CANOSSA NEWSBITES

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

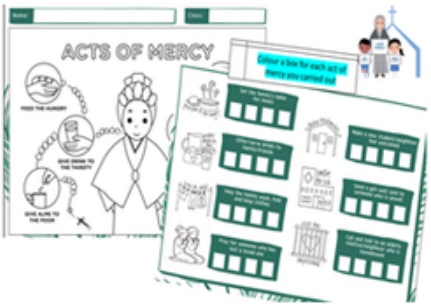
Sowers of Change

CORE VALUES

Charity, Humility, Forgiveness, Faith

CCPS LENTEN PROJECT 2026 IN THE SEASON OF LENT

Lent is a forty-day season of prayer, fasting and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It is a time of preparation as we ready our hearts to celebrate the Lord's Resurrection at Easter.



During Lent, we are invited to draw closer to God through prayer, to practise self-control by fasting from something we enjoy, and to serve others through acts of generosity. In the spirit of *Tocca a Te – It's Your Turn*, Lent reminds us that faith is lived through the choices we make each day.

As part of our Lenten journey, our children would have already created Gift of Love boxes using recycled materials. Into these boxes, they will place small personal sacrifices as a sign of their love and care for the less fortunate. The funds raised will be donated to the Sisters at Canossa Convent for their work, allowing our children to turn sacrifice into meaningful action.

In addition, our children will be encouraged to carry out Acts of Mercy, spreading kindness through simple yet loving gestures — offering a helping hand, a listening ear, or a kind word. Through these acts, we hope that those around them will experience 40 days of grace, compassion and kindness, as our children respond to the call of *Tocca a Te* — taking their turn to love, give and serve.

Tocca a Te – It's Your Turn! reflects the spirit of *Project L.O.V.E.*, which empowers our Canossian daughters and sons to make positive change as *Leaders of Hope* and *Sowers of Change*. This year, our children will use *Design Thinking* to identify issues faced by different communities and develop solutions via simple, meaningful actions.

Our Primary 1 children will identify ways to make their homes more caring places before extending their thinking to improving the school community in Primary 2. Our Primary 3 children will design ways to express gratitude and show appreciation to the Canossian Sisters. From Primary 4 to Primary 6, our children will deepen their empathy by identifying the needs of the elderly in the wider community and creating activities to bring them joy.

"The most beautiful way to start the day is with a grateful heart."
- St. Magdalene of Canossa

Tocca a Te!

One of the key aspects of Lent is almsgiving.

Think about how you can make small personal sacrifices daily so that you can grow your monetary gift to support the Canossian Sisters' Work.

Perhaps instead of buying a sweet drink, place the money into the Gift of Love Box and drink water instead.

A little daily contribution goes a long way!

Tocca a Te! It's our turn to turn sacrifice into meaningful action!

P1 REGISTRATION 2026

P1 Registration 2026 will commence from end June/ early July onwards for Singaporean and SPR daughters and sons born in 2020.

- Phase 1
  Younger sisters or brothers

- Phase 2A
  Daughters and sons of ex-students of CCPS & staff of the school or siblings of ex-students of CCPS

- Phase 2B
  Girls and boys who have at least 1 Roman Catholic parent (baptism or confirmation certificates required) or are endorsed as active community leaders

- Phase 2C
  For those who do not qualify for earlier phases

Dates for the different registration phases will be released later.

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CCPS E-LEARNING EXERCISE

An e-Learning exercise will be conducted on 27 March (Friday). The objectives of the exercise are to encourage students to take ownership of their own learning and to familiarise them with a learning environment necessary in the event of school closure due to a national emergency.

During the exercise, students will need to complete customised lessons in the Student Learning Space (SLS) from home. The e-Learning lessons will be made accessible on that day.

For any technical assistance during the e-Learning exercise, please contact Student Learning Space Helpdesk at 6702 6513.

TRAVEL DECLARATION

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.

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CULTIVATE A HEALTHY LIFESTYLE

https://www.healthhub.sg/programmes/letsmoveit/singapore-physical-activity-guidelines

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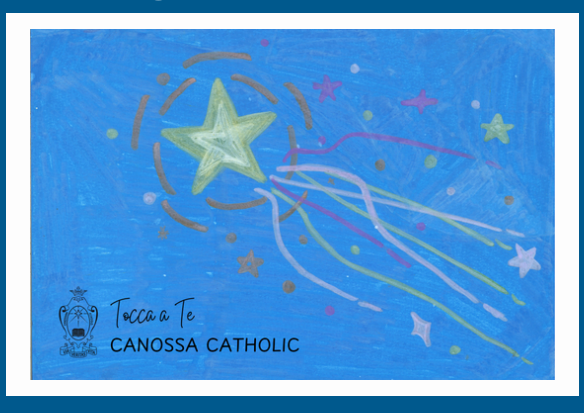

CULTIVATE A HEALTHY LIFESTYLE

EXAMPLES OF AEROBIC, MUSCLE & BONE STRENGTHENING ACTIVITIES FOR SCHOOL CHILDREN

*Not an exhaustive list

	MODERATE-INTENSITY	VIGOROUS-INTENSITY
AEROBIC	• Games at the Playground (Hide and Seek) • Commute by cycling • Casual racquet sports	• Games at the Playground (Tag/Catching) • Mountain biking • Competitive racquet sports
MUSCLE STRENGTHENING*	• Games at the playground (e.g. tug-of-war) • Climbing	• Circuit training • Hopping, jumping, and rope-skipping • Playing a football match
BONE STRENGTHENING*	• Games at the playground (e.g. hopscotch) • Casual basketball or netball • Gymnastics	• Martial arts • Competitive basketball or netball game • Dancing

* All muscle and bone strengthening activities of moderate- or vigorous-intensity are also considered as aerobic activities

EXAMPLES OF FUNDAMENTAL MOVEMENT SKILLS

LOCOMOTOR SKILLS

Enabling children to move through different environments, moving their bodies from one location to another.
Examples of key locomotor skills:

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Sliding

OBJECT CONTROL SKILLS

Making controlled contact with objects using parts of the body or using an implement.
Examples of object control skills:

- Rolling
- Throwing
- Catching
- Kicking
- Striking
- Dribbling

STABILITY SKILLS

Maintaining and acquiring balance in static and dynamic movements.
Examples of stability skills:

- Balancing
- Turning
- Twisting
- Stretching
- Transferring of weight

EXERCISE INTENSITY

Light — Can talk in full sentences and sing

Moderate — Can talk in phrases or short sentences but cannot sing

Vigorous — Have difficulty talking

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CALENDAR OF EVENTS (MARCH)

Date	Events	Remarks
2 March	Canossian Saints' Day Celebration	School as per normal As it is a celebration day, the children are to wear their red Canossian T-shirt with formal shorts (light blue) for boys and pinafore over the T-shirt for girls. All children are to bring a small bag with their student planner, pencil case, a small pack of coloured pencils, permanent black markers (for P4-P6 children) and a water bottle filled with water only. This year there is a small class party to celebrate the day! Your child is required to bring his/ her own food for this little event. The food should be just enough for your child. Only finger food, healthy snacks and fruit are allowed. No junk food is to be brought. We also do not permit sharing of food items for hygiene and food intolerance issues. The canteen will be closed on that day.
4 March (Wednesday) 5 March (Thursday) 6 March (Friday) 9 March (Monday) 10 March (Tuesday)	Interest Week	The modules will be conducted after school for P3 - P5 children who have signed up. School hours are as usual from 7.25 a.m. to 1.30 p.m. Note: All CCAs and Enrichment will be suspended for Week 9 and 10.
9-13 March	Health Week	School as per normal
14 March – 22 March	Term 1 School Break	School resumes on Tuesday, 24 March
21 March	Hari Raya Puasa	Public Holiday
23 March	Hari Raya Puasa	As Saturday, 21 March 2026 is a Public Holiday, Monday, 23 March will be a designated day off-in-lieu for schools.
24 March	First Day of Term 2	Students are to report to school by 7.25am.
27 March	P1-P5 PCTC (Microsoft Teams)	Teachers will meet with parents over Microsoft Teams at selected timings.
	P6 (face-to-face sessions)	P6 students will come to school with their parents at the scheduled timings.
	CCPS E-Learning Exercise	**P1-P5** students are to stay at home to complete their e-learning assignments. **P6** students will complete their e-learning assignments at home before/ after the scheduled P6 PCTC session conducted in school.
3 April	Good Friday	Public Holiday
6 April	Easter Monday Paraliturgy	School as per usual

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