

ANTHONIAN UPDATES

The Final Stretch Beckons!

Sale of Text Books and Stationery

Dear parents and guardians, you may come to school on the following days to purchase your child's/ward's school items and stationery for next year. Please be informed that certain days are intended for specific levels or groups of students only.

Date	Time	Remarks
16 Nov	9.00 a.m. to 12.00 noon	Orientation Day, Walk-In Purchase for P1 Orientation
22 Nov	9.00 a.m. to 3.00 p.m.	Walk-In Purchase for P1 to P3
23 Nov		Self-Collection for Online, Walk-In Purchase for P4 to P6
24 Nov, 01 Dec, 08 Dec	9.00 a.m. to 11.30 a.m.	Self-Collection for Online, Walk-In Purchase for All Levels
26 Nov - 01 Dec 07 Dec - 08 Dec 10 Dec - 14 Dec 17 Dec - 18 Dec 26 Dec - 28 Dec	9.00 a.m. to 3.00 p.m.	Self-Collection for Online, Walk-In Purchase for All Levels
05 Dec - 06 Dec	9.00 a.m. to 3.00 p.m.	Walk-In Purchase for FAS only

Think! Contemporary Art Exhibition

Our school would like to invite you to visit the Think! Contemporary Art Exhibition. This event is to showcase the culmination of months of creative planning, museum visits and brainstorming by participating schools. Our Anthonians will have their artwork showcased to the public. Please do take some time to come and visit the National Library with the family for a day filled with contemporary art appreciation.

Dates	5 - 28 October 2018
Venue	Level 7 and 8, National Library Building 100 Victoria St, Singapore 188064
Opening Hours	11.00 a.m. to 9.00 p.m.

Cy-Bites: Discerning Online Information (October)

With fake news being so common and widespread on the Internet and social media, it’s important to teach your child/ward to distinguish between fact and fiction. Helping your child/ward to understand and make sense of the different information they come across online will ensure that they do not fall prey to scams, hoaxes, clickbait or satire. It will also hone their critical thinking skills.

You can help your child/ward better identify fake news by asking the question “Are you S.U.R.E?” The National Library Board launched the S.U.R.E (Source, Understand, Research, Evaluate) campaign in 2013 to promote the importance of information searching and discernment.



What is S.U.R.E?

It is a 4–step questioning process to help your child/ward to verify if the information read online is a rumour, half–truth or true:

Source: Where does the original information come from? Is it trustworthy?

Understand: Search for clarity and look for facts rather than opinions.

Research: Dig deeper and investigate carefully beyond the initial source. Check and compare.

Evaluate: It’s all a matter of perspective – there are always two sides to a story. Seek a fair balance.

Source: National Library Board

FamilyMatters@School: Making Memories That Last

FamilyMatters@School is organising a family bonding programme for caregivers and children which include indoor activities and a parenting talk.

Memories are powerful moments that make relationships. The programme seeks to help families understand how to create memories intentionally through “Love Languages”. Psychologists generally agree that in every person there is an emotional tank or “love tank” that needs to be filled. When this love tank is filled, people perform and respond better. The objective of the programme is to give families an opportunity to bond through expressions of love, thus beginning the process of making memories intentionally. There will be a debrief on love languages so that families may learn experientially about love languages.

Date	Friday, 2 November 2018
Time	5.00 p.m. to 8.30 p.m.
Venue	Teaching Lab (Level 3)

Places are limited. Please register before 20 October 2018 by sending an e-mail to FMS Coordinator, Mdm Fajaria, at fms.anthonian@gmail.com or call her at Tel: 88180625.

2019 CCA application

CCA applications for 2019 are now open via McOnline. Parents/Guardians who would like to enrol your child/ward in a CCA are to log in to McOnline using the pupil’s account. Pupils who are currently in a CCA will remain in the CCA. Deadline for submission is 12th October 2018. Your child/ward will be informed of his/her application outcome by 2nd November 2018. CCA sessions will begin in the week starting 14th January 2019.

S/N	CCA	Day	Time	Venue
1	Brass Band	Tuesday	Juniors 2.00 p.m. to 4.00 p.m. Seniors 2.00 p.m. to 4.00 p.m.	Band Room
		Friday	Juniors 2.00 p.m. to 4.00 p.m. Seniors 2.00 p.m. to 5.00 p.m.	
2	Chinese Dance	Tuesday	2.00 p.m. to 4.00 p.m.	Dance Studio
		Friday	2.00 p.m. to 5.00 p.m.	

S/N	CCA	Day	Time	Venue
3	Choir	Tuesday	2.00 p.m. to 4.00 p.m.	Library
		Friday		
4	Contemporary Dance	Friday	2.00 p.m. to 4.00 p.m.	PAL Room Dance Studio
5	English Club	Friday	2.00 p.m. to 4.00 p.m.	Music Room 2
6	Infocomm (Media)	Friday	2.00 p.m. to 4.00 p.m.	Computer Lab 3
7	Infocomm (Robotics) *Pupils who would like to join Robotics will need to have had participated in the Robotics Appreciation Programme.	Tuesday	Primary 5 and Primary 6 2.00 p.m. to 4.00 p.m.	Computer Lab 1 Computer Lab 2
		Friday	Primary 3 and Primary 4 2.00 p.m. to 4.00 p.m.	
8	Science and Environmental Club	Friday	2.00 p.m. to 4.00 p.m.	Science Lab
9	Visual Arts Club (Art Elective Programme) *Pupils in the Art Elective Programme would need to have been selected by their art teachers	Tuesday	2.00 p.m. to 4.00 p.m.	Art Room 1 Art Room 2 1-4 Classroom
10	Visual Arts (Art Clubs)	Friday	2.00 p.m. to 4.00 p.m.	Art Room 1 Art Room 2
11	Badminton	Tuesday	2.00 p.m. to 5.00 p.m.	Multi Purpose Hall Swiss Cottage Secondary School Indoor Sports Hall
		Friday	2.00 p.m. to 5.00 p.m.	Indoor Sports Hall
12	Sports Club	Friday	2.00 p.m. to 4.00 p.m.	Multi purpose Hall School field
13	Soccer	Tuesday	2.00 p.m. to 5.00 p.m.	Swiss Cottage Secondary School Field
14	Floorball	Tuesday	2.00 p.m. to 5.00 p.m.	Indoor Sports Hall
15	Taekwondo *No new members will be recruited in 2019.	Monday	Pupils with no support lessons 2.00 p.m. to 4.00 p.m. Pupils with Support Lessons 3.30 p.m. to 5.30 p.m.	PAL Room Dance Studio Health and Fitness Room
16	Tchoukball	Monday	2.30 p.m. to 5.30 p.m.	Multi Purpose Hall
17	Brownies	Friday	2.00 p.m. to 4.00 p.m.	Health and Fitness Room
18	Scouts	Friday	2.00 p.m. to 4.00 p.m.	Bus Bay / CCA Room

NUMBER OF HOURS YOUR CHILD SHOULD SLEEP



THE BENEFITS OF ADEQUATE SLEEP



SLEEP BOOSTS LEARNING

Sufficient sleep is associated with better learning and aids in memory consolidation. Getting enough sleep is important for your child's cognitive development.



SLEEP PROMOTES GROWTH

Growth hormones are primarily secreted during sleep. Adequate sleep ensures that your child produces the normal amount of growth hormones.



SLEEP IMPROVES HEALTH

Insufficient sleep is associated with higher Body Mass Index (BMI) as it affects the production of hormones which influence weight. Sleeping enough is also vital to having a good immune system.

SLEEP INFLUENCES MOOD

A child who does not get enough sleep may experience more mood swings and irritability, causing them to be more prone to frustration, crying and losing their tempers.



Calendar of Events	
Date	Events
1 Oct	P6 PSLE Mother Tongue Paper 1 & 2 (Standard and Foundation) P1-5, P1-6. P1-7 & P1-8: Math Learning Journey to Jurong Bird Park P2-5 to P2-8: Math Learning Journey to Changi Airport Terminal 3
2 Oct	P6 PSLE Science (Standard and Foundation) P1-3 & P1-4: Learning Journey to Science Centre P3-1 to P3-6 : Learning Journey to Singapore Discovery Centre P5: Learning Journey to Little India
3 Oct	P6 PSLE Higher Mother Tongue (For selected P6 pupils only)
4 Oct	Children's Day Celebration: All pupils to wear P.E Attire. Lower Primary Sports Day ACES Day
5 Oct	Children's Day (School Holiday)
11 Oct	P2 End-of-Year Oral Examinations (English & Mother Tongue)
12 Oct	P3 End-of-Year Oral Examinations (English & Mother Tongue)
15 - 18 Oct	PSLE Marking Days Note: All Anthonians do not report to school. Home-Based Learning (HBL) Tasks will be provided for P1 to P5 Anthonians. HBL in Computer Labs from: 9.00 a.m. to 11:30 a.m. & 1.30 p.m. to 4.00 p.m.
19 Oct	P4 End-of-Year Oral Examinations (English & Mother Tongue)
22 - 23 Oct	P5 End-of-Year Oral Examinations (English & Mother Tongue)
24 Oct	P2 - P5 End-of-Year Examinations English Paper 1 P3 - P5 End-of-Year Examinations Mother Tongue Paper 1 P2 End-of-Year Examinations Chinese Language Paper 1
26 Oct	P5 End-of-Year Examinations: Higher Mother Tongue Paper 1 & 2 (For selected P5 pupils only)
29 Oct	P2 - P5 End-of-Year Examinations English Paper 2
30 Oct	P2 - P5 End-of-Year Examinations Mathematics
31 Oct	P2 - P5 End-of-Year Examinations Mother Tongue Paper 2
1 Nov	P3 - P5 End-of-Year Examinations Science
2 Nov	P2 - P5 End-of-Year Oral Examinations English & Mother Tongue Listening Comprehension

Parents who wish to have a longer term forecast are requested to check our school calendar at <http://www.stanthonyspri.moe.edu.sg/information/school-calendar>. Parents may wish to add <http://www.google.com/calendar/embed?src=saps.public%40gmail.com&ctz=Asia/Singapore> to your own Google calendar for easy reference. You may also visit our Facebook page at <https://www.facebook.com/sapsanthonian>. Please note that while we will try to ensure that the information is accurate, events are subject to updates and changes.

