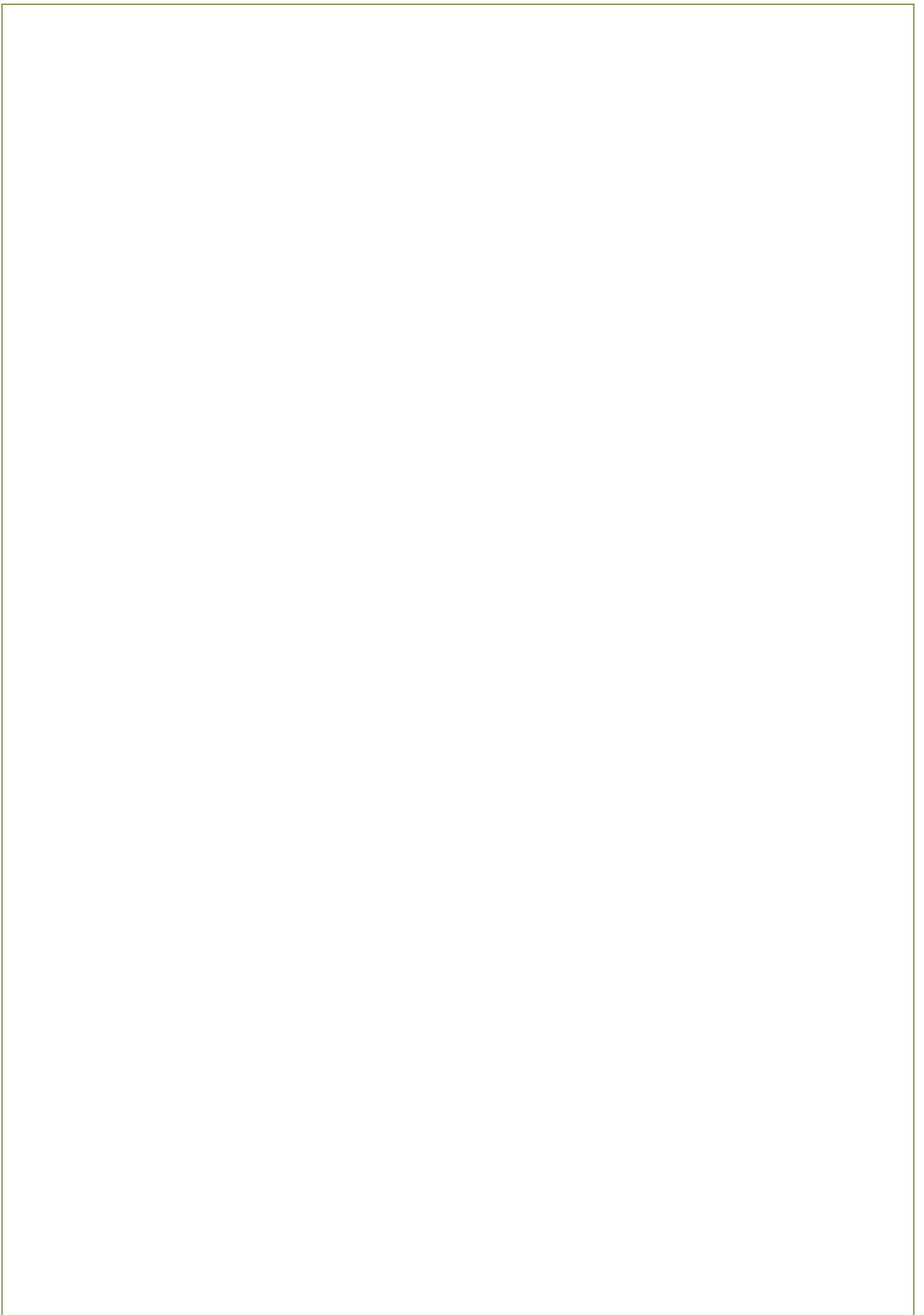




Every Child Gets Noticed



**Farrer Park
Primary School**



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Essential Information

	From 9 January onwards
School Hours:	7.30 a.m. to 1.30 p.m.
Recess:	9.15 a.m. to 9.45 a.m.
Opening of School Gate:	
<ul style="list-style-type: none">• Before school	<ul style="list-style-type: none">• 6.45 a.m. - 7.30 a.m.
<ul style="list-style-type: none">• After school	<ul style="list-style-type: none">• 1.30 p.m. - 2.00 p.m.
	* Gate 4 (Near canteen) or Gate 7 (Pek Kio CC)

Silent Reading:

Pupils should settle down to read silently once they are at the assembly area before 7.30 a.m. All pupils should have an English storybook with them from Monday to Thursday and a Mother Tongue story book on Friday.

Timetable and Packing of School Bag:

The class timetable will be given to your child by the second day of school. It serves as a guide to the books he should bring to school each day. Set a routine to pack his bag together for the next school day.

Avoid bulky school bags made from thick materials as these add unnecessary weight. Avoid fanciful and heavy stationery that will distract your child too.

If your child forgets to bring his books or any required items for the day, he should learn to assume responsibility and accept the consequences to help him learn. Parents should not deliver these items to school.

Your child should have the following in his pencil case for every lesson:

- at least 2 sharpened pencils
- an eraser
- a ruler
- a container sharpener

A box of 12 colour pencils is highly recommended for every lesson too.

School books will be collected and kept in the classroom for daily teaching and learning. They will be returned when there is homework to be completed or for your acknowledgement. This will help to ensure that school bags are not too heavy.

Recess:

An allowance of between \$2.00 to \$2.50 daily is recommended. Pupils can also use their EZ-Link cards or POSB Smart Buddy to purchase food from the stalls. Alternatively, your child may bring some packed food from home.

There will be an in-class break from 12.00 noon to 12.30 p.m. for your child to have a brain break in the classroom. Do pack healthy light snacks for your child.

Your child should have a water bottle with him. It can be refilled at the water-coolers when necessary.

Your child can seek help from the teachers or the staff at the General Office if he forgets to bring his allowance or food for recess.

Dismissal:

Pupils who are taking the school bus home will be led to the foyer where the assistants in the bus will assist them to board the bus. Pupils who will be picked up by parents or guardians at Gates 4 and 7 will be led to the canteen for dismissal.

First Four Days of School

Date : 3 January 2023, Tuesday to 6 January 2023, Thursday

School Hours : 8 a.m. to 12 noon (Please arrive before 8.00 a.m.)

Assembly area : Hall

Attire : School uniform with black school shoes and socks above ankle level

Grooming :

Girl	<ul style="list-style-type: none">• Shoulder length hair must be tied up neatly.• Only dark-coloured hair bands / ribbons are allowed.• Long hair beyond the shoulders must be neatly plaited or tied in ponytail.• Fringe must not cover the eyebrows.• Spiky, punky, outlandish or coloured hair is not allowed.• Only a pair of small, plain gold ear studs is permitted.
Boy	<ul style="list-style-type: none">• Hair must be neatly cropped and/or combed.• No sideburns are to be kept.• Hair must not touch the eyebrows, ears or the collar of the shirt.• Highly shaved sides and back are not allowed.• Spiky, punky, outlandish or coloured hair is not allowed.

Things to Bring

Your child need not bring any textbooks, Mother Tongue books and Art materials on the first four days of school.

The following books will be collected and kept in the classroom for daily teaching and learning.

3 January 2023, Tuesday	4 January 2023, Wednesday
<ul style="list-style-type: none"><input type="checkbox"/> STELLAR Handwriting<input type="checkbox"/> Primary Mathematics Practice Book 1A<input type="checkbox"/> FPPS Mental Sums Booklet<input type="checkbox"/> Social Studies Activity Book<input type="checkbox"/> 2 broad-line exercise books	<ul style="list-style-type: none"><input type="checkbox"/> An Active and Healthy Me Primary 1<input type="checkbox"/> Form Teacher Guidance Period (FTGP) Book<input type="checkbox"/> School Holistic Report Book<input type="checkbox"/> Portfolio with Sheet Protectors<input type="checkbox"/> Pink English Ring File<input type="checkbox"/> Pink English Thin File<input type="checkbox"/> Blue Mathematics Ring File

Please ensure that your child's **full name** and **class** are written with a permanent marker on **all** his books, files and personal belongings.

Buddying Programme during Recess

A Primary 4 buddy will be assigned to your child during recess to assist him on how to buy food and drinks during the Primary One's recess for the first two weeks of school: 3 January to 13 January 2023.



The buddy's name and class will be written on your child's class lanyard for identification purpose on the first day of school.

**he – used as a gender-neutral*

Healthy Meals

Research has shown that food preferences are generally acquired during childhood. Eating habits acquired after adolescence are more resistant to change. The school environment plays an important role in nurturing and sustaining good eating habits. My Healthy Plate, introduced by the Health Promotion Board (HPB), is a friendly, easy-to-understand visual guide for creating balanced and healthy meals. All the set meals in our school canteen follow this visual guide to ensure that your child makes healthy choices and eats nutritious meals.



In FPPS:

- No Soft Drinks are available. Pupils are encouraged to drink Mineral Water and HPB approved drinks like Milo.
- Pupils eat set meals consisting of:
 - ✓ 20 % Brown Rice
 - ✓ Meat (non-deep fried, skinless)
 - ✓ Vegetables (2 desert-spoon serving)
 - ✓ Fruit (half an apple, half a wedge)
- All ingredients used for set meals comply with HPB guidelines.



Health Screening

The School Health Service (SHS) provides age-appropriate school-based health screening for students in primary schools every year. Doctors and nurses from SHS visit schools annually to conduct health screening of students to detect health conditions common among the school-going population.

The following health screening will be conducted for your child in Primary 1:

- Vision screening (Eyesight test)
- 3D vision screening
- Growth & development assessment
- Hearing screening
- Medical check-up by doctor
- Immunisation if your child has missed earlier doses

Helping Your Child

Your child benefits most when his home and school are attuned to each other. Working hand-in-hand with the teachers will help you better understand the needs and development of your child, so that you may give him the necessary care, support and reinforcement at home. Certainly, a supportive home environment will build confidence and sense of security in your child.

Value your child:

- Love your child regardless of his learning abilities.
- Affirm your child's effort – focus on the learning process and attitude.
- Avoid comparing your child's performance with that of others.
- Be generous to affirm positive behaviours but be firm against unacceptable behaviours.
- Encourage your child, especially when he is disheartened.



Help and guide your child in his learning at home:

- Work with your child to develop a daily routine that allows time for completion of his homework, rest, play and family bonding.
- Create a conducive study area for your child at home to do his homework and revision.
- Check his Pupil's Handbook for information regarding homework or instructions from teachers and provide daily supervision for the completion of homework and revision every day.
- Encourage your child to read, write, and make things from loose parts or recycled materials in his free time.
- Involve your child in daily activities such as cleaning the house, setting the table for meals, time-telling and making small purchases with coins and notes, etc.

Working together with the teachers:

- Ensure that your child attends school every day unless he is unwell. In such cases, a medical certificate needs to be submitted to the teacher when he returns to school upon recovery.
- Share important information, such as medical conditions or special diet, about your child with his teachers.
- Attend all Parent-Teacher Meetings and Bonding Sessions as arranged by the teachers so that you can work together with the teachers to help your child progress.
- Be prepared to listen, consult and be consulted with an open mind.
- Trust your child's teachers to make professional judgement about your child and give them the right to discipline, where necessary.



Anxieties & Concerns

Settling into a new school

For some children, anxiety attacks which may result in school refusal usually happen in the first week of school. For others, these may happen after one to two weeks. Patience and understanding is needed while your child settles into a new environment. Being calm and patient during these anxiety attacks can help to reassure your child that you are with them and that you are confident of his ability to adapt to change in a new school.

Strategies to reduce anxiety

- Ensure that your child sleeps early and have ample rest every night.
- Teach your child relaxation techniques such as deep and slow breathing or counting from 1 to 10 slowly.
- Reassure your child that he will be safe with hugs, kind words and words of encouragement.
- Read books on how characters overcome their first day of school or anxiety and discuss various ways to relate to them.
 - First Day Jitters by Julia Danneberg
 - Don't Panic, Annika! by Juliet Clare Bell
 - David and the Worry Beast by Anne Marie Guanci

Parent Support Group

Through FPPS' Parent Support Group (PSG), we hope to establish a home-school partnership with parents.

Parents will be given the opportunity to partner with the school on projects and activities that enhances your child's primary education experience. As a PSG volunteer, you can improve bonding with your child through your active participation in the school's activities.

Parents are strongly encouraged to step forward and join the Farrer Park Primary family. To register, please scan the QR code below.



<https://tinyurl.com/PSG2023P1>



Celebrate the successes and teachable moments of Farrereans with us on FPPS Facebook page! Be updated on the latest happenings in our school too.

Connect with us on Facebook today!
<https://www.facebook.com/FarrerParkPrimary>



Parents Gateway

Parents Gateway

Parents Gateway is a digital platform (by MOE and GovTech) to bring greater convenience to parents to perform simple administrative functions and receive relevant information from schools. It is available on iOS and Android devices. Through Parents Gateway, parents will be able to access all official school announcements and provide consent for their children to participate in school activities.

Who can access Parents Gateway?

Parents Gateway contains sensitive information about students and their parents. Access to the mobile app is restricted to parents and legal guardians who are SingPass holders.

If you fall into any of the following categories, you are eligible to apply for SingPass:

- i. Singapore Citizen and Permanent Resident
- ii. Employment Pass and Personalised Employment Pass holders
- iii. EntrePass holders
- iv. S-Pass holders
- v. Dependant Pass holders (of EP, PEP, EntrePass and S-Pass holders)
- vi. Long Term Visit Pass-Plus (LTVP+) holders
- vii. Long Term Visit Pass holders
- viii. Immigration Exemption Order holders
- ix. Selected Work Permit Holders who require SingPass to access government digital services.

Instructional Guide

Step 1 – SingPass Registration and 2FA Setup

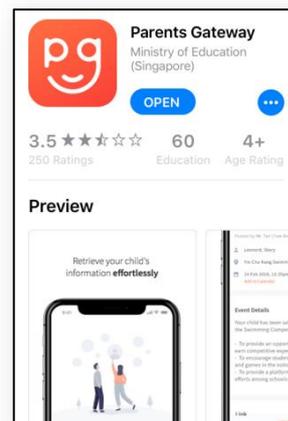
SingPass 2-Step Verification (2FA) is required for on-boarding. If you have not registered for a SingPass or have not set up the 2FA, please visit the SingPass website (<https://www.singpass.gov.sg>) to do so. You can also scan the QR below to access the SingPass registration guide. Should you require further assistance, please contact SingPass Helpdesk at 6335 3533.



Step 2 – Download Parents Gateway Mobile App

- Open the Apple App Store or Google Play Store on your mobile phone.
- Search for the ‘Parents Gateway’ mobile app, or scan the QR code below.
- Download and install the app onto your phone.
- Enable ‘Allow Notifications’ to receive push notifications.

**Note: Supported OS Versions - Android 6.0 or later & iOS 9.1 or later*





OUR VISION

Fountain of Knowledge
Heart of Gold

OUR MISSION

Creating Opportunities
Accepting Challenges
Nurturing Character

OUR MOTTO

Challenge The Limits

OUR VALUES

Graciousness

Be Courteous and Considerate

Responsibility

Be Responsible to Self, Family and Nation

Adaptability

Be Creative, Innovative and Resilient

INtegrity

Be Honest and Committed in Words and Deeds

OUR LEARNING DISPOSITIONS

Curiosity

Be interested to learn

Humility

Be receptive

Adaptability

Be Creative, Innovative and Resilient

Reflectiveness

Be able to learn from experiences

Motivation

Be able to work towards a goal

Contact Us

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School Website: <http://farrerparkpri.moe.edu.sg/>

Facebook: <https://www.facebook.com/FarrerParkPrimary/>