



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

Future Leaders, Concerned Citizens

2nd August 2018

From the Principal's Desk...

IN TOUCH 08/2018

Dear Parents/Guardian

August is a time when the nation comes together to celebrate the progress of Singapore and pays tribute to the contributions made by our forefathers. It is also a timely reminder for us not to rest on our laurels and always be prepared for the uncertainty that lies ahead.

The theme for this year's National Day Parade is "We are Singapore". As we forge ahead towards a stronger Singapore, we need to be relentless in our pursuit in building an inclusive society. A society that embraces differences, exhibits compassion and most importantly manifests acceptance. As a school, we play a critical role in partnering the parents in instilling values of compassion, empathy, integrity and kindness in our students.

The school will be commemorating National Day on **8th August**. Besides an observance ceremony, students will also participate in a host of fun filled activities that aim to drive home the theme for this year's NDP. All students will report to school by **7.30 a.m.** and will be dismissed at **10.30 a.m.** **Please make the necessary transport arrangement for your child/ward.**

Please further note that 10th August is a school holiday and school will **resume on Monday, 13th August 2018.**

National Day Celebration

The theme for this year's National Day Parade (NDP) is "We Are Singapore". It celebrates our people, our nation and our home and reflects a pledge of unity and togetherness among our diverse cultures. "We" in this year's theme emphasises the collective, where regardless of our origins and wherever we are, Singapore is our way of life and will always be our home.

Please note that:

1. Students are encouraged to wear red T-shirts and PE shorts. Primary 5 & 6 students are encouraged to wear their P5 camp T-shirts.
2. Light refreshments (a packet of Milo & biscuits) will be provided.
3. School bus operators have been informed of the revised school hours. Kindly liaise with them for details.
4. Supplementary lessons and CCAs will be cancelled.

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Activities during National Day Celebration include:

School Programme
<ul style="list-style-type: none">• National Day Observance Ceremony• National Day Concert (Primary 1, 2 & 3 students)• BPPS Sports Carnival (Primary 4, 5 & 6 students)• National Day classroom activities (Primary 1, 2 & 3 students)

Edusave Character Award (ECHA) Nomination

ECHA was introduced in 2012 to recognise students who have demonstrated exemplary character and outstanding personal qualities through their behaviour and actions.

Nominations for this award are open to students, staff, parents and public. The nomination period is from **13 August 2018 to 30 August 2018**. Nomination forms and information on the eligibility criteria for the ECHA award are available on the school website. Alternatively, you may get the nomination form from the school's General Office.

Completed nomination forms are to be submitted to the General Office by Thursday, 30 August 2018.

Food Notes @ Bukit Panjang

On 28th July 2018, our team of prefects participated in a food donation drive organised by the Bukit Panjang Community Club Youth Executive Committee (BPCCYEC). Together with other youth volunteers, the prefects assisted in the packing of food for distribution to over 400 needy families in Bukit Panjang.

True servant leaders, the prefects commented that they would like to participate in the event again next year.

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National Education (NE) Show

On 7th July 2018, our Primary 5 students attended the National Education (NE) Show, held in the run-up to this year's National Day Parade, at the Floating Platform @ Marina Bay.

Students immersed themselves in the celebratory atmosphere and learnt to appreciate the pioneers who had helped built Singapore. Their high spirits were not dampened by the slight drizzle during the show. All of them stood tall as they recited the pledge and sang the National Anthem with pride.

It was a memorable event for both the students and their teachers.



Scan QR code above for photographs of NE Show

Racial Harmony Day

The school commemorated Racial Harmony with a week filled with activities and games for students, keeping in mind the theme of this year, Strength in Diversity.

A series of activities was organised for our students to explore the various art forms, music and games of the different ethnic groups. Students from all levels participated actively in games such as Congkak, Chaptah, Chinese Chess and many more. They also added colour to this event by turning up in different ethnic costumes.

To make this event more meaningful, students learnt more about racial harmony during their CCE lessons while our Primary 4 students were involved in the Orange Ribbon Project to promote racial and religious harmony. The students made appreciation cards and banners to show their support towards a multi-racial Singapore. A multi-racial drumming performance by Rhythm Masala during the assembly further added to the many highlights for this event.

Through the various activities, students developed dispositions of respect & acceptance towards one another, regardless of their races.



Scan QR code above for photographs of Racial Harmony Day

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Mother Tongue Language Fortnight (MTL Fortnight)

In conjunction with Racial Harmony Week, the Mother Tongue Language Fortnight (MTL Fortnight) was held from 16th July to 27th July 2018. During these two weeks, a series of activities was organised for students to learn and appreciate Mother Tongue Languages and cultures in an immersive and vibrant environment.

One of the main highlights is the MTL Fortnight Carnival. Students were introduced to different traditional handicraft and games during the carnival, such as Beijing Opera Mask (脸谱), Clay Sculpture (泥塑), Fan and Lantern Painting (扇画、灯笼画), Kolam and Ketupat making, Chinese yo-yo (扯铃), Hoop Rolling (滚铁轮), Throw “Arrow” (投壶) and Congkak, to name a few.

In addition, the school also invited students from Amitofo Charity Association to share about their experiences in learning Chinese Language with our Primary 1 and 2 students. These students from Africa recited Tang poems and sang in Chinese effortlessly. Their sharing has definitely inspired and motivated our students in wanting to master their Mother Tongue Language with greater proficiency.

Riding on the popularity of the movie, ‘The Avengers’ and more importantly to pique students interest in learning their Mother Tongue, a MT Fortnight passport, known as the Infinity Gauntlet, was issued to every student. Students had to participate in different activities to collect 4 or more “infinity stones” in order to redeem attractive prizes. We were glad to see students collecting these “infinity stones” with enthusiasm.

We hope that the effort put in by the Mother Tongue Department in organizing this event, will help our students develop a life-long interest and love for their Mother Tongue languages.

Here are the winners for the various competitions held:

MT Fortnight Chinese Calligraphy Competition:

Primary 1				Primary 2			
1 st	GWYNETH YAP SIM TONG	叶芯彤	1D/4	1 st	TRIXIE KOH YUXI	许育僖	2H/6
2 nd	CHEW ZHI NING	周芷宁	1A/1	2 nd	NG HONG WEI	黄泓玮	2F/5
3 rd	JARED WONG YAN KIT	黄仁杰	1G/7	3 rd	SOH CHIA HEE	苏佳希	2B/7
Primary 3				Primary 4			
1 st	LIM MIN ER MINDY	林敏儿	3D/6	1 st	HUN JIA MIN	韩佳敏	4A/8
2 nd	CHUA JIA CHEN	蔡佳辰	3A/3	2 nd	LIONEL CHAN YONG JUN	曾勇俊	4A/6
3 rd	ONG SI YUAN, ASHLEY (WANG SIYUAN)	王思源	3B/3	3 rd	RANDAL SIOW YI XUAN	萧邑轩	4A/8
Primary 5							
1 st	SONG JIARUI	宋家睿	5B/7				
2 nd	TAN LISHI, CELESTE	陈丽诗	5A/4				
3 rd	WANG JINGXUAN	王静璇	5B/8				

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Tamil Spelling Bee Competition

Primary 1			Primary 2		
1 st	Faizal Kassim Bin Mohamed Bilal	1C	1 st	Preeti Sundaravel	2A
2 nd	Akhilesh Saravanan Pillai	1H	2 nd	Jeyachandran Lakshikan	2F
3 rd	Mohamed Shazin Bin Mohamed Ibrahim Musa	1H	3 rd	Ananya Cinderella	2C

Poetry Writing Competition

Primary 4			Primary 5		
1 st	Vadivel Pavithra	4E	1 st	Thulasiraman Nikhita	5A
2 nd	Anumita Raja	4A	2 nd	Devendra Gujaanie	5C
3 rd	Aviknash Rajoo s/o Thiagarajoo	4B	3 rd	Nooril Faiza Binte Mohamed Bilal	5E



Scan QR code above for photographs of MTL Fortnight

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“Characters come Alive”

“The more that you read, the more things you will know.
The more that you learn, the more places you’ll go.”

- Dr. Seuss

‘Characters come Alive’ was held on 9th July 2018. As part of the activity for the English Fortnight, the theme for this year is “Books come Alive”. Students, teachers and the Parents Support Group (PSG) came dressed in different characters found in storybooks. It was not only an opportunity for students to showcase their creativity but also a platform for them to be confident speakers as some took part in the ‘Be in Character’ competition, held during assembly.

The skit, ‘Harry Potter and the Lost Wand’, which was carried out by the Primary 2 and 3 students won the hearts of the school. The event ended on a high note, making it a vivid and impressionable experience for all students and teachers. We hope that such an event will instil a lifelong love for reading in all our students.



Scan QR code above for photographs of ‘Characters come Alive’

Energy-Saving Challenge (ESC) 2018

As shared in the July In Touch, 2018 is designated as the Year of Climate Action. To do our part for the environment, BPPS would like to encourage you to take part in the Energy-Saving Challenge (ESC) 2018, organised by the National Environment Agency (NEA).

The Challenge is a call to all households to practise simple energy-saving habits as a way of life to reduce their electricity consumption and contribute to a sustainable environment. Under this Challenge, participants who reduce their electricity use by one per cent or more during the Challenge Period could stand to win attractive prizes.

Here are some simple steps to take to reduce our carbon footprint:

- Switch off appliances after use
- Use the fan instead of the air-conditioner
- Set the temperature of the air-conditioner to 25°C or higher
- Choose energy-efficient appliances with more ticks

If you are keen to sign up for this challenge, please visit <https://www.cgs.sg/>.

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Primary 3/4 Subject Sharing for Parents

The Primary 3/4 Subject Sharing for parents was conducted on 20th July 2018. Tips and strategies were shared with the parents to help their child/ward excel in the various subjects. Information with regard to Direct School Admission (DSA) and Subject-Based Banding (SBB) were also shared. The slides of the sharing by the various departments can be found on the school website.

Biodiversity @ BPPS

The BPPS Biodiversity week was held from 27th June to 29th June 2018. Over these three days, the students were introduced to the main theme for biodiversity in Singapore, 'Our City in a Garden'.

Morning assembly talks and recess activities were organised to highlight the importance of biodiversity in our environment. The recess activities were especially well-received as students learnt more about the medicinal and nutritional uses of plants and spices found within the school environment. They also enjoyed the hands-on art and craft activities which were organised to drive home the importance of biodiversity in Singapore.

Through these activities, the Science department hoped to instil in our students a sense of appreciation for the diverse plants and animals found in the school environment. The students were encouraged to extend their learning to the biodiversity found in their communities and all around Singapore.



Scan QR code above for photographs of Biodiversity Week

Education and Career Guidance (ECG) Day

Education and Career Guidance (ECG) Day was held on 23rd July 2018. We are grateful to have supportive parents who shared interesting insights of their careers to generate interest and awareness of the different professions among our students. Their sharing has not only inspired our students but has also helped them develop a better understanding of their own interests and talents.

We also hope that through this sharing, our students can recognise the importance of perseverance and diligence while striving for excellence - key ingredients that a future leader and concerned citizen must possess in the 21st Century.

The Primary 5 and 6 students will be further exploring the MySkillsFuture portal which is a one-stop ECG portal that empowers the students to embark on a journey of self-discovery and make informed education and career choices. Students may use the information and tools to explore various education and career pathways, and take charge of their future.

We encourage all parents to start an ECG conversation about your child's aspirations and dreams today.

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Community In Bloom (CIB) Awards

We took part in the biennial CIB Awards which recognise and reward gardening efforts of Singapore's gardening groups. The awards, presented at the Singapore Garden Festival, aim to motivate and encourage community gardeners to improve the standards of their gardens and to continue enjoying gardening as a fun and healthy activity.

We are proud to announce that we are awarded the Gold banding and hope that we can continue to foster a love of gardening among our students, staff and within the community.

Singapore Garden Festival@ Gardens by the Bay

On 30th July 2018, five students from the Environmental Club participated in the Singapore Garden Festival held at the Gardens by the Bay. Our students brought plants from our school's garden and shared about the usefulness of the plants to the visitors. The students were very enthusiastic and earned many praises from the visitors because of their knowledge about the plants. It was a meaningful experience for our students as they had the opportunity to interact with people from all walks of life.

International Competitions and Assessment for Schools (ICAS) - Science

170 of our Primary 2 to Primary 6 students took part in the ICAS – Science in April and we are pleased with their results of 6 High Distinction, 30 Distinction and 54 Credit.

We would like to congratulate the following students:

Name	Class	Award	Name	Class	Award
CHENG YUJIE	2A	High Distinction	JEREMIAH KARTHA	4A	Distinction
EDISON WANG LICHUN	2A		BRENNAN KOK	4A	
ISAAC NG	2C		YEO KHAI SIANG RAPHAEL	4A	
TITUS ANG	4A		SARTHAK WANJARI	4A	
SAMUEL JOASH GOH	4A		TAN YU YANG	4A	
REMUS LIM	4A		LIN JIAYI	4B	
RYAN TAY	2A	Distinction	CHIN KEI KIT	4C	
ANANYA CINDERELLA	2C		SHIRUI QI	5A	
AIDAN TAN	2E		NG ZONG HENG	6E	
CHIN WENG YAN	3A		LUCAS LEONG	6F	
ANNA ELIZA TANG WEIQI	3A		DESMUND LOO JIAN HAO	6F	
SAHARSH GUPTA	3A		THAM MING CHER	6F	
NIKKI TAN JIARU	3A		SOH YAN XI	6F	
JANNETTE LEE	3B		YOW LOK YANG	6F	
DAVE GAN YONG LE	3B		REUBEN HO	6G	
NG YAO HUI JAYDEN	4A		JOVAN TAN	6G	
FONG SI XUAN CHARLYN	4A		GABRIEL YEO	6G	
CHIA XIN TONG JENITH	4A	ZHU ZIYAN	6G		

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Sharing

Our tips to help your child manage stress.



Dr Lim Choon Guan, Deputy Chief of Child and Adolescent Psychiatry at the Institute of Mental Health shares how parents can manage the mental well-being of their children.

Communicate well, spot stress points, avoid piling on excessive pressure and don't be a "[helicopter parent](#)".

When Dr Lim Choon Guan's daughter told him that her stomach hurt and she was unfit to go to school, he had his doubts. It wasn't like her to miss lessons, and she didn't seem physically ill. True enough, on checking her WhatsApp messages on her mother's phone, he found

that she felt ostracised by some girls at school.

The discovery puzzled him. Why would his daughter keep this from him? What other problems was she facing that he wasn't aware of?

He thought hard and realised he could be part of the problem. "What I personally do is think about why my child may not want to share things with me. Could she be afraid of my reaction?" he said. "She was in Primary Three at the time. Maybe she didn't understand the importance of telling an adult."

The episode has stayed with him, a useful reminder of how challenging it is for parents to manage the mental well-being of their children. This is true even for an expert like himself, the Deputy Chief of Child and Adolescent Psychiatry at the Institute of Mental Health.

But there are tips for parents, ranging from greater self-awareness to giving a child more room to develop.

Tip 1: Build trust through communication

Effective parent-child communication is key. It goes both ways and it has to start young, said Dr Lim.

It becomes more difficult to try to start building a relationship when the child is older. "Sometimes, what you find is that when they become teenagers, it's hard to get them to talk to you."

He recommended that parents share about their own day to get the conversation going, and get their children to open up. If they resist, he suggested against pushing them for information and to come back to the issue later.

Instead of getting frustrated when children refuse to share their problems, it is useful for parents to put themselves in their children's shoes and consider the situation from their perspectives. Give them some time to open up. Sometimes, it may help to set up a private moment with the child such as a date night to get a conversation going.

To sustain the amount of communication with kids, it is important that parents gain their trust. Parents can do this by keeping conversations private, rather than sharing it with others. This way, children feel comfortable confiding in their parents in the future.

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In addition, being judgemental or showing immediate disapproval could dissuade children from sharing their problems with parents. Make sure to keep calm, listen, and react appropriately so that they are not afraid to communicate their genuine thoughts and feelings.

Tip 2: Target stress outside of academics

It is important to recognise the sources of stress in a child's life. "Generally, when I see a distressed child, I almost immediately start with the question: what is the source of stress?" he said. "Is it studies, family or friends?"

While studies make up a significant portion of a child's life, parents must make an effort to find out more about their child outside of academics, as peer relations or issues at home can also contribute to one's stress.

For school-related issues, he suggested connecting with their children's teachers who can offer more information on how well a child does in social situations or group work. Relations with school friends, in particular, could be stress points as some may not know how to react to unpleasant interactions.

Once, Dr Lim's daughter was hit on the head by a boy at school. He worked closely with the teacher and the teacher was able to address the issue with the boy in a subtle, non-confrontational fashion.

For stress outside of school, unfortunately, the main culprit is usually parents who could unwittingly pile on more pressure than necessary.

Tip 3: Don't be a "helicopter parent"

He cautioned against parents overprotecting their children, or what he referred to as "helicopter parents".

Learn to let go, he said. It is not easy – after all, parents fear how the failure will affect their child. However, if parents do not give children enough opportunities to develop solutions, learn from mistakes and build confidence in themselves, it might be detrimental to their growth.

To illustrate this, he brought up the example of a young patient who had feelings of anxiety after failing her first test. Her mother used to coach her academically in primary school, but was unable to do so with the more challenging secondary school syllabus.

So when the girl had to handle her studies on her own, she fumbled and could not cope with her own failure. Sometimes, learning to overcome failure, with appropriate support from people around, can be healthy for a child's mental well-being in the long run.

"Parents should let kids do certain things on their own and allow them to fail sometimes," he said. "It is easier to cope with failure when it comes earlier on in life, rather than later."

By entrusting children to manage some of their own affairs, they are trained to be resilient and self-motivated in achieving their own goals. Otherwise, overcoming setbacks becomes difficult for them, he explained.

The key is that parents should not be one-trick ponies and stick to one style of parenting as their children grow and mature. Make a conscious decision to adjust.

For instance, when children go into primary schools, it is time for parents to let go – step by step. Let them take charge of packing their school bags, then doing their homework on their own and later, studying for tests.

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When children reach their teenage years, it is essential to give them more space and privacy, stressed Dr Lim. Parents have to accept and understand that they don't necessarily have to know everything about their children, while continuing to show unconditional love and support.

As children mature, parents should also make an effort to grant them certain privileges and freedoms, as well as responsibilities. If done gradually and wisely, parents can show that they trust their children and enable them to gain different experiences.

Tip 4: Be self-aware and a role model

Parents need to pay attention to their deeds and words, so that children do not feel burdened by high expectations. Otherwise, they could unknowingly add to their children's stress, despite having the best intentions.

For instance, when parents compare their children with other kids who perform better, it can be detrimental to their self-esteem. Even if parents do not verbally express their disappointment, non-verbal cues, like the tone of their voice or facial expression, could give them away.

"Every kid is different. Parents have to adjust their own expectations and show that they don't just love their kids when they do well," he shared.

Dismissing children's problems and emotions may also unintentionally worsen their mental well-being. Serious afflictions like depression or anxiety may arise if kids are unable to regulate negative emotions.

Dr Lim said that parents should not think of such problems and emotions as a phase or that they will simply go away with time. This could range from feelings of inadequacy to disinterest in studies. It is important that they recognise these issues, and be open to third-parties that can help their children, such as school counsellors.

And parents must know that children are watching and learning how their fathers and mothers behave. If parents want their children to be better at handling their emotions, then they have to exemplify this themselves.

When kids start yelling and throwing fits, parents must not let their own anger get the better of them. Instead, be patient and show them the appropriate way of managing their anger.

"If adults can excuse themselves for getting angry, what about young kids?" he asked. "Let them express their anger and manage it together, don't get upset with them. Kids pick up on that," noted Dr Lim.

Thank you.

Buckthan Seelan
Principal

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love ~ Lao Tzu

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