



BUKIT PANJANG PRIMARY SCHOOL
109 Cashew Road, Singapore 679676
Tel: 67691912 Fax: 67637462
<http://www.bukitpanjangpri.moe.edu.sg/>

Future Leaders, Concerned Citizens

25 Apr 2017

From the Principal's Desk...

IN TOUCH 04/2017

Dear Parents,

In this issue, I continue to share with you on the achievements made by our students. These would not have been made possible without your support and partnership, dedication of the staff and most importantly, the resilience and teamwork of our students. Through the preparation for the competition, students learnt the importance of teamwork and cooperation, of commitment to others and respect for their opponent. For students who are unable to meet their personal expectations, it also serves as a teachable moment to teach our students to learn to accept defeat gracefully and continue to strive for future success.

MOE Long Service Award Year 2016

We congratulate the following officers for being awarded the MOE Long Service Award.

Name	Designation
Mdm Nur Muliani Perdanawati	Allied Educator (T&L)
Mdm Ong Chin Gek Jenny Michelle	Corporate Support Officer
Mdm Quak Chin Chye	Corporate Support Officer
Miss Goh Wan Ling Alina	Teacher
Miss Phua Wang Yu	Teacher
Mdm Wong Lai Yoke	Teacher
Mdm Ho Mun Yee	Asst Year Head
Mdm Chua Tien Wee	Teacher
Mr Liew Huai Jie Edmund	Teacher
Mr Lok Chee Weng Edward	Teacher
Mdm Shariffa Bee Bte Syed Ahamad	Teacher
Mdm Zhao Wei Ni	Teacher
Miss Chew Whatt Bee	Attendant



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Mdm Toh Lie Kiew	Attendant
Mr Oh Ming Yie	Head of Department
Mrs Kristin Heng	Senior Teacher (Mathematics)
Mdm Annie Azrina Bt Ibrahim	Teacher
Mdm Chua Yeong Joo	Teacher
Mdm Dong Rui	Teacher
Mdm Murni Bte Sapuan	Teacher
Mdm Yeo Sze Wei	Teacher
Mdm Neo Hwee Koon	Administration Manager
Mr Mohd Riad Bin Mohamed Padli	Head of Department
Ms Chan Pei Lai	Teacher

CCA Achievements - Wushu

BPPS participated in the SPSSC National Primary Schools Wushu Championship 2017 held at Tao Nan School and the Toa Payoh Sports Hall from 20th to 28th March 2017. We are proud to share our team's achievements. In spite of the fierce competitions from other schools, the team clinched a total of 9 medals, comprising one 1st placing, four 2nd placings, two 3rd placings and two 4th placings. These were possible due to the dedication and commitment by our coaches and teachers, not forgetting the tireless efforts put in by our students during training.

We hope to continue spotting and building more talents and to strive for greater achievements. Congratulations to our Wushu members for their well-deserved wins!

These are the students and their respective categories and awards.

Name	Class	Division	Event	Position
KOH LE BON	5E	Junior Boys	5-Duan Broadsword	1st
			5-Duan Changquan	2nd
			5-Duan Cudgel	2nd
SIM SHAO YANG IAN	6E	Senior Boys	5-Duan Broadsword	3rd
			5-Duan Nanquan (Southern Fist)	4th
CUI HAO XUAN ARON	6F	Senior Boys	42-Style Taijijian	2nd
			24-Style Taijiquan	3rd
RACHEL LAU LI YING	6H	Senior Girls	24-Style Taijiquan	4th



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			42-Style Taijijian	5th
LIM TZE HERNG, LUCAS	6F	Senior Boys	Nan Dao (Southern Broadsword)	5th
			Nan Gun (Southern Cudgel)	5th
TEY KAY ENG	5G	Junior Girls	42-Style Taijijian	6th
LAW CHEUK HONG	5E	Junior Boys	3-Duan Nanquan (Southern Fist)	6th
WOON CHIH ING, ALYSSA	4D	Junior Girls	5-Duan Broadsword	6th
YEW JIA MING, JAMES	6D	Senior Boys	Group Weapon	2nd
SIM SHAO YANG IAN	6E			
CUI HAO XUAN ARON	6F			
LIM TZE HERNG, LUCAS	6F	Senior Boys	Group Weapon	2nd
ERWIN CHAN JIE JUN	6G			
ELONZO TEO SHENG	6H			

CCA Achievement- Director's Award 2017

A deserving member from Red Cross Society, Hailey Zaw Thuwaddy of class 6H was awarded the Director's Award 2017. This prestigious award is a recognition of Red Cross members who display leadership qualities and active participation in Red Cross activities. It was a tough selection for the Red Cross teachers but Hailey stood out among the many dedicated candidates in BPPS. Hailey proudly received the award from the Director himself on World Red Cross Day held at the Red Cross Headquarters. Congratulations, Hailey!

Below are some excerpts from Hailey,

"I have learnt a lot from Red Cross Youth and I can apply the First Aid knowledge I have gained to help people in need.

I hope many more people will learn First Aid so that we can all help each other when necessary."

Singapore Amazing Flying Machine Competition

On 13th March 2017, a group of Primary 6 students represented BPPS in the Singapore Amazing Flying Machine competition, organised by Singapore Science Centre and DSO National Laboratories.



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Name	Class
Brian Lee Jun Wei	6E
Nabilah Afiyah	6E
Dhruva Manoj	6E
Hanshika	6E
Leow Kang Ren	6E
Phua Cheng Yang	6E
Arka Arun	6F
Dayna Gan Sim Ru	6F

Name	Class
Cheong Yu Yan	6F
Valencia Tan Yan Yu	6F
Moo Sheng Yan	6F
Ethan Chua Bing Heng	6F
Malcolm Sng	6G
Low Zhan Rong	6G
Goh Jun Xun Josh	6H
Shernice Tan	6H
Gynho Lim	6H

During the competition, the students had to give a short presentation to a panel of judges and to design and fold paper aeroplanes to achieve longest, farthest or most accurate flight. We would like to congratulate three of our boys, who had won 3rd in Best Presentation segment of this competition.

Name	Class
Moo Sheng Yan	6F
Ethan Chua Bing Heng	6F
Kelser Kok Weng Fong	6G

Odyssey of the Mind National Finals 2017

We are pleased to inform that our students have done very well and achieved first position in the junior division and second position in the senior division. Congratulations to all the team members and their teachers for their outstanding performance!

Name	Class
Chan Kwon Young, Adrian	1A
Gisele Chia	1F
Izzhami Bin Saiful Bahari	2B
Jayden Ong Joon Kai	2B
Anna Eliza Tang Weiqi	2C
Raechal Sonje Gobiselven	2C
Aaron Tan Rui Ze	2E

Name	Class
Boon Kelley	4A
Jinn Lim Ji Yan	5E
Goh Zun Rye	5E
Nicole Tan Jing Wen	5F
Celeste Niam Xuan Lin	5G
Seah Ruijie	5G
Cheng Yu Kai	5G



Student of the Term and Recognition (STaR) Award

The STaR Award was introduced to recognise students' exemplary behaviour in demonstrating the six school values of Respect, Responsibility, Resilience, Integrity, Compassion and Gratitude. Through this award, we hope to create an environment in the classroom that teaches, promotes and upholds the desired values.

We are proud to share that the following students were presented with the STaR Award for Term 1:

Name	Class
Tay Tian Rui Ryan Stanley	1A
Lim Yu Xuan Gwen	1B
Tan Shi Ting Joian	1C
Joben Charles Ong	1D
Kuck Jun Le Ray	1E
Lim Xun Tien	1F
Tay Wen Xun, Sarahbelle	1G
Chong Hao Loong	1H
John Ng Zhi Xin	3A
Tsai Enn Nor, Angelina	3B
Lim Jia Xuan Rachel	3C
Nur Syamira Binte Mazlan	3D
Nur Harfizah Binte Harris	3E
Nur Quraisyah Binte Mohammad Fadhill Shuhairi	3F
Ariqah Binte Ismail	5A
Claudia Chua Cheng	5B
Jeremy Yeo	5C
Sanyam Kumar	5D
Nur Farah Farisha Binte Iman Mujtahid	5E
Ang Ee Erne	5F
Rainie Woon Rui Ning	5G

Name	Class
Muhammad Akmal Bin Muhammed Tahir	2A
Teo Wee Woon (Zhang Wei'En)	2B
Tan Xuan Ling	2C
Low En, Grace (Liu En)	2D
Gomes Joel Julian	2E
Ho Yi Xuan	2F
Yeo Yan Qi (Yang Yanqi)	2G
Tey Kay Yee	2H
Lim Zheng Xuan, Xavier	4A
Tan Sue En	4B
Chua Lik Bin	4C
Phoebe Loo Jyew Yan	4D
Sherry Lim Kai Han	4E
Shannon Tan Huijuan	4F
Lee Han Xun	6A
Nur Fatin Qistina Binte Shaid	6B
Denise Ng Yu Xuan	6C
Leow Ke Xuan	6D
Reuben Desh Gabriel	6E
Cui Hao Xuan Aron	6F
Chiang Xin Ni, Nicole	6G
Danial Hussain	6H

Theme of the Week for Term 2

This year, the school introduced the Theme of the Week which is tied to the school values. Every week, prefects and students take turns to share stories and write-ups on the theme. Since building character is the work of both parents and school, do spend some time with your child to address the themes and values.



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The Themes of the Week for Term 2:

WEEK	VALUE	THEME
1	Gratitude	Say Thank You!
2	Responsibility	Make Every Drop of Water Count
3	Respect	Treat Everyone with Respect
4	Respect	Respect: Give it to Get it!
5	Responsibility	Taking Pride in What You Do and Do it Well!
6	Compassion	No One Heals by Wounding Others
7	Gratitude	There's Always Something to be Thankful For!
8	Integrity	Do the Right Thing, Even When No One is Looking
9	Resilience	Champions Never Give up!
10	Compassion	Is My Fun Another Person's Sorrow?

Awareness on the challenges faced by the deaf community by Raffles Girls' School (RGS)

Students from RGS came to Bukit Panjang Primary School on Thursday, 30 March 2017 to set up a booth and create awareness on the challenges faced by the deaf community.

As part of the awareness campaign, BPPS students were given ear plugs so that they could experience what it is like to be hard of hearing. Some of the students shared that through this activity, they were able to feel more compassionate towards the deaf community.

Scouts

BPPS Cub Scouts and Red Cross Links are working with the Society for the Prevention of Cruelty of Animals, commonly known as SPCA, to impart the right attitudes in treating and caring for animals in every student. Our Cub Scouts had setting up a booth from 17 to 21 April, Monday to Friday, to collect new cans or packets of pet food for SPCA during recess.

Through these activities shared above, we hope to emulate the value of SPCA of imparting individuals with the right attitude in treating and caring for animals.

World Water Week

World Water Day is held annually on 22 March, a day designated by the United Nations to celebrate the importance of water sustainability.

This year, our school participated in the Singapore World Water Day 2017 through the various activities carried out from 20 to 24 March 2017.



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Students learnt about how they could conserve water through various sharing done by the Primary 6 students. They also learnt how to make a D-I-Y water filtration system and experienced a mock water rationing exercise during their recesses.

On the last day of the event, students took photos with Water Wally, which was pieced together using the pledge cards that students wrote on to pledge their commitment to this water cause.

Recycling @ BPPS

In term 1, BPPS Newspaper Collection Drive has collected more than **700kg** of newspaper and paper products. Thank you for all your support.

We will be continuing with the Collection Drive this term. The dates of the collection in Term 2 would be as follows:

Week	Date
4	Thursday, 30th March 2017
6	Thursday, 13th April 2017
8	Thursday, 11th May 2017
10	Thursday, 25th May 2017

On top of the Newspaper Collection Drive, we will also be collecting clothes. The clothes will be a part of a Bazaar Sale, where we will be raising funds for those who are in need. Therefore, we urge you to donate clothes that are still in good condition so that we are able to sell them. The collection for the clothes will be during Week 6 (24th - 26th April 2017).

We hope that you will continue to support the school in our efforts to save the Earth and to help those who are in need.

Family Matters @ School

We are pleased to inform you that BPPS is embarking on Positive Parenting Programme (Triple P) for our Pri 3 and Pri 4 parents.

Triple P is a parenting programme but it doesn't prescribe on how to be a parent. Instead, it is more like a toolbox of ideas. Parents choose the strategies they need. These simple and practical strategies will help parents to confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Why is it effective?

- One of the most effective evidence-based parenting programmes in the world, backed up by more than 30 years of ongoing research
- It offers parents preventive programmes of different intensities to meet their needs
- Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction
- Implemented in 25 countries such as Australia, Japan and Hong Kong



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For more information and/or any queries on Positive Parenting Programmes, do feel free to email Mrs. Begum (FamilyMatters@School Coordinator) at bpps.sfe@gmail.com

PSG matters

We have started an English Buddy Programme which aims at assisting and improving our students' language capability. This programme reaches out to students from P3 to P6, who need further assistance in their reading and spelling skills.

Our PSG members are rendering their support in the mornings (7.10 a.m. to 7.30 a.m.) to help these students. We would like to reach out and appeal to more parents to join in this programme, especially parents who send their children to school in the morning.

The scope of involvement by parents are as follows:

- Take attendance of students who turn up
- Distribute the assigned reading materials
- Track their progress

The programme works via a buddy system whereby a mentor will take charge of a mentee in daily reading and assessing the mentee's performance.

It is a supplementary programme for the students through which we hope will help them become better readers. Do join us in this meaningful project as we work together to support BPPS!

Items which are not allowed in school

We have noticed that students have been bringing slime to school. It is also interesting for us to know that some of the students have been making slime at home using household items. There has also been a recent excitement over a new product called the 'Spinner' . It is basically a fidget toy which which can be spun.

Bearing the students' well-being in mind, we would like to urge you to speak with your children and ensure that they do not bring any slime or spinners to school. On this note, please also take note that any forms of toys are not allowed in school.

Bringing of handphone to school

We would like to bring to your attention that we discourage students from bringing hand phones to school. It has been clearly communicated to the students that their hand phones may only be switched on at the canteen. Students are strictly not allowed to use their hand phones in the classroom. The phone should strictly be used only for communication. If students are found to be using the phones for other reasons such as games and social media, their phones will be confiscated by the teachers.



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Parent-Teacher Dialogue (PTD)

We wish to inform you that the second PTD will be held on Friday, 26th May 2017. Please note that there will be no school on that day. Parents will be able to meet the teachers and discuss on the child's progress. It also allows teachers to work with the parents to maximise the child's potential. Details on the PTD will be given to you at a later date.

First Semestral Assessment (SA1)

The SA1 will be conducted for P3 to P6 students from week 5 to 8. For the languages, other than the written paper, it will also include oral, listening and writing.

You might want to help your child/ward set out a timetable for his/her study. The timetable may take into consideration your child's/ward's strengths and weaknesses for a particular subject and the study time adjusted accordingly.

Studies have shown that for long-term retention of knowledge, taking regular breaks helps. You might want to help your child/ward develop a study routine that works for him/her.

Let your child/ward know that you are interested in his/her work and will be proud if he/she does his best. When you are positively engaged in your child's/ward's education, they are more likely to perform better at school.

Sharing

Building the Resilience Muscle

"A resilient child is one who adapts positively and perseveres."

By Mrs Jenny Yeo, Retired Principal

Taken from Schoolbag.sg, Ministry of Education.

Riduan Zalani is a multiple award winner, but his success did not come easily. As a teenager, he faced hardships at home and had to work part time while studying to support the family.

But he succeeded. In 2015, he received the prestigious Young Artist Award (YAA) from the National Arts Council (NAC) for his significant influence in and contribution to the development of the drumming scene in Singapore. In 2013, he received the Singapore Youth Award (SYA) in recognition for his courage and resilience in putting Singapore on the global world music scene.

It was a strong sense of purpose that enabled him to overcome the challenges and achieve such exceptional accomplishments.

As a child, he saw clearly how he could contribute positively to his family and steadfastly did so. Today, he has great clarity about how he can contribute to the development of arts and culture in our country and is ceaselessly doing so through performing, choreographing and teaching, and through [Nadi Singapura](#), an initiative to develop the local Malay arts scene.



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Riduan knows his strengths, his passion and how he can contribute. This robust sense of purpose motivates him to persevere to look beyond present circumstances and work towards his desired future.

In essence, a resilient child is one who adapts positively and perseveres. Adversity is part and parcel of life and there is no way we can prevent our children from facing them. Thankfully, we can help them to prepare. Here are a few tips:

- set and work towards goals together
- expose them to new experiences (e.g. places, hobbies, occupations) to let them discover their interests and passion
- affirm their unique talents and qualities
- provide opportunities to contribute to society (e.g. participate in community activities)

Another critical factor in nurturing our children's psychological well-being and making them resilient is their supportive relationships with significant adults. Riduan credits his achievements to his grandmother, whom he acknowledges as a pivotal person in his life. She provided strong support and a listening ear. She was an excellent role model in problem solving and guided him in dealing with his problems. She helped him to focus on his strengths, cheered him on and showed him that effort was critical for success. Riduan also felt empowered to make his own choices, decisions and plans. "She told me to choose something I wanted to dedicate my life to," said Riduan, and that is certainly what he did.

As significant adults in our children's lives, it is essential to establish a caring and supportive relationship. This helps our children to feel safe, loved and valued, which in turn helps them face the challenges of life.

Parents can do this by providing a listening ear and communicating care, trust and belief in their children. Stories about eight year-olds and their antics may sound trivial, but they are important to the child. Their world and concerns are as big and real to them as our own concerns. So, give them your undivided attention, validate their concerns and show them that you care.

Try setting aside some "worry time" daily. Give your child ten minutes to share their anxieties. Even when there may be nothing bothering them, let the child lead the conversation and just spend time having a chat.

Parents can also encourage conversation time through regular family meals, where everyone gets together, or participate in activities that your child is interested in and talk to them during this time. For example, one mother I know took up guitar lessons with her teenage daughter and used it as a way to bond.

These seemingly insignificant conversations gives us a way into our child's world and mind, strengthens the parental bond and also provides opportunities for us to show our trust and belief in them.

Here are a few tips.

Give our Children S.P.A.C.E to grow

SUPPORT

Provide positive feedback
Be willing to listen



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PROBLEM SOLVE

Reflect on setbacks together
Guide your child to develop alternate plans

AFFIRM

Affirm strengths and efforts
Use of effective praise

CHEER

Cheer your child on for every effort
Celebrate all successes, even small ones

EMPOWER

Let your child make decisions
Encourage your child to voice his/her ideas, and carry out the plans made

So if we want to strengthen our children's resilience muscle, help them develop a sense of purpose and create a home environment that gives them S.P.A.C.E. to grow.

Thank you.

Bucktha Seelan
Principal

I have no special talents. I am only passionately curious.~ Albert Einstein