

13 Sep 2021

Dear Parents/Guardians,

When the Tokyo Olympics concluded on 8 August, it was not only the first Olympic Games postponed because of a pandemic and then carried on in the midst of a pandemic, but also the first Olympics Games without spectators. Athletes had to be tested daily in an extraordinary effort to curb the spread of COVID-19 infections and prevent it from disrupting the games. So, while there were many world records broken in Tokyo (23 world records across 7 sports), the pressure and expectations of the games took its toll on the mental health of a number of athletes. Retired swimming legend Michael Phelps, who was covering the games, said, "We're human beings. Nobody is perfect. So yes, it is OK not to be OK."

If athletes, who regularly prepare themselves mentally for their sports, can experience a mental setback, we should not be surprised that we are all also susceptible to stress and pressures. Therefore, as we head into the busy final term of this 2nd pandemic year, let's continue to be mindful of our children's mental wellness as well as our own. It is okay that sometimes we are not at our best, but it is important that we know how to take care of ourselves or at least know who or where we can get support from. Here are some useful tips from the Health Promotion Board to help you support your child:

- Spend time together
- Be attentive to what they say
- Be generous with praise
- Discipline without labelling
- Have realistic expectations
- Teach your child to think positively
- Focus on their strengths
- Teach your child to be independent
- Encourage your child to build meaningful friendships
- Encourage physical activity
- Reduce stress together
- Teach your child how to relax
- Be a positive role model
- Share the secret of positive self-talk

Help your child understand that some stress is normal and can be handled in a calm and effective manner. Remember that these tips are also useful at any time as well and, if carried out consistently, can help your child strengthen his or her mental wellbeing.

Wishing all our students a meaningful and rewarding term ahead!

1. Upcoming Events in Term 4

DATE	EVENT	REMARKS
17 Sep	PSLE Listening Comprehension	No school for P1 to P5 students.
22 Sep	EYE: P3 and P4 MTL Listening Comprehension	During Curriculum Time
27 Sep	EYE: P3 EL and MTL Oral	During Curriculum Time
	EYE: P4 EL and MTL Oral	After Curriculum Time
	EYE: P5 English Language Oral	After Curriculum Time

DATE	EVENT	REMARKS
28 Sep	EYE: P5 e-Oral	After Curriculum Time
30 Sep – 6 Oct	PSLE Written Exams	
8 Oct	<i>School Holiday: Children's Day</i>	
12 Oct	EYE: EL and MTL Paper 1	
18 – 21 Oct	PSLE Marking Exercise	Home-Based Learning: All students need not report to school.
27 Oct	EYE: EL Paper 2	
28 Oct	EYE: Mathematics	
29 Oct	EYE: MTL Paper 2	
1 Nov	EYE: Science	
2 Nov	EYE: Higher MTL	
4 Nov	<i>Public Holiday: Deepavali</i>	
11 Nov	<i>School Holiday: Results Processing Day</i>	
12 Nov	2022 P1 Orientation	
Week 10	Character Excellence Speaker Series	For selected students. More information will be given later
Week 10	BRLC Celebrates!	More information will be given later

2. PSLE Marking Days (18 – 21 October 2021)

As all teachers will be involved in the PSLE marking exercise, there will be no school from 18 October (Monday) to 21 October (Thursday). Students will be engaged in Home-Based Learning via Student Learning Space (SLS). Please use these four days to engage your child/ward in self-directed learning, exploring beyond the curriculum to ignite his/her curiosity as well as to revise his/her various subjects in preparation for the End-Of-Year Examination.

3. End-Of-Year Examination (EYE)

The schedule for EYE is attached in **Annex A**.

Please take note of the following:

- Students who are absent during the assessment must produce a valid medical certificate for the day. No marks will be given for the paper if students are absent without a valid medical certificate. Letters of excuse from parents are not acceptable and no marks will be recorded on the student's report book.
- Students must be punctual for all examination papers. Latecomers will not be given additional time. Latecomers who miss the paper entirely will not be allowed to sit for the paper and no marks will be awarded to them.
- In line with PSLE guidelines, students are not allowed to bring mobile phones or any other electronic devices capable of storing and displaying visual or verbal information into the examination room as this will be construed as attempting to cheat.
- Students who attempt to cheat during an assessment will not be awarded any marks for the paper.

Yours sincerely,



Francis Foo
Principal

Primary 3

DATE	DAY	SUBJECT	TIME	DURATION
22 Sep	Wed	Listening Comprehension (MT)	During Curriculum Time	NA
27 Sep	Mon	Oral – English Language Oral - MT	During Curriculum Time	NA
12 Oct	Tue	English Language Paper 1 Mother Tongue Paper 1	8.00 am – 8.50 am 11.00 am – 11.40 am	50 min 40 min
27 Oct	Wed	English Language Paper 2 Listening Comprehension (EL)	8.00 am – 9.15 am 11.00 am – 11.30 am	1h 15 min 30 min
28 Oct	Thu	Mathematics	8.00 am – 9.45 am	1 h 45 min
29 Oct	Fri	Mother Tongue Paper 2	8.00 am – 9.00 am	1h
1 Nov	Mon	Science	8.00 am – 9.00 am	1 h

Primary 4

DATE	DAY	SUBJECT	TIME	DURATION
22 Sep	Wed	Listening Comprehension (MT)	During Curriculum Time	NA
27 Sep	Mon	Oral - English Language Oral - Mother Tongue	2.00 pm – 5.00 pm	NA
12 Oct	Tue	English Language Paper 1 Mother Tongue Paper 1	8.00 am – 8.50 am 11.00 am – 11.40 am	50 min 40 min
27 Oct	Wed	English Language Paper 2 Listening Comprehension (EL)	8.00 am – 9.15 am 11.00 am – 11.30 am	1h 15 min 30 min
28 Oct	Thu	Mathematics	8.00 am – 9.45 am	1 h 45 min
29 Oct	Fri	Mother Tongue Paper 2	8.00 am – 9.00 am	1h
1 Nov	Mon	Science	8.00 am – 9.30 am	1 h 30 min

Primary 5

DATE	DAY	SUBJECT	TIME	DURATION
27 Sep	Mon	eOral - Mother Tongue	2.00 pm - 5.00 pm	NA
28 Sep	Tue	Oral - EL Language	2.00 pm - 5.00 pm	NA
12 Oct	Tue	English Language Paper 1: Standard Foundation	8.00 am - 9.10 am 8.00 am - 9.10 am	1 h 10 min 1 h 10 min
		Mother Tongue Paper 1: Standard	11.30 am - 12.20 pm	50 min
27 Oct	Wed	English Language Paper 2: Standard Foundation	8.00 am - 9.50 am 8.00 am - 9.20 am	1 h 50 min 1 h 20 min
		Listening Comprehension: Standard Foundation	11.30 am - 12.15 pm 11.30 am - 12.15 pm	45 min 45 min
28 Oct	Thu	Mathematics: Standard (Paper 1) Standard (Paper 2)	8.00 am - 9.00 am 11.00 am - 12.30 pm	1 h 1 h 30 min
		Mathematics: Foundation (Paper 1) Foundation (Paper 2)	8.00 am - 9.00 am 11.00 am - 12.00 pm	1 h 1 h
29 Oct	Fri	Mother Tongue Paper 2: Standard Foundation	8.00 am - 9.40 am 8.00 am - 8.40 am	1 h 40 min 40 min
		Listening Comprehension: Standard Foundation	11.30 am - 12.15 pm 11.30 am - 12.15 pm	45 min 45 min
1 Nov	Mon	Science: Standard	8.00 am - 9.45 am	1 h 45 min
		Science: Foundation	8.00 am - 9.15 am	1 h 15 min
2 Nov	Tue	Higher Mother Tongue: Paper 1 Paper 2	8.00 am - 8.50 am 10.00 am - 11.20 am	50 min 1 h 20 min