



Newsbites

Available on the CCPS website <http://www.canossaconventpri.moe.edu.sg>

"The benefit of education is the formation of the heart"
~St Magdalene of Canossa



A Community of Passionate Learners and Compassionate Leaders in the service of GOD, Country and Family

~ June 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Term 3 Week 1 Hari Raya Puasa	26 Hari Raya Puasa Public Holiday	27 VE: Student Leadership Reflection (All Pupils) P6 Humility Ceramic <u>After Curriculum</u> 1410-1600 Performing Arts CCA 1410-1600 Rehearsal/ Preparation for Open House 1410-1510 P3 & P4 SDR	28 0740-0940 P3 Swimming Programme Session 3 <u>After Curriculum</u> 1410-1510 Rainbow Programme for selected students 1410-1510 P3 & P4 SDR	29 Assembly: Hari Raya Celebration FTGP: FTGP 15 P6 Faith Ceramic <u>After Curriculum</u> 1410-1600 Full Dress Rehearsal/ Preparation for Open House No MT remedial & HMT lesson 1410-1510 P3 & P4 SDR No P3 & P4 RRP	30 Temperature - Taking Exercise No CCA * Students will be dismissed at 10.40 a.m. 1040-1340 Rehearsal/ Preparation for Open House	1 July 0900-1300 CCPS Open House

~ July 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Term 3 Week 2 Youth Day	3 Youth Day School Holiday	4 VE: Star Pupil Nomination for Compassion (All Pupils) P4 Humility Digital Music P6 Humility Ceramic <u>After Curriculum</u> 1410-1600 Performing Arts CCA & ARTitude 1410-1510 P3 & P4 SDR	5 0840-1240 P2 LJ to Esplanade 0740-0940 P3 Swimming Programme Session 4 P4 Charity Digital Music <u>After Curriculum</u> 1410-1510 Rainbow Programme for selected students 1410-1510 P3 & P4 SDR Sunshine Enrichment Programme	6 Assembly: P's Talk FTGP: FTGP 16 P4 Faith Digital Music P6 Faith Ceramic <u>After Curriculum</u> 1410-1530 (i) HMT (P5 & P6 HMT students) (ii) Enrichment (All P5 & P6 MT students) 1410-1510 P3 & P4 SDR 1400-1445 P3 & P4 RRP	7 P2 Holistic Assessment Mathematics Review 3- Length & Two-step word problems P6 Charity Ceramic <u>After Curriculum</u> 1410-1600 (i) CCA 12 (ii) P6 Enrichment (EMS) 1700-1930 Parenting talk on "Mental Health Awareness"	8 P5 NE Show

~ July 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9 Term 3 Week 3	10 P1 Holistic Assessment Music Concept <u>After Curriculum</u> 1315-1530 (i) Enrichment for all P6 student only (ii) Remedial for selected P1,P2 & P4 students (iii) Curriculum time for P6 students taking Foundation EMS P5 Archery Target-setting 1210-1700 P3 LJ Sculpture Walk along Singapore River 1400 -1445 P4 SDR & RRP	11 P1 Holistic Assessment Music Concept VE: Cheerfulness - Resilience 1 P4 Humility Digital Music P6 Humility Ceramic <u>After Curriculum</u> 1410-1600 Performing Arts CCA & ARTitude 1410-1510 P3 & P4 SDR	12 P1 Holistic Assessment Music Concept 0740-0940 P3 Swimming Programme Session 5 P4 Charity Digital Music <u>After Curriculum</u> 1410-1510 Rainbow Programme for selected students 1410-1510 P3 & P4 SDR Sunshine Enrichment Programme	13 P1 Holistic Assessment Music Concept Assembly : FTGP 17 (P6 SEd) FTGP: FTGP 18 (P6 SEd) P4 Faith Digital Music P6 Faith Ceramic <u>After Curriculum</u> 1410-1530 (i) HMT (P5 & P6 HMT students) (ii) Enrichment (All P5 & P6 MT students) 1410-1700 P4 Learning Journey to Singapore Discovery Centre 1410 -1510 P3 SDR 1400 -1445 P3 RRP	14 P1 Holistic Assessment Music Concept P6 Charity Ceramic <u>After Curriculum</u> 1410-1600 (i) CCA 13 (ii) P6 Enrichment (EMS)	15
16 Term 3 Week 4	17 <u>After Curriculum</u> 1310 -1600 P6 Prelim English Language & Mother Tongue Oral Day 1 1310-1600 Curriculum time for Foundation pupils EMS No Remedial and Enrichment 1400-1445 P3 & P4 SDR No P3 & P4 RRP	18 VE: Cheerfulness - Resilience 2 P4 Humility Digital Music P6 Humility Ceramic 0910-1340 P1 Faith & P1 Humility Learning Journey to National Gallery Singapore <u>After Curriculum</u> 1410 - 1630 P6 Prelim English Language & Mother Tongue Oral Day 2 No CCA & ARTitude 1410-1510 P3 & P4 SDR	19 0910-1340 P1 Charity Learning Journey to National Gallery Singapore 0740-0940 P3 Swimming Programme Session 6 P4 Charity Digital Music <u>After Curriculum</u> 1410-1635 Rainbow programme for selected students followed by closure ceremony cum Tea for families of students 1410-1510 P3 & P4 SDR Sunshine Enrichment Programme	20 P1 Holistic Assessment Mathematics Review 3- Numbers to 40 & Addition within 40 Assembly: Racial Harmony Day Celebration FTGP: FTGP 19 P4 Faith Digital Music P6 Faith Ceramic <u>After Curriculum</u> 1410-1530 (i) HMT (P5 & P6 HMT students) (ii) Enrichment (All P5 & P6 MT students) 1410-1510 P3 & P4 SDR 1400-1445 P3 & P4 RRP	21 P6 Charity Ceramic <u>After Curriculum</u> 1410-1600 (i) CCA 14 (ii) P6 Enrichment (EMS) 1700-1900 Parenting talk on "An assertive child with positive values."	22

~ July 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	29
Term 3 Week 5	<p>0910-1240 P2 Visit to Faith, Hope, Love An "Art Unites Exhibition "</p> <p><u>After Curriculum</u> 1315-1530 (i) Enrichment for P6 And P5 except for 5 Charity (ii) Remedial for selected P1 & P2 (iii) Curriculum time for P6 students taking Foundation EMS</p> <p>1400-1445 P3 & P4 SDR P3 & P4 RRP</p> <p>1315-1730 P5 Charity Science Learning Journey to Science Centre (Diversity of Cells)</p>	<p>P2 Holistic Assessment Music Listening</p> <p>VE: Cheerfulness - Harmony 1</p> <p>P4 Humility Digital Music</p> <p>P6 Humility Ceramic</p> <p><u>After Curriculum</u> 1410-1600 Performing Arts CCA & ARTitude</p> <p>1410-1510 P3 & P4 SDR</p>	<p>P1 Holistic Assessment English Language Language Use- Grammar, Vocabulary & Comprehension</p> <p>P2 Holistic Assessment Music Listening</p> <p>0740-0940 P3 Swimming Programme Session 7</p> <p>P4 Charity Digital Music</p> <p><u>After Curriculum</u> 1410-1510 P3 & P4 SDR Sunshine Enrichment Programme</p>	<p>P2 Holistic Assessment Music Listening</p> <p>Assembly: FTGP 20 (P6 SEd) FTGP: FTGP 21 (P6 SEd)</p> <p>P4 Faith Digital Music</p> <p>P6 Faith Ceramic</p> <p><u>After Curriculum</u> 1410-1530 (i) HMT (P5 & P6 HMT students) (ii) Enrichment (All P5 & P6 MT students)</p> <p>1410 - 1510 P3 & P4 SDR</p> <p>1400-1445 P3 & P4 RRP</p>	<p>P2 Holistic Assessment Music Listening</p> <p>P6 Charity Ceramic</p> <p><u>After Curriculum</u> 1410-1600 (i) CCA 15 (ii) P6 Enrichment (EMS)</p>	

~ August 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 July	31 July	1	2	3	4	5
Term 3 Week 6	<p>P6 Prelim English Language Paper 1 & Listening Comprehension</p> <p>P2 Holistic Assessment Music Listening</p> <p><u>After Curriculum</u> 1315-1530 (i) Enrichment for P5 students (ii) Remedial for selected P1 to P4 students except those on Learning Journey (iii) Curriculum time for P6 students taking Foundation EMS</p> <p>1400-1445 P3 & P4 SDR P3 & P4 RRP</p> <p>1210-1645 P4 Humility Learning Journey to Singapore Art Museum</p> <p>1315-1730 P5 Faith Science Learning Journey to Science Centre (Diversity of Cells)</p>	<p>P6 Prelim Mother Tongue Paper 1 & Listening Comprehension</p> <p>P2 Holistic Assessment Music Listening</p> <p>VE: Teacher-Pupil Interaction (P1 to P5)</p> <p><u>After Curriculum</u> 1410-1600 Performing Arts CCA & ARTitude</p> <p>1410-1510 P3 & P4 SDR</p>	<p>P6 Prelim Higher Mother Tongue Paper 1</p> <p>P2 Holistic Assessment Music Listening</p> <p>0740-0940 P3 Swimming Programme Session 8</p> <p><u>After Curriculum</u> 1410-1510 P3 & P4 SDR</p>	<p>P1 Holistic Assessment Mathematics Review 4- Addition & Subtraction within 40</p> <p>P2 Holistic Assessment Music Listening</p> <p>Assembly: Safety / HE FTGP: Aesthetics Assembly</p> <p>P6 Faith Ceramic</p> <p><u>After Curriculum</u> 1410-1530 P6 Prelim Higher Mother Tongue Paper 2 during enrichment</p> <p>1410-1510 P3 & P4 SDR</p> <p>1400-1445 P3 & P4 RRP</p>	<p>P2 Holistic Assessment Music Listening</p> <p>P6 Charity Ceramic</p> <p><u>After Curriculum</u> 1410-1600 (i) CCA 16 (ii) P6 Enrichment (EMS)</p> <p>1410-1510 P3 & P4 SDR</p>	

~ August 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Term 3 Week 7	7 P1 Holistic Assessment English Language Individual Writing <u>After Curriculum</u> 1315-1530 (i) Enrichment for all P5 & P6 students (ii) Remedial for selected P1 to P4 students (iii) Curriculum time for P6 students taking Foundation EMS 1400-1445 P3 & P4 RRP P4 SDR	8 National Day Celebration cum Lower Primary Sports Day Pupils will be dismissed at 10.40a.m.	9 National Day Public Holiday	10 National Day School Holiday	11 P6 Social Studies and Health Education Online Test P6 Charity Ceramic <u>After Curriculum</u> 1410-1600 (i)CCA 17 (ii) P6 Enrichment (EMS)	12
13 Term 3 Week 8	14 P2 Holistic Assessment Mother Tongue Listening Comprehension <u>After Curriculum</u> 1315-1530 (i) Enrichment for all P5 & P6 students (ii) Remedial for selected P1 to P4 students except those on Learning Journey (iii) Curriculum time for P6 students taking Foundation EMS 1400-1445 P3 & P4 SDR P3 & P4 RRP 1210-1645 P4 Faith Learning Journey to Singapore Art Museum	15 P1 Holistic Assessment Mother Tongue Oral Reading Aloud P2 Holistic Assessment English Language - Language Use Grammar, Vocabulary & Comprehension P2 Holistic Assessment Mother Tongue Individual Writing & Show-and- Tell Day 1 VE: Cheerfulness - Harmony 2 P6 Humility Ceramic <u>After Curriculum</u> 1410-1600 Performing Arts CCA & ARTitude 1410-1510 P4 SDR	16 P1 Holistic Assessment Mother Tongue Spelling P2 Holistic Assessment Mother Tongue Individual Writing & Show-and-Tell Day 2 0740-0940 P3 Swimming Programme Session 9	17 PSLE Oral Day 1 (P1 to P5 students do not come to school)	18 PSLE Oral Day 2 (P1 to P5 students do not come to school)	19

~ August 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 Term 3 Week 9	21 P6 Prelim English Language Paper 2 <u>After Curriculum</u> 1315-1530 (i) Enrichment for all P5 students (ii) Remedial for selected P1 to P4 students except those on Learning Journey 1400-1445 P3 RRP 1210-1645 P4 Charity Learning Journey to Singapore Art Museum	22 P6 Prelim Mathematics VE: Teacher-Pupil Interaction (P1 to P5) <u>After Curriculum</u> 1410-1600 Performing Arts CCA & ARTitude	23 P6 Prelim Mother Tongue Paper 2 Primary 3 - GEP Screening Exercise (English Language and Mathematics)	24 P6 Prelim Science P1 Holistic Assessment Mother Tongue Language Use P2 Holistic Assessment Mother Tongue Writing & Language Use School Health Visit Assembly: FTGP:22 (P5 SEd) FTGP : FTGP 23 (P5 SEd) P6 Faith Ceramic <u>After Curriculum</u> 1400-1445 P3 & P4 RRP	25 P1 Holistic Assessment Mathematics Review 5- Multiplication P2 Holistic Assessment Mathematics Review 4- Mass, Money, 2D & 3D figures & fractions. School Health Visit P6 Charity Ceramic <u>After Curriculum</u> 1410-1600 CCA 18	26
27 Term 3 Week 10	28 School Health Visit <u>After Curriculum</u> 1315-1530 (i) Enrichment for all P5 & P6 students (ii) Remedial for selected P2-P4 students. (iii) Curriculum time for P6 students taking Foundation EMS 1400-1445 P3 & P4 RRP	29: VE: Teacher- Pupil interaction & A.S.K cards (P1-P5) Target Setting - Review Targets (P6) School Health Visit P6 Humility Ceramic <u>After Curriculum</u> 1410-1600 Performing Arts CCA No ARTitude	30 Timetable is suspended Teachers' Day Celebration P6 PSLE Mass School Health Visit	31 Teachers' Day School Holiday	1 Sept Hari Raya Haji Public Holiday	2 Sept

~ September 2017 ~						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3 Sept Holiday	4 Sept Holiday	5 Sept Holiday	6 0800-1230 P6 Enrichment CCA (Optional)	7 0800-1230 P6 Enrichment CCA (Optional)	8 0900-2100 "Starlight Camp"	9

School Information Bulletin

Principal's Message

Dear Parents/Guardians,

Thank you for your positive feedback and encouragement the school received from last term's Newsbites. We are encouraged and will continue to strive to do our best for our students.

The June holidays are round the corner. Besides being a good time for family bonding and an opportunity for personal pursuits, it is also a time for us to recollect how we have progressed in our resolutions for the year, celebrate how well the first half of the year has been and plan how the next six months can be used for even greater growth. In that light, I share a few thoughts for reflection.

This term, our sports girls participated in the SPSSC NSG Track and Field Championship 2017, 58th National Primary Schools Swimming Championship 2017 and National Taekwondo Championship 2017. They have shown cheerfulness and commitment through their determination and hard work. They have also shown discipline in sticking to their training despite challenges faced. Kudos to our sports girls!

Recently, the alert by MOE on the online game '*Blue Whale*' and a Netflix TV show '*13 Reasons Why*' that consist of suicidal and self-harm content shows how vulnerable our children can be in the face of such negative influences on social media. While bonding with family in June, do teach your child to be discerning if they come across such articles or websites and to have self-control in managing their use of time. At this young age, it is advisable not to leave them alone when using a digital device. Your partnership is critical in reiterating these cyber wellness messages which we have taught in CCPS.

Why I share these two matters is linked to discipline and commitment. In CCPS, discipline is about managing self with others. Our aim is to develop students who can think responsibly, make sound decisions and behave appropriately. Discipline is a means to educate and help our

students live the school values of Commitment, Compassion and Cheerfulness. Students do make mistakes, and when that happens, we expect them to learn through self-reflection and counselling and take responsibility for their actions through accepting consequences that will help them make up for what they had done. What is key is that they learn and grow.

The inspirational life of our Canossian Saint, St Josephine Bakhita, is a worthy example to share. Born in Sudan in 1869, St Bakhita was kidnapped at the age of 7 and sold and re-sold as a slave. St Bakhita experienced humiliation and unspeakable suffering as a slave. Eventually, she was brought to Italy where she joined the Canossian Sisters. One may think that she had lost hope in people. On the contrary, when speaking of her enslavement, she still feel a deep love for people and could still see the good in all that she suffered. She shared that "If I were to meet those who kidnapped me, and even those who tortured me," she wrote, "I would kneel and kiss their hands. For if these things had not happened, I would not have been a Christian and religious today." Her cheerfulness towards difficulties and circumstances is exemplary and an outstanding role model. Her story and values give us much food for thought especially as we continue to grow this community of compassionate leaders in CCPS.

We hope more children can benefit from our education. Do share with your friends of your positive experience in our school and encouraged them to come for our Open House on Saturday, 1 July 2017.

Yours Sincerely,
Grace Tan
Principal, Canossa Convent Primary School

New Staff and Returning Staff

We welcome the following new staff that are joining us from June 2017

1. Ms Jocelyn Yeo (English and Math Teacher)
2. Ms Isadora Soh (PE, English and Math Teacher)
3. Ms Pang Shi Yun (Chinese Teacher)

We welcome the following staff back from their leave

1. Mrs Priscilla Ho (HOD YH P5 & P6)
2. Ms Marie Teo (English, Math, Science Teacher)

Facebook

CCPS has an official Facebook Page where updates of our programmes and events will be posted. Thank you for your support. It now has more than 200 likes and followers. Thank you for the 8 reviews that we had received for our school (5 out of 5 stars). The reviews have encouraged us to continue to give our best to our students. Do share the Facebook link with your friends so that our community can grow. <http://m.facebook.com/CanossaConventPri/>

School Information Bulletin

CCPS Open House Saturday, 1 July 2017

CCPS Open House will be held on Saturday, 1 July 2017 from 9 a.m. to 1 p.m. The Open House will have exhibition booths that showcase our school 6-year programme. There are also classroom experiences, a school tour and the Principal's address and CCA performances. Please come and support us and also bring along your friends. Interested participants can register at bit.ly/2nVDj3T

P6 Preliminary Examinations Schedule 2017

Please note that the oral examinations are conducted after curriculum time.

17 July (Mon)	P6 EL/MT Oral Day 1
18 July (Tue)	P6 EL/MT Oral Day 2
31 July (Mon)	P6 Prelim EL Paper 1 & LC
1 Aug (Tue)	P6 Prelim MT Paper 1 & LC
2 Aug (Wed)	P6 Prelim HMT Paper 1
3 Aug (Thu)	P6 Prelim HMT Paper 2
11 Aug (Fri)	P6 SS/HE online test
21 Aug (Mon)	P6 EL Paper 2
22 Aug (Tue)	P6 Mathematics
23 Aug (Wed)	P6 MT Paper 2
24 Aug (Thu)	P6 Science

English and Mother Tongue Oral Examination

Your child/ward will be taking her English Language (EL) and Mother Tongue (MT) Oral examinations on the dates indicated in the examination schedule. **If your child/ward is not taking the Mother Tongue oral examination, she would not need to stay back on the day the Mother Tongue oral examination is scheduled for her class. Do make the necessary transport arrangement for your child/ward on the days of the examination. Students will be dismissed once they have taken their oral examination.**

Absence from School Examinations(including Oral)

Dear Parents and Guardians, please be reminded that should your child/ward be absent from an examination without a valid reason, no marks would be given to her. **If she is unwell on the day of the examination, a medical certificate must be presented to the school.**

P6 Primary Leaving School Examination (PSLE) 2017

Please note that the PSLE is conducted on the following dates:

17 Aug (Thu)	PSLE Oral Day 1
18 Aug (Fri)	PSLE Oral Day 2
15 Sep (Fri)	PSLE LC
28 Sep (Thu)	PSLE EL Paper 1 & 2
29 Sep (Fri)	PSLE Mathematics
2 Oct (Mon)	PSLE MT Paper 1 & 2
3 Oct (Tue)	PSLE Science
4 Oct (Wed)	PSLE HMT Paper 1 & 2

P6 students are to refer to "**2017 PSLE Instructions to Candidates**" booklet given to them by their Form Teachers in Term 2 for further details.

Our Achievements in term 2 2017

1. SPSSC NSG Track and Field Championship 2017

Our heartiest congratulations to our school's Track And Field athletes who participated in the **SPSSC NSG Track and Field Championship 2017**. We are very proud of them of their achievements.

Names of Athlete	Class	Division	Events	National Ranking
Sabeer Ahamed Safrin Fasmira	P6	A	Shot Put	5th
Siti Naz Ashyrah	P5	A	100m	6th
Mitra D/O Saravanan	P5	C	600m finals	14th

2. 58th National Primary Schools Swimming Championship 2017

We are proud of Isabelle Cheah of P4 for her swimming achievements in the 58th National Primary Schools' Swimming Championship 2017. She has attained a commendable 3rd and 4th position in the 100m and 50m Breaststroke events respectively.

3. National Taekwondo Championship 2017

This year, Jewel Ashlee Gan represented our school in the National Taekwondo Championship 2017. She came in top 8 in the Junior Division Female Poomsae Individual Segment. We are very proud of her accomplishment and wish her continued success in this sport.

Public or School Holidays

Please take note of the following days where there will be no school. **There will be no separate letter to inform or remind about the following public and school holidays.**

Public Holidays	Sunday 25 June (Hari Raya Puasa) Monday 26 June (Hari Raya Puasa) Wednesday 9 August (National Day) Friday 1 September (Hari Raya Haji)
School Holidays	Sunday, 2 July (Youth Day) Monday, 3 July (Youth Day) Thursday 10 August (National Day) Thursday 31 August (Teachers' Day) Saturday 2 September to Sunday 10 September Thursday, 17 August (PSLE Oral Day 1: <i>P6 students will need to be in school at the stipulated timing given nearer to the date</i>) Friday, 18 August (PSLE Oral Day 2: <i>P6 students will need to be in school at the stipulated timing given nearer to the date</i>)

School Information Bulletin

P6 Enrichment and CCA Activities during School Holidays

P6 students will be having enrichment Lessons on **6 and 7 September 2017**. The following are the details:

Date	Time	Subject
Wednesday, 6 September	8.00 am to 12.30pm (NMT students : 8.00 am to 11.30 am)	EL/MA/SC & MT
Thursday, 7 September	8.00 am to 12.30pm (NMT students : 8.00 am to 10.00 am)	EL/MA/SC & MT

If your child/ward is unable to attend these lessons, please produce a letter stating the reason and hand it in to the Form Teacher. For further clarification, please contact the respective teachers at 6844 1418 or email them.

Co-Curricular Activities (CCA)

Students who are involved in CCA during the September Holidays will be informed by the respective CCA Teacher-In-Charge.

Updated School App in the Apps store

Please take note that we have recently updated our school app in the app store. If you have downloaded the app previously, kindly update the app. If you are downloading it for the first time, you can just do a search for 'CCPS' in the app store.

Temperature-taking Exercise in Term 3 Week 1

As part of health related measures, a temperature-taking exercise will be carried out on **Friday, 30 June 2017**. Please ensure that your daughter brings her thermometer.

Early Dismissal due to School Events

Please take note of the following days students will be dismissed earlier. **There will be no separate letter to inform or remind about this.**

1. Open House Rehearsal Please note that this pertains only to students who are not involved in Open House rehearsals. Students involved in open house rehearsal will be issued with a consent form.	Friday, 30 June 10.40am
2. National Day Celebration cum Lower Primary Sports Day	Tuesday, 8 August 10.40am

Consent Forms

Please note that we are streamlining the process of collection of forms. For information that needs acknowledgement such as early dismissal of school or assessment information, it will be informed through Newsbites.

Our Events/ Celebration in Term 3 2017

Hari Raya Puasa Celebration Thursday, 29 June 2017

This year, the Hari Raya Puasa Celebration falls on Thursday, 29 June 2017. There will be a concert during assembly followed by classroom activities. Through this celebration, we rejoice together with our Muslim friends as we learn and understand more of the Malay culture.

Dress Code:

Students are strongly encouraged to come to school in traditional Malay costumes **OR** school uniform. All students must wear school shoes. All lessons are as usual.

Racial Harmony Day Thursday, 20 July 2017

As we make the journey from tolerating differences to embracing diversity, our Singaporean identity continues to develop. It is important that racial harmony is part of this identity and our way of life. We continually strive to deepen bonds across and amongst communities. It is important that our youth make racial harmony a key aspect of their hopes and dreams for what Singapore is and could be.

CCPS will commemorate Racial Harmony Day with an hour long programme during assembly on Thursday, 20 July 2017. Other interactive activities will be conducted throughout the week (during recess) to give students the opportunity to engage in ethnic and cultural practices of our various racial communities. We hope that they can gain a better understanding of different racial practices and learn to appreciate them.

Dress Code:

Ethnic costumes (Chinese, Malay, Indian or Eurasian traditional outfits) **OR** school uniform can be worn. No jeans or **tops** with bare backs or spaghetti straps should be worn. All students must wear school shoes. Lessons will continue as usual.

National Day Celebration cum Lower Primary Sports Day Tuesday, 8 August 2017

We will celebrate Singapore's 52nd birthday on Tuesday, 8 August 2017. There will be a series of activities for students to participate prior to this date. The objectives of the different activities are to develop a sense of belonging and commitment to our community and nation and to foster a sense of identity, pride and self-respect as Singaporeans. Students are to report to school as usual by 7.30 am and will be dismissed at 10.40 am. They are to bring a small bag with a water bottle, a snack (preferably bread) and a story book (for silent reading). The canteen will not be open on that day.

Dress Code:

Lower Primary students (P1 to P3): PE attire with pinafore
Upper Primary students (P4 to P6): Red T-shirt / PE T-shirt with pinafore

Teachers' Day Celebration Wednesday, 30 August 2017

To appreciate the hard work of educators, our school will be celebrating Teachers' Day on Wednesday, 30 August 2017. Teachers' Day is also known as Music Day and students will be putting up performances for a concert.

Dress Code: School uniform

Activities and Parenting Information Bulletin

This bulletin provides information on parenting education including useful articles you can find on the internet. This term, we focus on articles on issues related to anxiety and distress, how to build up resilience and tips for preparing healthy meals for our loved ones.

Good Read

When our children are going through distress, they send out warning signs through their behaviour, but do we know what to watch out for? Are we catching the signals for help being sent out? Being familiar with these distress signs will help us identify problems early. Also, find out more about how parents can talk about issues related to anxiety and distress. Do read more at <http://www.apa.org/helpcenter/stress-children.asp>

If you are interested to find out more on how we, as parents, can teach our children to build up on their resilience, you may want to refer to the following website. A retired Principal, Mrs Jenny Yeo, shares the importance of teaching children to be resilient and how parents can do so. <https://www.schoolbag.sg/story/building-the-resilience-muscle>

Tips and ideas for preparing healthy meals for your family

Do check out the following websites for more interesting recipes to surprise your children in the kitchen. There are fun, colourful and creative recipes shared which we, as adults find it hard to resist too. It would also be good if you can encourage them to be more involved in preparing healthy meals in the kitchen with you.

1. <http://www.cookinglight.com/food/everyday-menus/healthy-meals-for-kids/healthy-meat-loaf-muffins-recipes>. This website provides a list of healthy meals which are perfect for our little ones. Your children will love these bite-sized meals and snacks. Each meal is low in calories.
2. <http://www.delish.com/cooking/g1372/quick-kids-dinner-recipes/> This is suitable for kids who love Western food.
3. <http://www.eatingwell.com/recipes/18702/mealtimes/dinner/family-kids/> You can find healthy, delicious family and kids dinner recipes, from the food and nutrition experts at "EatingWell".