



WE-CONNECT! (4)

31 March 2017

Dear Parents/Guardians,

We hope that you and your child/ward had a meaningful and enjoyable 'bonding' experience during the Term 1 break. It is once again time to connect with you in Term 2.

We would like to take this opportunity to thank all parents who had attended the Meet-The-Parents Session (1) on Thursday 9 March 2017. Your presence underlines the importance and value of our home-school partnership. Your support is a great motivation to our students and staff.

In the month of March, Horizon Primary School students participated in many National and Zonal competitions. These competitions are platforms for our students to demonstrate their joy of learning and pursuit of excellence in various domains e.g. the physical, aesthetics and cognitive domains. We are delighted and proud of their achievements and would like to share their success with you, our parents. Included in Appendix 1 is a table of some of our students' achievements in the national and zonal competitions.

The following are some upcoming events/activities that will be happening in Term 2.

1. **Commemorating International Friendship Day (IFD)**

International Friendship Day will be commemorated on Wednesday, 5 April. This year, the theme for International Friendship Day (IFD) is ASEAN 50. Singapore is an active member of ASEAN and the theme reinforces Singapore's friendship with regional countries and how we have been working together with members from ASEAN to contribute to economic growth, social progress, sociocultural evolution while protecting regional peace and stability. Through the assembly programme and interactive learning activities, our students will learn about the different backgrounds and experiences of people in our neighbouring countries and the importance of maintaining good relations with them.

2. **2017 Survey for Sibling Priority for Primary 1 Registration for ALL Students**

The 2017 Primary One (P1) Registration Exercise will be conducted from July to August, with **Phase 1 taking place in July**. To ensure that all children eligible for Phase 1 do not miss the Phase 1 registration, all students' parents/guardians have to complete the Sibling Survey Form and return it to your child's/ward's **Form Teacher** if you have not done so. **A NIL return is compulsory.**

3. **Use of SCHOOL SMART CARDS (SSC) for concessionary travel**

All Primary 1 students should have received his/her School Smart Card (SSC) by last term. Students are required to activate the SSC at the Ticket Office / Passenger Services Centre located in MRT Stations / Bus Interchanges by topping-up the value for the card before it can be used for concessionary travel. The minimum top-up value is \$5.

Please check the photo and details printed on the SSC upon receipt and your child/ward is to inform the Form Teacher immediately of any discrepancy.

As leaders in our school, we must encourage all students to take responsibility for their cards. They must keep their cards carefully in their wallets. Please take note that replacement for each lost card costs \$18 and has to be made at MRT stations/Bus Interchanges.



4. **Healthy Meals in Schools Programme (HMSP)**

We have attached a circular (Appendix 2) from Health Promotion Board to let you know more about the Healthy Meals in Schools Programme. This programme had been implemented in Horizon Primary School since 2014 as we see the benefits of teaching our students the importance of having a balanced diet.

You can visit the HMSP webpage (<https://www.healthhub.sg/livehealthy/511/Healthy%20meals%20in%20school>) for other resources to support the implementation of HMSP.

5. **Calendar of Events/Activities for Term 2, 2017**

Please take note of the details of the events/activities/holidays in Term 2 in the attached table of key events/activities. We look forward to a meaningful and enjoyable partnership with you in developing your child to his / her full potential.

Yours sincerely,

Mrs Grace Leong
Principal

Table of Key Events/Activities for Term 2 2017

No	Day / Date	Event / Activities
1	Week 2 to Week 4	Mother Tongue Fortnight Activities
2	Monday 10 April 2017 to Tuesday 11 April 2017	#P3 and P4 SA1 Oral Examination <i>Oral Examination will be held in the afternoon on both days.</i>
3	Friday 14 April 2017	Good Friday Public Holiday
4	Tuesday 18 April 2017	NSW ICAS Science <i>For selected P4 to P6 students</i>
5	Thursday 20 April 2017 to Friday 21 April 2017	#P6 SA1 Oral Examination <i>Oral Examination will be held in the afternoon on both days.</i>
6	Monday 24 April 2017	P3 to P6 SA1 English Paper 1
7	Tuesday 25 April 2017	P3 to P6 SA1 Mother Tongue Paper 1
8	Wednesday 26 April 2017	P3 to P6 SA1 English Listening Comprehension
9	Thursday 27 April 2017	P3 to P6 SA1 Mother Tongue Listening Comprehension
10	Friday 28 April 2017	P5 to P6 SA1 Higher Mother Tongue Paper 1 and 2
11	Monday 1 May 2017	<i>Labour Day</i> Public Holiday
12	Tuesday 2 May 2017	P3 to P6 SA1 English Language Paper 2
13	Wednesday 3 May 2017	P3 to P6 SA1 Mathematics Paper
14	Thursday 4 May 2017	P3 to P6 SA1 Mother Tongue Paper 2
15	Friday 5 May 2017	P3 to P6 SA1 Science Paper
16	Wednesday 10 May 2017	<i>Vesak Day</i> Public Holiday
17	Thursday 11 May 2017 to Friday 12 May 2017	#P4 and P6 NAPFA (5 stations)
18	Monday 15 May 2017 to Thursday 18 May 2017	#P4 and P6 NAPFA (1.6km/ 2.4km run)
19	Thursday 18 May 2017	Science Discovery Day
20	Friday 19 May 2017	School Admin Day (Semester 1) <i>Students need not attend school on this day.</i>
21	Monday 22 May 2017 to Friday 26 May 2017	P5 Internationalisation Trip to Hong Kong <i>For selected students</i>
22	<i>Postponed to a further date due to flight unavailability.</i>	#P5 Internationalisation Trip to Sarawak <i>For selected students</i>
23	Thursday 24 May 2017	#P4 Subject-based banding (SBB) Briefing for parents
24	Thursday 25 May 2017 to Friday 26 May 2017	#P6 Meet-The-Parents Session (2)
25	Monday 19 June 2017 to Friday 23 June 2017	#P6 Booster Session 1

More details will be provided at a later date.

Appendix 1

Horizon Primary School Achievements for March 2017

Competition	Event	School Representative/ Team	Position
National Story Challenge 2017		Asher Teoh (4 Innovator)	Champion
National Wushu Championships 2017	5-Duan Nan Quan (Southern Fist) - Junior Girls	Shannon Lee Yu En (5 Discoverer)	First
North Zone Rope Skipping Championships 2017	Senior Boys Division (Overall)	Horizon Primary School Senior Boys Team	Third
	Double Under (Senior Boys):	Goh Wei Jie Benedict (6 Innovator)	Second
	Pair Creative (Senior Girls)	Tay Wen Hui (6 Innovator) Fay Ong Sze Xuan (6 Innovator) Gloria Mah Shu Fang (6 Thinker)	Second
	Team Creative (Senior Girls)	Tay Wen Hui (6 Innovator) Gloria Mah Shu Fang (6 Thinker) Koh Shaine (6 Thinker) Joyce Yeo Sze Yeong (6 Reflector) Loo Xin Yu (6 Reflector)	Second
	Pair Creative (Junior Girls)	Shannon Lee Ling Xuan (5 Innovator) Lim Yu Xuan (5 Thinker) Teo Ruu An (5 Creator)	Third
	Team Creative (Junior Girls)	Gisele Tan Si Han (4 Innovator) Lin Jiaqi (4 Creator) Denise Ng Teng Yee (5 Innovator) Lim Yu Xuan (5 Thinker) Chong Wan Lin (5 Creator)	Third

Appendix 2



Healthy Meals in Schools Programme (HMSP)

Dear Parent / Guardian,

Health has always been an important aspect of a child's holistic development. To support the holistic development of our youths, the Ministry of Education (MOE) and the Health Promotion Board (HPB) have been working closely with schools to implement the Healthy Meals in Schools Programme (HMSP) to promote healthy eating among the children and youth in all mainstream schools (i.e. Primary schools, Secondary Schools, Junior Colleges and the Centralised Institute).

The objective of the programme is to help schools build a supportive environment to promote healthier eating. The programme provides schools with a set of food service guidelines that aim to reduce the amount of fat, salt and sugar in food preparation, as well as encourage the consumption of fruit and vegetables, and wholegrains. For more information on the programme, please visit the HMSP webpage at <http://www.healthhub.sg/live-healthy/511/Healthy%20meals%20in%20school>.

In addition to the preparation and serving of healthier meals in schools, students are also educated on healthy eating, amongst other health topics, during their Physical and Health Education lessons.

Impact of HMSP

To grow optimally, children need the nutritious benefits from the consumption of healthier and balanced meals. The healthier eating habits inculcated from young in the school setting will help them make healthier choices outside of school and later in life. The programme supports increased consumption of wholegrains, fruits and vegetables while reducing saturated fat, sugar and salt in school meals.

Wholegrains, fruits and vegetables are rich in dietary fibre and important vitamins and minerals. An increased intake of these nutritious food is linked to reduced risks of many diseases (e.g. heart disease, stroke and certain cancers) for a child, both now and in the future.

Added sugar in drinks and snacks provide little nutrition value to a child's diet and too much sugar can lead to excessive weight gain and health problems. Most children have a sweet tooth and should be encouraged to consume less food and drinks containing added sugar. This will allow children to gradually adapt to the taste of reduced sugar food and drinks.

Fat is an essential nutrient in a child's diet as it provides energy and helps to absorb, transport and store other important nutrients in the body. However too much fat, especially saturated and trans-fat, can lead to excessive weight gain and health problems (e.g. heart disease).

3 Quick Tips on how you can also bring home the Healthy Meals in Schools Programme:



1. Look out for snacks/drinks with the Healthier Choice Symbol



2. Include at least 20% whole-grain in meals



3. Include more fruits and vegetables to obtain 2 servings of fruits and 2 servings of vegetables a day

To find out more about how your child is benefitting from HMSP, please visit <https://www.healthhub.sg/live-healthy/1114/healthy-eating-in-school-and-at-home>