacation, visiting relatives) during term time. The absence will be marked as '**Absent without Valid Reason**'. Form Teachers must be informed of your child's absence.
- If your child/ward has a valid reason to leave Singapore during term time (**compassionate reasons** or the child is competing at an overseas competition), please **write to one of the school leaders for approval** at zhenghua_ps@moe.edu.sg and cc the Form Teachers.

School Policy for Early Dismissal from School

- For safety reasons, students who need to leave our school during curriculum time **must be picked up from our General Office by a parent, an adult family member or a caregiver.**
- The adult picking up our student will have to complete an **“Early Dismissal” form** which must be signed by one of our General Office staff and presented to the security guard before the student is allowed to leave our school with the accompanying adult.



Drop Off at School Foyer

- If you are driving into the school, we strongly encourage you to do a quick drop off to ease traffic congestion



Communicate your concerns with us

Mdm Ou Yanxia (Assistant Year Head)

Email: ou_yanxia@moe.edu.sg

Phone number: 67697478 (extn: 573)



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Your child could reach us via *YH Mailbox @ Staffroom 3 (level 2)*



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Overview of Our School Programmes

(CCE, ALP, LLP and PAM)

Segment 2



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P4 Level-wide Programmes

Term 1

- Recess Buddy with P1
- Interdisciplinary Museum-Based Learning Package 1
- Learning Journey to NGS
- MBL to Kreta Ayer Heritage Gallery
- IMBL Hawker Dramatisation
- Making ice cream
- PALM

Term 2

- P4 Sports Elective Programme
- NAPFA Test & Retest
- MBL to Geylang Serai Heritage Gallery
- Interdisciplinary Museum-Based Learning Package 2
- IMBL Haiku Writing (Follow-Up Package 1)

Term 3

- Wayang Kulit
- NAPFA Retest 2
- Math Trail / Interdisciplinary Trail with EMS, ALP
- ALP

Term 4

- Investigative Math and Calculator Discovery Programme





P4 Level-Specific Matters
Subject Based Banding

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Subject Based Banding

Primary 4

1

Students sits for the school exams

2

School recommends a subject combination based on P4 exam results

3

Parents to indicate your child's preferred subject combination

Subject Based Banding

Primary 5

1

Students takes
subject combination
chosen by parents

2

School assesses your
child's ability to cope with
the subjects at the end of
the year

3

Adjustments to the subject
levels are made if needed



**ZHENGHUA
PRIMARY SCHOOL**

The Best That We Can Be.

Character and Citizenship Education (CCE)

Mdm Lin Xiaojun
HOD CCE

For sharing with P2 parents

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Goals of Character and Citizenship Education (CCE)

CCE aims to develop in our students:



**Good
Character**



**Resilience and
social-emotional
well-being**



**Future
Readiness**



**Active
Citizenship**

Students become **leaders of character** who are able to lead themselves and others and are **active citizens** who contribute positively to the family, school, community and nation.

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6 Key CCE Curriculum Content Areas

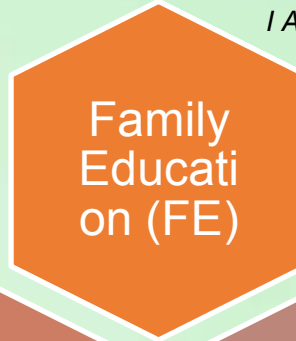
The CCE curriculum content is premised on the three big ideas of **Identity, Relationships and Choices**, and anchored on the teaching of **core values and social-emotional competencies**.

They are taught and applied in the **6 key curriculum content areas**.

Responsible and Respectful Internet Use



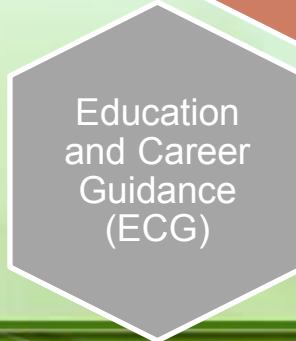
I Appreciate you



Overcoming Challenges



- Total Defence Day
- International Friendship Day
- Racial Harmony Day
- National Day



For Upper Primary



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Our Approach to CCE

Learn

- Explicit teaching and intentional integration of CCE across the curriculum and co-curriculum

Platforms include:

- CCE (Form Teacher Guidance Period)(**FTGP**)
- CCE (**Mother Tongue Language (MTL)**)
- **Start-It-Right** programme
- **Pre- Assembly and Assembly talks** on values, current affairs, etc

Apply

- Authentic platforms for students to live out school values, demonstrate social emotional competencies & leadership and serve the school, community &

Platforms

- Values-In-Action (**VIA**)
- **Student Leadership Opportunities**
- **Day-to-day lessons and interactions**

Reflect

- Students' reflection on what they have learnt and how they have applied their learning

Platforms

- **Self-Assessment** of values & student leadership practices
- **Reflections**

Making care packs for migrant workers

Making appreciation cards for healthcare workers

Everyday responsibilities –
Cleaning tables after use

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Caring & Enabling School Environment



School-Home-Community partnerships

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A Caring & Enabling School Environment

• Affirmation

Monthly Leader of Character Award - to recognize students for their outstanding display of values



Adhoc COOL tickets



Termly "Caught dOing gOod in school" kids affirmation

Termly Gratitude cards



• Leadership Development

Developing students to become leaders of character who can:

- lead by example
- serve with humility and care
- take initiative to make a difference
- influence others to do what is right

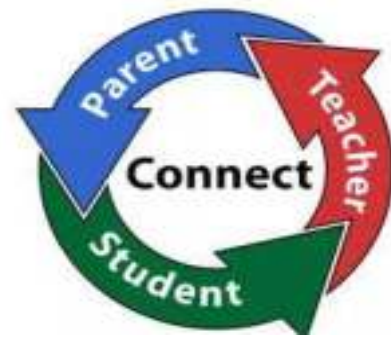
All Zhenghua students are leaders of character.



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A Caring & Enabling School Environment

• Our Discipline Approach



Promote a safe and supportive environment and a culture of care
Prevent challenging behaviours from occurring



A Positive & Proactive Approach to Discipline

Address inappropriate behaviour promptly
Correct it before it affects students' development and well-being



Replace inappropriate behaviour with prosocial, appropriate ones
Restore relationships with others hurt by their actions



Partnering parents in our CCE efforts

- **Consistent & Coherent Messaging**

e.g. Discuss with your child about what he / she has learnt from the CCE experiences/ lessons (e.g. school values) and reiterate the key messages

- **Help your child grow**

e.g. Supporting our children with good digital habits

- Use **parental control settings** to monitor and ensure children access to age-appropriate content;
- Develop a **timetable or screen use agreement** to balance screen time and family bonding and;
- **Avoid screen use** during mealtimes and one hour before bedtime.
- **Co-viewing with your child** - Knowing what our children are viewing will create more opportunities for conversations

Family Time in CCE (FTGP)



School's PG updates on CCE

2022 Term 1 Updates - Character and Citizenship Education (CCE) in ZHPS

In ZHPS, values and social-emotional competencies are explicitly taught and learnt during assembly talks and CCE (from Teacher-Student Period lessons). These lessons, which include the use of stories and case studies discussion, also provide time for teachers to build positive relationships with your child/ward. In addition, school leaders, staff and students share values based series and/or current affairs during pre-assemblies. Every Friday, classes and CG groups are invited to conduct their [LSSGs](#) or [Gates](#) (Education.GOVE) talks.

As Term 1 draws to a close, we would like to provide an update on the CCE efforts in ZHPS to Term 1.

(a) Project Hang Bao 2022

Our school has raised a total of \$4,140.00 towards Tan Tock Seng Hospital (TTHS) Community Fund, the charity arm of TTHS, via Project [Hang Bao 2022](#). We thank parents/guardians for your support and generosity towards our school's Values-in-Action (VIA) initiative. The money raised will help the needy patients with their out-of-pocket medical expenses, and to support healthcare research and training to improve patient care.



Partnering parents in our CCE efforts

- **Active Role Modelling**

- Role model positive behaviour, e.g. punctuality, cleanliness, digital habits



Parenting Instagram post on supporting our children to be responsible users of the cyber space.



Heads Up:

As part of Safer Internet Day (SID) 2024, we will be encouraging your child to commit to a screen-free weekend on 3 and 4 Feb by:

- (a) not playing video games.
- (b) replacing the time spent online with something that he/she wants to do offline, e.g. spending time with family, playing sports

More details will be shared through PG.

- **Encourage Values-in-Action (VIA) @ Home**



VIA during June holidays – helping Mum to wash dishes

Keeping the environment clean

“It takes a village to raise a child.”



We thank you in partnering the school for your child’s journey of CCE development.

For further queries, please contact me (HOD/CCE) at: lin_xiaojun@moe.edu.sg



Zhenghua Primary School Applied Learning Programme (ALP)

Advocates and Innovators for Sustainable Living



Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Overview

Students will:

- adopt an inquiry-based learning, design thinking approach in addressing real-life concerns
- investigate the issues and work together to build their collective understanding of the issues



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What students can look forward to in ALP

Students will:

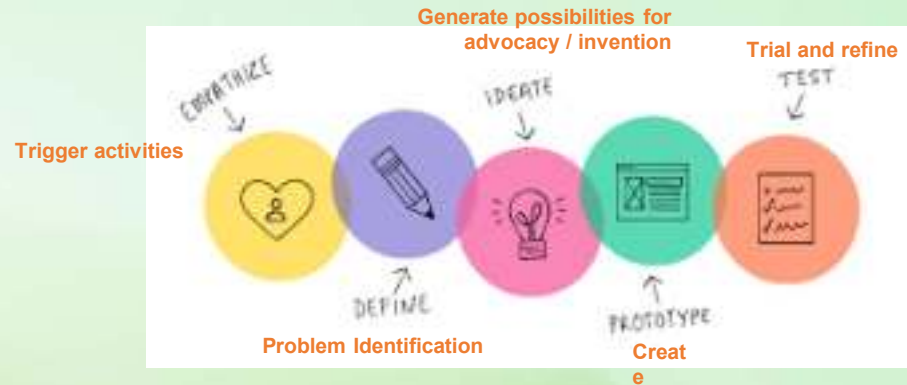
- make observations about a selected environmental issue, collect and analyse data
- apply their knowledge and skills to create new value through advocacy and innovation
- be given choices for their advocacy and innovation projects as they move up the levels



School-wide programme

2024 Level	Timeframe / Format	Theme	Main activities at a glance
Primary 1	Term 4	Clean SG – Keeping our School clean	<ul style="list-style-type: none"> • Drama • In line with EL reader
Primary 2	Term 1	Clean SG – Keeping our Community clean	<ul style="list-style-type: none"> • Trigger activity – observation of clean plate SG phenomenon • Drama
Primary 3	Term 2 to Term 3	Green SG – Water and Us	<ul style="list-style-type: none"> • Trigger activities – Nautilus (marine sea creatures) + Artist talk • Value-creation – choice-based 3D marine creatures
Primary 4	Term 3	Green SG – Greenery and Us	<ul style="list-style-type: none"> • Trigger activities – Talk by Alumni and Community Garden Champions • Class planting in the gardens • Resources housed on google microsite
Primary 5	Term 2	Future Dream SG – Our wasteful ways	<ul style="list-style-type: none"> • Trigger activities – Sharing by start-up Founder • ‘Expert Groups’ – 3D pen or microbit • Resources housed on google microsite
Primary 6	Term 4 / Post-PSLE activities	Future Dream SG – Sustainable SG 2030	<ul style="list-style-type: none"> • Trigger activities – Interview individuals / organisations • Games for MK & Outreach with NWCDC • Resources housed on google microsite

Design Thinking Frame



Examples of trigger activities



Advocates & Innovators for sustainable living



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Advocates & Innovators for sustainable living



Resilience, Innovation, Integ

gence

Some of our Partners & Stakeholders

- MOE Kindergarten
- Stick 'Em
- BPC
- NWCCD
- NEA





Creative Arts @ZHENGHUA

Learning for Life Programme
(LLP)



Learning for Life Programme (LLP)

- initiative introduced by the Ministry of Education (MOE)
- exposes students to a wide range of experiences to **build their socio-emotional competencies** and to **acquire sound values**.
- instills in them a **sense of rootedness and responsibility for their community**, and an **appreciation of aesthetics, sports and outdoor education**.

Creative Arts

@ZHENGHUA

Students learn about the art forms and develop an **appreciation of the arts and culture.**

Experiences in the arts enable them to develop **character and values.**



21ST
CENTURY
COMPETENCIES

Areas of Focus:

Adaptive & Inventive Thinking

- understanding the variety of contexts, situations and environments one exposed to
- managing complexity and ambiguity more confidently

Communication, Collaboration Skills

- effectively communicates information and co-constructs meaning
- engages empathetically with diverse perspectives

Cross-Cultural Literacy

- the awareness and understanding of social contexts
- displays socio-cultural and religious sensitivity and awareness

In Zhenghua, our school arts experiences are unique!

Learning in the ARTS



ARTS APPRECIATION

CHARACTER & VALUES-DRIVEN

Make connections

Enrich & support learning



Learning through the Arts

Learning in the ARTS



A customised curriculum designed to:

- teach **elements of Art and Music**
- teach **different dance genres**
- teach values and character through **drama strategies**

ARTS APPRECIATION

MAKING CONNECTIONS
CHARACTER & VALUES-DRIVEN



Creative Arts

@ZHENGHUA

Learning in the
ARTS



	MUSIC	ART	DANCE
Primary 4	Keyboard / Recorders / Ukulele / Pitched Percussion Ethnic and global music	Interdisciplinary Museum-based Learning Photography Digital Portfolio	Indian Dance 



Learning a subject through the arts

ENRICH & SUPPORT
LEARNING
MAKE CONNECTIONS



To develop creative learners
who **make connections and
learn through the arts**

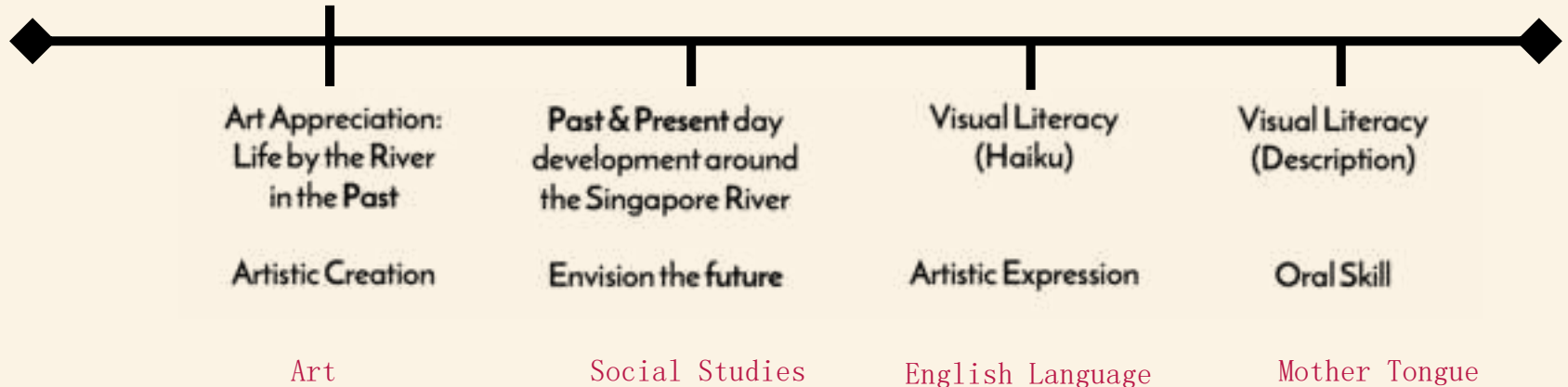
Interdisciplinary learning



IMBL Package 1: Life by the River

Primary 4 Interdisciplinary Museum- based Learning (IMBL)

Learning through the arts help students make sense and see connections across disciplines and make connections to the real world.



LEARNING JOURNEYS

ART EXPOSURE

Primary 4 students undergo the Interdisciplinary Museum-based Learning (IMBL) to National Gallery Singapore.



Use of **drama in curriculum** to enrich
the learning of Mother Tongue
Language and Social Studies

PHYSICAL EDUCATION (PE)

ZHENGHUA PRIMARY



Desired Outcomes of PE

Develop

Physically Competent students

who

enjoy a lifetime of active and

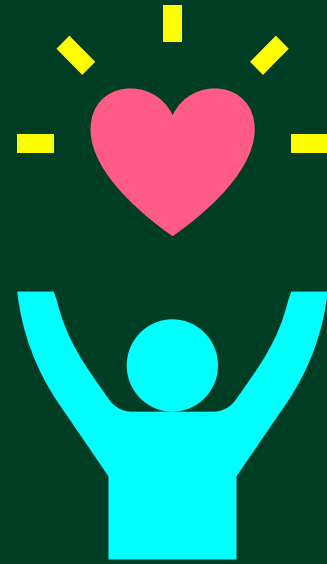
healthy living,

safely and responsibly



Desired Outcomes of PE

- MOVEMENT COMPETENCE
- HEALTHY LIFESTYLE PRACTICES
 - SAFETY MINDSET
 - CORE VALUES
 - ENJOYMENT



Curriculum Learning Areas

**Outdoor
Education**



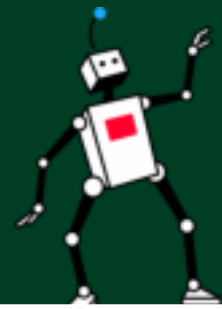
Gymnastics



Sports & Games



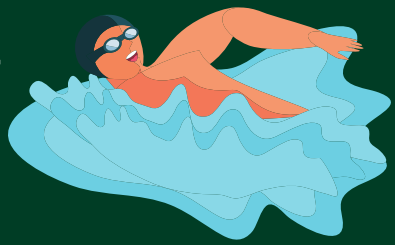
Dance



**Physical
Health &
Safety**



**Swimming
Primary 3**



**Primary 4
onwards: Athletics**



Curriculum Overview

DURATION

PRIMARY 1 & 2: 4 PERIODS* PER WEEK

PRIMARY 3 TO 6: 5 PERIODS* PER WEEK

*** (1 PERIOD – 30MIN)**



Assessment Practices



Summative Assessment

Semestral PE grades based on modular performances and student's learning attitude during PE (P3 – P6)



Peer Assessment

Peer Assessments and Coaching e.g via video recording and assessment checklists



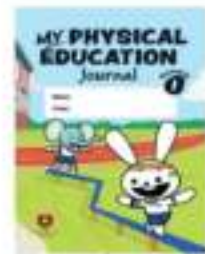
Fitness Assessment

Through P4 & 6 NAPFA



Teacher's Assessment

Assessment of student's learning by teachers



Cognitive Assessment

Through written and online assignments such as the PE Journals and customized SLS learning packages

SCHOOL-WIDE PROGRAMMES

HEALTH & WELLNESS PROGRAMMES

- **Fruttie Veggie Bites/Healthy snacking**
- **Eye Care Week**
- **Dental Talks**
- **Assembly Talks on Healthy & Active Living**

SCHOOL-WIDE & SIGNATURE PROGRAMMES

HEALTH & WELLNESS PROGRAMMES

- **HEALTHY KIDS BINGO CHALLENGE**

To inculcate healthy habits and an active lifestyle outside of curriculum time in a self-directed manner (via SLS) through a fun Bingo Game



SCHOOL-WIDE PROGRAMMES

SPORTS PROGRAMMES

- **PLAY @ RECESS**

- **Unstructured outdoor play during recess**
- **Cultivate an active lifestyle outside PE curriculum**

SCHOOL-WIDE & SIGNATURE PROGRAMMES

SPORTS PROGRAMMES

- **AMAZHENGHUA RACE**

- P1- P6 **Annual Sports Carnival**
- Enjoy a day of play through physical activities
- Opportunities to **exercise** school **values** through sports



SCHOOL-WIDE & SIGNATURE PROGRAMMES

SPORTS PROGRAMMES

- **ENHANCING TSR THROUGH SPORTS**

Promoting **good rapport** among class teachers and students through sports



LEVEL PROGRAMMES

P4 DAY TRIP TO PARK

- **Authentic learning experiences** for students to **apply their learning**
- **Develop values, 21CC:** resilience, collaboration, sense of adventure
- **Discover nature**

LEVEL PROGRAMMES

SPORTS PROGRAMMES

- **SPORTS EDUCATION PROGRAMME(SEP)**
 - PRIMARY 4, 5 & 6
 - Experience a wider range of sports not covered in the PE syllabus

LEVEL PROGRAMMES

P4 & P6 NAPFA TEST

- Annual Physical Fitness Test
- Enable students to **gain an insight into their personal fitness level** and how to improve their fitness

Healthy Lifestyle Tips



1 Stay Active

Exercise for **at least 1 hour everyday!** Exercise helps keep your body and your mind healthy.



2 Eat Healthy

Eat according to **My Healthy Plate**. My Healthy Plate helps ensure you eat a nutritious, balanced and healthy diet. Refer to healthhub.sg for more information.



3 Drink water

Drink at least 8 glasses/4 bottles of 500ml, of plain water everyday (2 litres).



4 Reduce Junk Food/Snacks

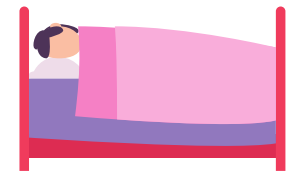
Eat lesser junk food such as deep fried, oily, salty and sweet food and drinks. Eating too much can cause obesity and health problems. It is fine to eat them once in a while (e.g. once in a month), but not everyday!

5 Eye Care

Have no more than 2 hours of screen time a day. After **20 minutes** of near work, take a **20 second** eye break and look afar for **20 feet** away (20-20-20).

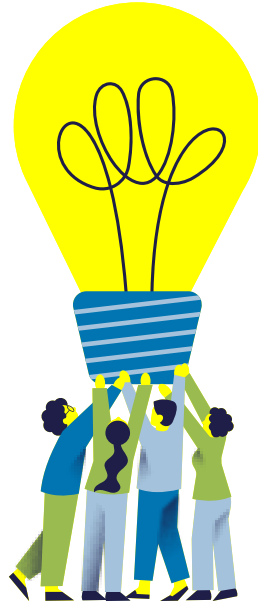
6 Sleep Well

Have at least 9 to 12 hours of sleep everyday! Sleep helps keep your brain and body healthy.



Partnership

**Your support is key to
your child's growth**





Resilience, Innovation, Integrity, Care, Collaboration and Excellence

Class	Zoom Details
4CE	Meeting ID: 820 7228 7446 Passcode: 4CE
4CN	Meeting ID: 912 021 0921 Passcode: 4CN
4EE	Meeting ID: 364 813 2866 Passcode: 4EE
4HY	Meeting ID: 815 5794 8546 Passcode: 4hy
4IN	Meeting ID: 899 3830 1438 Passcode:4IN
4IY	Meeting ID: 828 3539 1894 Passcode: 4iy