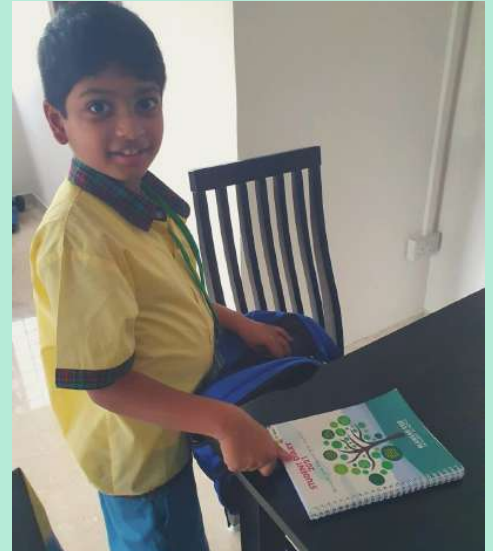




PARENTS POST

a newsletter from parents to parents



Seven Habits

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EDITORIAL TEAM'S NOTE

Hello Parents!!!

Parents Post is a newsletter from parents to parents. It is an initiative from Parents Support Group (PSG) of Blangah Rise Primary School (BRPS) which seeks to provide a platform for parents to share their experiences which may benefit other parents reading their posts. We welcome contributions from all parents of BRPS. Do drop us a message at brpspsg@gmail.com if you have something to share. Together is Better!

In this debut edition, we would like to take a look at how parents of our Primary One students are adapting the seven habits at home. Hear from our newbies how they feel about school and check out our Chinese New Year special feature.

Happy "Niu"  Year!

Portia Tan
Irene Koh
Fong Ching Hwa



HABIT 1 : BE PROACTIVE

by Mrs Marina Surzhenko

We worked with Dasha on a couple of things. Day 3 of school, we overslept and she was late for school by ten minutes. At first, she was upset, did not know how to react and was a little lost. We discussed what went wrong and how she could change things - *Be Proactive*. From that day on, she sets the alarm herself and in the morning she comes to our room with loud announcement, "Parents, time to wake up!". She keeps watch of the time to make sure that she is punctual for school. I am glad to see Dasha being proactive and taking charge.

BEGIN WITH THE END IN MIND



It started with her interest to learn more about the Ancient Egypt culture. The idea came spontaneously, "Let's build a model of Egypt so we can play with it." The project started. She was very excited and made a list of things needed (ie. water irrigation system - shaduf, pyramids, river Nile, leopard skins, boat to transport grain etc.) and she wrote them down as a little to-do list. She was looking through books and picking up ideas of what she wanted to be included in her Egyptian world. We then discussed how we could make those things from household items. Little brother chipped in with his acute interest of animals that lived in Ancient Egypt and brought in all his toy animals. Slowly but surely the Ancient Egypt project started to take shape. Work is still in progress. She wants to build simple houses and roads and more, and having what she wants to do clearly articulated and listed on paper as a plan helped a lot to keep her focus and not losing interest while working on the project. Good practice for begin with an end in mind. Coincidentally, the App-venture series recommended by math class in school started with introducing Ancient Egypt as well! The journey continues☺

HABIT 2: BEGIN WITH THE END IN MIND

by Derrick & Irene Cheang

On one occasion, Hannah wore the wrong attire to school (because Mummy overlooked =D) and as a result, she was unable to participate in the PE lesson thus she was really upset and cried badly. We connected with Ms Maddie Wong regarding this and we found out that she took time to comfort Hannah. Ms Wong explained to Hannah why it is important to be in PE attire when having PE lessons. She also took time to share with Hannah that we sometimes overlooked things like wearing the right attire and it is alright to make such mistakes thus she need not be too hard on herself (Mummy is also comforted =D).

We really appreciate that Ms Wong took time to comfort and assure Hannah at that point of time before school ended because by the time Hannah got home, she had stopped crying and was no longer upset. Actually Mummy was the one that was upset and feeling bad but Hannah told mummy "It's ok, next time don't forget ok." We know this would not be Hannah's response if not for Ms Wong's intervention.

A teachable moment for Hannah to learn to *Begin With The End In Mind* – wearing the right attire for the activity later in the day. Even though she forgot and was upset about it, it was good teachable moment about having the end in mind. Without the end in mind, we can sometimes may put in a lot of effort (for Hannah it would be so even wearing her uniform) and yet not get what we want.



BE PROACTIVE

Perseverance is an area that we are hoping to build in Hannah and one area of challenge for her is being able to manage the small buttons on her uniform independently. As parents, the first response after seeing her struggling badly and at times crying over it is to simply do the buttons for her. However, we are reminded that by helping, it deprives her the opportunity to learn to overcome challenges and not give up even when facing difficulties.

We decided to allow her to do the buttons on her own even as she struggles with it. As she learns it, she can be more proactive to doing it on her own. As parents, we learn to consciously encourage Hannah that she is doing well and that she would be able to do it independently one day with constant practice. We also learn to celebrate small victories during the process, even if it is just being able to hold the buttons correctly.

She has yet to overcome this challenge physically, but we are glad that we have succeeded in building her mental state in persevering. As parents, we are reminded that slowly (step by step) but SURELY she would overcome this challenge.

HABIT 3: PUT FIRST THINGS FIRST

by Mrs Kandhi Ram

Getting the little one to work first, play later may be a daunting task for us. Mrs Kandhi Ram shares her experience. "I am reinforcing Sri Raman (my son) to prioritize school work and matters above all. He tends to produce his student diary and document file for me to read through as soon as he arrives home from school. I am then aware of his workload and plan post school activities based on that. In due time, I hope he can manage time between school work, play and other enrichment via this habit- *Put First Things First*."



Sri Raman taking out his student diary when he arrives home from school.

ADAPTING THE 7 HABITS AT HOME

Within the first week of school, Sri Raman had significant anxiety issues. He got nervous in the mornings and even cried for the first few minutes of school. He spoke of his needs for safety and trust in his new school environment to me. I approached Mrs Loh, his class form teacher and shared his issues. She was helpful and quickly reacted and suggested a work plan to manage his anxiety. The teachers reached out and *synergised* with me. Soon we worked hand in hand and resolved Sri Raman's anxiety cues. We are progressing well. It is reassuring to know that my child is not only in good hands but in good hearts as well. Verbalizing our child's needs has also created a win-win situation for all parties.

I am motivated to work along side with the teachers and adapt the 7 habits gradually.



BLANGAH RISE LEARNING CAMPUS

Where we grow deep and grow together

"I like meeting my old friends from kindergarten and my favourite is PE lesson."

Humaira, Primary 1

"I love to go to school because I like learning and recess time."

Thaddaeus, Primary 1

"I like eating and I like having PE."

Ghim Chiu, Primary 1

DIY ANG POW LANTERN OX

Things that you will need:

- 3 same design red packets
- 1 different design red packet
- Scotch tape
- Glue
- Scissors
- Ribbon
- A pair of googly eyes



Step 1:
Fold the 3 same design red packet into half.



Step 2:
Tape them together to form a box.



Step 3:
Draw and cut out from a different colour red packet the ears, horns, nose mouth and hair.



Step 4:
Paste the ears and horns on last flap.



Step 5:
Slit a hole at the top of the ox's head and insert the ribbon. Secure it with tape or a knot. Seal the box.



Step 6:
Paste the googly eyes, hair, nose and mouth on the ox. Voilà! Lantern Ox!





VOTED #1 MOST POPULAR CNY GOODIE

INGREDIENTS

yield 30 pineapples tarts

300g Pineapple Filling (can get from most baking store)

200g Hong Kong/Plain Flour

25g Milk Powder

20 g Icing Sugar

2 Egg Yolks

125g Cold Butter (Unsalted cubed)

A Tiny Pinch of Salt

Egg Wash

1 Egg Yolk

1/2 Tablespoon Water

INSTRUCTIONS

Traditional Pineapple Crust

- Preheat oven at 180°C for at least 30 minutes before baking
- Sieve the flour and milk powder in a large mixing bowl and set aside.
- In a large mixing bowl, add in cubed butter, icing sugar and salt. Beat together using an electrical mixer at low speed.
- Increase to high speed after icing sugar and salt is combined into butter and mix until light and creamy.
- Gradually add in the egg yolks one at a time,
- Combine the mixture well.
- Add in the sieved flour and milk mixture in a few batches. Mix until it is well combined. (Caution: Do not over mix as the dough will turn too soft. If the dough is too soft, place it in the chiller for 30mins before use.)

Assembly

- Roll 10g of pineapple filling into a ball and set aside.
- Roll the dough flat to about 0.8cm thickness and use a pineapple tart cookie cutter. Flour the table and cookie-cutter before every use. Place the cut-out tart on a baking tray lined with baking paper.
- Coat the surface of pineapple tarts with egg wash using a brush.
- Bake for 5 minutes in the oven then place the pineapple filling ball onto the tart, pressing down gently to remove any air. Coat the pineapple tart with egg wash again. Bake for another 10mins or until golden brown.
- Allow the tarts to cool completely before storing in an airtight container.