



PASIR RIS PRIMARY SCHOOL

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Notification No. PRPS2025/SM/015

Dear Parents/Guardians,

End of Semester 1 Letter to Parents

As we approach the June school holidays, we wish all students and parents/guardians a good term break.

Student Well-Being Matters

- **Joint Advisory by SPF, CNB, NCPC and NCADA for 2024 June Holidays**

The joint advisory for students by Singapore Police Force (SPF), Central Narcotics Bureau (CNB), National Crime Prevention Council (NCPC) and National Council Against Drug Abuse (NCADA) for the June school holidays can be found in the attachment (Annex A). It shares measures that students need to take to avoid falling victim to common crimes such as online scams, vaping and underaged smoking. School has shared the pertinent information from the advisory with all students. We encourage parents/guardians to go through the advisory and reinforce the message to your children/wards.

- **Termly Cyberwellness Message: Supporting Your Child's Digital Well-being**

The June school holiday is a wonderful opportunity to spend quality time as a family. It's also timely to help our children reflect on their use of digital devices at home. With more free time during the break, children may tend to spend more hours online, e.g. playing games or watching videos.

Recent national conversations have highlighted growing concerns about excessive screen time and its effects on children's mental and emotional well-being. Developing healthy screen habits begins at home. By having open conversations and setting simple family agreements, you can guide your child in making responsible and mindful choices online.

1. *Be Involved in Your Child's Digital Life*

Take time to ask your child about the apps he/she enjoys. Showing interest builds trust and opens the door for meaningful conversations about values, safety and responsible digital behaviour.

2. *Create a Balanced Schedule*

Co-create daily schedule with your child that includes screen time, physical activity, rest and time with family. This will help your child learn the skill to balance and manage their time.

3. *Know When to Seek Support*

If your child shows signs of being overwhelmed or emotionally affected by their online experiences, reassure them that it is okay to seek help from a trusted adult.

Your child/ward needs your support to make good choices online, just as they do in the real world. You can refer to the following links on how to support your child/ward in managing his/her screen time.

Link to MOE Cyberwellness Video: https://youtu.be/sTLPFRs2tac?si=bdMW8eNYAhen_Bg

Link to HPB Poster: <https://tinyurl.com/46u2x5ew>

❖ **Travel Declaration**

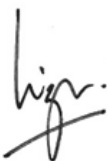
Please refer to the PG notification dated 21 May 2025 for the details for the travel declaration. We appreciate if parents/ guardians can submit any travel plans accordingly. If your child/ward is not travelling during the holidays, no action is required.

❖ **General Office Operating Hours During School Holiday**

- During the June school holidays, school General Office operating hours will be from 8.00 a.m. to 5.00 p.m. from Mondays to Fridays.
- Our school's General Office will be closed on Wednesday, 4 June 2025 as our staff will be out for our staff retreat. The General Office will be open on Thursday, 5 June 2025.
- As Hari Ray Haji falls on a Saturday, 7 June 2025, Monday, 9 June 2025 will be a school holiday and designated day off-in-lieu. The school, including the General Office and Student-Care Centre will be closed on this day.

We wish you a safe, restful term break and look forward to seeing your child/ward back in school on Monday, 30 June 2025.

Yours sincerely,



Ms Liza Rahmat
Principal



Stay safe during the school holidays by following these tips



STAY AWAY FROM CRIME

Shop Theft

Shop theft is a serious crime. Do not leave the shop without paying for your items. The CCTV cameras in stores will catch you. Even if you manage to walk away with the stolen item, the camera footages will help the Police identify you.



Hurting Others

Do not throw any item from upper floors as it could cause serious injuries or even kill someone.



Theft

Stealing is a serious crime.



Whoever commits theft shall be punished with imprisonment for a term up to 3 years, or with fine, or with both.

**BE
AWARE
AND BE SAFE**



Stranger Danger

Do not speak to or follow strangers. Inform your teachers, family members or friends immediately if this happens.



Bullying

Bullying is not cool and can cause serious harm to people. Always speak up and inform your teachers and family members immediately when anyone tries to bully you. Do not keep quiet.



Do not give in to peer-pressure

Learn to say 'No' especially when you know something you are asked to do is wrong. When you witness anything done that is wrong, report to your teachers and family members immediately.





Say 'No' if anyone tries to offer you drugs or anything unusual.

Inform your parent, teacher or a trusted adult.



Stop to check if anyone asks you for money or your personal details as it may be a scam.



Ask your teachers or family members for help to check. You can also call the 24/7 ScamShield Helpline at **1799** to check if you suspect something is a Scam.

REAL-LIFE STORIES

The Mystery Box Mistake



Scan to read

When Fun Turns Fatal



Scan to read

OUR HELPLINES

Crime Prevention

Call the Police hotline at **1800 255 0000** or submit information online at www.police.gov.sg/iwitness

'999' is for emergencies only. Please call only if you require urgent Police assistance.

For more information, visit: www.police.gov.sg, [SPF Facebook](#) or www.ncpc.org.sg

Resources on Crime Prevention and Staying Drug-Free



The following provides more information on crime prevention and staying drug-free:

- Unsure if something is a scam? Call the 24/7 ScamShield helpline at **1799** to check.
- For more information on scams and ways to increase your protection from scams, visit: www.scamshield.gov.sg
- Call the Police or the CNB hotline at **1800 325 6666** to report suspected drug and inhalant abuse.
- For more information on the harms of drug and inhalant abuse, visit: www.cnb.gov.sg.

Your Handy Guide to Cultivating Healthy Screen Use in Children

Tips on healthy
screen use for
your family!



Manage Your Child's Screen Use

- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your child where necessary.
- Have a plan that balances screen use with other activities.

Model Healthy Media Habits

- Review your own media habits.
- Encourage daily 'screen-free' times, especially during family meals or when interacting with one another.

Meaningful Screen Use

- Make sure your child is watching content appropriate for their age.
- Discuss with your child about what they are viewing.

< 18 months



- No screen use unless it is used for interactive video chatting.

DO NOT...

- ✗ Turn on the TV in the background.

1.5 to 6 years



- Less than 1 hour of screen use a day outside school.
- Choose educational and age-appropriate content.
- Watch content together and discuss the content with your child.

DO NOT...

- ✗ Use screens during meals and one hour before bedtime.
- ✗ Use screens just to occupy or distract your child.
- ✗ Turn on the TV in the background.

7 to 12 years



- Less than 2 hours of screen use a day, unless related to school work.
- Agree on a screen use plan or timetable.
- Use parental control settings and check content ratings to ensure content is age-appropriate.
- Talk to your child often on what they are viewing online. Offer advice regularly.

DO NOT...

- ✗ Use screens during meals and one hour before bedtime.
- ✗ Allow access to social media services.
- ✗ Give your child mobile devices with unrestricted access to the internet and applications.