



## MERIDIAN PRIMARY SCHOOL

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14 November 2017

Dear Parents / Guardians,

### End of the Year Matters on School, Safety and Health

Time has flown by and we have reached the end of 2017. It has been a busy year for the school as we continue in our endeavour to provide all students a fruitful learning experience in MPS. This work of education can be effective when coupled with close partnership with parents, as parents play a key role in making the educational experience successful. We wish to take this opportunity to thank all parents for your continuous support as our partners and strongly encourage you to continue your efforts to work with the school to further develop your child's/ward's potential and help your child/ward explore possibilities and his/her interests.

Before we break for the long holidays, I would like to inform you of the following school, safety and health related matters for the coming November/December 2017 school holidays.

#### **1. Change in School Dismissal Time in 2018**

The dismissal time will be adjusted to **1.30pm**, with the 10 minutes snack break incorporated in curriculum time. After-school activity will start at 2.00pm with a lunch break from 1.30pm – 2.00pm.

We would also like to remind parents that morning assembly starts punctually at 7.30am and we seek your cooperation in ensuring that your child/ward arrives in school early enough so that he/she can settle down in the school hall/classroom and take part in the daily singing of the National Anthem and pledge-taking.

#### **2. Food for Snack Break**

In line with Healthy Meals in Schools Programme (HMSP), the recommended snack items to be brought for snack break include food items such as bread, biscuits, muffins, muesli bar, dried cereal and fresh/dried fruit; and beverage items such as packet milk, soya milk and Milo. Unhealthy snack items such as chocolate, sweets, chips and sweet drinks will not be allowed. We discourage students to bring packed meals such as noodles or rice from home for snack break as there is a higher risk of food-borne illness if cooked food is kept in room temperature for more than 4 hours.

#### **3. Travel Plans During the November/December Holidays**

To help the school monitor the students' health when school re-opens,

- (i) **ALL P1** parents need to declare the travel plans of their P1 children **regardless of travel intent**;
- (ii) For **other levels from P2 to P6**, only students who **intend to travel** need to declare their travel plans;

An SMS with a link to the google form <https://goo.gl/forms/ergjc8a1SYeJlgLm1> will also be sent to you by 14 Nov. You can also access the form from our school website, under the 'communications' tab or scan the QR code on the right.



Kindly declare your travel plans by 17 Nov. **A nil return is required for all P1 parents.** You may also resubmit the form should there be a change of plans.



#### 4. General Well-Being

The school would like to remind parents who will be travelling to avoid crowded areas and maintain high standards of personal hygiene at all times. If your child/ward develops flu-like symptoms after a trip, please see a doctor immediately, inform the school, and refrain from coming back to school until your child/ward has fully recovered.

#### 5. Road Safety

Children are highly vulnerable to road accidents as they are not fully aware of the potential dangers and do not know how to avoid road hazards. Please remind your child/ward on the importance of road safety and teach them good road safety habits.

#### 6. Temperature-Taking Exercise

The temperature-taking exercise aims to educate our students to take personal responsibility for their own health and practise social responsibility. Hence we will be conducting our temperature taking exercise after the school holidays. All students are to bring their thermometers on the first day of school on 2 Jan 2018 for the period of one week.

#### 7. First Day of School in 2018

Please refer to the checklist below on things that students should do before school reopens and on the first day of school on **Tuesday, 2 Jan 2018**. The programme for the first three days of school will focus on school routines, class administrative matters and level & class bonding. There will not be any formal curriculum on the first three days and students do not need to bring any textbook and workbook.

##### Things to do before first day of School in 2018

- A neat and clean haircut.
- Fingernails are short and clean. No nail polish or varnish.
- Label all personal belongings with student's name and class.

##### Things to do on first day of School, 2 Jan 2018 (Tue)

- Report to school punctually by 7.30am.
- Wear school uniform neatly and smartly.
- Wear black school shoes with black laces. Only white socks that cover one's ankles fully can be worn. Black socks can only be worn by Student Councillors.
- Things to bring to school
  - o Storybook (English)
  - o Thermometer
  - o Writing materials (e.g. Stationery and a note book/note pad)
  - o Student Handbook 2018
  - o Water bottle (labelled with student's name and class)

#### 8. Office Hours

The school's General Office will operate from **Mondays to Fridays, 8.00am to 5.00pm**, during the school holidays.

I would like to take this opportunity to wish you and your child/ward happy November/December school holidays.

Yours sincerely,



Ms Liza Rahmat  
Principal