



10 April 2020

Dear Parents/Guardians,

Full Home-Based Learning (HBL) - Week 2

1. We hope that the last 2 days of Full Home-Based Learning (HBL) got off on a good start for your child/ward. We are heartened that most of the students were able to complete the assignments independently while those who required some assistance were able to get help from the school or teachers quickly.
2. As we move into Week 2 of Full HBL, we would like to share that the school has prepared some additional resources to support the students while they learn from home.

a. **RMPS Full HBL Survival Guide**

To help parents and students understand what HBL is and how you can support your children during the period of Full HBL, we have prepared a RMPS Full HBL Survival Guide. This guide will provide you with tips on how you can support your child's HBL and address some of your concerns. A copy of the guide will be uploaded onto our school website. We hope you will find the guide useful.

b. **RMPS Home Tabata Workout**

Our school's PE, CCA & Aesthetics Department have developed a workout video titled 'RMPS Home Tabata Workout'. This video will be shared with all students via the Student Learning Space (SLS). Students can access the workout video anytime they wish to and follow the instructions given in the video to perform the workout. This serves as a good mind break for them especially if they have been working too long on the computer or offline assignments. Have fun!

c. **RMPS Wellness Package**

To help our students during the period of Full HBL, we have also developed a wellness package to help students cope with changes due to COVID-19, and having to stay at home during this period. We understand these are challenging times, and children may show certain emotional and behavioural changes. However, with support from parents and teachers, our children will be able to cope with the changes.

Each week, there will be a module uploaded onto SLS, for the students to go through at their own time. It will be beneficial for parents to sit with your children, and look through the module together.

Module 1 - Setting Routines (13 April to 19 April)

Module 2 - Regulation Skills (20 April to 26 April)

Module 3 - Building Strength, Hope and Positivity (27 April to 3 May)

We hope these resources will be able to enhance support for your children through this period of time.





Radin Mas Primary School

A School Where All Work Hard, Play Hard and Make A Mark

3. Daily Temperature-Taking

During the Full HBL period, we will require all students to take their temperature every morning by 9am. Please remind your child/ward to log on to SLS daily to record his/her temperature at the SLS Announcement homepage before attempting the first online assignment.

4. Week 2 Full HBL assignments

Kindly refer to the attached for the HBL assignments for Week 2, 13 April – 17 April 2020. A copy of the HBL timetable will also be uploaded on the school website.

5. Weekly Check-ins

To support students' well-being, our teachers will contact students on a weekly basis to check in on them and refer students to school counsellors when additional support is needed. We encourage our students to take active steps to maintain their well-being, including keeping to regular routines and taking care of their physical health. Peer support remains critical, and students are encouraged to alert a trusted adult if a friend is distressed.

At any point, should your child need learning or emotional support, he/she can also approach our teachers and other school personnel such as our allied educators and school counsellors, who will continue to work from home or from school. If you have any further queries, please contact our Vice-Principal, Mrs Linda Tan at linda_lau@schools.gov.sg.

Thank you and stay safe!

Yours sincerely,

Mr Muhammad Farizal Bin Umar Effendi
Principal

