

You're more than your results!  

To: \_\_\_\_\_

.....

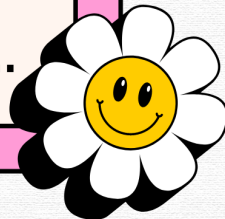
.....

.....

.....

.....

UNITY PRIMARY SCHOOL



To: \_\_\_\_\_

.....

.....

.....

.....

.....

.....



You're more  
than your  
results!

UNITY PRIMARY SCHOOL



ESPECIALLY FOR :

.....

.....

.....

.....

.....

.....

You're more  
than your  
results!

UNITY PRIMARY SCHOOL



You're more than your results!

To: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



UNITY PRIMARY SCHOOL



# JOINT YEAR-END SCHOOL HOLIDAYS ADVISORY

Stay safe during the school holidays by following these tips.

## STAY AWAY FROM CRIME



### Shop theft is a crime

Always pay for your items before you leave the store.

### High rise littering is a crime



Do not throw things as it could injure others.

### Theft of Bicycle is a crime



Do not take a bicycle that does not belong to you, even for just a joy-ride.

## BE AWARE AND BE SAFE

### Beware of strangers



Do not speak to or follow strangers when approached. Inform your family and teachers immediately if this happens.

### Do not give in to peer-pressure



Learn to say 'No' when you know it is wrong.

### Say 'No' if anyone tries to offer you drugs or anything strange



Inform your family and teachers.

## REAL LIFE STORIES

### STORY 1

Bicycle Theft is a Crime



SCAN ME TO READ

### STORY 2

A Tale of Temptation and Trust



SCAN ME TO READ

## OUR HELPLINES:

### CRIME PREVENTION

Call the Police hotline at **1800 255 0000** 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**, **SPF Facebook** or **www.ncpc.org.sg**.

### DRUGS PREVENTION

For more information on the harms of drug and inhalant abuse, visit: **www.cnb.gov.sg**.

Please call the Police or the CNB hotline at **1800 325 6666** to report suspected drug and inhalant abuse.





Dear Parents and Students,

## **ADVISORY ON VAPING**

The Health Promotion Board (HPB) and Health Sciences Authority (HSA) would like to remind you of the following:

### **VAPING IS ILLEGAL, REGARDLESS OF AGE.**

Under the Tobacco (Control of Advertisements and Sale) Act:

- **It is an offence to purchase, use or possess e-cigarettes and/or their components. Offenders can be fined up to \$2,000.**
- **It is also an offence to advertise, import, distribute, sell, offer for sale or possess for sale these products in Singapore. Offenders can be fined up to \$20,000 or face imprisonment of up to 12 months or both.**

Disciplinary actions will be taken against anyone caught for the above offences. Refer to Annex for more information on the penalties imposed on the offences.

### **VAPING IS HARMFUL AND CAN BE A GATEWAY TO CIGARETTE SMOKING.**

Vaping, just like smoking cigarettes, is harmful and can lead to lifelong addiction. E-cigarettes contain many harmful substances such as nicotine. These substances can negatively impact brain development, especially to parts of the brain that control attention, learning and memory. E-cigarettes also contain benzene and formaldehyde which can cause cancer and infertility. Studies have also shown that individuals who vape are more likely to pick up cigarette smoking later in life<sup>1</sup>.

**If you know of someone who vapes or owns an e-cigarette, please inform the school so that timely cessation support can be offered to them. Alternatively, please call QuitLine at 1800 438 2000 for vaping/smoking cessation support.**

Ms Vasuki Utravathy  
Director, School Health & Outreach Division  
Health Promotion Board

Mr Norman Chong  
Director, Tobacco Regulation Branch  
Health Sciences Authority

<sup>1</sup> Chien Y et al. Electronic Cigarette Use and Smoking Initiation in Taiwan: Evidence from the First Prospective Study in Asia. *Int J Environ Res Public Health* 2019. Apr; 16(7):1145.  
Conner M et al. Evidence that an intervention weakens the relationship between adolescent electronic cigarette use and tobacco smoking: a 24-month prospective study. *Tob Control* 2019.  
Hammond D et al. Electronic cigarette use and smoking initiation among youth: a longitudinal cohort study. *CMAJ* 2017  
Soneji S, Barrington-Trimis J, Wills T.A, et al. Association between initial use of e-cigarettes and subsequent cigarette smoking among adolescents and young adults. *JAMA Pediatrics* 2017.

## Annex

### Examples of scenarios of possessing, using or purchasing of e-cigarettes:

Scenario A	Scenario B	Scenario C
"I bought an e-cigarette online, but I did not use it."	"I bought 2 e-cigarettes, 1 for me and 1 for my friend, who paid me for his share."	"I post vape content on my Tiktok and Instagram account."
This is considered as a <u>purchase</u> .	This is considered as a <u>sale</u> .	This is considered as an <u>advertisement</u> .
<ul style="list-style-type: none"> <li>Penalty imposed for possessing, using, or purchasing e-cigarettes.</li> <li>All offences, fine up to \$2,000.</li> </ul>	<ul style="list-style-type: none"> <li>Penalty imposed for selling or advertising e-cigarettes.</li> <li>1<sup>st</sup> offence <ul style="list-style-type: none"> <li>Fine up to \$10,000</li> <li>Imprisonment for a term not exceeding 6 months; or</li> <li>Both fine &amp; imprisonment</li> </ul> </li> <li>2<sup>nd</sup> &amp; subsequent offences <ul style="list-style-type: none"> <li>Fine up to \$20,000</li> <li>Imprisonment for a term not exceeding 12 months; or</li> <li>Both fine &amp; imprisonment</li> </ul> </li> </ul>	

### EDM on Vaping from HPB (Primary)

**AT ANY AGE  
VAPING IS ILLEGAL**

**HARMFUL EFFECTS OF VAPING**

- E-CIGARETTES CONTAIN MANY CANCER-CAUSING SUBSTANCES LIKE FORMALDEHYDE AND BENZENE**
- NICOTINE IN E-CIGARETTES REDUCES THE ABILITY TO LEARN, MEMORISE AND CONCENTRATE**
- NICOTINE CAN CAUSE SYMPTOMS LIKE DIZZINESS, HEADACHES AND DIARRHOEA**

**“I BOUGHT AN E-CIGARETTE ONLINE BUT I DID NOT USE IT.”**  
It is still a purchase. You may be fined up to **\$2000**.

**“I BOUGHT 2 E-CIGARETTES, 1 FOR MYSELF AND 1 FOR MY FRIEND.”**  
It is still a sale / an advertisement.  
For the 1st Offence, you may be fined up to **\$10,000** and/or jailed for up to **6 months**.  
For the 2nd Offence, you may be fined up to **\$20,000** and/or jailed for up to **12 months**.

**“I POST VAPE CONTENT ON MY TIKTOK AND INSTAGRAM ACCOUNT.”**  
It is still a sale / an advertisement.  
For the 1st Offence, you may be fined up to **\$10,000** and/or jailed for up to **6 months**.  
For the 2nd Offence, you may be fined up to **\$20,000** and/or jailed for up to **12 months**.

If you know of someone who vapes or owns an e-cigarette, please inform your teacher so that timely cessation support can be offered.



### Advisory Notice

Dear Parents / Guardians,

#### **ROAD SAFETY ADVISORY FOR PARENTS/GUARDIANS OF UNITY PRIMARY SCHOOL**

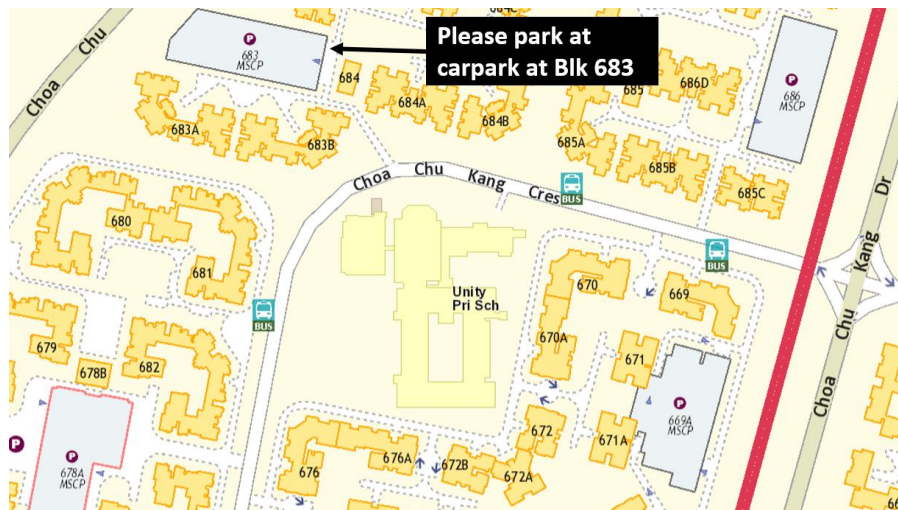
The Land Transport Authority (LTA) has received feedback from the local community on vehicles parking/waiting indiscriminately along Choa Chu Kang Crescent during school arrival period (before 7.30am) and before school dismissal period (between 1pm to 2pm).

While we understand the need of parents/guardians to pick up their children, such inconsiderate parking causes obstruction to the traffic flow along Choa Chu Kang Crescent (especially public buses).

As this inconsiderate behaviour causes inconvenience to all road users, we would like to highlight to the parents/guardians on the parking/waiting regulations. Please be reminded that the authorities will be carrying out **strict enforcement action** on offenders who flout the following traffic rules and regulations:

- Parking Along Unbroken Double Yellow Lines: \$70
- Parking Abreast: \$120 with 3 demerit points
- At entrances or exits of any other premises: \$70
- 6 metres within a junction: \$70
- 9 metres within bus stop: \$70
- Stopping a vehicle in a manner which causes unnecessary obstruction to other road users: \$70
- Stopping your vehicle facing a direction that traffic cannot legally move in: \$70

We strongly advise parents/guardians to park at the carpark at Blk 683 which gives a grace period of 10 minutes or arrive at the school only when they are ready to perform the immediate pick-up.



We seek your assistance to play your part to ensure the safety of the students, as well as all road users. Thank you for your continued support and cooperation.

Yours faithfully,

Parking Enforcement Section  
Traffic and Road Operations Group  
Land Transport Authority

*Road safety is a shared responsibility. Let us be considerate and play our part to make the road safe for all road users.*