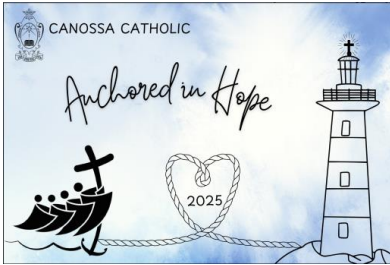




Canossa Newsbites

February 2025



School Mission

Nurturing each in his/ her own way by forming hearts, enlightening minds and empowering spirits to live in The Way, The Truth and The Life

School Vision

Leaders of Hope
Sowers of Change

Core Values

Charity, Humility, Forgiveness, Faith



Canossian Saints' Day

During Canossian Saints' Week, we celebrate and honour our two saints who lived lives of Charity, Humility, Forgiveness and Faith, inspiring us to come *together to serve as one body by acting justly, loving kindly and walking humbly.*

Mother Foundress heeded God's call for her to serve the poor. Through her Order, the Canossian Daughters of Charity, she reached out across five continents through her Order. Their mission was to love and educate the youth, assist the sick and the elderly, and proclaim the Good News of God's love through schools, homes and spiritual formation. On 2 October 1988, Magdalene of Canossa was canonised as a Saint by Pope John Paul II in St. Peter's Basilica, Rome.

St. Josephine Bakhita dedicated herself to serving God after being touched by the great love shown to her by the Canossian Sisters in Venice. Despite the immense suffering endured as a slave at the mercy of her captors, her heart was overflowing with God's love and forgiveness for them. Once freed from captivity, St. Bakhita entered the Order of the Canossian Sisters of Charity. Bakhita was beatified and on 1 October 2000, she was canonised as Saint Josephine Bakhita and venerated as the Patron Saint of Sudan and human trafficking survivors.

This year is a special one as the Church celebrates the *Jubilee Year of Hope*. The theme **Pilgrims of Hope** was inspired by Romans 5:5 – "*Hope does not disappoint*". Pope Francis shared his hopes that the Jubilee will "*be a moment of genuine, personal encounter with the Lord Jesus, the "door" (cf. [Jn 10:7.9](#)) of our salvation, whom the Church is charged to proclaim always, everywhere and to all as "our hope" (1 Tim 1:1).*"

Our guiding theme for the year is **Anchored in Hope** as we endeavour to live a life as a living hope and beacon in the world, just like Mother Foundress and St Bakhita who have left an inspiring legacy of love and charity.

Did You Know?

Children younger than 18 months old should not be allowed screen use or be exposed to screens in the background.

To read the full article, visit <https://www.straitstimes.com/singapore/no-devices-for-kids-at-meals-and-turn-off-the-tv-spore-issues-strict-screen-use-guidelines>

"The one who

hopes more

obtains more."

- St. Magdalene of Canossa



Did You Know?

Children in Singapore face health risks from inactive lifestyles with excessive screen time, poor nutrition, and inadequate sleep and physical activity.

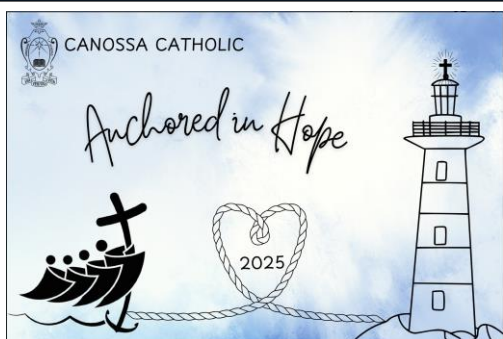
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“None of us, including me, ever do great things. But we can all do **small things**, with **great love**, and **together we can do something beautiful.**”

- Mother Theresa

Calendar of Events (February)

Date	Events	Remarks
28 Jan	Eve of Chinese New Year CNY Celebration	All children to be in the school's red T-shirt with the formal blue shorts for boys and pinafore over for girls. They are to bring their Student Planner, pencil box and water bottle with water inside. As part of the celebrations, school hours will be curtailed. Dismissal for the day will be at 10.30am.
29 Jan to 30 Jan	Chinese New Year	Public Holiday
31 Jan to 6 Feb	P1-P6 School Health Visit	School as normal P1 and P5 students to hand in their Health Booklet to their Form Teacher for the School Health Visit. Students to bring their PE attire on the day of their School Health Visit.
12 – 17 Feb	Total Defence Day commemoration activities	School as per normal
14 Feb	Student Leadership Training	For selected Student Leaders only
14-15 Feb	Student Leaders' Overnight Camp	For selected Student Leaders only
19 Feb	World Hearing Day	School as per normal
24 Feb	Launch of Canossian Saints Week	School as per normal
24 – 28 Feb	MTL Fortnight	School as per normal
28 Feb	Canossian Saints' Day (Day of Charity)	School as per normal
5 March (Wednesday) 6 March (Thursday) 7 March (Friday) 10 March (Monday) 11 March (Tuesday)	Interest Week	The modules will be conducted after school for P3 - P5 children who have signed up. School hours are as usual from 7.25 a.m. to 1.30 p.m. More information will be given at a later date. Note: All CCAs and Enrichment will be suspended for Week 9 and 10.



Did You Know?

Parents should also not give their young children unrestricted access to mobile devices, or any access to social media.

To read the full article, visit
<https://www.straitstimes.com/singapore/no-devices-for-kids-at-meals-and-turn-off-the-tv-spore-issues-stricter-screen-use-guidelines>

“The most beautiful way to start the day is with a grateful heart.”

- St. Magdalene of Canossa

Gifted Education Programme (GEP) Identification Exercise 2025

The tentative dates for the GEP Screening and Selection Exercises for the 2025 Primary 3 students are:

Stage	Date	Participants
GEP Screening Exercise	21 August 2025 (Thursday)	Primary 3 students enrolled in government and government-aided schools
GEP Selection Exercise	14 & 15 October 2025 (Tuesday & Wednesday)	Primary 3 students shortlisted after the GEP Screening Exercise

Updating Of Student Details

The Ministry of Education (MOE) is requesting for an update of your information and your child’s information via the Student Details Form (SDF) for the purpose of providing educational services to your child in MOE schools.

Please submit the information through the SDF portal which can be accessed via this URL: <https://pg.moe.edu.sg/forms/sdf>.

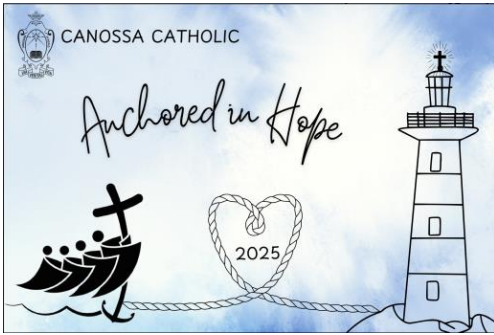
Parents, you may login to the SDF portal using your Singpass account to submit your information and information of your child/ward. Authorised Caregivers can only submit your own information. (Note: Parents of Primary 1 students do not need to resubmit information on the SDF portal if they have already done so at the end of last year, unless there are updates.)

The SDF portal can be accessed via desktop computers or mobile devices such as laptops and mobile phones.

We seek your help to complete the submission by 31 Jan 2025. Please complete the submission if you have not already done so.

You may also wish to know that the SDF portal will be accessible till the last day of Term 4 for you to provide timely updates of your information and/or your child’s information.

Please contact us at ccps@moe.edu.sg or 68441418 if you encounter any problems in accessing the portal or need any help.



Did You Know?

Parents play an important role in modelling appropriate screen and device usage behaviours for children, says Dr Ong Say How, senior consultant at IMH's department of developmental psychiatry.

To read the full article, visit
<https://www.straitstimes.com/singapore/no-devices-for-kids-at-meals-and-turn-off-the-tv-spore-issues-stricter-screen-use-guidelines>

“It's not home much we give but
**how much love we
 put into the giving.**”

- Mother Theresa

Group Personal Accident Insurance For Students

MOE has purchased the Group Personal Accident insurance for all students. Please refer to Parent Gateway for the product fact sheet on coverage and user guide for online submission of claims.

The URL for online submission is

<https://studentgpa.incomegroupins.com.sg>.

New MOH guidelines on screen use for children under 12



BELOW 18 MONTHS



- No screen use unless for interactive video chatting
- Do not leave screens on in the background when child is engaged in other activities

18 MONTHS TO 6 YEARS



- Limit screen use to less than an hour a day outside school
- Passive screen use not recommended
- View media together with children where possible
- Do not use screens to occupy or distract child
- Carefully choose age-appropriate educational content
- Do not leave screens on in the background
- No screens during meals and 1 hour before bedtime

7 TO 12 YEARS



- Limit screen use to less than 2 hours a day, unless related to schoolwork
- Develop a screen use plan or timetable
- Have regular conversations with children to find out their online activities
- Do not give children mobile devices with unrestricted access
- Use parental control settings to ensure children access age-appropriate content and apps
- Do not give children access to social media services
- No screens during meals and 1 hour before bedtime

SOURCE: MINISTRY OF HEALTH