



UNITY PRIMARY SCHOOL

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20 May 2024

Dear Parents

How time flies! We are nearing the end of Term 2 and the start of mid-year school holidays. The following are some updates for Term 3:

1. Staff Movement

We extend a warm welcome to Ms Irene Ng, who has come onboard the UPS family as a Corporate Support Officer (CSO) in the general office.

2. School Holidays & Term 3 Key Activities

Day / Date	School Holidays / Celebrations
Mon to Thu, 27 to 30 May 24	* Power-Up [Remedial/ Supplementary] Lessons for selected P1 – P4 & P6 Students. Parents will be informed via PG.
Tue to Thu, 28 to 30 May 24	*Power-Up [Remedial/ Supplementary] Lessons for selected P5 Students. Parents will be informed via PG.
Mon, 24 Jun 24	Commencement of Term 3
Mon, 1 Jul 24	Youth Day School Holiday
Thu, 8 Aug 24	National Day Celebrations • School Hours: 7.30 am – 10.30 am
Fri, 9 Aug 24	National Day Holiday
Tue & Wed, 13 & 14 Aug 24	PSLE Oral for P6 students • HBL (No School for P1 – P5 students)
Thu, 29 Aug 24	Teachers' Day Celebration • School Hours: 7.30 am – 10.30 am
Fri, 30 Aug 24	Teachers' Day School Holiday
Sat, 31 Aug 24 – Sun, 8 Sep 24	School Holidays
Wed to Fri, 4 to 6 Sep 24	* Power-Up [Remedial/ Supplementary] Lessons for selected P1 – P6 Students. Parents will be informed via PG nearer the date.
Mon, 9 Sep 24	Commencement of Term 4

*The school canteen will be undergoing flooring repairs and stalls will not be able to operate during this period. As there will not be any food sold, students are required to bring their own snacks for breaks.

3. Mid-Year Travel Declaration Reminder for Students

Please be reminded that all students are required to submit their travel declaration via Parent's Gateway if **they intend to travel during the mid-year school holidays**. Kindly ensure that the declaration is done at least 2 weeks before the start of the holidays.

4. Visual Screening and Temperature-Taking

To maintain schools' preparedness to re-activate the attendance and temperature-taking regime should the need arise and educate students on personal responsibility for their own health and social responsibility, MOE will be conducting the Temperature-Taking Exercise every semester.

The temperature-Taking Exercise for Semester 2 will take place on **Wed, 3 Jul 24**. Kindly ensure that your child's thermometer is in working condition and he/she has the thermometer in his/her bag daily. We seek your assistance to replace the batteries of the ODT or buy a new one if his/her ODT is not working.

5. Student Details Form (SDF) Portal

This is a reminder that the details of your child/ward may be updated via SDF Portal. This includes information such as the residential address, medical/SEN conditions and special precautions of your child, etc. With your Singpass, you can access this link <https://pg.moe.edu.sg/forms/sdf> or the attached QR code to do so for your child/ren in a timely manner. Do inform the form teachers immediately of any changes and submit the relevant supporting documents to them promptly.



6. School Calendar of Events

Please refer to this link <https://www.unitypri.moe.edu.sg/parents-matter/School-Calendar/permalink/> to access live and updated information on the school website. Do also take note of the dates for weighted or year-end assessments for the level your child is in.

You may also add the school's COE to your personal Google account for ease of retrieval.

7. Arrival & Dismissal

We would like to seek parent's/guardian's help to remind your child/ward to arrive in school on time. Lessons start at 7.30 am every school day. Students need to be seated by 7.30 am so that they can begin class on time. Students who arrive late are greatly disadvantaged because they miss starting the day with their peers, the beginning of lessons and essential learning experiences.

It is important that children establish good routines and habits in preparing them for the rest of their lives. Punctuality is a life skill that children need to develop while they are young. We appreciate your support in ensuring that your child/ward leaves home early enough each morning to get to school on time to minimise disruption to his/her learning and that of others.

Starting Term 3, P3 to P6 students will be dismissed from Gate 3 on Tuesdays & Thursdays at 3 pm if they have remedial/supplementary lessons. The gate will remain open from 3 pm to 3.15 pm.

8. Scheduled Hair & Attire Check

In reinforcing the desired behaviours and the importance of being properly attired in school, we will be conducting student hair and attire check on **Mon, 8 Jul 24**. For students who have gotten new school or PE shirts, they are required to place an order for new name tags. Personal name tags are to be ironed onto the pockets of all school shirts and PE T-shirts. Name tags must be above the school badge. Orders can be submitted at <https://www.myuniformshop.com.sg/name-tag-order>

We would also like to remind all students and parents that ornaments and jewelleryes (except small and simple ear studs/earrings for female students) **should not** be worn, as they could pose safety issues during physical activities.

Please refer to the school rules on school uniform, placement of name tag, appearance and code of conduct in the Student Handbook. We appreciate your guidance of your children to be neat, well-groomed and disciplined students all the time.

9. Parents Gateway (PG)

This is a reminder that Parents Gateway (PG) is a one-stop portal and channel for school-home communication. With the PG App, parents can at anytime, anywhere access all school announcements and consent forms for your child's activities.

Please read and retain such information promptly so that you can keep abreast of the details such as date, duration, dismissal time and venue of your child's school activities. To avoid inconveniences, we seek your co-operation to convey such pertinent information within your household so that the caregivers/ helpers do not have to call our staff/ teachers unnecessarily.

10. Safety Drills

The school conducts physical safety drills to maintain its preparedness in times of emergencies and raise baseline competency and awareness in students and staff. The school will conduct a class-based haze drill in Term 3 Week 3 and a lockdown and evacuation drill in Term 3 Week 7. Students will be briefed before any emergency exercises are conducted.

11. Cyber Wellness (CW)

In our efforts to promote CW, we stress the significance of recognizing potential social media challenges your child might face. In today's digital era, while social media platforms offer numerous advantages, they also pose certain risks. Understanding these challenges is crucial to safeguard your child's online safety. Concerns encompass cyberbullying, inappropriate content, privacy breaches and the adverse effects of excessive screen time on their well-being.

We encourage you to initiate open discussions with your child, establish clear guidelines for social media usage, monitor their online activities, and educate them about responsible online behaviour. Through collaborative efforts, we can guide our children in navigating the digital realm securely and responsibly.

Below are some online resources that you can explore and engage in open discussions with your child about the responsible use of social media:

- Media Literacy Council (MLC) Singapore: The MLC provides valuable resources and guides for parents to navigate the digital landscape, including information on cyberbullying, online safety, and media literacy.
Website: <https://www.mlc.sg/who-we-are/overview/>
- Parenting with Technology by Health Promotion Board (HPB): This website offers practical advice and tips for parents on managing their child's screen time, protecting privacy and addressing cyberbullying concerns.
Website: [Parent Hub \(healthhub.sg\)](#)

12. Health Promotion Board (HPB) New Health Activity Playbook

The HPB encourages schools and parents to use the new Health Activity Playbook as a resource for organising healthy activities in school and at home. Teaching children good habits starts at home and continues in school together with the teachers.

In addition, HPB also strives to involve schools and parents in a variety of health projects to foster a caring environment for our students and manage their health issues. This resource also offers useful information, tips and easy activities for lessons. Scan the QR code to access the playbook.



13. Nutrition & Physical Health

We take this opportunity to remind everyone of the importance of promoting healthy habits at home, particularly when it comes to your child's nutrition and physical activity levels.

Childhood obesity can lead to a range of health issues later in life. Hence, it is crucial for parents to take an active role in ensuring that your child is eating healthily and engaging in regular physical activity.

To promote healthy eating habits, encourage your child to follow HPB My Healthy Plate recommendations. Ensure your child fills half of his/her plate with fruits and vegetables, a quarter with whole grains, and a quarter with lean protein. To make healthy eating more fun and engaging, you can involve your child in meal planning and preparation for his/her snack break.

In addition to eating healthily, it is essential to have regular physical activity outside of school such as biking, swimming, hiking or playing sports with friends and family. By engaging in regular physical activity, children can improve their overall health and well-being and reduce their risk of obesity. There are positive effects on mental and physical well-being by spending time in nature. Do spend time exploring with your child the many beautiful nature parks around Singapore this holiday!

Finally, if your child is struggling with obesity, it is important to work with your family's doctor or paediatrician and PE teacher to develop a plan for managing his/her weight. This may include setting goals for healthy eating and physical activity, monitoring his/her progress and seeking additional support, if needed.

The following are the QR codes to some resources you can explore:



ActiveSG
Programmes



HPB
Healthy Living



Nparks Family
Time in Nature



TimeoutSG



Honeykidsasia

Persevere with your ongoing efforts in promoting healthy habits for your child. Together, we can help your child grow up to be healthy, happy and successful.

14. Healthy Living Festival @ North West on 1 & 2 Jun 24

North West Community Development Council (CDC) will be organising Healthy Living Festival @ North West on Sat & Sun, 1 & 2 Jun 24, to promote healthy living and bonding amongst the North West residents and showcasing the diverse Healthy Living Clubs under North West CDC. There will be family-friendly activities such as storytelling, family telematch, kids futsal competition, parent-child badminton competition, bouncy castle and game booths. All registered participants will receive game cards, which they can redeem for snacks from the food stalls after completing them.

Those interested in the event can register via the QR code or via <https://go.gov.sg/hlf-northwest>. Please refer to the attached poster for more details.

15. Meaningful Engagement during Holidays

We would like to underscore the importance of supervising your children closely and engaging them meaningfully during the upcoming long break so that they do not unwittingly get into any mischiefs/bad company or break any laws both online and offline.

Singapore Police Force (SPF), Central Narcotics Bureau (CNB), National Crime Prevention Council (NCPC) and National Council Against Drug Abuse (NCADA) would also like to remind students of the dire consequences of committing crime, as well as to take measures to avoid being victims of crime. Our teachers will reiterate these messages and we hope that parents will continue to monitor and watch over the safety of your children especially in areas like online scams, vaping and underaged smoking. HPB and HSA have also jointly provided an advisory to remind students and parents of the harmful effects of vaping and that vaping is illegal.

Have an enjoyable and rejuvenating time bonding with your family and loved ones during the holidays. We will see the students back in school on **Mon, 24 Jun 24**.

Yours sincerely
Mrs Lee-Koh SC
Principal

Healthy Living Festival

@ NORTH WEST

**FREE
ADMISSION**

1 & 2 June 2024 | 7am to 11am
Yishun Sports Centre

Complete your game card to
redeem free snacks!



**FAMILY-FRIENDLY ACTIVITIES
AND SPORTS TRY-OUTS BY
NORTH WEST HEALTHY LIVING CLUBS**
E.g. Bouncy castle, Storytelling, Zumba
Fight-do and many more!

COMPETE & WIN PRIZES!

- ▶ Family Telematch
- ▶ Badminton Competition
- ▶ Leaderboard Challenge
- ▶ Kids Futsal Competition
- ▶ Basketball Competition

Scan QR code
for more info!



Organised by:



Supported by:



Micron



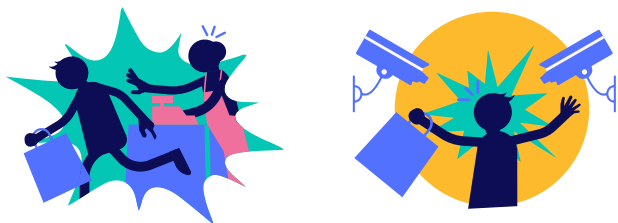
STAY SAFE BY FOLLOWING THESE TIPS



STAY AWAY FROM CRIME

SHOP THEFT

Shop Theft is a crime. Always pay for your items before you leave the store. You may not be caught immediately but with the CCTV cameras around the shop, you will be identified eventually.



Offenders found guilty may be punished with imprisonment for up to 7 years and shall also be liable to fine.

ACT OF ENDANGERING HUMAN LIFE

Do not throw things down from high rise buildings as this may injure someone or even kill them.



Offenders found guilty may be punished with imprisonment for up to 1 year, or with fine, or with both.

THEFT (SIMPLE)

Stealing is a crime.



Whoever commits theft shall be punished with imprisonment for a term up to 3 years, or with fine, or with both.

BE AWARE AND BE SAFE

BEWARE OF STRANGERS

Do not speak to or follow strangers when approached.

Inform your family members or teachers immediately if this happens.



DO NOT GIVE IN TO PEER-PRESSURE

Say 'No' when you know it is wrong.



SAY 'NO' IF ANYONE TRIES TO OFFER YOU DRUGS

Inform your family members or teachers.



BE CAREFUL WHO YOU ARE TALKING TO ONLINE



SOCIAL MEDIA IMPERSONATION SCAM

There may be **strangers who pretend to be someone you know to trick you and steal your money.**



REAL-LIFE STORIES

SHOP THEFT IS A CRIME

Scan to read.



HIGH-RISE HAZARD: THINK BEFORE YOU TOSS

Scan to read.



OUR HELPLINES

CRIME PREVENTION

Call the Police hotline at **1800 255 000** or submit information online at www.police.gov.sg/iwitness

'999' is for emergencies only. Please dial if you require urgent Police assistance.

For more information, visit:
www.police.gov.sg,
www.ncpc.org.sg
or SPF Facebook



RESOURCES ON CRIME PREVENTION AND STAYING DRUG-FREE

The following provides more information on crime prevention and staying drug-free:

- Call the Police or the CNB hotline at **1800 325 6666** to report suspected drug and inhalant abuse.
- For more information on the harms of drug and inhalant abuse, visit: www.cnb.gov.sg

For anyone who wishes to seek help with addiction-related matters, please call the National Addictions Management Service (NAMS) at **6732 6837**

ADVISORY FOR PARENTS ON VAPING

VAPING IS ILLEGAL IN SINGAPORE



No possessing, buying
or using e-cigarettes

Fined up to \$2,000



No selling or importing
e-cigarettes

**Fined up to \$20,000 or/and
12 months imprisonment**

VAPING IS HARMFUL



Vapes contain **cancer-
causing substances**
such as formaldehyde
and **nicotine**, a drug
found in cigarettes.



Studies have shown that
individuals who vape
are more likely to **pick
up cigarette smoking**
later in life.

VAPING DEVICES ARE NOT EASY TO RECOGNISE

It comes in a variety
of shapes and sizes.
Making it **easier for
children to hide.**



Some **resembling
everyday items**
like **USB flash
drives and pens.**

WHAT CAN I DO AS A PARENT?

Be a good role model. Do not vape or smoke.

Communicate openly with your child on the **harmful effects** of smoking and vaping.

Parent to **dispose any e-vaporiser and accessories** if your child possesses it.

FOR SUPPORT ON QUITTING



1800 438 2000



HPB_SMOKING_CONTROL@HPB.GOV.SG

ADDITIONAL RESOURCE FOR PARENTS



SCAN TO
LEARN MORE
ABOUT VAPING



SCAN FOR VAPING
CONVERSATION
STRATEGIES ARTICLE

POLICE ADVISORY FOR PARENTS/GUARDIANS

Dear Parents/Guardians

As we approach the upcoming June school holidays, it is crucial to ensure the safety and well-being of our students. With this in mind, SPF would like to provide you with some important advisories to help keep our students crime-free and safe during this period.

Shop Theft

2. Shop theft is one of the top crimes committed by youths. With advances in CCTV technology, the chances of shoplifters eluding detection is virtually zero, and many are arrested through follow-up investigations after the offence has been committed. Despite shop theft being a criminal offence punishable with a jail term of up to seven years and/or a fine, youths often commit shop theft due to peer pressure, thrill-seeking behaviour, materialism, or financial difficulties. As a parent, we strongly advise you to encourage your children to always exercise self-control and resist the temptation or peer pressure to steal.

Cheating

3. The digital age has brought about an increase in scamming and cheating cases. Youths are also at risk of becoming victims or unwitting perpetrators of these offences by acting as money mules for scammers. Cheating is an offence even on online platforms.

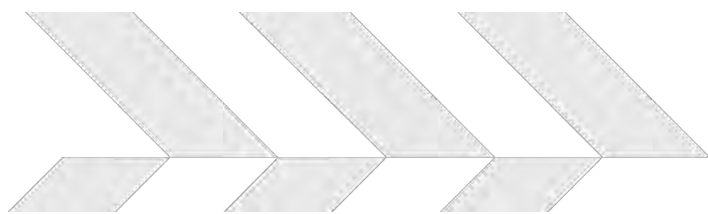
4. We encourage parents to discuss with your children the dangers of online scams and the importance of being cautious when making online transactions. You can adopt the following ACT framework to safeguard yourself and your loved ones from scams:

- Add security features such as ScamShield and two-factor authentication for personal accounts.
- Check for potential signs of a scam by asking questions, fact-checking requests for personal information, verifying the legitimacy of online listings and reviews. Take the time to pause and check. If it is too good to be true, it is probably untrue, and a scam.
- Tell the authorities and others about scam encounters by reporting to the bank, ScamShield, or by filing a police report.

Unlicensed Money Lending

5. Always be cautious of part-time jobs offered to students, especially those promising quick and easy money. Students are known to have been recruited by unlicensed moneylending syndicates through online job advertisements (e.g. Facebook, Carousell, Gumtree etc). Committing harassing acts on behalf of such syndicates, relinquishing one's bank account to others for the illicit transfer of funds, distributing of pamphlets, or acting as lookouts, are illegal and punishable with a fine, imprisonment term and even caning.

6. You are strongly encouraged to have a conversation with your children about the dangers of these schemes. Encourage them to be skeptical of part-time jobs offers that seem too good to be true and to always consult you before accepting any job offer.





**SINGAPORE
POLICE FORCE**
SAFEGUARDING EVERY DAY

7. The Singapore Police Force has been working closely with the schools to provide educational talks and share insights into the consequences of partaking in criminal activities. I would also like to seek all parents' assistance to educate and support your children by continuing to maintain open communication lines with them and strive to be actively engaged with your child's lives and social media presence.

8. To stay updated with the latest crime advisories, do sign up and be part of our Community Watch Scheme (CWS) by following the steps below. Let's prevent, deter, and detect crime together.



COMMUNITY WATCH SCHEME

Join the Community Watch Scheme (CWS) today.
Our actions count!

Visit <https://www.volunteer.gov.sg> or scan the QR Code below, to sign up for any of the interest groups to receive alerts and crime information in your areas of interest.



Yours faithfully,

SUPT(1A) CHAN MEI CHENG
COMMANDING OFFICER
CHOA CHU KANG NEIGHBOURHOOD POLICE CENTRE
JURONG DIVISION
SINGAPORE POLICE FORCE

