Term 1 Week 10– principal's Atarimae talk [pAt]

9 Mar 2026



Last week of Term 1.
How are you all feeling?



What is principal's ***Atarimae*** Talk (pAt) about?

- Use of current affairs/ stories to help you be more **aware** of the ***different perspectives*** around issues

- Encourage us all to practise more ***Atarimae***



当たり前
Atarimae

“natural, obvious or expected”

“a sense of shared expectations and unspoken norms”


Let's Start

WORLD › MIDDLE EAST • 1 MIN READ

Everything we know on the eighth day of the US and Israel's war with Iran

UPDATED 5 HR AGO



address **apologizing to neighboring Gulf nations** and promising not to strike them – unless their territories are used to attack Iran. And yet **fresh blasts** rocked Bahrain, Qatar and the United Arab Emirates hours later.

The world is becoming more divided than ever.
Can violence ever be justified?

Singaporean boy, 14, who simulated ISIS terror attacks on Roblox issued restriction order

Radicalised online from age 12, he created pro-ISIS content. practised battle simulations, and simulated executions on games like Roblox, while concealing his views from authorities.

Where is this battle for hearts and minds taking place?

How would you feel if you know of someone on such platforms?



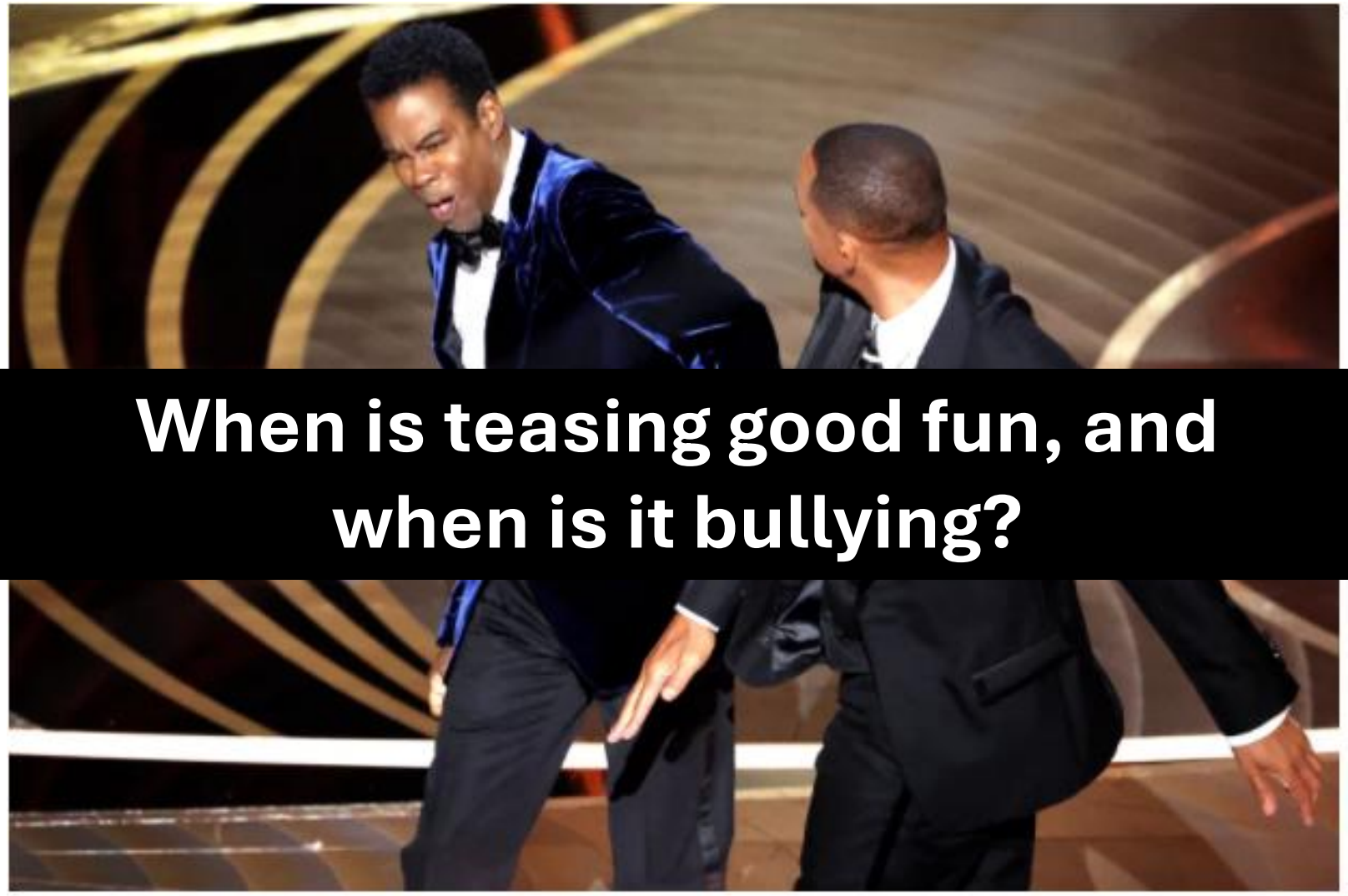
To show his support for ISIS, the 14-year-old boy created pro-ISIS videos using footage from his online gameplay on Roblox and Gorebox. PHOTO: ISD/THE STRAITS TIMES

January 29, 2026

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When is teasing good fun, and when is it bullying?

Chris Rock reacts after Will Smith slapped him onstage at the 94th Academy Awards at the Dolby Theatre at Ovation Hollywood on Sunday, March 27, 2022. (Myung J. Chun/Los Angeles Times)

News

S'pore paddlers applauded for returning 'unfair' point to Argentinian opponents, giving up their win

Winners in our hearts.

Constance Tan | February 27, 2026, 10:54 AM

mothership

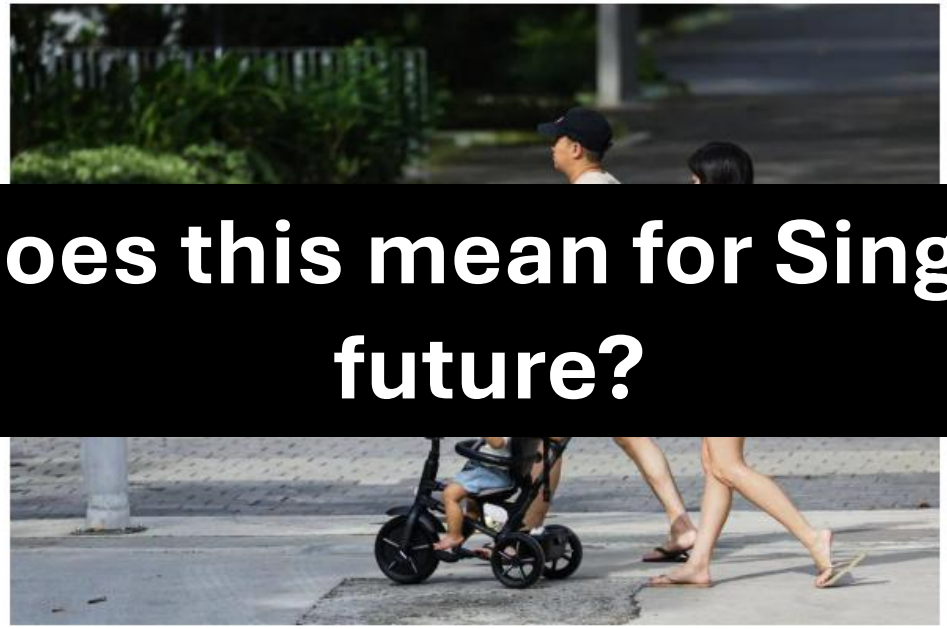
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Will you do the right thing when the stakes are high?



S'pore's fertility rate sinks to new low of 0.87, citizen population could shrink by early 2040s

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There were about 27,500 resident births in 2025, the lowest number in Singapore's recorded history.
ST PHOTO: GIN TAY

What does this mean for Singapore's future?

Theresa Tan

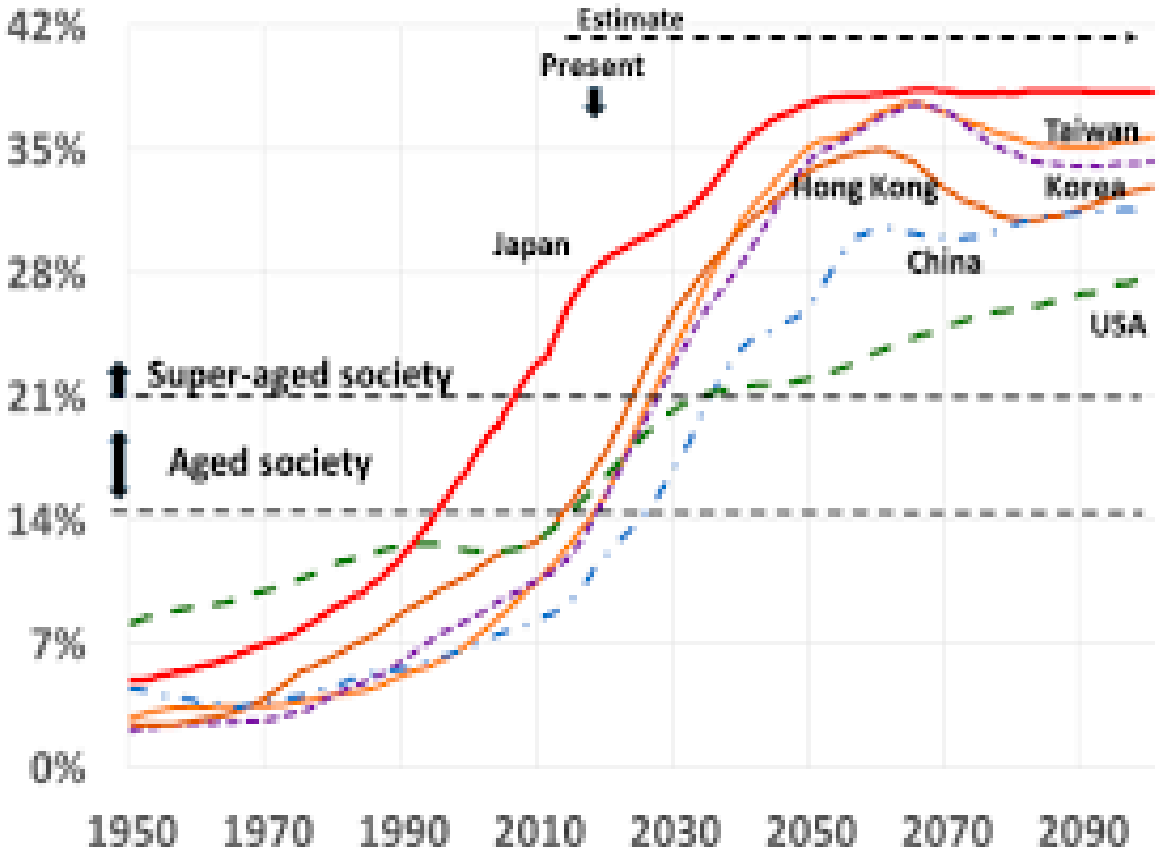
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Published Feb 26, 2026, 05:14 PM
Updated Feb 27, 2026, 07:24 AM

And, this got me thinking



What does “Super-Aged” mean?



- A country is considered super-aged when the proportion of individuals **aged 65 years and older** in its population reaches about **21%.** By becoming super-aged, Singapore will join a select league of nations, including Japan, Germany, Italy

Did you know? Singapore became an aged society in 2017 and is set to attain “super-aged” status in **2026!**

Ageing in Singapore

The Straits Times

Stay stubborn and keep healthy: Lessons from my mother on ageing in place



After living independently for decades, why would we want to move in with new housemates and adapt to strange places?

8 Oct 2023

Ageing in place with flatmates and caregivers under one roof



Red Crowns Senior Living where four elderly with similar interests and two caregivers co-share a flat. PHOTO: LIANHE ZAOBAO



Co-living space for Seniors

Ageing in place with flatmates and caregivers under one roof



- …not easy looking for eldercare facilities in Singapore, as nursing homes have **long waiting lists** and relatively **healthy seniors are not given top priority**…. came up with the idea of a **co-living space for seniors to age** in a “familial homely environment”.
- Typically, **four elderly people and two live-in caregivers**, usually foreign domestic workers who are certified and experienced in taking care of older people, live in the same HDB or private apartment.

What is Ageing in Place?

Ageing in place envisages seniors growing old in the home, community and environment that ***one is familiar with***, with minimal change or disruption to one's lives and activities.

(The Centre for Liveable Cities (CLC), 2021)



86% of elderly residents intended to **continue living in their existing flats** in 2018, up from 80% in 2013.

"The elderly continued to show a strong preference to age in place" because they "found it comfortable or had an emotional attachment to it, having developed fond memories of the time spent with their family in the flat", HDB said.

Simulation of the physical issues associated with Ageing

- Items required



Step-by-Step Activity





Step 1

Physical Issues with Ageing [Marbles in shoes]

- ❑Youths will put 3 marbles into each of his/her shoes and stand up slowly

Step 2

Dexterity. [Put on gardening gloves to button up shirt]

- ❑ Youths will wear gloves on both hands that will impair his/her dexterity to button up
- ❑ Youths will button the shirt while standing up with the marbles in the shoes and gloves on

Reflection Questions



- Did you experience any difficulties? If yes, what were they?
- How do you think seniors would feel having to go through such a situation every morning?

Whose responsibility is it to care for our elderly?

Singapore's governance approach to ageing has been built around 3 core principles:
(1) self-reliance, **(2)** the family as the first line of help, and
(3) the concept of "Many Helping Hands" within the community to provide support.

69% **of respondents ranked the government as first or second** in importance in shouldering the responsibility of care.

This points to a **disconnection in expectations** between policymakers and citizens **about who should be next in line to care for seniors.**

IPS SURVEY RESPONSES TO:
"THE RESPONSIBILITY FOR TAKING CARE OF OLDER PEOPLE IN SOCIETY SHOULD BE MAINLY BORNE BY (RANK ALL OPTIONS IN ORDER OF IMPORTANCE)".

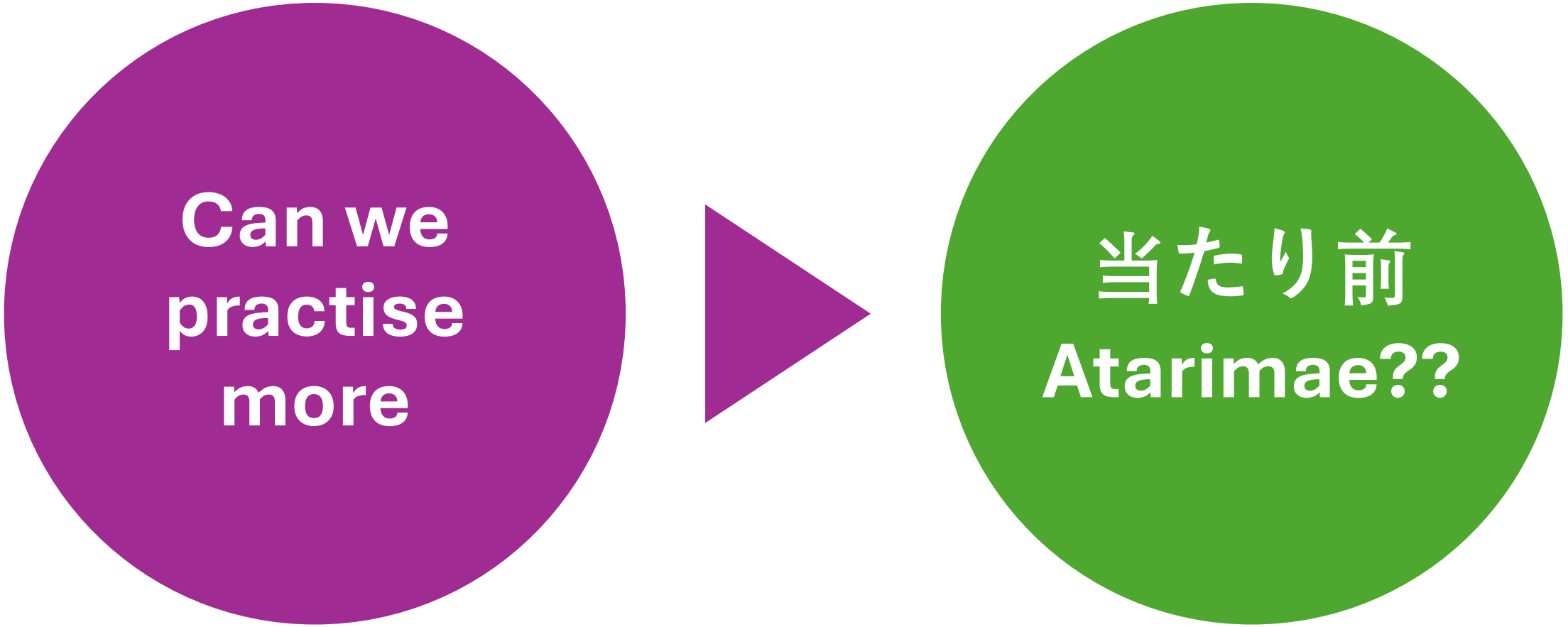
	RANK 1	RANK 2	RANK 3	RANK 4
Family	**73.4**	14.7	6.8	5.1
Community	3.0	24.9	**45.4**	26.8
Employers	2.0	13.3	27.6	**57.1**
Government	21.7	**47.1**	20.2	11.0

Source: IPS Survey, *Singapore Perspectives*, 2018.



There are senior citizens and elderly amongst us – in our families, in our schools, in our immediate Bedok reservoir community

What is one thing you can do to make their lives better?


Can we practise more
当たり前
Atarimae??

Practise more当たり前**Atarimae**

Integrity	Respect	Resilience	Service
Do the right thing because it is the right thing to do	**Treat others the way you would like to be treated**	**You are not alone**	**We Care**

However, things are not always so rosy!

- **Inconsiderate behaviour in public spaces** – members of the public have written in regarding a few students.
- **Hurtful behaviours** – calling each other names, open defiance, vaping, fighting, “cancelling” one another
- **Inappropriate use of free time** – making too much noise at the atrium/ edge, playing in the classroom, damaging school property (e.g., door knob), violent behaviours leading to people getting hurt
- **Assessment breach**

We are considering whether it may be beneficial to split some bigger classes into 2 smaller ones

That said, we have success stories. Majority of you are making the school proud!



Dear Sir/Mdm

I wrote to thank some of the students at Damai Secondary School. On Tuesday, 3 Feb 2026 at about 3.10pm, I alighted at Bedok Reservoir Rd blk 716 bus stop. I came down from bus no. 228 and slipped at the bus stop where the students were there. They were very attentive and caring. Quickly wanted to lift me up but I couldn't get up. It was very painful and I think I fractured my ankle because it was immediately swollen. Later they managed to held me up and were very concern. Kelie(student) called for an ambulance for me. They even waited until the ambulance came then they left. I took Kelie's contact number to update her but with the shock and commotion, I might have not saved her number because I couldn't trace her name. I am very proud of your students for their quick action. Please try to locate Kelie and to thank her and her fellow friends. Tel her I am find but had a bad fractured on my right ankle. I am still in the hospital and was scheduled a surgery on monday to place metal plate/screws to my ankle.

Well-done ☺



Kelie Choe
401



Law Zi Wei
401



Evangeline Yeo
402



Syeda Zoha
403



Nur Siti Aminah
404



Nurul Farah
404

SPF – NPCC Badge Presentation Ceremony 2026



Station Inspector Amos Li Bingjun



Staff Sergeant Clarrisa Lim Zi Wei


SPF-NPCC BADGE
PRESENTATION CERE


SPF-NPCC BADGE
PRESENTATION CE

2025 National Cadet Corps (NCC) Unit Recognition Result

DISTINCTION





Shyla Kishan (301) led the Athletes' Oath during the NSG Opening Ceremony on 27 Jan

Mother Tongue Fortnight 2026



Sec 1s: Clay Modelling



Sec 3s: Xinyao Appreciation



Sec 1s: Mini Kampung House



Sec 3s: Dikir Barat



Sec 2s: Fan Painting



Sec 4s Face Changing workshop



Sec 2s: Basket Weaving



Sec 4s Batik Painting







Friendship Day 2026









PSL Workshop (11 Feb) – Introspection, Insights, Inspiration





2026 Leaders Council Exco Selection





School CCA Clash

Making School Warm & Inviting

Revamping the Edge [Edge 2.0]

Outreach to Parents & P6 students

Grad Cohort Exam Encouragement

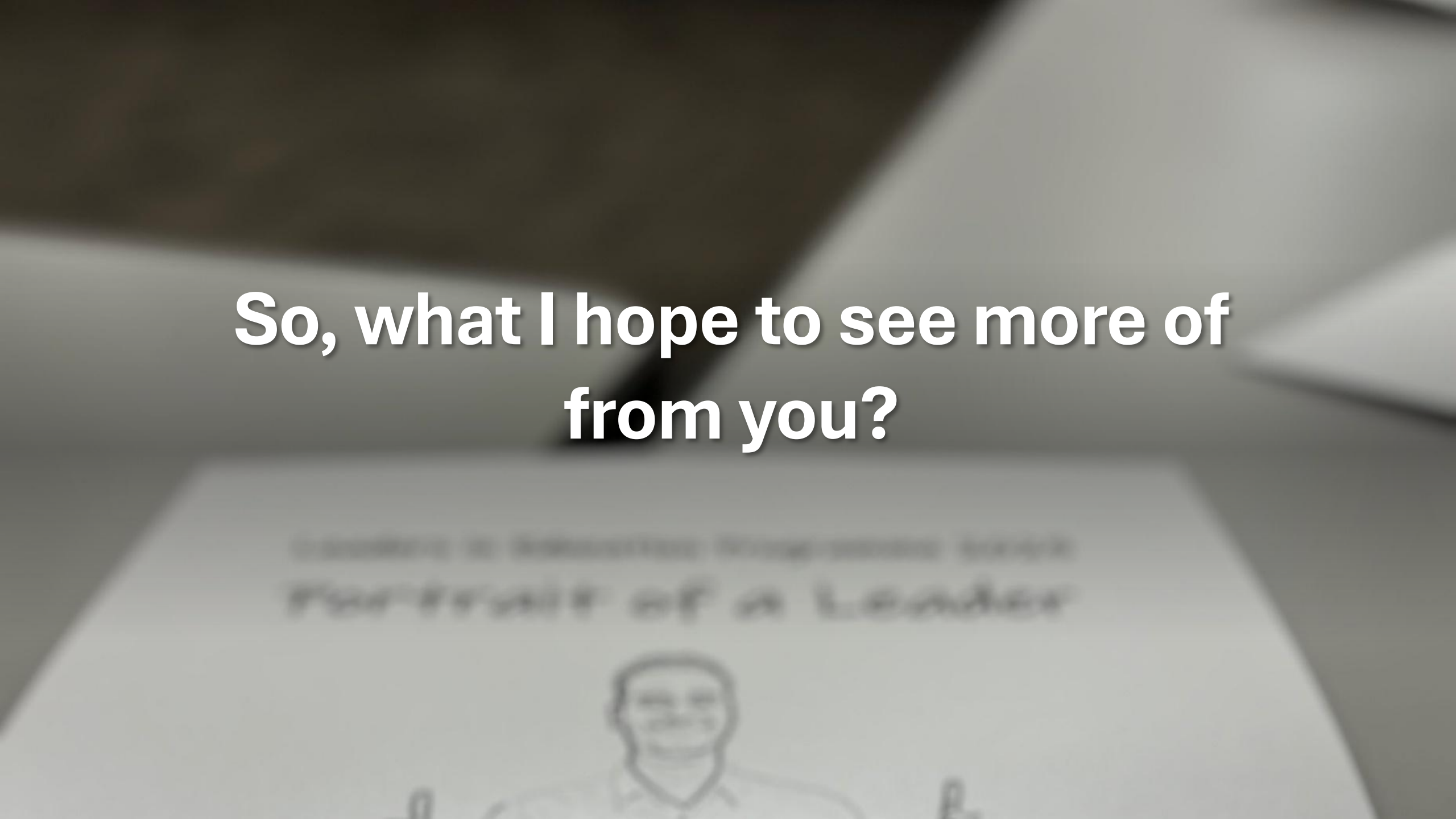




Our ‘B’ Div Netballers vs East Spring Sec

“To Aspire and Achieve, Damai 1 2 3, ATARIMAE”

So, what I hope to see more of from you?



Practise more当たり前**Atarimae**

Integrity	Respect	Resilience	Service
Do the right thing because it is the right thing to do	**Treat others the way you would like to be treated**	**You are not alone**	**We Care**
• Be focused during lessons and submit quality work • Use personal devices responsibly • Have moral courage to stand up what is right	• Greet teachers, staff and friends • Say the pledge out aloud	• Help-seeking is a strength	• Daily habits e.g., picking up litter, returning utensils • Come up with a roster to keep your class spick & span • **Be kind and do good for our community**







Celebrating our Staff – Ms Lorraine Ng on her successful completion of the Management & Leadership in Schools (MLS) Prog (27 Jan)

Wishing everyone a great last week of term 1!

- Enjoy your Mar break, and take the time to revise too!



- **What you can look forward to in term 2:**
  - **Sec 1**: Academics, Residential Camp
  - **Sec 2**: Academics, AI for Fun, Sec 3 subject combination
  - **Sec 3**: Academics, Careers Day, Leadership, Self-Efficacy Wkshop, ApLM
  - **Sec 4/5**: Academics, Careers Day, MT O Level Exam, EAE/DSA