



St. Margaret's Secondary School

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1 March 2021

Dear Parents/Guardians,

We are two months into the new year and I am grateful that our young ladies have settled into a routine helpful for learning. Many lessons, school programmes and events have been carefully and creatively crafted to take on novel modes in response to Safe Management Measures.

I am thankful to our staff who have responded admirably to the changing demands, the students for their openness to learn and all parents/guardians and partners for your support.

For All Students

1. SMSS Virtual Race

In place of our Cross Country, we will be having our first-ever Virtual Race which will be conducted from Monday, 8 March to Sunday, 4 April. The Virtual Race aims to promote health and fitness to the staff and students of St. Margaret's, as well as help cultivate the habit of exercising on a regular basis. Through the activity, we hope to develop the values of resilience, responsibility and integrity in our school community.

Runners will need to download two applications (*Strava* and *42Race*) into their mobile devices to track their distances covered cumulatively over the above-mentioned period. Students without access to mobile devices will also have the opportunity to participate and track their progress via offline formats.

To allay possible concerns with regard to the well-being of the runners, all participants will be guided to ensure their physical safety and also online/cyber security considerations. Students will learn about essential health and fitness considerations as well as the safe and responsible use of the running applications during their PE lessons. Students have been briefed about the activity and more details will be provided via Parents Gateway in early March.

We seek the support of parents/guardians to encourage your daughters/wards to participate in this meaningful activity.

2. Use of Own Rag for Wipe Down

Wipe-down of the tables in the classrooms has become an important routine in response to SMM in schools. In line with our school's efforts to go green, students are reminded to bring their own rag daily in a Ziploc bag for the wipe down routines so as to minimize the use of paper towels from Monday, 1 March.

Students would need to bring the rag home and wash it with soap and water after school each day.

3. 2021 School Magazine

The 2021 School Magazine will be ready in January 2022. Our school will be providing complimentary copies of the magazine to Secondary 1, 2 and 3 students who have opted to receive a copy. All graduating students will receive a copy each.

For Secondary 2 Students

4. Secondary 2 Parent-Teacher Meeting

The Secondary 2 Parent-Teacher Meeting (PTM) will be held online as shown below in a webinar format. Details of the programme and registration will be sent to you separately. The duration of each session will be about one hour. We hope that you will be able to make time for these sessions. Information on the PTM will be uploaded on Parents Gateway by early March.

Date	Classes	Time
Tuesday, 9 March	Sec 2-7	6.00pm – 7.00pm
Wednesday, 10 March	Sec 2-5 to Sec 2-6	
Thursday, 11 March	Sec 2-1 to Sec 2-4	

For Graduating Students

5. Mother Tongue Intensive Lessons


In preparation for the GCE O-level Mother Tongue examinations, intensive study sessions will be conducted on Monday, 15 March and Tuesday, 16 March for students from Sec 4-1 to 4-8 and Sec 5 who are sitting the GCE O-Level Mother Tongue Examinations in June this year.

The lessons will take place in school from 8.00am to 12.30pm.

Others

6. Talk for Parents

There will be an online talk organised for parents/guardians on Saturday, 27 March:

Talk	Date & Time	Registration
Building Confidence and Self-Esteem in Our Teenagers	Saturday, 27 March 2.00pm – 3.30pm	 https://go.gov.sg/smsparentstalk

Registration for the talk closes on Tuesday, 23 March at 5.00pm. The link to access the talk will be sent via email to all registrants on Wednesday, 24 March.

More details can be found on the flyer in Annex A. Should you need more information on the talk, please contact Mrs Susan Tan, our school events coordinator, at susanhong38@gmail.com.

Yours faithfully,

Ms Linda Lim
Principal

Annex A

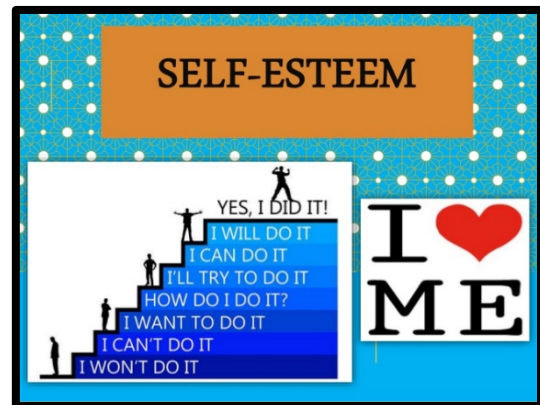
Talk for Parents Building Confidence and Self-Esteem in Our Teenagers

Date: Saturday, 27 March

Time: 2.00pm – 3.30pm

Mode: Online via Zoom

Registration: Sign up for the talk at <https://go.gov.sg/smssparentstalk> or by scanning the QR code below:



Registration closes on Tuesday, 23 March at 5.00pm. Registrants will receive the details to access the talk via email on Wednesday, 24 March.

Synopsis

Children create a view of themselves as they grow. They gauge how good they are at doing things or what their appearance is like or how popular or unpopular they are. A teenager with a healthy self-esteem is happy, friendly and is likely to cope well with the stressors in life.

This talk shares tips on how parents can build confidence and healthy self-esteem in their adolescents during the fluid teenage years by discussing the following areas:

- What causes low confidence and self-esteem?
- What are the pillars of building confidence and self-esteem?
- What role does parental behaviour have on the confidence and self-esteem of their children?
- How can parents encourage healthy self-esteem and build confidence in their teenagers?



About the Speaker

Ms Harjit is a Family Life Educator and Counsellor, specializing in individual and group counselling, conducting training sessions and workshops on parenting matters. She is passionate about making a difference by sharing tangible techniques to bringing a shift towards behavioural changes and providing socio-emotional intervention for holistic support services to families.

She is a trained Triple P (Positive Parenting Program, University of Queensland) and Signposts (Parenting Research Centre, Australia) practitioner with a Masters in Counselling (Monash University).