



Springdale Primary CONTACT

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Upper Primary Year Head's Message

10 weeks have passed, and I am glad to find the P5 and P6 students settling well into the school year. Students are observed to be in-tuned with the pre-Covid 19 routines and practices. Many more are resuming their normal interactions with friends.

In this edition of Contact, we have captured the rich learning that our students have experienced in Term 1. There were opportunities for them to go on Learning Journeys, participated in meaningful and interesting weekly Assembly Programme as well as interacting with students from another country.

We will continue to ignite the joy of learning in our students by providing a positive learning environment. We thank you for your support in our programmes.

Here's wishing you a happy time bonding with your child this March holidays!

Mdm Abidah Bibi Marikar

Every Springdalite a **secure individual,**
a **leader of self-worth** and a **significant citizen**

P5 Science Workshop on Cells

Our Primary 5 students attended a Singapore Science Centre activity that complemented their lesson on cells.

Hand-outs and activity materials were provided during the session. The enriching and fun-filled hands-on activities helped to broaden our students' science learning experience.



Springdalites eagerly participating during the session

CNY Celebration

The school celebrated Chinese New Year on 20 January. The concert in the school hall featured student performances, songs by teachers and a captivating lion dance.

Interactive activities such as drawing and writing auspicious words on origami papers were carried out during recesses to provide students with hands-on experience to learn more about the Chinese culture.

Lion Dance Performance

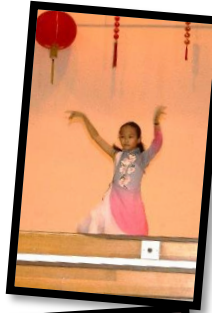


Well-wishes from our teachers and invited guests

04 | Igniting the Joy of Learning



Springdalites writing down CNY wishes for their friends and family



Our talented Springdalites and teachers performing on the stage

SwimSafer 2.0 Programme for Primary 5 Students

The SwimSafer 2.0 programme aims to develop important life skills such as water confidence and provide our Primary 5 students with the knowledge on water safety and skills for basic swimming competencies.



Excited to start swimming



Ready to learn

Take a Lonely Book Home

Springdalites were given a chance to *Take a lonely book home* with them on Valentine's Day.

The library was abuzz with excitement as students looked for the *right book*. It is our greatest joy to see our students grow their ❤️ for reading!



Penning down notes for people we CARE



Happy Readers in Action!



Total Defence Day (TDD)

The theme for this year's TDD is "Together We Keep Singapore Strong". The school focused on the importance of Digital Defence as well as food security.

For an experiential learning of Digital Defence, police officers from Seng Kang Neighbourhood Police Centre were invited to set up a booth on Crime Prevention and Anti-Scams. Three SPF officers engaged the students during recess at the booth.

A live performance showcasing a Grasshopper and his friends staying together even though they are different was presented during assembly. From the skit, Springdalites learnt that every Singaporean has a part to play to ensure that Singapore is prepared for crises and disruptions and that we must remain resilient and united.



Live performance

National School Games - Badminton

Springdale Primary School took part in this year's National School Games (NSG). This is the first time we are sending our Girls' Team for the Zonal Competition. We would like to affirm the Girls' and Boys' Team for their efforts!



Our Springdalites giving their best during the competition!

National School Games - Basketball

National Sports Games 2023 started In January shortly after Chinese New Year. The annual competition provides a valuable platform for our students to cultivate values and develop character through sports, upholding the Sports Council's motto of "Character in Sporting Excellence".



Warming up with their shooting routine

Our Springdalites have displayed teamwork and resilience in the recent National School Games. We are immensely proud of them and would like to affirm our Senior Boys for their effort!



Our Basketball Senior Boys in action



Our Basketball Senior Boys Team

Cyber Wellness Assembly

This term's Cyber Wellness Assembly covers the topic on hacking and scams. Springdalites learnt that everyone plays a part in Singapore's digital defence. This starts with the individual guarding against hacking and scamming which can lead to loss of money and privacy.



Class assembly programme on Cyber Wellness

Eco Stewardship: We “Beelong” Together

“We ‘Beelong’ Together” is an assembly programme by NParks to promote greater awareness on how students can play their part in protecting the ecosystem and enhancing Singapore's rich biodiversity. Springdalites learnt about the correct behaviours when they visit gardens and parks, and most of all, to appreciate all living things as each of them play an important role in the ecosystem.



Skit during assembly programme



Quiz Time for Springdalites

Eco Stewardship: Recycling with the Reverse Vending Machine (RVM)

The school is promoting recycling within the school. With the loan of the RVM, students can deposit plastic beverage bottles and aluminum cans into the machine themselves. Our Springdalites have displayed exceptional passion and commitment to participate in this recycling programme!



Springdalites enthusiastically bringing recyclable bottles and cans to deposit into the RVM

Musical Journey of Spain

We were excited to go through a musical journey of Spain through our *Aesthetics Moments* this year.

Through the assembly on 3 March, the guest performers captured the hearts of the audience with their performance, fluid yet powerful. Undoubtedly, our Springdalites were able to witness the passion and energy that is integral to Spanish music.

During the recess breaks, our Springdalites were engaged in the Spanish Flamenco dancing and music in the Indoor Basketball Court (IBC). Two professional Flamenco dancers led the participants in learning some dance moves. It was not only an unforgettable musical experience for our Springdalites, it was also a time for them to **show respect and learn about different cultures through music.**



Springdalites trying out Spanish Flamenco dance moves

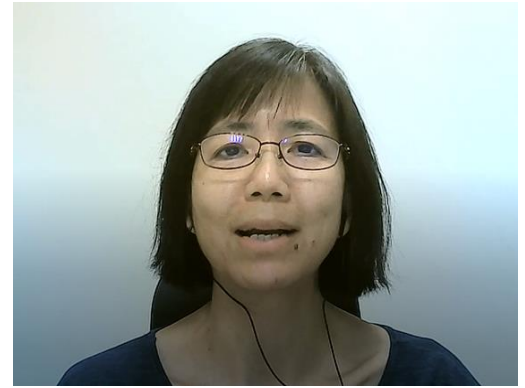


Musicians performing Spanish music live on stage

P2 to P6 Parents' Briefings

The school conducted an online Parents' Briefings cum Meeting with Form Teachers on 10 and 17 February.

We would like to thank all parents who joined us for these sessions and hope that you have found the sharing on our school programmes useful. We look forward to working with you to support your child in this journey.



Our Principal, Mdm Neo, giving her welcome address



Our Year Heads, Key Personnel & Form Teachers conducting the Parents' Briefing

Springdale Parent Volunteer Club (SPVC)

A parent's active involvement in school activities can boost family bonding at home. Being a parent volunteer, opportunities are created for you and your children to have conversations about school, teachers and peers.

We would like to thank our SPVC for their support and partnership in this journey. If you would like to join the SPVC, please go to <https://form.gov.sg/64088533d87c3d00114b1a2e>



Parents, join us now!

BRAIN-BASED TIPS & STRATEGIES (BTS) FOR PARENTS

ESTABLISH A ROUTINE:

Routines help children feel secure and comfortable, which can lead to improved attention and focus. Create a consistent schedule for meals, homework, and playtime.



CREATE A QUIET AND DISTRACTION-FREE ENVIRONMENT:

Children need a quiet environment to focus and learn. Minimize distractions by turning off the TV, radio, or other devices that could divert your child's attention.



PROVIDE HEALTHY NUTRITION:

A balanced diet with plenty of fruits, vegetables, and protein can improve your child's brain function and attention span.

GET ENOUGH SLEEP:

By getting enough sleep (minimum 8 hours a day), your child won't feel sluggish and have adequate energy in the morning for school.



ENCOURAGE PHYSICAL ACTIVITY:

Physical activity is critical for brain development and can improve your child's attention span. Encourage your child to participate in activities such as running, jumping, or dancing.



PLAY BRAIN GAMES:

Brain games, such as puzzles, memory games, and matching games, can help improve your child's attention and focus. Set aside time to play these games with your child.



READ WITH YOUR CHILD:

Reading is an excellent way to help your child develop language, attention, and memory skills. Make reading a fun and engaging activity by asking your child questions, encouraging them to make predictions, and discussing the story together.

By following these tips, you can help your child develop the skills they need to succeed in school and in life. Be patient, supportive and understanding, and your child will thrive!

