



# St. Margaret's Secondary School

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**2 August 2021**

Dear Parents/Guardians,

We thank you for your understanding that from 26 to 28 July, we pivoted to Home-Based Learning for our Sec 2 cohort, in response to a confirmed COVID-19 case in our school. I am glad to share that the students and staff placed on Leave of Absence (LOA) and Quarantine Order (QO) are doing well. We look forward to having them back in school after they have served the QO.

We would need to assert once again that students who are feeling unwell or have household members who are not well should NOT report to school. This is a critical ring-fencing measure to keep the community safe and we must all continue to exercise our social responsibility to adhere to all ring-fencing measures and safe management measures.

Our school will continue to monitor the COVID-19 situation closely and review our plans in tandem with the national posture. All students and staff are strongly reminded to continue to practise good personal hygiene and social responsibility, and abide by safe management measures, whether in or out of school.

Our students' well-being is paramount. While we make every effort to keep the school a safe and enabling learning environment, we are cognizant of the importance of developing their general well-being.

In his speech delivered in Parliament on 27 July 2021, the Minister of Education, Mr Chan Chun Sing, highlighted the importance of spending time to listen to the thoughts and feelings of children, letting them share what they find stressful and giving them space to process their emotions. Let's continue to work together to support our students in their growth. We have found the following resources useful and would like to share them with you:

- <https://go.gov.sg/buildresilience> and <https://go.gov.sg/mymentalhealth>

As a community, let us all stay safe and be well. Let us continue to be connected with one another as we care for our girls.

We will get through this and emerge stronger together!

## **ALERT: Ring-fencing Measures**

The Ministry of Health has tightened the measures for individuals placed on Health Risk Warning. Samples of the Health Risk Warning (HRW) and Health Risk Alert (HRA) SMS notifications are attached in Annex A. For the safety and health of the community, please abide by the instructions given in the alerts.

You can also refer to the MOE website for the FAQs on COVID19-related information on Leave of Absence (LOA), Quarantine Order (QO), or Approved Absence (AA) at <https://www.moe.gov.sg/faqs-covid-19-infection>.

## National Day Celebration - Friday, 6 August (note the change in dismissal time)

The highlight of August annually is National Day. As we look forward to the celebration of a nation united, rising to meet the challenges of this era, we too strive to be resilient.

The school will be having our National Day Celebration on Friday, 6 August. Students are to report to school at the usual time and will be dismissed at 10.15am onwards in a staggered manner. Students are encouraged to attend school in their red and/or white attire for the celebrations.

The theme for NDP 2021 is "Together, Our Singapore Spirit". Through the celebrations, we hope that our students will learn the importance of Singaporeans coming together to play our part to push forward and determine Singapore's future, in spite of the difficulties amidst the crisis.

"Together" evokes our common Singapore identity and Singaporeans coming together as one united people. "Our Singapore Spirit" calls on Singaporeans to draw new strength from our "can-do" spirit amidst challenging circumstances from COVID-19 and potential disruptions in the new decade. We look to reinvigorate the Singapore Spirit - encouraging Singaporeans to embrace a "dare-to-try" attitude, and reinvent to overturn our natural and geographical constraints.

Note also that Monday, 9 August is a public holiday and Tuesday, 10 August is a school holiday

### For All Students

#### 1. Human Papilloma Virus (HPV) Vaccination

The HPV Vaccination exercise will be held as follows:

Levels / Classes	Dates
Sec 1 and 2	Wednesday, 18 August – Friday, 20 August
S4-1 to S4-5	Wednesday, 15 September
S4-6 to S4-9	Tuesday, 24 August

More information will be provided for parents/guardians via the Form Teachers and Parents Gateway.

### For Upper Secondary Students

#### 2. Preliminary Examination

The Sec 4 and 5 Preliminary Examination will be held as follows:

Classes	Examination Period
S4-1 to S4-5 & S5-1	Monday, 16 August – Wednesday, 1 September
S4-6 to S4-9	Wednesday, 11 August – Friday, 20 August

The examination timetables have been distributed to the students on Wednesday, 14 July. These documents are also available on the school website under the "Resources for Students" section.

We thank all parents/guardians for your encouragement and support to our graduating students, and in working alongside us as they prepare for the examination.


### 3. NRIC Registration Exercise

The NRIC registration exercise for 15-year-old students will be held in school on Thursday, 19 August. All students involved in the exercise will be receiving a notification letter through their parents/guardians from ICA before Friday, 6 August and are reminded to bring along the required documents, as specified in the letter, on the day of the registration.

## Others

### 4. Positive Parenting Programme (Triple P) Talks for Parents by MSF

Triple P aims to support parents in their parenting journey and to improve their relationship with their children. Our school has partnered with MSF and Lakeside Family Services to conduct a series of Triple P talks for parents:

Seminar	Date	Time	Registration
Seminar 1: Raising Responsible Teenagers	Saturday, 7 August	9.30am to 10.30am	 <a href="https://go.gov.sg/smsstriplep">https://go.gov.sg/smsstriplep</a>
Seminar 2: Raising Competent Teenagers	Saturday, 14 August		
Seminar 3: Getting Teenagers Connected	Saturday, 21 August		

The talks will be conducted online and parents can register your interest via the link or QR code shown above before Saturday, 7 August, 9.00am. Further details on the talks are found in Annex B.

### 5. Home-School Partnership Award 2021

The Home-School Partnership Award 2021 aims to promote collaboration between teachers and parents/guardians for the betterment of our students. This award recognises a teacher who:

- Proactively engages parents on ways to develop your daughter/ward
- Is helpful, approachable, effective and a good role model for students



We would like to encourage you to nominate a teacher for this award through the online form accessible at <https://go.gov.sg/smhsp> or via the QR code shown above. Nominations will be open from Monday, 2 August and close on Tuesday, 24 August.

Thank you for your continued support and partnership.

Yours faithfully,

Ms Linda Lim  
Principal

## Annex A

### Adjustments to Additional Ring-fencing Measures.

The tightened measures for individuals placed on Health Risk Warning by MOH. Samples of the Health Risk Warning (HRW) and Health Risk Alert (HRA) SMS notifications are appended below:

	Examples of possible public health actions by MOH	School-Based Measures	
		For students who have received HRW or HRA SMS	For students with household members who have received HRW or HRA SMS
<p><b>Health Risk Warning (HRW)</b></p> <p><i>Persons identified to be a casual contact of a COVID-19 case, or have visited specific higher-risk hotspots on the same day as a COVID-19 case</i></p>	<p>Individuals may be required to undergo:</p> <ul style="list-style-type: none"> <li>• Entry PCR swab, isolate till negative test result</li> <li>• Self-administered ART on D7</li> <li>• Exit PCR on D14</li> </ul>	<p>Students are to be placed on Approved Absence and will only be allowed to return to school if their exit <b>PCR swab test is negative</b>.</p>	<p>Students are to be placed on Approved Absence and can return to school as long as their household member's entry PCR swab test is negative, and their household member is well.</p>
<p><b>Health Risk Alert (HRA)</b></p> <p><i>Persons identified to have visited hotspot areas or their vicinity</i></p>	<p>Exhortation for individuals to monitor health and to minimize social interactions for 14 days from date of last exposure</p>	<p>Students will be strongly encouraged to <u>be tested and monitor</u> their own health. While they will be allowed to return to school, they will be advised to minimize their social interactions for the duration specified by MOH.</p>	<p>Students may return to school.</p>



# SEMINAR SERIES - ON ZOOM

# POSITIVE PARENTING PROGRAMME

*Having trouble managing common behavioural issues?  
Wondering how you can communicate, support and understand your teenager better?*

*St. Margaret's Secondary School, in partnership with Lakeside Family Services, brings you the Triple P - Positive Parenting Programme. These seminars teach the principles of positive parenting and are packed with simple ideas to help make raising your teens easier, enjoyable, and rewarding.*

*Join us to find out more!*

<u>SEMINAR 1</u>	<u>SEMINAR 2</u>	<u>SEMINAR 3</u>
<b>RAISING RESPONSIBLE TEENAGERS</b>	<b>RAISING COMPETENT TEENAGERS</b>	<b>GETTING TEENAGERS CONNECTED</b>
7 AUG 2021	14 AUG 2021	21 AUG 2021
SAT, 9:30 - 10:30 AM	SAT, 9:30 - 10:30 AM	SAT, 9:30 - 10:30 AM

**HELD ON ZOOM. REGISTER TODAY AT:**

<https://go.gov.sg/smsstriplep>



Registration deadline: 7 Aug 2021, 9.00am  
For more information, you can reach Daniel Lim at [daniel-lim@lakeside.org.sg](mailto:daniel-lim@lakeside.org.sg)

Brought to you by:





SEMINAR SERIES - ON ZOOM



# POSITIVE PARENTING PROGRAMME

## Charis Patrick

Trainer/Family & Marital Therapist, Family Life Educator BA(Social Work), PGD (SFBT), MSocSci (Counselling), IoPT Facilitator



Charis is a much sought after speaker and trainer by schools, government ministries (MOM, MOE and MSF), as well as corporate companies such as A\*Star, SHELL, SAP and Gemalto. She has regaled thousands with her practical and enriching insights into family life, work-life issues and personaleffectiveness.

She is a Family & Marital Therapist, Trainer and Family Life Educator. She has attained her Masters in Social Science (Counselling) with Edith Cowen University (Australia) and obtained her Postgraduate Diploma in Solution-Focused Brief Therapy (Milwaukee, USA). In addition, she holds a Bachelor's degree majoring in Social Work and Economics (NUS, Singapore).

Charis has clinical experience in counselling for nearly 25 years working with children and youth with behavioural problems, pre-marital and married couples and individuals with personal developmental issues. She has recently expanded her expertise into trauma- informed work using Identity-oriented Psychotrauma Therapy (IoPT) under the tutelage of its founder - Prof Dr Franz Ruppert in Germany and Vivian Broughton - his counterpart in the UK. Her passion is to educate people about trauma, build self-healing communities and help strengthen families. She is happily married with 4 lovely children.

### SEMINAR 1

**RAISING RESPONSIBLE TEENAGERS**

7 AUG 2021

SAT, 9:30 - 10:30 AM

### SEMINAR 2

**RAISING COMPETENT TEENAGERS**

14 AUG 2021

SAT, 9:30 - 10:30 AM

### SEMINAR 3

**GETTING TEENAGERS CONNECTED**

21 AUG 2021

SAT, 9:30 - 10:30 AM

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