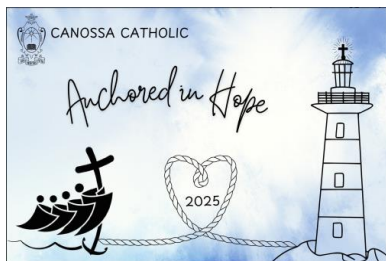




Canossa Newsbites

September 2025



Did You Know?

Gradually limiting screen use by setting small rules — like no screens during meals — can help break the cycle of excessive screen time. Replacing screens with engaging activities such as board games or outdoor play can improve attention and reduce stress.

To read the full article, visit:
<https://www.schoolbag.edu.sg/story/how-to-break-the-vicious-screentime-cycle/>

**“In God’s will,
there is great
peace.”**

- St. Josephine Bakhita

School Mission

Nurturing each in his / her own way by forming hearts, enlightening minds and empowering spirits to live in The Way, The Truth and The Life

School Vision

Leaders of Hope
Sowers of Change

Core Values

Charity, Humility, Forgiveness, Faith

A Thanksgiving Prayer for our Canossian Educators



Dear God

*Thank you for our Canossian Educators who notice
and acknowledge our children’s
special gifts and talents.*

*Thank you for their ability to listen to
our children’s hearts.*

*Thank you for their gentle guidance of
each child of God
with wisdom and the spirit of understanding.*

*Thank you for their display of
unconditional love and patience for the children
entrusted to their care.*



*As they perform their many tasks,
may they know and feel the deep gratitude
of those whom they teach.*

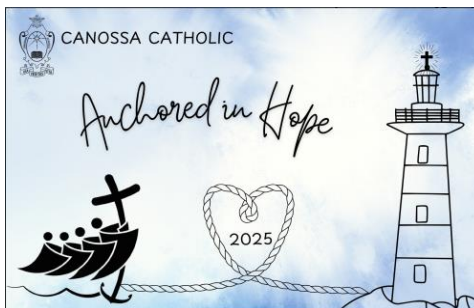
Amen

Calendar of Events (September)

Date	Events	Remarks
4 September	Teachers' Day Celebration and Paraliturg	Bring: <ul style="list-style-type: none"> Student Planner, pencil box and bottle filled only with water Note: <ul style="list-style-type: none"> Curtailed school hours - Dismissal will be at 10.30am
5 September	Teachers' Day	School Holiday
6 – 14 September	Term 3 School Break	School resumes on 15 September 2025
16 September	PSLE LC Examination	e-Learning day for Primary 1 – Primary 5 children
25, 26, 29, 30 September, 1 October	PSLE Examinations	<ul style="list-style-type: none"> School as usual for Primary 1 – Primary 5 children Primary 6 taking the PSLE examinations are to report <u>punctually</u> to school for their papers
2 October	Children's Day Celebration and Paraliturg	Bring: <ul style="list-style-type: none"> Student Planner, pencil box and bottle filled only with water Note: <ul style="list-style-type: none"> Curtailed school hours - Dismissal will be at 10.30am
3 October	Children's Day	School Holiday

PSLE 2025

Date	Events
16 September	P6 EL & MT Listening Comprehension
25 September	P6 EL Papers 1 & 2
26 September	P6 MA Papers 1 & 2
29 September	P6 MT Papers 1 & 2
30 September	P6 SC
1 October	P6 HMT Papers 1 & 2



Did You Know?

Incorporating regular exercise into your child's routine, such as walking or cycling, can help reduce anxiety and improve mood. Even short bursts of physical activity can boost energy levels and clear the mind.

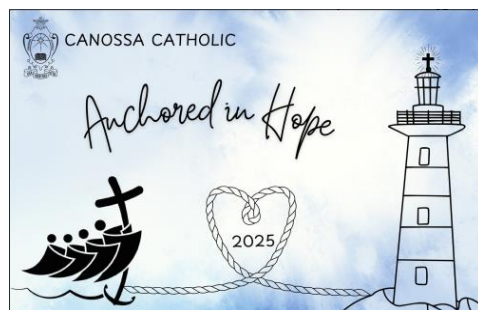
To read the full article, visit:
<https://www.schoolbag.edu.sg/story/stress-busting-tips-for-teens-from-a-parent-whos-been-there/>

“We must have one heart and one will, loving each other sincerely and without any distinction.”

- St. Magdalene of Canossa

P3 – P5 End of Year Examination

Date	Events
17 and 19 September	P3 & P4 EOY EL/ MT Oral Exam (During curriculum)
23 and 24 September	P5 EOY EL/ MT Oral Exam (During curriculum)
8 October	P3 - P5 EOY English Language Paper 1 and Listening Comprehension
9 October	P3 - P5 EOY Mother Tongue Paper 1 and Listening Comprehension
10 October	P5 EOY Higher Mother Tongue Paper 1 and 2
27 October	P3 - P5 EOY Science
28 October	P3 - P5 EOY English Language Paper 2
29 October	P3 - P5 EOY Mathematics
30 October	P3 - P5 EOY Mother Tongue Paper 2



Did You Know?

Allowing your child to make decisions, manage small responsibilities, or lead simple projects nurtures independence and critical thinking.

To read the full article, visit:

<https://www.thewillows.org/wisdom-of-the-willows/~board/blog-articles/post/developing-leadership-skills-in-your-child-at-home>

Reminder for End of Year Examinations

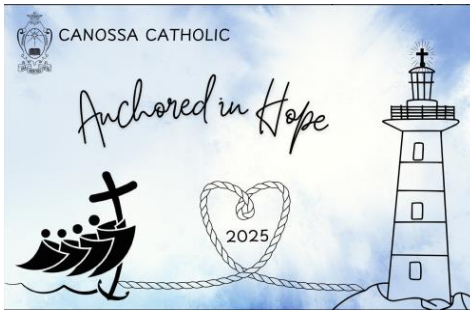
Should your child be unwell on the day of the examination, **a medical certificate** must be presented to the school upon his/ her return. Parents are to call the general office to inform the school of their child's absence at the beginning of the day of the examination.

Children who are unwell (e.g., fever, cold etc) on the examination day(s) will **not** be allowed to sit for the examination. There will be **no make-up examination**.

“Don’t be afraid. Let us **try to work with all our heart for the good of souls and for the glory of God.**”

- St. Magdalene of Canossa

Celebrating Teachers' Day



Did You Know?

Offering encouragement, setting realistic expectations and celebrating small milestones can help your child approach challenges with confidence.

To read the full article, visit:

<https://www.schoolbag.edu.sg/story/keeping-sane-in-the-psle-year/>

“Education is the harvest that costs the most but which yields more fruit, for the conduct of one’s whole life depends on the education one has received.”

- St. Magdalene of Canossa

As Teachers’ Day approaches, let us continue to appreciate the care, love and dedication of all our staff here at CCPS towards our children. The best gift each child can give their teachers is a prayer for his/her teachers’ health and happiness.

Please do not purchase any gifts for the teachers. Should your child want to further express his/her appreciation, a homemade card would be cherished.

Your child will be bringing home the Holistic Assessment File that day. Hence, it would be good for your child to bring a bag to pack the file in.

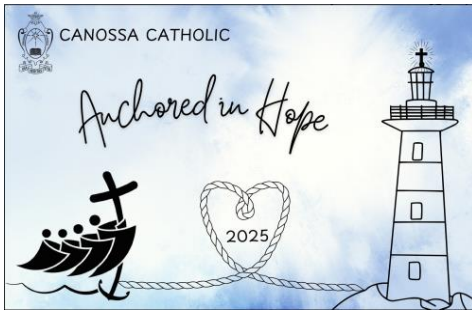
There will be a Teachers’ Day Mass in the chapel at 6.45am on 4 September. Children who would like to pray for their teachers are invited to attend.

Travel Declarations

To ensure that schools continue to be a healthy and safe environment for all, we require parents/ guardians to make a travel declaration for your child/ ward if he/ she will be travelling for the holidays. To make a travel declaration for your child/ ward via Parents’ Gateway (PG), go to [SERVICE > DECLARE > TRAVELS]. For travel during the school holidays, indicate both the country and city of travel, and any city of transit. Only one parent is required to make the declaration.

If your child/ ward is not travelling during the holidays, no action is required. When planning your travel, please refer to <https://www.ica.gov.sg/enter-transit-depart> for more information and updates.

If there is a change in travel plan(s) after declaration, please submit a new travel declaration via PG if there is a change in travel destination or inform the school if the travel plan(s) are cancelled.



Did You Know?

Mindfulness improves focus and emotional regulation.

Simple breathing exercises, meditation, or journaling help children stay calm, manage stress and concentrate better.

To read the full article, visit:

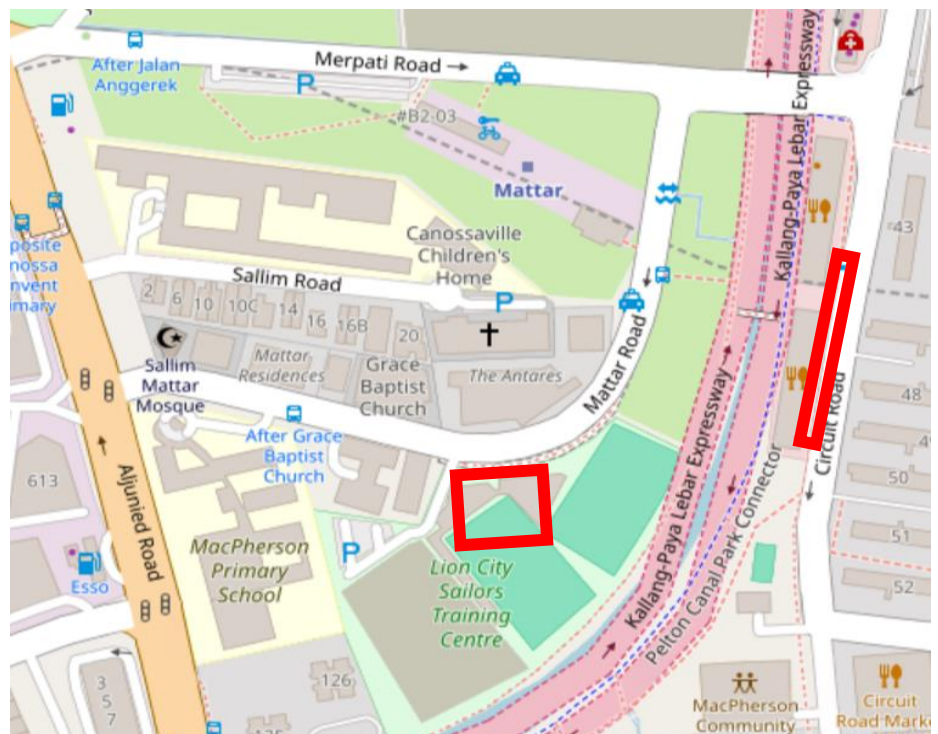
<https://www.health.harvard.edu/healthbeat/mindfulness-practice-for-focus>

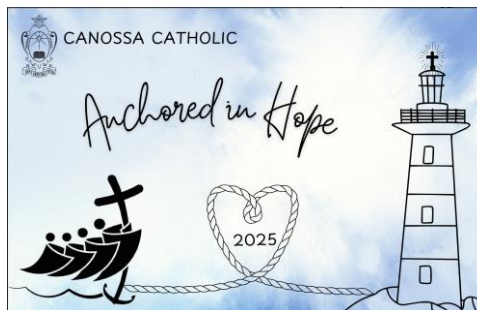
**“A smile that
warms the face
will also warm the
heart.”**

- St. Magdalene of Canossa

Traffic Safety

- If you are driving to school in the morning, please ensure that your child alights promptly with his/ her school bag when your vehicle stops at the drop-off zone in school. As there are other vehicles waiting, please drive off immediately after dropping your child off.
- Always maintain a safe speed of 10km/hr when driving within the school compound.
- As you are an important role model to your child, please observe road traffic rules at all times when driving:
 - Please comply with the “No Right Turn” restriction at the Sallim Road-Aljunied Road junction during the periods indicated on the sign (“7am-7.30am” and “1.30pm-2pm” on weekdays except public holidays). This helps to ease the traffic flow at peak times along Sallim Road for other road users.
 - Avoid waiting in LTA’s “No Waiting” zone along Sallim Road. Instead, plan to arrive 5 minutes or more after dismissal times, as your child will take time to make his/ her way to the pick-up point in school.
- Should you ride an e-bike (Power-Assisted Bicycle) to school with your child, please note that it is not allowed on footpaths such as those outside the school. E-bikes are only permitted on roads and shared paths like park connectors.
- Parking is not allowed in the school except for parents fetching their child/ ward who are unwell or have special assistance needs. The nearest public car parks are located at the Circuit Road Hawker Centre, or the Lion City Sailors’ Training Centre at Mattar Road (refer to the red boxes on the map).





Did You Know?

Kids who share at least three family meals weekly benefit from better grades, healthier eating habits, and stronger emotional bonds.

To read the full article, visit:

<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/family-meals-eat-together-thrive-together.aspx>

**“Let us always give
the best
interpretation to
everything.”**

- St. Magdalene of Canossa

Accolades

Creative Writing Programme 2025

We are pleased to announce that Jadine Sim Yuxi of 5 Joy and Koh Jia Rui of 5 Peace have been selected to represent the school at the 2025 Creative Writing Programme camp conducted on 8 and 9 September 2025.

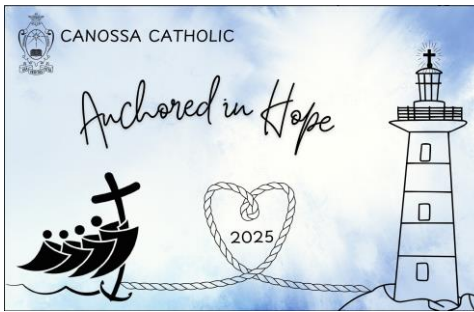
Our Heart for Singapore - Gift to SG 2025

We are proud that Eunice Lai of 5 Peace was invited to share her artwork and her dreams for Singapore with Ag Minister (MCCY) AND SMS (MOE) Mr David Neo and NDP 2025 Chairman EXCO COL. Chong Shi Hao and his team.



National Day Parade 2025

We are delighted that Amelia Tan of 3 Hope took the stage as the sign language performer for the National Anthem and Pledge at the National Day Parade 2025.



Did You Know?

Free play encourages imagination, collaboration, and problem-solving, while providing a healthy emotional outlet during stressful periods.

To read the full article, visit:

<https://www.schoolbag.edu.sg/story/next-stop-primary-school-the-power-of-continued-play/>

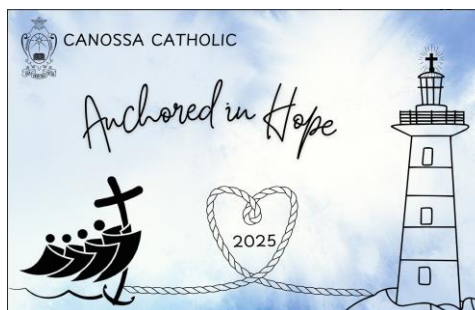
“The first degree of
humility consists of
acknowledging one’s
nothingness.”

- St. Magdalene of Canossa

Live on Festival

We would like to congratulate Chao Chia-Ling of 5 Piety for being a winner of the *Live on Festival* competition. The competition is organised by the Ministry of Health to encourage youths to express their thoughts on organ donation and transplantation through art and writing.





Did You Know?

Short, frequent breaks prevent fatigue, improve memory retention and maintain focus, helping children make the most of study sessions.

To read the full article, visit:

<https://www.youngminds.org.uk/parents-a-z-mental-health-guide/exam-time/>

“The Lord is rich and shows His great mercy.”

- St. Magdalene of Canossa

Errata

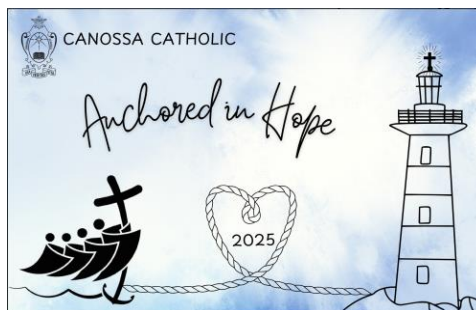
We would like to correct an error on page 7 of the *August Newsbites 2025*, in the list of awardees. Please find the accurate version below. We apologise for the oversight.

Singapore and Asian Schools Math Olympiad (SASMO)



Name	Class	Award
VIRAT GIRDHAR	3 HOPE	GOLD
HO YICK LOK RANON	4 JOY	GOLD
TAY RUI YANG JULIUS	4 PIETY	GOLD
CAO YICHEN	6 HOPE	GOLD
CHIU JAMES FRANCIS	6 HOPE	GOLD

Name	Class	Award
CHAN GRAYSON	4 JUSTICE	SILVER
HARITH ESHAN BIN MOHAMAD FARHAN	5 PIETY	SILVER
CHAN HOI KIU	6 PEACE	SILVER



Did You Know?

A diet rich in fruits, vegetables, whole grains, and healthy fats improves focus, memory and energy, supporting effective learning and well-being.

To read the full article, visit:

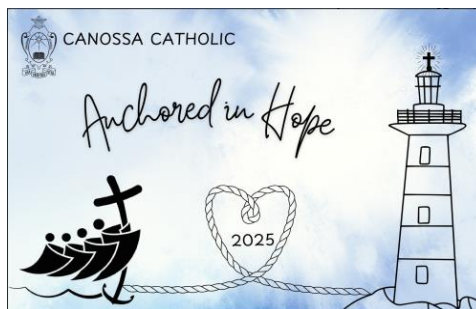
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

“Prayer is that exercise by which the soul draws closer to the Lord.”

- St. Magdalene of Canossa



Name	Class	Award
SHEN DYLAN RUOKUN	1 JUSTICE	BRONZE
ONG TIAN YU JEREMIAH	3 HOPE	BRONZE
LIM HONG YI LUCAS	3 JOY	BRONZE
MADELINE QI KONG	4 HOPE	BRONZE
ALISA LOW SHI YING	4 HOPE	BRONZE
ELIZABETH KONG	4 JOY	BRONZE
DIYAMIKA HARINI KUMARAN	4 PEACE	BRONZE
EJAZ BIN HENDRA INDRAGUNAWAN	4 PEACE	BRONZE
KAE YEONG	4 PIETY	BRONZE
LEROY YONG HONG YU	4 PIETY	BRONZE
LUCAS NG ZHENG XIN	5 JOY	BRONZE
AIDAN LLOYD HO	5 PEACE	BRONZE
ELIZA LIM ZHI HUI	5 PEACE	BRONZE
LUKE ASHTON SEAH ZHI U	5 PEACE	BRONZE
FRANCIS ALEXANDER YAM MUN HEEN	5 PIETY	BRONZE
TAN GUAN TING	5 PIETY	BRONZE
TENG YI FENG DAREN	5 PIETY	BRONZE
ENG JUN YI	6 PIETY	BRONZE
TIONG HAN SONG LUCAS	6 PIETY	BRONZE



Did You Know?

Children thrive with predictable schedules for meals, homework, play and bedtime, which provide stability, security and better sleep quality.

To read the full article, visit:

<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/The-Importance-of-Family-Routines.aspx>

**“Offer up to the Lord
what you are doing
frequently and with
your heart.”**

- St. Magdalene of Canossa



Name	Class	Award
ZHOU XIXUAN	2 PEACE	HONORABLE MENTION
ANTHONY LUKE YAM MUN TZENG	3 HOPE	HONORABLE MENTION
URY DANESSA XU KAI YAN	3 JOY	HONORABLE MENTION
CHAN HENG WEI PHILIP	3 PIETY	HONORABLE MENTION
LIN SHUYAO	3 PIETY	HONORABLE MENTION
TOVE TOBY TAN RI SEN	3 PIETY	HONORABLE MENTION
LEONARD NICHOLAS TJAHJA	4 HOPE	HONORABLE MENTION
ALEXANDER QUAKE ZHEN WEI	4 JOY	HONORABLE MENTION
CLARISSA YAN YINGHUI	4 JUSTICE	HONORABLE MENTION
LEONG XI HUI	4 PIETY	HONORABLE MENTION
LUCAS YIP TING XU	5 HOPE	HONORABLE MENTION
WADUGE SEVNI THEHARA FERNANDO	5 JOY	HONORABLE MENTION
RAYNER LOE SHAO KHAI	5 PEACE	HONORABLE MENTION
TOBY JULIEN XU KAI HAO	5 PEACE	HONORABLE MENTION
LEE ZEN RAY CEDRIC	6 HOPE	HONORABLE MENTION
ARULJOTHI PRAGADEESWARAN	6 PEACE	HONORABLE MENTION
SZE TOH YU SHIN	6 PEACE	HONORABLE MENTION