



31 Aug 2025

Dear Parents / Guardians,

Principal's note

GROW WELL

In our ongoing commitment to our children's holistic development, our school has been involved in a new national initiative called Grow Well SG. This health promotion strategy, launched by the Ministry of Health, Ministry of Education, and Ministry of Social and Family Development, is designed to support healthier lifestyles for our children through four key pillars:

- **Eat Well:** Supporting good nutrition for growth and learning.
- **Sleep Well:** Promoting healthy sleep routines.
- **Learn Well:** Managing screen use and digital technology.
- **Exercise Well:** Encouraging regular physical activity.

Our participation in an HPB-MOE pilot programme has provided us with valuable data for our P1-P3 students. While we will be working on all four areas, our initial findings on sleep have highlighted an urgent need for our collective attention. The data shows a sharp decline in the number of our lower primary students getting the recommended 9 hours of sleep, dropping from 42% in Primary 1 to 28% in P2 and just 23% in Primary 3.

These habits are foundational. Quality sleep directly fuels concentration, mood, and learning in the classroom, and we are already taking steps to address it. Our work on Grow Well SG cuts across multiple areas. For example, we are also enhancing our "Eat Well" efforts by reviewing our canteen's healthy options and integrating lessons on nutrition.

The home environment is where these routines are truly built. We see you as essential partners in these efforts. Let us work together to help our children build healthy habits for life and Grow Well together. Thank you for your trust and partnership.

Charles Chan
Principal

*Honesty in Performance
Pride in Service*

1 Promoting Healthy Living through Grow Well SG: Introducing 'FriYAY!'

As part of our commitment to promoting healthy living with the Grow Well SG initiative, we are making changes to encourage healthier eating habits within our school community.

To support the 'Eat Well' focus, the sale of ultra-processed foods at the canteen will now be available only on Fridays, which we will refer to as 'FriYAY!'. This initiative aims to help students make healthier food choices, including having at least two servings of vegetables and fruits with every meal, and develop better eating habits. As part of the SHINE Day programme, students have also been encouraged to adopt healthier food options – from having more fruits and/or vegetables in their snack packs to consuming lesser sweetened drinks.

We seek your support at home to reinforce these healthy eating practices as well. Together, we can inspire our students to enjoy nutritious foods and foster a lifelong commitment to their well-being. Let's work hand in hand to make healthy living a joyful and shared journey for all!

2 Teachers' Day Celebration 2025

Our school will be celebrating Teachers' Day on 4 Sep 2025. Thursday, from 7.25am to 10.30am (no recess for that day).

If there is a change in the usual dismissal point for that day, please inform the Form Teachers and your child. Additionally, if your child will not be taking the school bus, kindly notify the bus driver in advance to avoid any delays caused by the driver trying to locate your child.

Please note that on Teachers' Day, your child will only be in contact with their Form Teachers and will not be allowed to visit other classes to meet other teachers. They can pass their notes to other teachers during the week leading up to the celebration.

We understand that many students and parents want to show their appreciation to the teachers. Instead of buying gifts, we strongly encourage your child to express their gratitude by making a card or writing a heartfelt note.

3 SHINE Day: Kicking Off Term 4 with Positivity and Connection

On 15 September 2025, Monday, we will celebrate our final SHINE Day of the year, marking the first day of Term 4. This is a special day dedicated to fostering meaningful relationships between students and teachers through engaging activities and interactions. Our goal is to cultivate positive emotions, ensuring students feel happy, emotionally prepared, and excited to start the term.

Students can look forward to a day packed with activities centred on well-being, strengthening friendships, and most importantly, having fun in an engaging and meaningful way. During the one-hour recess, students will explore hands-on activities designed to spark curiosity and discovery. For those who are keen to participate in active play can head down to the lower ISH to play a sport.

As part of our Grow Well SG initiative, we will also share insights on healthy eating habits, encouraging students to practise these habits in school and at home with their families. Let's work together to make Term 4 memorable for students to shine and be the best that they can be.

Note: The students will report to their classrooms in the morning on 15 Sept 2025, Monday.

4 Parent-Teacher Meeting (PTM) for Primary 1 to Primary 5 Parents

For our second PTM of the year, we are inviting only selected parents to meet. This allows us to better address the specific needs of these students. It will be a normal school day and the usual school curriculum hours are for P1-5 students. Only the Primary 6 students will be having their study break on that day and do not need to report to school.

Please refer to the following information for the PTM details:

Date	24 September 2025, Wednesday	Teachers involved Primary 1 to Primary 5 Form Teachers
Time	7.30am – 5.30pm	
Mode of Meeting	Microsoft Teams	

More information will be shared later with the selected parents. Should parents have other questions or concerns, please feel free to reach out to your child's form/subject teacher.

Parent-Teacher Meeting (PTM) Timeslot Booking via Parents Gateway (PG)

Parents selected to attend the upcoming PTM can book their timeslots through the Parents Gateway (PG) app. Through PG, you can conveniently book your preferred timeslot. For detailed instructions on how to book and amend a scheduled timeslot, a guide will be sent later to the selected parents via PG by the Form Teachers.

Kindly note that the timeslots will be allocated on a first-come-first-serve basis once the booking system opens. To ensure you secure your preferred timeslot, we encourage you to make your bookings promptly. The online booking system will be accessible during the following dates and times:

	Booking System Opens	Booking System Closes
Date	10 September 2025, Wednesday	16 September 2025, Tuesday
Time	12.00pm	5.00pm

5 Children's Day Celebration

Children's Day is a special occasion dedicated to celebrating children. This year, Children's Day will be observed on 3 October 2025, Friday. It will be a School Holiday, and students will return to school on 6 October 2025, Monday.

To mark the occasion, the school will celebrate Children's Day on 2 October 2025, Thursday. Here are the details of the celebration:

Date:	2 October 2025, Thursday
Reporting Time:	By 7.25am
Dismissal Time:	Primary 1 to Primary 3 students – 10.45am Primary 4 to Primary 6 students – 11.00am
Things to bring:	<ul style="list-style-type: none">• Water bottle• Snack for snack break
Note:	Participation in the carnival booths is free for the students. However, students will need to pay for any food or drink items they purchase from the canteen. Only two stalls, the drinks stall (Avalanche) and the snacks stall (Tummy Soothers), will be operational on this day. Due to the early dismissal, there will be no recess break. Instead, students will be provided with a snack break.

The school is co-organising the Children's Day Carnival with HPPA to ensure a fun and safe environment for our students. We aim to reinforce our school values of Respect, Integrity, Care and Excellence (RICE) as students navigate the various booths with their friends.

We would like to extend our gratitude to HPPA for their partnership in making this Children's Day Carnival possible.

6 Class-Based Awards

We are excited to continue presenting class-based awards to celebrate our students' unique strengths and qualities throughout their six years at HPPS. These awards recognise the attributes that make our students special.

Award recipients will be selected based on input from both their classmates and teachers, ensuring that those who stand out for their unique qualities are acknowledged. Please note that these awards are informal and will not be included in the students' official report books.

Certificates for the Primary 1 to Primary 6 awardees will be distributed on 2 October 2025, Thursday, during the Children's Day celebration.

7 Enriching Cultural Exchange: HPPS – SJS Homestay Programme

In July, our Primary 4 students participated in a memorable homestay programme with their peers from the Singapore Japanese School (SJS). During their overnight stay with the Japanese families, our students were immersed in daily routines, customs, and traditions different from their own. From observing mealtime etiquette to learning about household practices, they gained insights that extend beyond classroom learning.

Dionne (4E) was "fascinated by their customs, such as maintaining silence during mealtimes and the proper way of arranging footwear. Their emphasis on neatness and order was particularly impressive." And for Rafael (4D), "the homestay taught me important values like showing respect, being open-minded, and embracing new experiences."

When it was their turn to host, our students warmly welcomed their Japanese friends and gave them a taste of Singapore's unique culture through local favourites such as kaya toast and fun-filled activities. As a host, Zeth (4D) brought his SJS partner to a horse stable where they designed their own horseshoes and were introduced to the horses. Zeth shared that "it was a wonderful and enriching experience, and I really hope I can participate in this programme again next year!"

Through food and play, the students bonded quickly and developed a deeper appreciation of one another's traditions and culture. Such meaningful experiences deepen our students' intercultural understanding and prepare them to thrive in an increasingly interconnected world.



Sharing their love for local hawker fare such as the Paper Prata



Time to make our own sushi!



"Takoyaki, anyone?"



Time for some outdoor activities together!



"Let's have a friendly match!"



"Are you sure that's what you want to do?"

8 Celebrating SG60 at Henry Park Primary

School was buzzing with excitement and pride during our National Day celebrations! We were thrilled to welcome back alumna Frances Tan, who led the school in her original song *Ride into the Sun*, written as a tribute to Singapore's future and in commemoration of the late Mr Lee Kuan Yew. The school community joined in singing *Home* and *The Road Ahead*, filling the hall with heartfelt voices and Singaporean spirit.

As part of SG60's theme *Celebrating Stories of Boldness: Past to Possibilities*, our students also had the meaningful opportunity to connect with their grandparents and uncover stories of courage and determination. These inspiring tales were featured in an exhibition enroute to Ulu Pandan Community Centre and even highlighted in The Straits Times, featuring the grandparents of our students Eli (3B) and Eva Lim (1G).

It was a joyful celebration of our shared past, our vibrant present, and the bright possibilities ahead!



Henry Park sings with pride with alumna, Frances Tan



Students donned red, ready for the National Day concert



Eager participants at the HPPS SG60 exhibition



Students watching the oral history of our grandparents



School leaders with our Grandparents featured in the exhibition



Eli's lovely family at Ulu Pandan Community Centre

9 Calendar of Events

A copy of the Term 4 Calendar of Events will be provided to your child. Please refer to [Annex A](#).

10 Parenting Article

All in a night's work: How sleep shapes tomorrow's learning

From bedtime battles to moody mornings, two local researchers help unpack what parents need to know about their children's sleep health. They also debunk adult myths about sleep that may be keeping our young ones from restful slumber.

You may read more from this [article](#).

Vision

Lead with Character, Serve with Talents

Mission

Nurturing concerned citizens with integrity and a spirit of excellence through holistic education

School Values

Respect, Integrity, Care, Excellence



HPPS 2025 Term 4 School Calendar (Mon 15 Sep to Fri 21 Nov)

Date/Day	Event	Remarks
Tue, 16 Sep 2025	PSLE Listening Comprehension	P1 – P5 students do NOT come to school on this day.
Mon – Wed, 22 Sep 2025 – 24 Sep 2025	P6 Study Break	Only P6 students do not report to school
Wed, 24 Sep 2025	Parent Teacher Meeting (P1 - P5) <i>*For selected parents only*</i>	Lessons as per normal for P1 to P5 students. Mode of Meeting: Microsoft Teams
Thu, 25 Sep 2025	PSLE English Language Paper 1 & 2	Lessons as per normal for P1 to P5
Fri, 26 Sep 2025	PSLE Mathematics	Lessons as per normal for P1 to P5
Mon, 29 Sep 2025	PSLE Mother Tongue Paper 1 & 2	Lessons as per normal for P1 to P5
Tue, 30 Sep 2025	PSLE Science	Lessons as per normal for P1 to P5
Wed, 1 Oct 2025	PSLE Higher Mother Tongue Paper 1 & 2	Lessons as per normal for P1 to P5
Thu, 2 Oct 2025	Children's Day Celebration	School hours: 730am to 1100 am
Fri, 3 Oct 2025	Children's Day	School Holiday
Mon, 6 Oct 2025	P3 to P5 EOY EL Paper 1	P3 – P5 students
Tue, 7 Oct 2025	P3 to P5 EOY MT Paper 1	P3 – P5 students
Mon – Wed, 13 Oct 2025 – 15 Oct 2025	PSLE Marking Exercise	P1 - P6 students do NOT come to school.
Mon, 20 Oct 2025	Deepavali	Public Holiday
Fri, 24 Oct 2025	P5 EOY HMT Paper 1 & 2	P5 HMT students only
Mon, 27 Oct 2025	P3 to P5 EOY EL Paper 2 & LC	P3 – P5 students
Tue, 28 Oct 2025	P3 to P5 EOY Math	P3 – P5 students
Wed, 29 Oct 2025	P3 to P5 EOY Mother Tongue & LC	P3 – P5 students
Thu, 30 Oct 2025	P3 to P5 EOY Science	P3 – P5 students
Mon, 17 Nov 2025	Promotion Day	Only P1 to P5 students need to come to school School hours: 730am to 1030am
Tue, 18 Nov 2025	P6 Graduation Party	P1 – P5 students do NOT come to school.
Wed, 19 Nov 2025	HPPS Celebrates!	Only prize winners come to school. P1 to P6 students do NOT come to school.
Thu, 20 Nov 2025	P1 orientation	P1 – P6 students do NOT come to school.
Fri, 21 Nov 2025	Admin Day	P1 to P6 students do NOT come to school.
Sat – Wed, 22 Nov 2025 – 31 Dec 2025	Year-End School Holiday	
Thu, 1 Jan 2026	New Year's Day	Public Holiday

(For mainstream students only)