

School Calendar of Events

Date	Events	Remarks
1 Sept	Teachers' Day Celebration and Paraliturgy Teachers' Day Mass (6.45am at the Chapel)	Curtailed school hours. Dismissal at 10.30am. Children who would like to come and pray for their teachers are invited.
2 Sept	Teacher's Day	School Holiday
3 – 11 Sept	Term 3 School Break	School resumes on Monday, 12 Sept
7 – 9 Sept	P6 Enrichment Lessons	For P6 students. Information will be given.
16 Sept	PSLE Listening Comprehension	School holiday for P1 to P5 students
20 Sept	P3 SA2 English Language/ Mother Tongue Languages Oral	During Curriculum Hours
21 Sept	P4 SA2 English Language/ Mother Tongue Languages Oral	
22 Sept	P3 SA2 English Language/ Mother Tongue Languages Oral	
23 Sept	P4 SA2 English Language/ Mother Tongue Languages Oral	
27 Sept	P5 SA2 English Language/ Mother Tongue Languages Oral	
29 Sept	P5 SA2 English Language/ Mother Tongue Languages Oral	

PSLE 2022	
Dates	Subjects
16 September	P6 EL & MT Listening Comprehension
29 September	P6 EL Papers 1 & 2
30 September	P6 MA Papers 1 & 2
3 October	P6 MT Papers 1 & 2
4 October	P6 SC
5 October	P6 HMT Papers 1 & 2



Canossa
Newsbites

Canossa Catholic Primary School

1 Sallim Road Singapore 387621 Tel: 68441418 Fax: 68441417

Email: ccps@moe.edu.sg Website: <http://www.canossacatholicpri.moe.edu.sg>

Our 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

September 2022

A Thanksgiving Prayer for Teachers

Dear God

Thank you for our teachers who notice a child's special gift.

Thank you for our teachers who listen to a child's heart.

Thank you for our teachers who guide each child of God with wisdom and the spirit of understanding.

Thank you for our teachers who show patience and love 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



"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

SA2 Examination 2022 for Primary 3 to Primary 5

Dates	Subjects
11 Oct	P3-P5 SA2 English Language Paper 1 & Listening Comprehension
12 Oct	P3 – P5 SA2 Mother Tongue Languages Paper 1 & Listening Comprehension
13 Oct	P5 SA2 Higher Mother Tongue Languages Paper 1 and Paper 2
26 Oct	P3 – P5 SA2 Science
27 Oct	P3-P5 SA2 English Language Paper 2
28 Oct	P3 – P5 SA2 Mathematics
31 Oct	P3 – P5 SA2 Mother Tongue Languages Paper 2

SA2 dates are accurate at the time of print. Should there be any changes due to unforeseen circumstances, you will be updated soonest.

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.

Celebrating Teachers' Day

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 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.

As school hours are curtailed on 1 September (7.25am – 10.30am), the canteen will be closed. Do ensure your child has breakfast before coming to school.

There will be a Teachers' Day Mass in the chapel at 6.45am on 1 September. Children who would like to come and pray for their teachers are invited.

Travel Declaration for September Holiday

All parents and students who will be travelling during the September term break (3 September- 11 September 2022) are to complete an online travel declaration on Parents' Gateway for this period.

Journeying Through Challenging Times Together

When the going gets tough, you need someone to be there for you, to listen to you and understand you. For our children, that someone is us. To show them that we love them as much during both their good and their bad days.

Signs of Stress

- Sudden behavioural changes
- Mood swings or sulkiness
- Acting out or being rebellious
- Becoming withdrawn and avoiding others
- Struggling to pay attention to studies or activities
- Recurrent stomachaches and headaches
- Stark changes in sleeping and eating patterns
- Making excuses to miss school

4 Common Sources of Stress**Academic pressure**

- Focus on affirming their efforts, not just results.
- Celebrate small successes, let them know you care.
- Encourage a growth mindset.
- Guide your child to set consistent and realistic expectations.

Stress In Friend and Family Relationships

- Encourage your child to share their troubles with you, so you can guide them.
- Offer practical solutions rather than say, "Don't worry, it'll be okay."

Feelings of loss and grief

- Let your child know that it is okay to grieve over a loss.
- Explore healthy ways in which they can express grief. (e.g by journaling, painting, writing a song, etc.)
- Parents can also reach out to the school to work together in supporting the child.

Online comments and pressure

- Guide them to recognise false, unhealthy, negative or dangerous content online, especially content that may hurt their self-esteem.
- Help them understand that what is online may not always be an accurate portrayal of the real world.

Support your child during moments of visible distress by practising CHEER

- **Calm** your child down by speaking in a gentle tone, sitting them down to talk and even hugging them, if needed.
- **Hear** out their issues to understand their perspective
- **Empathise** with how they may be feeling in the moment
- **Encourage** them to seek help if the problem is complex.
- **Reassure** that you will always be there to listen to their problems