



PASIR RIS CREST SECONDARY SCHOOL

11 Pasir Ris Street 41 Singapore 518934 Tel: 6581 1655 Fax: 6581 3226

4 April 2023

PRCS 2023/024

Dear Parents/Guardians

School updates 2023/03 (Secondary 4E5N)

1. 23rd Speech Day

Our school will be commemorating its 23rd Speech Day on **Friday, 14 April 2023**, from 2.30 p.m. - 4.30 p.m.. Lessons on that day will end as per normal at 12.30pm.

Students who are award recipients will remain in school on that day and report to the hall at 1.30 pm.

2. CCA standdown

The last CCA training for Secondary 4/5 students is **Thursday, 20 April 2023**. After which, the afternoons freed up will be used for Time Practice for different subjects.

3. Sec 4 and 5 Timed Practice

With the removal of Mid-Year Examinations, there will be timed practices for selected papers planned to provide teachers and students with feedback on students' overall learning and familiarise them with examination format and conditions.

4. Overcomers Run (28 April 2023)

The school's Overcomers Run, formerly known as Cross Country, will be held on Friday, 28 April 2023 at Pasir Ris Park's Costa Lawn.

The objectives of the Overcomers Run are to:

- infuse in students a love for running as a form of healthy lifestyle,
- inculcate the value of resilience excellence and self-belief,
- allow students to feel a sense of achievement after the completion of the run, and
- prepare Sec 2 and 4/5 students for the NAPFA's 2.4km run.

The details of the Overcomers Run are as follows:

- Reporting Time: **7.45 am**
- Reporting venue: Costa Lawn, next to Pasir Ris Park's **Car Park A**
- Attire: PE T-shirt and shorts

The run covers a distance of 3.5 km for both the mass run and competitive category. Students are reminded to hydrate themselves well, have at least 7 hours of uninterrupted sleep the night before and have light breakfast prior to the run. Students are advised to **bring at least 1 litre of water bottle** to hydrate themselves and not to bring excessive money or valuables for the event.

Movement to the Assembly Area

We have attached a map as **Annex A** showing the recommended route (dotted arrow) to Costa Lawn (Assembly Area). Students should travel to Downtown East and make their way to Costa Lawn from there. Students should walk along the pavement of Pasir Ris Close from Downtown East to the Assembly Area at Pasir Ris Park. Teachers will

be deployed to direct and guide the students from Downtown East to Costa Lawn. Students should not walk along or cross Jalan Loyang Besar Road. If your child/ward is going there by car, please let him/her alight at Car Park A.

Invitation to run

Parents are also cordially invited to participate and run with your child/ward in the Overcomers Run. It provides an opportunity for you to strengthen the bond with your child/ward. If you are interested, kindly indicate using the link, <https://forms.moe.edu.sg/forms/oplgjo>, or QR code in Annex A to indicate whether you will be taking part in the run. Please log in with your child/ward's NRIC No. to access the link by **21 April 2023**.

The event will end by 11.30 am and students will be dismissed from the park.

Programme for inclement weather

In the event of inclement weather in the morning before the start of the run, students will be notified, through the class relay system, to go back to the school by 8am for further instruction. They will be dismissed from school by 10.30 am.

5. National Physical Fitness Assessment (NAPFA) test date

Our school will conduct the compulsory MOE's National Physical Fitness Assessment (NAPFA) test for the Secondary Four students in term 2. The aims of NAPFA test are to promote the attainment of desirable levels of overall fitness among students and motivate students to improve their fitness.

The test consists of six stations, namely sit up, standing broad jump, sit and reach, pull-ups / inclined pull-ups, 4 x 10m shuttle run and 2.4 km run/walk.

To comply with the safety standard of the test, the school will conduct the 5 first stations, after their normal school hours. As such, the classes are scheduled to stay back on the following dates for the testing of their 5 stations while the 2.4 km run/walk station will be conducted during their PE lesson. The following table shows the schedule for the Secondary 4 classes:

Classes	Date	Reporting Time	Venue	Attire
41, 42, 43, 44 and 45	10 April (Monday)	2.30 pm	Indoor Sports Hall	PE Attire
46 and 47	17 April (Monday)			

Please ensure that your child/ward has at least 7 hours of sleep and hydrate themselves well the night before the test date.

Students will be dismissed from school by 5 pm.

6. MOE Cyber Wellness Resources for Parents

MOE shares tips and strategies with directly with parents on supporting children in their education journey. The information is throughout the year via platforms such as the Parent Gateway app, official MOE social media and 'School Bag' education news site.

The cyberspace provides our students with a vast amount of information and learning opportunities. Here are some useful Cyber Wellness resources for parents to support and guide our students in navigating the cyberspace safely and responsibly.

- Instagram posts on [@parentingwith.moesg](https://www.instagram.com/parentingwith.moesg) shares tips on how to support our students through some of the challenges they may face online.
- Parent Kit issue on 'Raising a Digitally Smart Child' and FaceBook live session on "[Ask Me Anything About... Blending Learning](#)" share tips and resources on practising appropriate device usage, managing screentime and ways to handle cyber-bullying. Parents may also tap on these resources for tips on home-based learning and blended learning.

There are additional resources from external agencies like [Media Literacy Council](#) and [S.U.R.E. by National Library Board](#) to support our student's digital journey. These may be found at [MOE's Cyber Wellness education page](#) which focuses on helping our students to be responsible digital learners.

Please contact the following personnel should you have any clarifications on the related matters:

Area	Personnel	Contact
23 rd Speech Day	Mr Collin Harms (HOD/Science)	Tel: 65811655 (ext 116) Email address: harms_collin@schools.gov.sg
CCA Matters & Overcomers Run	Mr Goh Chin Seng (HOD PE/CCA)	Tel: 65811655 (ext 115) Email address: goh_chin_seng@schools.gov.sg
Matters pertaining to Sec 4 and 5 level	Mrs Mimi Ang (Year Head/ Sec 4 and 5)	Tel: 65811655 (ext 113) Email address: lam_kwai_lin_mimi@schools.gov.sg

We look forward to your continued support in helping your child/ward achieve success in his/her academic and co-curriculum development.

Thank you.

Yours faithfully



Principal
Mrs Koh Caiyu



QR code and link for invitation to run with child/ward for Overcomers Run

*Teachers will be deployed along the designated route to direct students to the Assembly Area after 7.10 am



<https://forms.moe.edu.sg/forms/oplqjo>