



Dear parents/guardians,

Thank you for your partnership in Term 1 and taking time to be with us during our P2 – P6 School-Parents Engagement and Communication Sessions (SPECS). We look forward to seeing the parents of our Primary 1 pupils at our upcoming P1 SPECS.

Following are some important announcements and information for your noting.

1. Partnering with Parent Support Group (PSG) and Fathers@WSPS

In recent years, the Parent Support Group (PSG) and Fathers@WSPS have grown stronger, becoming essential partners in providing a student-centric education for all White Sandians. The PSG supports the school’s programmes to enhance our pupils’ learning and well-being, while Fathers@WSPS organises activities to promote father-child bonding.

We welcome all parents to join these enriching communities and be part of this fulfilling experience. Scan the QR code below to connect with a network of support through the Parents Support Group or Fathers@WSPS during your child’s journey at White Sands!

Parents Support Group	 SCAN ME
Fathers@WSPS	 SCAN ME

We would also like to express our appreciation to the following key members, who will be leading initiatives and programmes in 2025. We look forward to another successful year of collaboration together!

Designation	Parents Support Group	Fathers@WSPS
Chairperson	Mdm Yeo Han Ling Yvonne	Mr Edwin Song
Vice Chairperson	Mdm Diana Oey	Mr Tan Kiang Khiang
Exco Members	Mdm Low Pei Chen, Yuki	Mr Vinson Kong
	Mdm Normili Binte Ahmad	Dr Lai Shu Hau
	Mdm Koh Wen Cheng, Vivien	Mr Tang Yong Chong
	Mdm Bernardina Ong	Mr Bruce See
	Mdm Law Shi Wen, Rachel	Mr Louis Teo
	Mdm Normah Binte Ahmad	Mr Alvin Tan
	Mdm Cristina Fulgencio (Ameera)	Mr Brandon Lim
	Mdm Noorashikin Bte Noordin	Mr Caleb Garcia
	Mdm Lo Loong Wuah, Lauren	Mr Jim Ang
	Mdm Goh Ee Lyn, Sharon	Mr Jeremy Khoo

	Mdm Farhanah Binte Muhd Imran Tan	
	Mdm Chen Chenyao Grace	
	Mdm Cao Jingjing	
	Mdm Choudhary Manali Sandeep	

2. Co-Curricular Schedule for Term 2/ 2025

Please find below the schedule for CCA in Term 2.

	Dates		P3 to P6
Term 2	Week 1	26-Mar	CCA
	Week 2	2-Apr	CCA
	Week 3	9-Apr	CCA
	Week 4	16-Apr	CCA
	Week 5	23-Apr	CCA
	Week 6	30-Apr	CCA
	Week 7	7-May	CCA
	Week 8	14-May	CCA
	Week 9	21-May	CCA
	Week 10	28-May	CCA

Note: The CCA Football (Girls) sessions for 2025 have been moved to Friday afternoons at 3.30 p.m.

3. P3 Gifted Education Programme (GEP) Identification Exercise 2025

Every year, MOE conducts the GEP Identification Exercise to identify suitable pupils with high intellectual potential. We would like to urge parents to avoid any test-preparation activities which could inflate the pupils' scores and inaccurately reflect their suitability for the programme. Pupils who are not ready to handle the intellectual rigour and demands of the programme will struggle with the enriched curriculum and not benefit fully from it.

Please find the tentative schedule for the 2 stages of the GEP Identification Exercises 2025 as given below:

GEP Screening and Selection Exercises

Date(s)	Papers	Participants
21 August 2025 (Thursday)	English Language Mathematics	Primary 3 pupils
14 & 15 October 2025 (Tuesday & Wednesday)	English Language Mathematics General Ability	Primary 3 pupils shortlisted after the GEP Screening Exercise

The GEP Screening and Selection Exercises will be based on the Primary 1 to Primary 3 English Language and Mathematics syllabuses.

4. Learning Journey to Asian Civilisation Museum (ACM) for Primary 6 Pupils

Learning journeys are an essential part of the Student Development Experience (SDE) for primary school pupils. They provide valuable opportunities for pupils to extend their learning beyond the classroom, deepening their understanding of Singapore's heritage and culture.

In March, our P6 pupils will embark on a learning journey to the Asian Civilisations Museum (ACM) during school curriculum hours. Please refer to the class schedule in the table below.

Dates	Class
11 March (Tue)	6C
14 March (Fri)	6D
26 March (Wed)	6A, 6B, 6E and 6F

More details will be provided in Parents Gateway (PG).

5. Primary 3 Values-In-Action Programme – Buddy Clean @ WSPS

The Primary 3 pupils will be embarking on their Values-In-Action Programme – Buddy Clean @ WSPS on **Thursday, 13 March 2025** during school curriculum hours. This programme aims to instil in pupils the importance of maintaining a clean school environment. Through active participation in various cleaning tasks in school, pupils will cultivate a sense of responsibility towards their environment.

More details will be provided to your child/ward through the C4RE Teachers nearer the date.

6. Fostering Responsibility: Water-Saving Habits at Home

As part of our commitment to fostering responsible citizens, we encourage our pupils and families to be mindful of water conservation. Water is a precious resource, and its importance grows with our expanding population, economy, and the effects of climate change. In line with the upcoming Singapore World Water Day, we'd like to share some simple water-saving tips (W-A-T-E-R) that can easily be adopted at home:

- **W - Wash** clothes on a full load.
- **A - Always** use the half-flush when possible.
- **T - Turn** off the shower when soaping.
- **E - Ensure** the tap is off while brushing teeth.
- **R - Rinse** vegetables in a container.

(Source: PUB, Singapore's National Water Agency Website.)

Let's work together to conserve this vital resource for future generations.

7. Healthy Living #2: Encouraging Active Lifestyles for Children

Physical activity is key to children's well-being, boosting physical health, mental resilience, and social development. The Health Promotion Board (HPB) Singapore recommends that children and adolescents engage in at least 60 minutes of moderate to vigorous activity daily. The information below highlights different types of physical activity and ways to make exercise fun and engaging for children, especially in Singapore's urban environment.

Types of Exercise:

- **Aerobic (Cardiovascular) Exercise:** Activities like running, cycling, swimming, dancing, and active play improve heart health, lung capacity, and help reduce obesity-related risks.
- **Strength & Coordination Training:** Activities such as climbing, bodyweight exercises, gymnastics, and martial arts support muscle and bone development, improve coordination, and promote good posture.
- **Flexibility & Balance Activities:** Yoga, stretching, gymnastics, and balance games enhance movement control and help prevent injuries.

Singapore's parks, ActiveSG programs, and community sports facilities provide excellent opportunities for these activities.

Making Exercise Fun:

- **Outdoor Adventures:** Explore Singapore's Park Connector Network, East Coast Park, and nature trails.
- **Active Video Games:** Games like Just Dance and Ring Fit Adventure make screen time more active.
- **At-Home Fitness:** Fun challenges, dance-offs, and DIY obstacle courses keep children engaged.
- **Family Involvement:** Active parents inspire their children to be active through shared activities like cycling or hiking.
- **Local Resources:** ActiveSG, HPB's Move It Initiative, and Community Sports Clubs offer accessible sports programs for all.

Encouraging children to stay active is not just about sports—it's about cultivating lifelong healthy habits. Whether through structured CCAs, weekend family activities, or unstructured play, movement should become a natural and enjoyable part of daily life. By fostering a supportive and active environment, we help children develop resilience, confidence, and a love for physical activity. Together, let's build a culture of movement and well-being for our children!

8. Growth Mindset Nuggets #3: Embracing Challenges

In celebration of SG 60, we honor our founding father, Mr. Lee Kuan Yew, who once shared that individuals should lead purposeful lives by finding meaning in their daily endeavors, and one way to do so is by embracing challenges.



The human being needs a challenge, and my advice to every person in Singapore and elsewhere: Keep yourself interested, have a challenge.

— Lee Kuan Yew —

At White Sands, our pupils learn to face challenges by setting S.M.A.R.T. goals and working towards success. White Sandians understand that achieving goals requires intentional planning and thoughtful action.



As parents, it is important to adopt an authoritative approach—being present in your child's learning environment without being overbearing. This allows your child the space to learn from their mistakes and develop into a high-achieving, well-adjusted adult over time.

**"Parenting is a journey of resilience;
embrace the challenges, for they shape
both you and your child"**



9. Major Events and Holidays for Term 2

Date	Event	Remarks
15 Mar (Sat) – 23 Mar (Sun)	Term 1 School Holidays	-
24 Mar (Mon)	Back to school for Term 2	-
31 Mar (Mon)	Hari Raya Puasa	Public Holiday
1 Apr (Tue)	Commencement of P3 Swimsafer Programme	Every Tuesday (10.30 a.m. – 1.30 p.m.) until 27 May. More details will be provided at a later date.
10 Apr (Thu)	International Friendship Day (IFD) Commemoration	-
18 Apr (Fri)	Good Friday	Public Holiday
1 May (Thu)	Labour Day	Public Holiday
5 May (Mon) – 16 May (Fri)	P3 – P6 Weighted Assessment (WA) 2	More details will be provided at a later date.
12 May (Mon)	Vesak Day	Public Holiday
29 May (Thu) and 30 May (Fri)	Grow With Me! Conversations with Parents	No school for all levels. HBL will be assigned. More details will be provided at a later date.
31 May (Sat) – 29 Jun (Sun)	Term 2 School Holidays	-

Thank you for your kind attention to the above information. We also wish you all a meaningful bonding time with your children during the upcoming March term break.

Your partner-in-education,

Ms Audrey Wong
Principal