



TAMPINES PRIMARY SCHOOL

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A Community School of Excellence: Care, Create, Connect and Contribute

TPPS/49/2026

28 September 2026

Dear Parents,

The End-of-Year Examination schedules for P3 – P5 have been issued to all parents and guardians via Parents Gateway (PG). P3 – P5 students will be sitting for their Oral, Listening Comprehension and Paper 1 (Composition) components from next week. P1 – P2 students will be issued year-end holistic report cards based on their learning dispositions as well as their learning outcomes based on tasks and assignments.

The end of the academic year can be a stressful period for our students. Parents can continue to encourage your children to give their best, recognize the symptoms of stress or anxiety and address them.

MOE supports parents with resources related to children's mental well-being, cyber wellness and strengthening parent-child relationships. You may access resources through multiple platforms such as [Parenting with MOE Instagram](#), [Parenting for Wellness Toolbox for Parents](#) and Parenting Resources repository in Parents Gateway.

Parenting for wellness is about nurturing hearts, minds, and spirits. Every small act of love, from listening with empathy to sharing simple moments together, helps children feel safe, valued, and confident. By modelling balance, kindness, and resilience in our own lives, we show our children that wellness is not just a goal, but a way of living. Parenting for wellness is not about being perfect, it is about being present. Through this, families create a strong foundation for children to flourish with joy and purpose.

Children's Day Celebration and School Holiday – Thursday, 1 October and Friday, 2 October 2026

Our Children's Day celebration will be held on **Thursday, 1 October 2026**. It will be a fun-filled day of activities planned specially for our students. All students will be dismissed at **10.30 a.m.** according to their usual dismissal arrangements. Students are to bring along a small bag containing their water bottle, a storybook and writing materials.

Children's Day School Holiday is on Friday, 2 October 2026 and all students do not report to school that day.

Community Chest Children's Day Appeal (CDA) 2026: Together Starts With Me

Aligned with MOE's Values-in-Action (VIA) Programme, CDA encourages children to embrace the spirit of giving and recognise how small acts of kindness can make a difference in the lives of others. Through this year's theme, "**Together Starts With Me**", students are reminded that building a caring and inclusive society begins with each of us. Every act of kindness matters, and together, these actions can create a positive impact on the lives of others.

100% of funds raised through CDA go towards empowering the lives of adults with disabilities, children with special needs and youth-at-risk, families in need of assistance, persons with mental health needs and seniors in need of support.

We warmly invite you to journey alongside your child by supporting their giving journey and using this opportunity to have meaningful conversations about kindness, gratitude and caring for others. Every contribution, regardless of amount, is appreciated.



Together, let us nurture a generation of caring and compassionate young people. Because every act of kindness counts, and Together Starts With Me. You can make a donation through your mobile banking app by scanning the QR icon below.



Community Chest CDA
TAMPINES PRIMARY SCHOOL
Scan the QR code to make a contribution.

PSLE Marking Exercise Days – Monday to Wednesday, 12–14 October 2026

Please be informed that the PSLE Marking Exercise will be held from Monday to Wednesday, 12–14 October 2026. During this period, students will complete work assigned by their respective subject teachers.

There is no school for most levels, with the exception of the following groups, who are required to report to school as usual:

- **Primary 5 students** (details were shared on Parent Gateway on 18 September 2026)
- **Primary 4 students** selected for remedial lessons
- **Primary 3 students** participating in the SwimSafer Programme

Primary 3 students participating in the SwimSafer Programme will report to the school foyer at **9.30 am** for their swimming sessions on **Monday and Tuesday, 12–13 October 2026**.

For any queries, please contact Mr Bryan Chao (HOD/PE, CCA and Aesthetics) at 6783 1190 or tpps@moe.edu.sg.

End of Year Examination

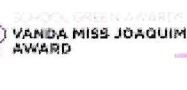
As stated in our June Memo issued on 30 June 2026, Primary 1 to Primary 6 students will be dismissed at **12.30 p.m. from Thursday, 22 October 2026, to Tuesday, 27 October 2026** to allow students more time to rest and prepare for the next paper.

Admin Day and P1 Orientation on Friday, 13 November 2026

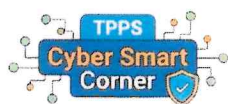
Please note that there is **no** school for all students on Friday, 13 November 2026, being Administration Day and P1 Orientation. Staff will be involved in meetings and doing the necessary administrative work to promote students to their 2027 classes. In the afternoon, our staff will be involved in the P1 Orientation to welcome next year's P1 students and parents.

Excellence Day

To celebrate every child and recognize our students in both Academic and Non-Academic areas, TPPS Excellence Day 2026 will be held on Friday, 20 November 2026. Only prize winners and accompanying parents will be invited to this school event. More details will be available nearer to the day.



TPPS Cyber Smart Corner (October)



TPPS Cyber Smart Corner: Identifying Digital Distress and Navigating Social Media Conversations

Identifying Signs of Digital Distress	Key Tips for Parents	Conversational Guides for Social Media	External Support Resources
Emotional Volatility and Avoidance Watch for irritability when cutting screen time or using devices to "escape." Children may show restlessness or anger when asked to reduce usage, or they may use the digital world to avoid dealing with personal real-life problems. Deceptive or Withdrawn Behavior Be silent to lying about usage or sudden withdrawal from family activities. Concealing the amount of time spent online or preferring digital interaction over family connection can indicate an unhealthy over-reliance. PROCESS: The "Stop, Block, Save, and Tell" Protocol Stop (if uncomfortable) Block (the bully) Save (the evidence) Tell (a trusted adult)	Choose the Right Timing Initiate conversations in casual settings, such as car rides. Low-pressure environments help children feel less cornered and more open to sharing their digital experiences. Stay Curious, Not Controlling Approach discussions with genuine interest rather than criticism. Asking about the apps, games, and friends they enjoy builds trust and makes them more likely to seek help when problems arise. Share Your Own Digital Vulnerabilities Model honesty by discussing your own digital struggles. Sharing your own challenges with screen time or online stress demonstrates that digital regulation is a journey for everyone.	Filters vs. Reality Filters vs. Reality: Discuss how online content is edited and staged. Help children understand that the "perfect" images they see are often carefully curated and do not reflect everyday reality. SELF-WORTH Moving Beyond "Like Culture" Deflate self-worth from artificial metrics like followers and likes. Reiterate that a child's value is inherent and not dependent on the digital validation of strangers or peers. The Digital "Mood Check" Ask: "How does scrolling make you feel?" Help them identify if their online time leaves them feeling energized and connected or tired and anxious. Practicing Body Positivity Shift focus from looks to gratitude for what the body can do. Encourage a mindset that appreciates the body's strength and health rather than comparing appearances to online influencers.	TCARE (Support for Caregivers) Call 1800 377 2252 Resource for parents and caregivers needing guidance on managing family stressors. SOS (Samaritans of Singapore) Call 1767 Available for 24/7 crisis intervention and emotional support. CHAT (Community Health Assessment Team) Visit chat.mentalhealth.sg A confidential mental health resource specifically for young people in Singapore.

MOE Cyber Wellness Key Messages

- 1. Balanced Lifestyle**
Embrace technology while maintaining a healthy balance of offline activities. Prioritize real-world connections and physical health alongside digital learning.
- 2. Safe and Responsible User**
Maintain a positive online presence. Be accountable for your behavior and treat others with empathy and kindness.
- 3. Responsible for Personal Well-being**
Take ownership of your safety in cyberspace. Learn to recognize risks and protect your personal information and mental health.

Conclusion

To our parents and students, we hope that the rest of Term 4 will be a fruitful one for all.

Yours in partnership,


Mr Hanafi Asmore
Principal