



TAMPINES PRIMARY SCHOOL

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An Icon of Excellence: To Value and Be Valued



TPS/11/2018

3rd April 2018

Dear Parents,

Strategic Thrust 2: Nurturing Leaders of Character

Below is an infographic on some simple and easy-to-prepare snacks by HPB. These snacks can be prepared for consumption during snack time in the classrooms.

SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

WHOLEMEAL SANDWICHES

- Peanut Butter & Jam
- Cucumber and Tomato
- Grilled Cheese

(wrapped in aluminium foil to retain freshness)

PIZZA

- Wholemeal bread pizza with vegetable toppings

(wrapped in aluminium foil to retain freshness)

VEGETABLES

- Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers

FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts

WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips" (store in air-tight bag/ container to maintain crisp)

WHOLEMEAL PANCAKES, MUFFIN & CAKES

- Banana Pancakes
- Homemade with reduced sugar

POPCORN/ CRACKERS

- Homemade without additional toppings like salt, butter
- Wholegrain or HCS variety

**where possible, choose the Healthier Choice Symbol (HCS) or lower fat/lower sugar options*

Note:

Kindly pack just sufficient food for snack. It is not advisable for pupils to consume left over snack items for lunch as the food may be cross contaminated.



Character and Citizenship Education



Student All-Round Development



Teaching and Learning



Staff Well-Being and Development



Partnership





Strategic Thrust 4: Engaged Staff In a Vibrant Environment

Mother Tongue Language Teacher Award 2018

The school would like to encourage parents and pupils to nominate our Mother Tongue Language Teachers for the following award. This is to affirm and give due recognition to the Mother Tongue Language teachers who have shown exemplary efforts towards the teaching of the Language and Culture.

Please refer to the following links and QR Codes to learn more about the awards and make your nominations online!



National Arts Education Blaze Award 2015

Arif Budiman Malay Language Teacher Award 2018

[http://www.mllpc.sg/docs/Nomination%20Form%20AGAB%202018%20\(EL\).pdf](http://www.mllpc.sg/docs/Nomination%20Form%20AGAB%202018%20(EL).pdf)



Best Practice



Character and Citizenship Education

Best Practice



Student All-Round Development

Best Practice



Teaching and Learning

Best Practice



Staff Well-Being and Development

Most Inspiring Tamil Teachers' Award (MITT) 2018

https://docs.google.com/forms/d/e/1FAIpQLSdy_8ZqAdCTC9_XfrWSyEuV0uI6K23LC1udTWjOx-s23AfIQ/formResponse



Best Practice



Partnership

Distinguished Chinese Language Teachers Awards 2018

<https://docs.google.com/forms/d/e/1FAIpQLSefmDiAYJQgPdOO7BzAHZCEGRAV7NuDPAEGZkW-yIkAnou5w/viewform>





Others

Change in Timetable

Please be informed that pupils will receive the updated time table tomorrow. This time table will take effect from week 4 of Term 2, **(Monday, 9th April 2018)**.

Do note that the recess, lunch and snack periods will not be affected by the change. Pupils reporting, dismissal and remedial time will remain the same for all levels.

Pupils are encouraged to pack their bags according to the new timetable to prevent over-loading of their school bags.

Upcoming Events – April/ May 2018

Date	Event	Remarks
Apr 6	International Friendship Day	
Apr 10	Students Leaders Investiture	Only for invited parents
Apr 19 - 20	SA1 EL/ MT Oral	
Apr 23 – 4 May	SA 1 Written Papers	
May 1	Labour Day Holiday	Public holiday



With warmest regards,

Miss Veronica Tay
Principal