



Meridian Primary School Parent Support Group



Newsletter

2019 Term 1

Welcome 2019!

Hello everyone! How time has flown! As we reflect on 2018, and enter 2019, the Executive Committee members and I would like to thank you all for your continued support of both the school's and our PSG programmes.

"Community" is the central theme of the PSG. With this in mind, the Executive Committee has been working tirelessly to plan activities to cater to our members.

This year, we are continuing with our baking and sewing sessions. On top of that, we have added weekly yoga sessions for the parents too. These workshops are conducted by the parents, for the parents of Meridian Primary. In addition, we will be organizing more Connect@PSG and potluck sessions throughout the year. Do look out for more information on the school noticeboard and in our chat group.

We will also be showing our continued support to the school by being involved in their various programmes across the 6 levels. Some programmes to look out for would be the Mother Tongue storytelling sessions, International Friendship Day games and also Learning Journeys.

Dads for Life will be launched in Term 2. It is our hope to help build stronger relationships between father and child through various engagements and activities. There will be rock climbing and sandcastle building events held specially for the students of Meridian Primary with their Dads. Do look out for more information and sign up for these interesting programmes.

The Executive Committee and I wish everyone a fruitful and exciting year ahead. We look forward to working together to build a strong bond between the school, teachers and parents.

Cheers, Anna Han

A community with the school...

- 1st Potluck@PSG
- Connect@PSG -
Lo Hei

A community of parents...

- The PSG Family
- Yoga for parents
- Baking Session 1
- Storytelling
Workshop

A community for the students...

- Chinese New
Year Concert
- Flag Day
- Eco Bazaar
- Storytelling

... A COMMUNITY WITH THE SCHOOL ...

1st Potluck@ PSG



We began the year with a bountiful pot-luck. We started with some ice breakers – which served both to help us get to know each other and to remind us to be more mindful in our parenting as well.

The highlight was, of course, the food! Many thanks to all of you who shared your culinary masterpieces with us!

It was a great get-together as veteran PSG members caught up with each other after the school holidays. There was great excitement in getting to know the new parents who joined our family!

Welcome to PSG@MPS!



Connect@PSG – Lo Hei



The annual Lo Hei session is something everyone looks forward to. As parents, we dressed up in our New Year best to take photos, share food. The most importantly, we shared our wishes for a smooth year ahead while we Lo Hei!



Thank You, School Leaders and Teachers, for taking time to Lo Hei with us!

... A COMMUNITY OF PARENTS ...

At Meridian, we are always thankful because there are so many parents who come forward, willing to share their unique talents and knowledge.

Getting to know our PSG@MPS Community!

As PVs, we may meet in school, but often do not have the time to really get to know each other. This is the first of a series where we interview one parent volunteer of our PSG@MPS Community so we can get to know each other better!



Our Parent Volunteer, Darwin, is a familiar face to all the students in our school. She is in school daily during recess for the past 10 years, to help ensure our children are safe.

Tell us a little bit more about your family!

Besides myself, my family consists of my husband, Ram, my daughter Shayna, 16, and my daughter Dhayna, 11. Ram has been working as a Cabin Crew with SIA for 25 years. I was a former Cabin Crew but I gave up my career when I was expecting Shayna, so that my children would have one parent with them at all times.

How about leisure? How do your family spend weekends together?

During the weekends, we have movie nights. When Ram is in town, we spend some precious family time playing board games. Family time is very vital to us as Ram is away a lot of the time.

Can you share something that you have learnt from your children?

I learnt patience from Shayna. When I get too anxious and start panicking, she would always remind me to stay calm and composed in difficult situations.

I learnt positivity from Dhayna. She will always remind me that failure is part and parcel of life and that we should never be afraid of it.

What is one saying that you feel helps you most in your parenting?

I think the phrase "Do it once, do it right" is very meaningful to me. We only have once chance to raise our children as time is irreversible.

Yoga for Parents



Thank you, Mayuri!

As parents, we spend almost all our time looking after someone else instead of ourselves.

So, join us for this wonderful opportunity to stretch and relax when the little ones are hard at work. Mayuri gave all yoga participants a good work out!



Baking Session – Cornflake Cookies!



We started our baking sessions with some *gotong-royong* style baking and made Scrumptious Crunchy Cornflake Cookies with everyone! It was a fail-proof recipe because there was always someone who knew what to do. **Thank you, Anna, for leading the class!**

Storytelling Workshop for Parent Volunteers



Thank you, Sangeeta!

It was lots of fun for us parents attending the story telling workshop conducted by Sangeeta, our very own professional storyteller! We learnt about tone, group story-telling and about using puppets! Of course, the highlight of our workshop was when we parents got a chance to be the audience to listen to Sangeeta tell her captivating tales!



Looking for Talented Parent Volunteers!

Can you bake? Can you cook? Can you teach an instrument? Do you have a secret superhero skill that we don't know about yet?

We are always looking for parent volunteers who are able to share with us your skills and talents so that we learn and grow together!

... A COMMUNITY FOR THE STUDENTS ...

Chinese New Year Celebration



Our parent volunteers were busy putting on make-up and fixing hair-dos for our Chinese Dance group girls.

With their deft and speedy hands – they got our performers pretty in pink in no time!

Flag Day for Singapore Heart Foundation

Meridian parents and their kids went out and about on a Saturday for a good cause – raising funds for the Singapore Heart Foundation. The children learnt how to approach strangers with confidence and not to give up even when someone walked away!



From everyone's smiles, we can tell it was not just hard work... everyone had a lot of fun too!

Volunteering@Meridian Eco Bazaar



Recycle, Re-use, Reduce! Through the eco bazaar, the children learned that preloved items still have lots of use in them!

It was such a cute experience to see the children go shopping at the eco bazaar – making choices for themselves and most heart-warmingly, spending their money on gifts for their loved ones.

The eco bazaar went on smoothly and our parent volunteers' valuable contribution in helping to man the stalls and assisting everywhere else did not go unnoticed.

Volunteer Storytelling@School Library



We have started our English Storytelling Sessions every Thursday at the school library during recess.

Here we have **Sonia**, using the skills she learnt during the storytelling workshop, captivating the children's attention with her story!

Soon, we will be starting storytelling sessions in mother tongue languages as well.

If you are interested to volunteer – do get in touch with us! We are especially in need of storytellers for mother tongue languages!

PSG@MPS EXCO 2019

Who are we? We are just parents hoping to make a difference in our small ways. Some of us are working full time, some of us are full time parents and most of us juggle between both. All of us believe that volunteering with the school makes a difference to the children!



(From left) Yihui, Siti Rodiah, Angeline, Anna, Sakinah, Lalitha, Roopa, Winnie

Email us:

Meridianpsg@gmail.com

to share your concerns,
compliments and
constructive criticisms!



TERM 2 - UPCOMING ACTIVITIES

Term 2		
17 Apr (Wed)	11:00 am – 1:00 pm	Culinary Exchange 1
18 Apr (Thur)	10.30 am – 11.30 am	Yoga
23 Apr (Tue)	11:00 am – 1:00 pm	Sewing Session 1
25 Apr (Thur)	10.30 am – 11.30 am	Yoga
3 May (Fri)	11:00 am – 1:00 pm	Connect@PSG 2 (Games)
13 – 16 May	TBC	Family Appreciation Day



Share-a-good-website

<http://www.pixelpapercraft.com/>

Make a minecraft character with your kid
with free printable templates from this site.

