



PARK VIEW PRIMARY SCHOOL

60 Pasir Ris Drive 1 Singapore 519524. Tel: 6585 1421 Fax: 6585 1401

PVPS-2021-05
1st March 2021

Dear Parents/Guardians,

A. [All] PVPS Family Run&Walk Challenge 2021

(Mr Jerry Chua, HOD PE)

The school is organizing the inaugural **PVPS Family Run&Walk Challenge 2021!** We strongly encourage all students and family members to come together and stay active through participation in physical activities.

1. Each student (accompanied by an adult family member at all times) is encouraged to run and/or walk a specific distance within the stipulated time period from **8th March to 11th April (5 weeks)**.

Levels	Total Run and/or Walk Distance	Time Period
Primary 1 – 2	15 km	8 th March – 11 th April (5 weeks)
Primary 3 – 4	20 km	
Primary 5 - 6	25 km	

2. If the student is able to complete the 15km/20km/25km (depending on his level) within the stipulated period, he will receive **two PVPS Family Run&Walk Finisher Medal** (one for himself and one medal for the accompanying adult family member).

If the whole class completes the 15km/20km/25km (depending on his level) individually, all students in the class will receive **a water bottle each!**

3. Details on tracking and submission of the Total Run&Walk Distance:

Step 1	Parents are to download a running app (register under your child's name) that can track the distance when you are running/walking with your child. Some suggested apps. for tracking (Compatible for iOS & Android) are 'Map My Run', 'Runkeeper', 'Strava' (all runs must be validated by an activity tracker).
Step 2	Turn on the app when your child and the accompanying adult family member go for the run/walk
Step 3	After the run and/or walk, you are to take a screenshot of the workout as shown on the app. The screenshot should include ' Date ', ' Timestamp ', ' Distance ran ' and ' Full Name '.
Step 4	Submit (via a google doc link*) screenshots of the runs and a photo of your child and the accompanying adult family member after every workout. <i>*the google doc link will be shared with you via Parents Gateway nearer the start date.</i>

4. To ensure safety, students when carrying out their run&walks must be accompanied by an adult family member, adhering to all safe management measures.

Do take part in this inaugural PVPS Family Run&Walk Challenge 2021 and continue to engage in active and healthy living!

Leaders of Character, championing Service and Excellence.

Respect for All. Responsibility in Actions. Resilience in Adversity. Integrity Our Core. Care for Community. Harmony in Diversity.



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B. [P6] Motivational Workshop for Primary 6 Students

(Mr Tay Lip Seng, YH Upper Primary)

The two-day P6 Motivational Workshop will take place on 8th and 9th March 2021 during school hours. The workshop is part of a series of motivational programmes to spur our students to strive for their own excellence.

Through this workshop, students will be able to:

- Strengthen social emotional competencies and school shared values
- Discover strengths and interests to make informed education and career decisions
- Develop a growth mindset to face and overcome challenging situations in daily life

C. [P5 & P6] Sexuality Education Programme For Primary 5 & 6 Students

(Mrs Adeline Ang, Sexuality Education Coordinator)

The school will be embarking on a series of lessons for your child on sexuality issues in Term 2 and 3. The aim of Sexuality Education is to enable students to understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships including those with members of opposite sex and make wise, informed and responsible decisions on sexuality matters.

We strongly encourage all Primary 5 & 6 students to participate in the Sexuality Education Programme during curriculum time. Our SEd-trained teachers will be conducting the sessions using resources provided by MOE. You can refer to the school website for more information.

An opt-out form has been given to your child. If you wish to opt your child out of the programme, please complete the form and submit it to his Form Teacher by 10th March 2021.

You can refer to the school website for more information on Sexuality Education. A copy of the opt-out form can also be obtained from the website.

<https://parkviewpri-moe-edu-sg-admin.cwp.sg/departments/cce/sexuality-education-2021>

Should you have any enquiries, please contact Mrs Ang (Sexuality Education Coordinator) at 65851421 for clarifications. Thank you.

Yours sincerely,

Miss Oh See Moey
Principal