

Founded 1953

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12 September 2017

Dear Parents/Guardians,

In the blink of an eye, we are entering the last lap of six years of education in Kong Hwa School. Let me share some tips towards PSLE.

### Effective study and learning habits

You may help your child to consistently establish effective study and learning habits:

- Help your child find a quiet place to study without distractions. Make sure their table is uncluttered so they can focus better.
- Know the expectations of each paper
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- Help them to plan their study schedule early on so they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session.
- Remind your child to take a short rest and move around in between each part of their study.

### Healthy sleeping and eating habits

- Encourage your child to stick to a routine of going to bed at a reasonable time.
- Motivate them to eat regularly and make time to have fun and exercise.
- Help them to cut back on coffee or any other stimulants which they may be using, as these can increase agitation. Encourage them to drink lots of water instead.
- Remind them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady.
- Avoid junk food if possible. It will bring a sudden sugar high which will fall away quickly, leaving a person feeling tired.

### Ideas for exam day

Talk about these ideas before exam day.

- Think positive.
- Eat a good and light breakfast - something that will sustain them and help them concentrate.
- Try to arrive at school or the exam venue early.
- Go to the toilet before the exam starts.
- Take time to slow their breathing and relax when they first sit down in the exam room.
- Watch out for the wording of the questions - they need to understand and address what the question is really asking.
- Time management in answering questions.
- Re-read answers if possible and make any changes that are necessary - correct spelling, check workings.

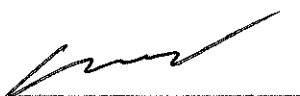


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Learning continues after PSLE. There are Post-PSLE programmes which aim to prepare Kong Hwaians for transition to secondary school and beyond, equip them with self-management and social skills and impart knowledge and inculcate values to provide a holistic education. There will also be preparation for celebration of a milestone to enable your child to leave Kong Hwa School with sweet memories. Refer to attachment for a glimpse of programmes lined up.

I wish your child all the best in the forthcoming PSLE. For any query, please email me at leong\_jian\_wei@moe.edu.sg.

Yours faithfully,



Mr Wayne Leong  
P6 Year Head

#### A. 2017 PSLE EXAMINATION CALENDAR

Listening Comprehension (EL & CL)	Fri, 15 September 2017	Reporting time: 7.45am  Approximate dismissal time: 12 noon  Gather in the canteen. Wear school uniform.
Written Examination – EL Paper 1 and 2	Thu, 28 September 2017	Reporting time: before 7.30am  Dismissal: After last paper of the day
Written Examination - MA	Fri, 29 September 2017	Note: Be in school uniform. Bring a sweater/jacket in case the hall is cold.
Written Examination – CL Paper 1 and 2	Mon, 2 October 2017	
Written Examination - SC	Tue, 3 October 2017	Pupils are advised to return home promptly after examination to rest and revise their work.
Written examination - HCL	Wed, 4 October 2017	

## B. Important dates for term 4

Programme	Dates/Venue	Remarks
Sexuality Education	10 to 13 October Classrooms	Conducted by trained teachers
P6 VIA	9 and 16 October	Details will be furnished at a later date.
P6 Managing Change and Transition	11 October 8 am to 1 pm Lecture Theatre	<p>This half-day workshop which engages students through interactive games to teach key skills. Students will</p> <ul style="list-style-type: none"> <li>• Be mentally prepared for their secondary school life</li> <li>• Gain more confidence when they enter secondary school</li> <li>• Use effective and applicable strategies to manage their transition</li> <li>• Find and build support with their new friends in the new environment easily</li> <li>• Understand and leverage on their learning styles and preferences to enable them to managetaking more subjects in secondary school</li> </ul>
Audition for P6 You've Got Talents!	17 October	A panel of judges comprising of teachers and parents will select top 3 individuals/groups. Only top 3 will be selected to perform for P6 Graduation Lunch.
P6 Flagship Programme: Diabolo Workshop	30 October School Hall	
Secondary School Talks	31 October - 1 November	
Physical Education, Social Studies and Art test/quiz	October	Mandatory to comply Details will be furnished at a later date.
P6 Inter-class competition	2 November ISH	
P6 Graduation Lunch	3 November 12 noon – 2.30 p.m. Singapore Expo	Details will be furnished at a later date.
Fun with Math & Science Activities	6 – 10 November	
P6 Inter-class competition	7 November ISH	
P6 Sincerity BICEP Graduation ceremony	8 November	

Rehearsal for P6 Graduation Ceremony	13 to 15 November	
P6 Graduation Ceremony	16 November 9 - 11 am	Details will be furnished at a later date. Each P6 student can bring 2 guests.

\*Dates are subjected to changes. Please check with your Form teachers if in doubt.