



WEST GROVE PRIMARY SCHOOL
1, JURONG WEST STREET 72 SINGAPORE 649223
TEL NO: 62679234 FAX NO: 62679235

Through the Principal, 
Mrs Chandler Jay Siva

18 September 2023

Dear P5 Parents/Guardians,

Welcome back to West Grove Primary School!

We hope you and your family have had a refreshing yet short break. The school will continue to adopt the **PROSPER** framework (T. Noble and H. McGrath) to guide us in our students' wellbeing programmes, where we Encourage **Positivity**, Build **Relationships**, Facilitate **Outcomes**, Focus on **Strengths**, Foster a sense of **Purpose**, Enhance **Engagement** and Teach **Resilience**.

All students face adversity at one time or other. **Resilience** has been defined as "the ability to persist, cope adaptively and bounce back after encountering change, challenges, setback, disappointments, difficult situations or adversity and to bounce back to a reasonable level of wellbeing (McGrath and Noble 2011). It is also the capacity to respond adaptively to difficult circumstances and still thrive".

Resilience is crucial for academic and social success in school and in life. Key resilience skills that can be taught to students are: helpful and rational thinking skills, adaptive distancing skills, using humour, optimistic thinking skills, and seeking assistance when needed (McGrath and Noble 2011).

Many activities had been planned and organised by our teachers like collaborative work in class lessons, project work, recess activities, outdoor education programs, cyber wellness quiz and various festive programs to develop our students' resilience skills.

Children and mobile phones

More and more of our children are using smartphones and they are using their phones at a longer duration.

If your child uses their mobile phone to communicate independently with others or access the internet, it increases the risk that your child will come across content that bothers them. It also exposes your child to risks like cyberbullying, inappropriate content, and contact with strangers.

It is important to think about how you can help your child learn to use the phone responsibly, thereby building up your child's resilience skills too.



Responsible mobile phone use is about:

- *sticking to family rules about phone use*

Here are some examples of mobile phone rules for the whole family:

1. Mobile phones are either switched off or not used during family meals.
 2. Mobile phones stay out of bedrooms after a time you agree on.
 3. Mobile phones are put down when you are talking face to face with each other.
- *managing costs by keeping track of call, text and data usage*
 - *being safe and respectful in calls, texts and social media posts.*

Here are some ways to protect your child from risky or inappropriate content and activities:

1. manage safety and privacy settings on their phone – for example, checking that social media profiles are private and locking the phone with a pin
2. not entering personal details like name, address or date of birth into online accounts or forms
3. accept new social media friend requests only from people they know face to face
4. check which apps use location services and switching off unnecessary ones.
This can ensure that your child is not showing their location to nearby people that they do not know.

Reference: <https://familiesforlife.sg/parenting>

Assessment Matters

Please refer to Parent Gateway dated 27 June 2023 for the details of the Semestral Assessment in term 4.

Innovation Day

Aligned with the school's overarching objective of nurturing students to develop an innovative mindset, a post-exam enrichment initiative has been curated for the P5 students. In this 1-day program, students will go through the iterative phases of Design Thinking.

Level Induction Programme

The Level Induction Program will be held on the first two days of the academic year 2023 and aims to induct our students into their new levels. Returning students would



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have to cope with not only a new environment, but new teachers and new classmates as well. During the course of the programme, class rules, routines & procedures would be established and their rationale explained. The induction programme serves to establish the standards in what is acceptable and unacceptable, appropriate and inappropriate, the importance of regular attendance, punctuality, as well as, introduce students to the common approaches to positive discipline and the support systems put in place to cater to the students' diverse needs.

The programme will also introduce to the students to the objectives and expectations of some level specific programmes such as Programme for Active Learning, amongst others. It also aims to induct the students into the Formal Curriculum (English, Mathematics, Science, Mother Tongue, Character and Citizen Education, Information and Communication Technology, Physical and Health Education, Aesthetics and Co-Curricular Activities), as well as provide some time for teacher student interaction.

Please be advised that students are to bring **English** and **Mathematics** books and files on the first day and **Mother Tongue** books and files on the second day of the programme.

Do leave your name and number at **6267 9234** if you have any queries during school hours. I will get back to you as soon as I can.

We wish you and your child/ward an engaging and enjoyable term ahead. Thank you.

Best regards,

Mr Chong
Year Head (P5 and P6)



Schedule of Key Events for Term 4 2023

Date	Activity	Remarks
15 Sep	PSLE Listening Comprehension	P1 – 5 students do not come to school
18 – 19 Sep	P5 SA Oral (English & MT)	After curriculum
27 Sep	P3 – 5 SA Higher Mother Tongue Paper 1	During curriculum
28 Sep	P3 – 5 SA English Paper 1	During curriculum
29 Sep	P3 – 5 SA Mother Tongue Paper 1	During curriculum
3 Oct	P3 – 5 SA English & MT Listening Comprehension	During curriculum
5 Oct	Children's Day Celebrations	All P1 – P6 students come to school as per normal
6 Oct	Children's Day Holiday	School Holiday
16 Oct – 18 Oct	PSLE Marking	All students do not come to school
20 – 26 Oct	P3 – 5 SA Written Exams	During curriculum
Between 6 – 9 Nov	P5 Innovation Day	During curriculum (Details to be confirmed)
7 – 8 Nov	P5 Orienteering Course	During curriculum according to schedule for classes
13 Nov	Deepavali	Public Holiday
16 Nov	Celebration of Success	All P1 – P6 students come to school as per normal
17 Nov	Admin Day	All students do not come to school
December School Holidays: 18 Nov 2023 – 1 Jan 2024		
School reopens on: <u>2 Jan 2024 (Primary 1) & 3 Jan 2024 (Primary 2 – 6)</u>		