



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 P6 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.

Pre-PSLE Study Break

Similar to arrangements for the 2022 year-end national examinations, schools will be implementing a study break for the P6 cohort. For this year, it is from **25 September to 27 September**. Students should also make use of the study break to revise for their upcoming examinations and clarify any questions they have with their teachers. Your child's subject teachers are available for consultation. They will update you on their availability via the Parent Gateway.



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Post-PSLE Programmes

After PSLE, do ensure that your child still reports for school as interesting programmes have been planned for your child. They include talks by our neighbouring secondary schools, a learning journey to the National Museum, Learn to Code, Art and Music Enrichments, Learning for Life – Gracious Leaders programme and the P6 Graduation Day. More information will be shared after PSLE.

P6 Post PSLE Learning Journey to National Museum.

The Primary 6 students will visit the National Museum as an integral part of their extended learning experience. This learning journey has a specific objective: to enable our students to connect their Social Studies lessons to the real world, emphasizing how historical events continue to influence our lives today. The visit will not only enrich their understanding of history but also provide them with valuable insights into the significance of past events in shaping the world we live in.

Alumni Recruitment

West Grove has a dynamic Alumni community. Do encourage your child to sign up so that he/she can give back to their juniors upon graduation. More information will be provided during the talk for the Student Alumni.

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.

With PSLE just weeks away, I would like to wish each and every one of our P6 students all the best.

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
25 – 27 Sep	P6 Study Break	P6 students do not come to school
28 Sep	PSLE Written (English)	
29 Sep	PSLE Written (Maths)	
2 Oct	PSLE Written (Mother-Tongue)	
3 Oct	PSLE Written (Science)	
4 Oct	PSLE Written (Higher Mother-Tongue)	
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
13 Nov	Deepavali	Public Holiday
14 – 15 Nov	No school for P3 & 6 students	P3 & 6 students do not come to school
16 Nov	Celebration of Success	All P1 – P6 students come to school as per normal
16 Nov	P6 Graduation Day	More details will be provided later
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>		