



Dear parents/guardians,

We are reaching the end of Term 2. We would like to thank you for your continued partnership in developing the success stories in all our pupils. Following are some important announcements and information for your noting.

1. Parent Engagement Sessions on 28 and 29 May 2026 (Thursday and Friday)

a) *GROW with Me!* Conversations (Parent-Teacher-Child Conference)

GROW with Me! Conversations was developed as a platform for our P1–P6 White Sandians to grow as confident communicators. During this conference, your child will share their successes and challenges with you and their C4RE Teacher. With the combined support of both teachers and parents, we hope to encourage your child to take greater ownership of their learning journey and empower him/her to develop essential skills to thrive in school.

All parents and guardians are strongly encouraged to book a session with your child's C4RE Teacher to participate in these purposeful conversations. More details will be shared via Parents Gateway nearer the date.

Please note that there will be no formal lessons on these two days. Instead, pupils will be engaged in the *Student-Initiated Learning Programme*, which is detailed in the next section.

b) Information on PSLE, Full Subject-Based Banding, S1 Posting & DSA-Sec

Information related to the PSLE, Full Subject-Based Banding (SBB), Secondary 1 (S1) Posting, and Direct School Admission for Secondary Schools (DSA-Sec), which was shared during the February School–Parents Engagement and Communication session for P6 parents/guardians and pupils, is available on the school's website for your reference: <https://www.whitesandspri.moe.edu.sg/for-parents/Briefing-Slides-2/P6/>

2. Student-Initiated Learning Programme

As part of our school's mission to develop our pupils as passionate learners, we will be implementing the Student-Initiated Learning (SIL) programme during the upcoming mid-year school holidays. The objectives of SIL are to:

- Provide opportunities for pupils to explore their interests and passions.
- Promote self-directed learning and encourage pupil voice.
- Uncover hidden talents that pupils may have.

Pupils can access the lesson package via the SLS portal on **Thursday, 28 May 2026** to kick-start the programme. Selected pupils' work will be presented in Semester 2 through presentations and showcases.

We strongly encourage all pupils to participate in the spirit of lifelong learning. Parents are also encouraged to provide support and guidance to their child throughout the SIL journey.

3. Primary 6 Supplementary Lessons During June Holidays

To support our Primary 6 pupils in easing back into the learning routine after the term break, the school has scheduled supplementary lessons from **24 to 26 June 2026 (Wednesday to Friday)**, tentatively from **8.00 am to 12.00 pm**. The detailed schedule and the consent form will be shared via Parents Gateway before the end of Term 2.

4. Learning Journey to Geylang Serai Heritage Gallery for Primary 3 Pupils

The school will be organising a learning journey to the Geylang Serai Heritage Gallery for Primary 3 pupils during and after school hours in May. This learning journey aims to deepen pupils' understanding of how diverse cultural influences, including Malay culture, have shaped Singapore's rich multicultural heritage.

Through interactive exhibits and guided exploration, pupils will learn about traditions, community life, and cultural values. These experiences will help to foster appreciation, curiosity, and respect for diversity, while allowing students to connect their classroom learning to meaningful real-world contexts. Please see the schedule below:

Class	Date	Time
3D and 3B	21 May 2026, Thursday	1.00 p.m. – 5.30 p.m.
3E and 3C	22 May 2026, Friday	11.00 a.m. – 3.00 p.m.
3A	25 May 2026, Monday	1.00 p.m. – 5.30 p.m.

More details on the learning journey will be sent via Parents Gateway nearer to the dates.

5. Healthy Living #4: Nutrition and Hydration

Fuel, hydrate, and stay active! Proper nutrition and regular hydration play a key role in supporting children's growth, energy levels, and focus throughout the school day. When children are well-fuelled and hydrated, they are better prepared to participate safely and confidently in both learning and physical activities.

Let's continue to support our children in making healthy choices and building strong habits for lifelong wellbeing. You may refer to *Annex A* for practical tips on supporting your child's nutrition and hydration.

6. Growth Mindset Nuggets #5: Building Resilience in Learning

As we approach the mid-point of the school year, learning can become more demanding, and pupils may face not only academic challenges but also social and emotional ones. This is a valuable time to strengthen resilience—the ability to persevere, adapt, and grow through difficulties.

In school, we continue to nurture this mindset by encouraging pupils to recognise their strengths ("I Am"), believe in their abilities ("I Can"), and draw support from others ("I Have"). One key resource used is the Resilience Learning Aid—"I Am, I Can, I Have" (see *Annex B*), which supports pupils in building confidence and developing the grit to keep going, even when tasks feel challenging.

Parents and guardians play an important role during this period. Your encouragement can make a significant difference in helping your child stay motivated. Simple actions such as listening

attentively, affirming their efforts, and reminding them that mistakes are part of learning can support them in overcoming challenges.

Together, let us continue to equip our pupils with strong self-belief, essential skills, and supportive networks, so that they can grow in confidence and face challenges with resilience and readiness.

Thank you for your kind attention to the above information.

Your partner-in-education,

Ms Audrey Wong
Principal

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Nutrition & Hydration



Proper Nutrition and Hydration for Active Children

Proper Nutrition for Active Children

My Healthy Plate



- **Balanced meals** provide energy for movement, focus, and recovery after exercise
- Follow **My Healthy Plate** as a guide
- **Include** wholegrains, fruit, vegetables & lean protein

Healthy eating habits enable safe and confident participation in physical activities.

Importance of Hydration During Physical Activities



- **Drinking water** before, during & after exercise helps kids stay safe and active
- Hydration supports body temperature, energy and focus
- **Encourage water** as the best choice for hydration

Sipping water regularly prevents tiredness and overheating during play and exercise



Develop lifelong healthy habits through informed choices

- ✓ Develops understanding of **healthy and active living**
- ✓ Promotes **safe participation** and **personal responsibility**
- ✓ Encourages lifelong **healthy habits** through informed choices



Source: Health Promotion Board, Singapore

Resilience Learning Aid

I AM

refers to the **thoughts and beliefs** about ourselves and the situation that helps us overcome the challenge.

I am responsible for my actions



I CAN

refers to the **things that we can do** to help us calm down and think of solutions to solve our problem.

I can use Stop-Think-Do

I HAVE

refers to the **people around us** who can help, support and encourage us.

I have someone to turn to when I need help

