



Canossa Newsbites

September 2024

Did You Know?

A child's mental health is just as important as their physical health. If you want to raise a happy child, consider teaching them some positive affirmations. These are generally short phrases or statements, positive in nature, that people repeat to themselves.

To read the full article,
<https://www.parents.com/kids/health/childrens-mental-health/32positive-affirmations-for-kids-and-why-theyre-so-important/>



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

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

- St Magdalene of Canossa

Calendar of Events (September)

Date	Events	Remarks
29 August	Teachers' Day Celebration & Paraliturgy	Curtailed School Hours (Dismissal at 10.30am)
30 August	Teachers' Day	School Holiday
31 August – 8 September	Term 3 School Break	School Holiday
13 September	PSLE LC Examination	School Holiday for Primary 1 – Primary 5 students
26, 27, 30 September, 1 & 2 October	PSLE Examinations	School as usual for P1-P5 students. P6 students taking the PSLE examinations on these days are to report <u>punctually</u> to school for their papers.
3 October	Children's Day Paraliturgy Children's Day Celebration	Curtailed School Hours (Dismissal at 10.30am)
4 October	Children's Day	School Holiday

Did You Know?

Like adults, children can use positive affirmation in all sorts of ways. "Children may want to say their affirmations silently to themselves, visualize them, say them out loud in front of a mirror, or maybe even write them down," Dr. Tablang-Jimenez says. "Regular repetition can encourage your brain to take them as facts, believing you can do something and creating a positive mindset that can help you to accomplish your goals."

To read the full article,
<https://www.parents.com/kids/health/childrens-mental-health/32positive->



**“The more difficulties
there are to encounter, the
better we will serve
God.”**

- St Magdalene of Canossa

PSLE 2024

Date	Events
13 September	P6 EL & MT Listening Comprehension
26 September	P6 EL Papers 1 & 2
27 September	P6 MA Papers 1 & 2
30 September	P6 MT Papers 1 & 2
1 October	P6 SC
2 October	P6 HMT Papers 1 & 2

P3-5 End-of-Year Examinations

Date	Events
17 and 18 September	P3 EOY EL/ MT Oral Exam (During curriculum)
19 and 20 September	P4 EOY EL/ MT Oral Exam (During curriculum)
24 and 25 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
22 October	P3-P5 EOY Science
23 October	P3-P5 EOY English Language Paper 2
24 October	P3-P5 EOY Mathematics
25 October	P3-P5 EOY Mother Tongue Paper 2

Did You Know?

The best thing parents can do when teaching their children about positive affirmations is to model the practice themselves. "We learn so much from our parents," says Howard Pratt, D.O., a child and adolescent psychiatrist at Community Health of South Florida. "Most of us don't realize that kids are constant sponges. If they see Mom or Dad doing something, it becomes normal. And if it's something that is normal, then it's something that they will continue."

To read the full article,
<https://www.parents.com/kids/health/childrens-mental-health/32positive->



"Peace and Charity

will **never** be

too costly for us."

- St. Magdalene of Canossa

Reminder for End-of-Year Examinations

Students who are absent on any examination day must produce **a valid medical certificate** from the clinic / polyclinic. Parents are to call the general office to inform the school of the student's absence at the beginning of the day of the examination. Students who are unwell (e.g. fever, cold etc) on the examination day(s) will **not** be allowed to sit for the examination.

Students must submit their medical certificates to their form teachers immediately when they return to school. There will be **no make-up examination** for any subjects or components should students miss the examination.

Teachers' Day Celebrations

As Teachers' Day approaches, let us continue to appreciate the care, love and dedication of all our staff here at CCPS towards the students. The best gift each child can give her/ his teachers is a prayer for her/ his teachers' health and happiness. **Please do not purchase any gifts for the teachers.** Should your child want to further express her/ his appreciation, a homemade card would be cherished.

We are celebrating Teachers' Day on 29 August. Do note that school hours are curtailed so the day will end at 10.30am. These are the items your child needs to bring that day:

1. Student Planner
2. Pencil Box
3. Water bottle filled only with water

As school hours are short, there will be no recess that day. Do ensure your child has breakfast before coming to school.

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

There will be a Teachers' Day Mass in the chapel at 6.45am on 29 August. 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 declarations.

If your child/ ward is not travelling during the holidays, no action is

Did You Know?

Motivational positive affirmations help children face challenges. "Sometimes children lose motivation if things feel too hard, and they just end up saying 'I can't,'" Oriard says. "Giving children permission to ask for help and encouraging them to eventually try things on their own can be so motivating and help children move from 'I can't' to 'I can try.'"

1. I am a hard worker.
2. I can do hard things.
3. I can do whatever I set my mind to.
4. I can think of great ideas.
5. I can get through anything.

To read the full article,
<https://www.parents.com/kids/health/childrens-mental-health/32positive->



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

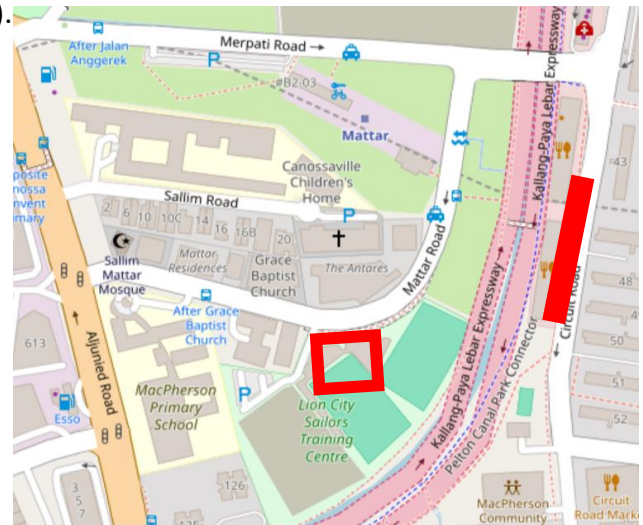
- St Magdalene of Canossa

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.

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 comes to a halt at the drop-off zone in school. As there are other vehicles waiting behind yours, 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 students who are unwell or have special assistance needs. The nearest public carparks 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?

Positive Affirmations About Love and Appreciation

These positive affirmations help children access feelings of love and appreciation for the world around them.

1. I deserve to be loved.
2. I have people who love and respect me.
3. I am grateful for who I am.
4. I am worthy of love.
5. I choose love over fear.

To read the full article, <https://www.parents.com/kids/health/childrens-mental-health/32positive->



“Let us **use charity** as the **measure for anything.**”

- St. Magdalene of Canossa

Accolades

Pari Sakti Diving International Competition 2024

Karyna Lim, from 5 Piety, represented Singapore in the Pari Sakti Diving International Competition that was held in the Gelora Bung Karno Aquatic Stadium, Jakarta, Indonesia.

She competed in the Beginner B Girls 1m platform event (Group 1) and the Beginner B Girls 3m platform event (Group 3), where she was placed 2nd and 3rd respectively.



Well done, Karyna!

Trifactor Triathlon Singapore 2024

We would like to congratulate Chiu John Ignatius, from 3 Justice, for competing in Kids Triathlon Singapore.

He was ranked 8th in his category (Boys, aged 9 to 10 years old). In the all categories (Boys and Girls Under-12), he was ranked 32nd.

Well done, John!



National School Games Floorball Competition 2024

We would like to congratulate our Floorball CCA members for clinching 1st place (Girls) and 2nd place (Boys) in their respective group tiers.

Team (Girls)	Team (Boys)	
Ang Xin Yan Sherilyn (3 Peace)	Chen Junhao, Jayden (3 Justice)	Chu James Francis (5 Joy)
Karen Fan Rui En (3 Piety)	Tham Zi Yi Tommy (3 Justice)	Quek An Ze (5 Joy)
Joy Foo Lin Lin (4 Hope)	Ted Kusumo (3 Piety)	Muhammad Aliff (5 Peace)
Chuah Jia Yi (4 Hope)	Dylan Ong Yong Zhi (4 Hope)	Nitiswar (5 Peace)
Waduge Sevni Thehara F (4 Hope)	Nathaniel Joseph Yap (4 Hope)	Tan Kah Minh (5 Piety)
Tan Yuan Mi (4 Joy)	Elijah Teo Zhe Kai (4 Joy)	Marshall Oliver Wallace (5 Piety)
Lyu Qingrong (5 Joy)	Martin Mario Tan (4 Joy)	Guo Yiliang (5 Piety)
Nur Myiesha Maisara (5 Piety)	Muhammad Rykarl (5 Hope)	
Zeng Lingxuan Audrey (5 Piety)	Nuriman Danish (5 Hope)	



Did You Know?

Positive Morning Affirmations

By reciting these phrases, children can look forward to the day ahead.

1. *Today will be great.*
2. *Today, I will try my best.*
3. *My best is enough.*
4. *I feel healthy and strong today.*
5. *I am thankful for _____.*

Morning affirmations set the tone, Dr. Pratt says, explaining that just as daily morning rituals like brushing your teeth and making your bed add structure and routine to the morning, so do positive morning affirmations.

To read the full article,
<https://www.parents.com/kids/health/childrens-mental-health/32positive->



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

- St. Magdalene of Canossa

PLAIN ENGLISH SPEAKING AWARDS 2024

The YMCA Plain English Speaking Awards (PESA) 2024 is organised by YMCA of Singapore in partnership with the Ministry of Education and the Speak Good English Movement.

The objectives of PESA are to promote public speaking in Plain English as an important social and academic skill, provide an avenue for students to sharpen their speaking skills and to build confidence in public presentation and provide an opportunity for students to learn by observing proficient speakers.



We congratulate Klaire Satore Yap Cheh Gek of Primary 5 Joy for emerging as a semi-finalist in PESA 2024. Well done, Klaire!

CREATIVE WRITING PROGRAMME 2024

The Creative Writing Programme (CWP) aims to nurture budding writers in creative writing by helping them cultivate a critical awareness of literary technique and craftsmanship. It is one of a suite of provisions by Gifted Education Branch (GEB), CPDD, for EL HALs.

We are pleased to announce that Sze Toh Yu Shin of 5 Peace has been selected to represent the school at the 2024 Creative Writing Programme Camp conducted on 2 and 3 September 2024.



Well done, Yu Shin!