



# St. Margaret's Secondary School

111 Farrer Road, Singapore 259240  
Website: [www.stmargaretssec.moe.edu.sg](http://www.stmargaretssec.moe.edu.sg)

Tel: 6466-4525 Fax: 6466-6709  
E-mail: [stmargaretss@moe.edu.sg](mailto:stmargaretss@moe.edu.sg)

**1 March 2018**

Dear Parents/Guardians,

As we approach the end of Term 1, we wish our students a fruitful March holiday. We hope that students will take the time to consolidate their learning and come back well-prepared for Term 2.

## Mid-Year Examinations

As indicated in the school calendar, the Mid-Year Examinations will be conducted from Thursday, 26 April to Friday, 11 May.

### a) Examination Timetable

The detailed examination schedules will be issued to students on Monday, 26 March. The schedules will be uploaded on the school website at <http://www.stmargaretssec.moe.edu.sg/>.

### b) Reporting Time for Examinations

The reporting time for examinations will be based on the examination schedules given out to students. There will be no late reporting on the Wednesdays (2 and 9 May) that coincide with the examination period. All students sitting for the first examination paper of the day must report to school by 7.30 am. For students who are not sitting for the first examination paper of the day, they need not come to school by 7.30 am. However, they must be in school at least 30 minutes before the start of the examination that they are sitting for.

There will also be no late reporting on the Wednesdays (16 and 23 May) during the post-examination period. Students must report to school by 7.30 am on these two Wednesdays.

## For Upper Secondary Students

### 1. Mother Tongue Intensive Lessons

In preparation for the 'O' level Mother Tongue examinations, intensive study sessions will be conducted on Monday, 12 March and Tuesday, 13 March for all Secondary 4 Express/Normal(Academic) and 5 Normal(Academic) students. The lessons will take place from 8.00 am to 12.30 pm in school.

## For Lower Secondary Students

### 2. Subject Combination Allocation Talk cum Parent-Teacher Meeting for Secondary 2 Students

The Parent-Teacher Meeting for the Secondary 2 students are scheduled as follows:

Class	Date	Time	Venue
2-5 & 2-6	Wednesday, 7 March	6.30 pm – 8.30 pm	School Hall
2-7	Wednesday, 7 March	6.00 pm – 8.30 pm	Learning Lab
2-1, 2-2, 2-3 & 2-4	Thursday, 8 March	6.00 pm – 8.30 pm	School Hall

A separate letter with more information about the sessions has been given out to the students on Wednesday, 21 February.



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## Others

### 3. Parent Education Series

A talk entitled 'Managing Exam Anxiety and Stress' will be conducted on Tuesday, 20 March. More details can be found on the brochure on page 3. If you are keen to attend the talk, please email the reply slip to Mrs Susan Tan, our FLE coordinator, at [susanhong38@gmail.com](mailto:susanhong38@gmail.com) by Tuesday, 13 March.

### 4. Cyber Wellness Tips

Cyber Wellness (CW) refers to the positive well-being of Internet users. It involves an understanding of online behaviour and awareness of how to protect oneself in cyberspace. To complement the CW curriculum in schools, parents can play an active role in guiding our children to navigate in cyberspace. A Tip Sheet for Parents from the MOE Cyber Wellness Team is attached on pages 4 and 5 to provide parents with some practical tips on how to guide the child in this aspect.

We thank you for your partnership.

Yours sincerely,  
Lee Lin Yee (Mdm)  
Principal



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FAMILY matters  
school



## Managing Exam Anxiety and Stress

Date: Tuesday, 20 March

Time: 9.00 am – 12.00 noon

Venue: St. Margaret's Secondary School (Learning Lab, Level 1)

### Synopsis

Examinations have always been an essential part of our education system. Some parents and teens experience high anxiety over them while others appear unaffected. What causes those anxieties? How can we manage them?

How can we have more realistic expectations? What can we do to help our children get through the exam periods? The “Managing Exam Anxiety And Stress” interactive workshop seeks to answer these questions. It aims to help parents understand:

1. the psychological impact of parental anxieties, attitude and behaviour on their teens
2. how teens with different temperaments respond differently to the demands, including exams, placed on them,
3. practical tips on how to provide support for their teens and how to cope with exam anxiety, both theirs and their teens’.

### Speaker's Profile

Ms Christabel Hong worked as a mainstream secondary school teacher for several years before becoming a counselling psychologist and an educational therapist. Her rich experience as a teacher and psychologist, as well as being a mother of two grown children, enables her to be well-acquainted with the challenges parents of today face in raising children to be both academically competent and socially well-adjusted. Her workshops are filled with many practical examples and strategies gleaned from her many years of working with students and parents.

She founded Christabel Juniors 'n Friends ([www.christabeljnf.com](http://www.christabeljnf.com)) in May 2011, after working for more than two decades in schools and family/ counselling centres. Currently, she works mostly with students who have learning and school-related difficulties. She also journeys with parents to help them create a stronger and more lasting parent-child relationship characterised by an enjoyable parenting experience.

#### **Reply Slip (Closing Date: 13 March 2018)**

I / We would like to attend the “Managing Exam Anxiety and Stress” talk by Ms Christabel Hong.

Number of People Attending: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Name of Child: \_\_\_\_\_ Class: \_\_\_\_\_

Contact Number: \_\_\_\_\_ (HP) \_\_\_\_\_ (H)

Email Address: \_\_\_\_\_

Please send replies & enquiries to Mrs Susan Tan @ HP: 81136388; Email: [susanhong38@gmail.com](mailto:susanhong38@gmail.com)



## What is Positive Peer Influence?



Positive peer influence is a key principle in MOE's Cyber Wellness Framework which encourages our students to:

- ✓ Be a positive role model online (e.g. share healthy and positive content, harness technology to do good); and
- ✓ Advocate positive online behaviours (e.g. stand up for their peers online, report cases of cyber bullying to a trusted adult/authority, post encouraging remarks on social media).



## Why is Being a Positive Peer Influence Online Important?



Being a positive peer influence online will help your child to:

- ✓ Exercise empathy and kindness online
- ✓ Develop resilience and moral courage to stand up to negative peer pressure and unhealthy online influences
- ✓ Learn responsibility for words and actions
- ✓ Leave positive digital footprints and establish a good online reputation



## How can Parents Help?

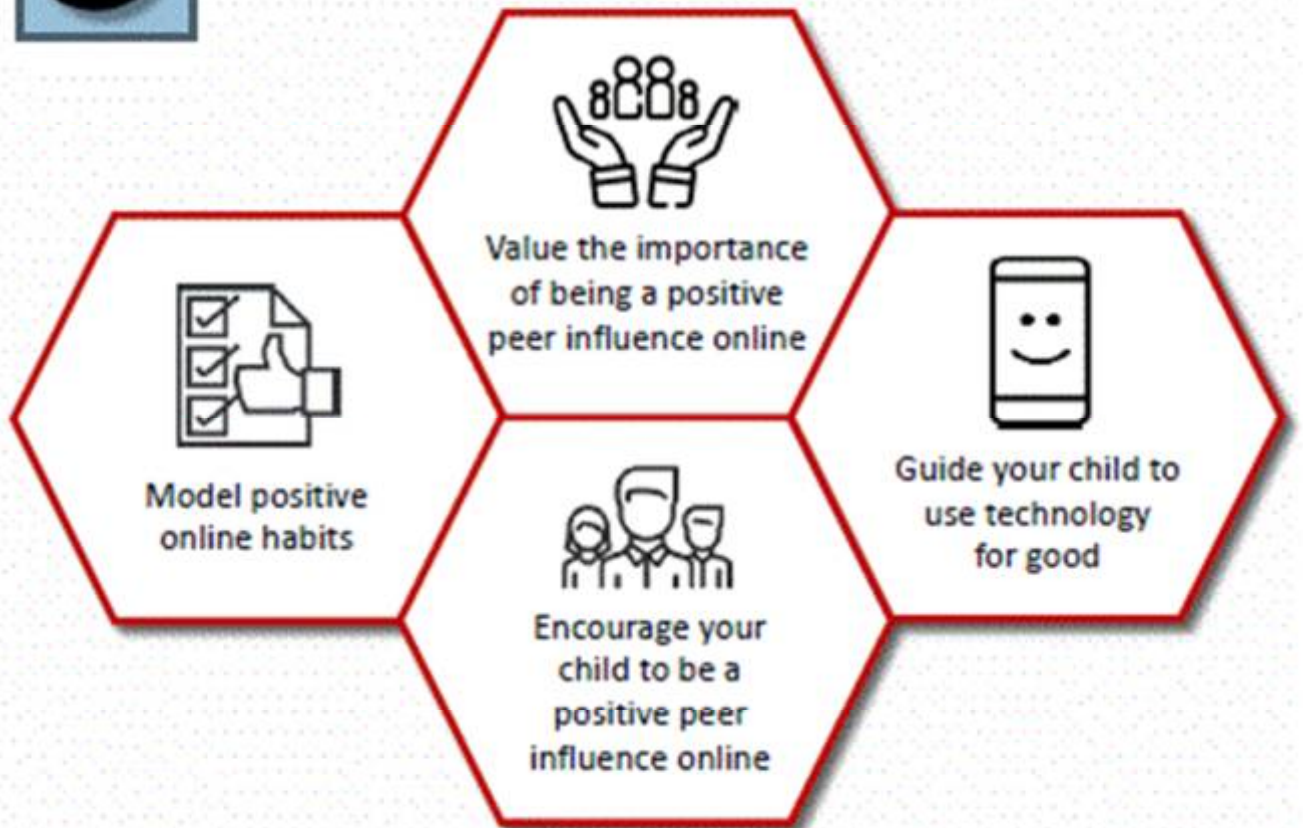


Encourage your child to:

- ✓ Be S.U.R.E. before sharing. Check the Source, Understand the facts, Research and Evaluate
- ✓ T.H.I.N.K. before posting. Ask: "Is it True? Helpful? Inspiring? Necessary? Kind?"
- ✓ Be an upstander for friends who are cyber bullied
- ✓ Use technology for good



## Key Messages



## Resources



### Ministry of Education

Check out MOE's Cyber Wellness Portal for up-to-date cyber wellness tips and resources for parents.

[ictconnection.moe.edu.sg/cyber-wellness/for-parents](http://ictconnection.moe.edu.sg/cyber-wellness/for-parents)



### Media Literacy Council

Check out "Media-WISE: A SMART guide for YOUThs" for tips on how your children can stay safe and kind online.

[medialiteracycouncil.sg/-/media/MLC/Resources/Pdf/Youth/Media-Wise.pdf](http://medialiteracycouncil.sg/-/media/MLC/Resources/Pdf/Youth/Media-Wise.pdf)



### National Library Board

Pick up some research skills and learn more about the S.U.R.E. method from NLB's eLearn Centre, an e-learning portal for Internet users of all ages.

[nlb.gov.sg/sure/elearn-centre](http://nlb.gov.sg/sure/elearn-centre)