



CHIJ Our Lady of the Nativity

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Dear Parents / Guardian

POST-EXAM PROGRAMME FOR PRIMARY 6 STUDENTS

1. In line with Singapore's emphasis on lifelong learning, we have put together a post-exam programme that helps our girls see that learning extends beyond the exams in the curricular and co-curricular area. We would like to share with you details of the programme planned for the post-exam period.
2. The objectives of this programme are:
 - a. to provide platforms for students to continue to learn how to work together to lead and serve the school and community
 - b. to further enhance our girls' understanding of the school values and the IJ outcomes
 - c. to strengthen friendships and school spirit
3. Please note that all programmes will be held during curriculum hours and are thus compulsory. If your child/ward is unable to attend any of the programmes, please submit **a letter** to your child's/ward's Form Teacher. Should your child be absent from any of the programmes, there will be no make-up session. The list of post-exam activities is attached for your information.
4. With effect from 8 Oct 2018, the school hours for Primary 6 students will revert to the usual times: dismissal will be at 2 pm (Mondays and Tuesdays) and 1.30 pm (Wednesday to Fridays).
5. Please complete the attached Reply Slip and ask your child/ward to submit it to her Form Teacher on 8 Oct, Monday. Should you have any queries, please contact your child's/ward's Form Teacher.

Thank you & God bless

Ms Christina Teo
Principal

Post-Exam Programme for Primary 6 Students

No.	Programme	Details	Date
1	Values-in-Action: Fund raising for IJ Homes and Children's Centres	<p>This programme aims to inculcate compassion and empathy for the disadvantaged in the community.</p> <p>The girls will be doing craft work and selling the items to raise funds for the IJ Homes and Children's Centres.</p>	8, 11, 12 and 26 Oct
2	P6 Mission Retreat	<p>Through the programme, we strengthen school values e.g. appreciation and compassion. Participation in this retreat will better prepare students to embrace challenges.</p> <p>The girls will engage in reflection processes and group sharing facilitated by teachers.</p>	9 Oct 6J, 6L, 6P & 6T 10 Oct 6F, 6G and 6H
3	Maritime Trail by Maritime and Port Authority of Singapore	<p>This trail aims to inculcate school values such as adaptability and appreciation of the people in the maritime industry and for their contributions to Singapore's success. The learning will heighten the girls' awareness of the global issues related to Singapore and other countries.</p> <p><u>Trail details</u></p> <ol style="list-style-type: none"> 1. Former Keppel Harbour 2. Former Tanjong Pagar Railway Station 3. Maritime House 4. Fullerton Hotel (Clifford Pier & Customs House) 5. Maxwell Chambers 6. Tanjong Pagar Terminal 7. Singapore Maritime Gallery 8. Marina South Pier <p><u>To note</u> Students are to wear their PE T-shirt and to bring along a water bottle, a cap/ an umbrella and snacks.</p>	9 Oct 6F, 6G and 6H 10 Oct 6J, 6L, 6P and 6T
4	Values in Action: Project CARE	<p>This project reinforces the values of compassion and empathy for others, while strengthening pupils' ability to plan, research, and work in teams.</p> <p>The girls will be engaged in a community project, requiring them</p> <ul style="list-style-type: none"> • to identify the needs of the community • to organise a food drive in school • to collect and pack dried food items • to donate the items to identified homes. 	19, 22 and 26 Oct All P6 classes

No.	Programme	Details	Date
5	Social Etiquette Programme	<p>This programme helps our girls be more aware of:</p> <ul style="list-style-type: none"> • communicating and interacting within a social setting • personal grooming e.g. posture, personal hygiene and appropriate dressing • dining etiquette and handling of crockery and cutlery at formal gatherings <p>The girls will undergo a theory session in school, followed by a dining experience at the Serangoon Country Club to allow them to put into practice what they have learned.</p> <p><u>To note</u></p> <ul style="list-style-type: none"> • Halal meals will be served. • Vegetarian meals will be made available on request. • Pupils will report to school by 7.40 a.m. in their full school uniform and school shoes. • Students must bring along a dress or blouse/top with skirt and shoes suitable for formal dining. They will be given time to change before leaving for the dining experience at 10 a.m. • Students will return to school by 2 pm. 	<p>Theory Sessions: 24 Oct 6J, 6L, 6P and 6T</p> <p>25 Oct 6F, 6G and 6H</p> <p>Dining Experience: 7 Nov All P6 classes</p>
6	Managing Change and Transition Programme by Health Promotion Board	<p>This programme aims to equip our P6 girls with the knowledge and skills to deal with change and transition they may face as they prepare to enter secondary school.</p> <p>In this 4.5-hour interactive workshop, students will be equipped with skills to handle transition-related stressors through games and activities. Some of topics discussed in the programme include making friends, coping with stress and emotions and peer pressure.</p>	23 Oct All P6 classes
7	Music Programme	<p>The programme builds on what our girls have learnt in their music lessons, and enhances learning in these two areas:</p> <ul style="list-style-type: none"> • Vocal techniques (Breathing, Voice, Pitch, Rhythm and Diction) • Playing instruments to accompany singing. <p>Our girls will apply their learning by performing confidently as a class.</p>	26 Oct – 13 Nov All P6 classes

No.	Programme	Details	Date
8	Garden Wire Sculptures Programme	<p>This programme reinforces skills and competencies, helping our girls continue to learn art skills and competencies. It also shares with them how art can be a means to destress and relax. These art projects provide an opportunity for our girls to collaborate as a team</p> <p>Our girls will learn to create garden wire sculptures and learn various wire techniques using rust-resistant aluminum wire. The resulting large-scale wire sculptures will be installed around the school grounds.</p>	29 – 31 Oct All P6 classes
9	Career Awareness Talk	<p>This talk aims to strengthen the girls' self-awareness. Students will appreciate the value of some occupations and how they contribute to the well-functioning of society.</p>	19 Oct All P6 classes
10	IJ Legacy @ CHIJMES	<p>The visit to CHIJMES enables the girls to learn more about and better appreciate the rich heritage and history of the legacy by our Founder and the IJ sisters.</p> <p>Through this experiential learning experience, our girls will also reflect on their journey as an IJ girl and the IJ mission to make a difference to themselves and to others around them.</p> <p><u>To note</u> Students are to wear their PE T-shirt and to bring along a water bottle, a cap/ an umbrella and snacks.</p>	24 Oct 6F, 6G and 6P 25 Oct 6H, 6J, 6L & 6P
11	OLN Art Walk	<p>Through this trail, the girls will learn more about the art elements and forms that can be found around Singapore. This will increase their awareness and appreciation of art in public places.</p> <p>The OLN Art Walk is a public sculpture trail conducted at Raffles Place. In addition to viewing different public artworks, our girls will also participate in various creative activities using information and communication technology tools.</p> <p><u>To note</u> Students are to bring along a water bottle, a cap /an umbrella and snacks.</p>	29 Oct 6L, 6P & 6T 30 Oct 6F & 6J 31 Oct 6G & 6H

No.	Programme	Details	Date
12	Pri-Sec Transition Programme @ CHIJ St Joseph's Convent	<p>The programme prepares our girls for the next phase of their educational journey, and helps them make informed choices when selecting their secondary schools.</p> <p><u>Components of the visit</u></p> <ul style="list-style-type: none"> • Learning experiences in secondary subjects such as food and nutrition, literature, drama, Math and Science activity. • A talk on life in the secondary school. <p><u>To note</u> Students are to be in full school uniform and to bring along a water bottle and snacks.</p>	9 Nov All P6 classes
13	Rehearsals and preparation for the P6 Farewell to CHIJ OLN Ceremony and Prize-giving ceremony.		12 – 14 Nov
14	P6 Farewell Ceremony: P6s bid farewell to their OLN juniors and teachers.		15 Nov (School hours are as usual)
15	Annual Prize- giving Ceremony All P6 girls will be putting up a performance. Parents of P6 girls are invited for this event. More details will be given on a later date		16 Nov

REPLY SLIP
POST PSLE PROGRAMME FOR PRIMARY 6

Name & Index No. of pupil:	()	Class:	
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- 1) I have taken note of the content of the letter dated 4 Oct 2018.
- 2) Social Etiquette Programme: Dining Experience at Serangoon Country Club:
- a) My child * has / does not have food allergies. If she does have food allergies, please provide details below:
- _____
- b) My child * requires / does not require a vegetarian meal.

Name and signature of *Parent/Guardian
*Please delete as necessary

Date