



15 Mar 2019

Principal's Letter to Parents

Thanksgiving for Term 1, 2019

Dear Parents/Guardians,

Term 1 has come to an end. We are thankful for your support and partnership in making the schooling experience in PL(Sec) an enriching one for your daughters.

1. 2019 GCE O- and N-Levels – Exam Time-Table

The 2019 GCE O- and N-Levels National exam time-table can be downloaded from the following websites:

2019 GCE N-Level (NA/NT) Exam Time-Table	https://www.seab.gov.sg/docs/default-source/examination-timetable/2019gcenexamtimetable_2502201958414cd234c242b7bbffc1aea906d87d.pdf
2019 GCE O-Level Exam Time-Table	https://www.seab.gov.sg/docs/default-source/examination-timetable/2019gceoexamtimetable_25022019.pdf

2. 2019 GCE O- and N-Levels - Coursework subjects

Coursework is a major component for these subjects - Art, Food and Nutrition and Elements of Business Skills:

Subjects	Weighting of Coursework	National Submission Deadlines
GCE N(T) Elements of Business Skills	40%	16 May 2019, 5 p.m.
GCE N(A)-Level Food and Nutrition	60%	15 July 2019, 5 p.m.
GCE O-Level Art	60%	24 September 2019, 5 p.m.
GCE O-Level Food and Nutrition	60%	5 August 2019, 5 p.m.

Quality results for these subjects require commitment and consistent effort on the part of the girls. It is thus essential for the girls to adhere to the project timeline in order to complete and submit quality coursework as part of the national examination requirements.



3. Students who suffer from Anxiety

From time to time, I see students who suffer from anxiety. They become totally stressed out by problems that they perceive as overwhelming and think that they do not have the capacity to cope during the seemingly stressful times. Thankfully, when the girls are given the right support and encouragement, they grow coping strategies to help them manage their anxiety levels. Coupled with each successful attempt at overcoming stressful situations, they grow increasing levels of self-confidence which is key to helping them become stronger. We work with the girls towards preventing anxiety from becoming a crippling and incapacitating force in their lives.

The following 2 articles are useful for parents and educators who need to help overly-anxious girls:

- <https://www.eschoolnews.com/2019/03/15/5-things-to-say-to-students-suffering-from-anxiety/>
- <https://www.eschoolnews.com/2019/03/14/5-things-avoid-saying-students-suffering-from-anxiety/>

4. Human Papilloma Virus (HPV) vaccination

The Ministry of Health (MOH) announced recently that current and future cohorts of Secondary 1 female students can opt in to receive free human papillomavirus (HPV) vaccinations to reduce their risk of getting cervical cancer. A letter, online/hardcopy consent form and a factsheet issued by Health Promotion Board (HPB), will be distributed to all parents 3 weeks prior to the scheduled vaccination. The vaccination offer will be progressively extended to Sec 2-4/5 currently studying in secondary schools in the coming years. Please read the below article for more details

Article: <https://www.straitstimes.com/singapore/health/free-cervical-cancer-vaccine-for-sec-1-girls>

5. 2019 Methodist Walk Donation and Chinese New Year (CNY) Goodies Sale

We want to thank you for your support in our 2019 Methodist Walk Donation drive and the Chinese New Year (CNY) Goodies Sale. We are still doing the final collections for the 2019 Methodist Walk Donation drive and will let the girls know the final amount that we have raised collectively as a school. We will use the funds raised to meet our girls' needs in school and to improve the schooling experience. The first project is related to refurbishing the Level 1 girls' toilets. This project will be conducted during the March holidays.

6. Student services during March holidays

The School website (<https://www.plmgss.moe.edu.sg/>) will be undergoing a scheduled maintenance from 20 to 22 March 2019. In view of this, the School website will not be accessible during these days.

The *PL Manna* (Canteen) and the School Bookshop will be closed during the school holidays. Students who are returning to school for holiday practices have been told that they will need to get their refreshments from the nearby coffee shops.

The *PL Book-tique* (School Library) will remain open as usual to allow girls to revise for the upcoming mid-year assessments (*Commencing 6 May 2019*):

Opening hours for the PL Book-tique

Monday - Friday:	8.30 a.m. to 5.00 p.m.
Friday:	8.30 a.m. to 4.30 p.m.

7. Highlights of Key School Events in Term 2

The following are highlights of our school's key programmes in Term 2, 2019:

Monthly Themes	Dates	Key Events
Honour Women of Fine Character	25 Mar 2019 (Mon)	2019 Term 2 commences
	25 – 28 Mar 2019 (Mon-Thur)	4NA AEM @ Poly / 4NT EM @ ITE
	28 Mar 2019 (Thur)	Earth Hour commemoration
	29 Mar 2019 (Fri)	Sec 4 & Sec 5 2018 cohort - Homecoming 2019
Honour Our Word (Be Trustworthy)	2 Apr 2019 (Tue)	2019 SYF presentation - Harp (SOTA)
	3 Apr 2019 (Wed)	2019 SYF presentation - Guitar (SOTA)
	3 - 11 Apr 2019	Sec 4 and 5 EL Prelim Oral exams
	6 Apr 2019 (Sat)	4th Coy Combined GB Enrolment Service 2019
	9 Apr 2019 (Tue)	2019 SYF presentation – Concert Band (SCO)
	10 Apr 2019 (Wed)	2019 Prefects' Installation
	11 Apr 2019 (Thur)	2019 SYF presentation – Dance (UCC)
	12 Apr 2019 (Fri)	2019 SYF presentation – Choir (SOTA)
	12 Apr 2019 (Fri)	International Friendship Day celebrations
	12,16 Apr 2019	NAPFA tests for Sec 4 and 5
	18 Apr 2019 (Thur)	2019 SYF presentation – EL Drama (SOTA)
	19 Apr 2019 (Fri)	Good Friday Holiday
	23 Apr 2019 (Tue)	2019 SYF presentation – Handbell (SOTA) 2019 SYF presentation – Guzheng (SCO)
	24 Apr 2019 (Wed)	2019 SYF presentation – CL Drama (D'Arts) (SOTA)
	26 Apr 2019 (Fri)	Sec 3 Subject Combination Briefing for Parents and PL-Lites
30 Apr 2019 (Tues)	2019 Symphony of Praise Concert	
Honour Our Leaders	1 May 2019 (Wed)	Labour Day Holiday
	6 - 10 May 2019	Sec 1-3 Common Tests
	6 - 17 May 2019	Sec 4/5 Preparation Exam
	19 May 2019 (Sun)	Vesak Day Holidays
	20 May 2019 (Mon)	Day after Vesak Day Holiday
	21 May 2019 (Tue)	Mother Tongue Intensive lessons for Sec 4/5 commences
	24 May 2019 (Fri)	2019 ECG Conference
	25 May 2019 (Sat)	Parents' Workshop (Cyber-wellness)
	25 – 29 May 2019	OFIS trip to Vietnam OFIS Trip to Cambodia
	30 May 2019 (Thur)	Teacher-Meets-Parents (8 am – 5 pm) Post-Secondary Educational Institutes Fair 2019
	31 May 2019 (Fri)	Official Last day of Term 2
	1 – 28 Jun 2019	June School Holidays (Protected Leave: 10-21 Jun 2019)
	3 Jun 2019 (Mon)	GCE O-Level MT exams P1 and P2
	1 Jul 2019 (Mon)	School Reopens for Term 3

Every Mon morning,
7.30 a.m. – 8.30 a.m.

PrayingParents@PL meets every Monday morning, 7.30 a.m. – 8.30 a.m. at the SFE room for a time of prayer and fellowship

Every 3 rd Wed of the month 7.30 a.m. – 8.30 a.m.	<i>Fathers @School</i> holds its monthly breakfast bonding session every third Wednesday of the month, 7.30 a.m. – 8.30 a.m. at the SFE room.
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Please check the school website (<http://plmgss.moe.edu.sg/>) for regular updates on the school programmes and other administrative matters. Do also follow us on our Facebook page for the happenings in and around the school (<https://www.facebook.com/PLMGSAumni/>).

Thank you for your support and for partnering us to care for your daughters.

Warmest Regards,

Mrs Quek

Principal, PLMGS(Secondary)