

PSG NEWS LETTER



CEDAR GIRLS' SECONDARY SCHOOL
PARENT SUPPORT GROUP

VOL 2 ISSUE 1
MARCH 2021

Dear Parents,

We warmly welcome you to a new school year with our latest issue of the Cedar Girls' PSG Newsletter.

Thank you so much for your positive feedback for this newsletter initiative we started in 2020. It has helped us to connect with you better.

In this issue, students and parents share their aspirations and their experiences for the year (*pages 2 to 6*).

Do take part in the short survey for parents (*page 7*) as we wish to gather the interests and availability of parents to participate in our online activities. Check out our updates of PSG events (*pages 8 to 10*).

Wishing you a wonderful year ahead!

Sailing into a New School Year

Welcome back, Cedarians!
As our daughters embark on a new journey at school, we ask students and parents to share their aspirations for the year.



Photos: © Cedar Girls' Secondary School Facebook



VISION

Partnering the school to bring out the best in our daughters

MISSION

To support the school in the holistic development of all Cedarians and nurture them to be Leaders of Character

THOUGHTS: YEAR 1 STUDENTS

“How do you find secondary school? Did you enjoy Orientation?”



From left: Initiation Ceremony, Year 1 Parents Live Q & A Session and Year 1 Orientation Programme.

Photos: © Cedar Girls' Secondary School Facebook

Being in an all-girls' school is a first for me. I feel that my horizon can be broadened further as I am exposed to teachers who speak openly and gracious dialogue is highly encouraged in class. Having access to my mobile phone during lesson breaks enables me to stay connected and this helps me to stay focused at school. I am looking forward to more exciting days ahead.

Our orientation programme was very interesting and mind-opening. I especially enjoyed the painting session and the heartfelt conversation we had with our seniors as we were able to ask them any questions about the school.

Our facilitators welcomed us with open arms. They were good role models to us and I aspire to be like them as well, welcoming the new juniors in time to come.

EILYAH NASSER, 1P

What I like best is being able to make a new set of friends and getting to learn from passionate teachers. Secondary school is definitely tougher than primary school because there are more subjects, but so far it has been fun and manageable. I find that there is a lot more self-directed learning, so I need to be more independent and proactive.

Our orientation lasted a whole school week, which gave us a lot of time to get to know our teachers and peers better before diving into academic lessons. Our facilitators were very welcoming and helped us to transition to secondary school life.

Although some of the traditional activities such as the actual campfire could not be organised due to the COVID-19 situation, I still had a lot of fun.

TRICIA LEE, 1P

THOUGHTS: YEAR 2 STUDENTS AND PARENTS

Do you think you are now well adjusted to the secondary school routine, classmates, teachers and school culture?

BREANNA TANG, 2C: I think that after a year in secondary school, I've transitioned well and adjusted to the rigour and long hours of secondary school. Taking up three new subjects was also a big change but with the help of my peers and teachers, I've grown to like the subjects.

RANJANA PRASANNA, 2P: Yes, I am now used to waking up early and coming home late after CCA.

I have also made many new friends and the teachers are very kind too.

What did you look forward to the most when the school reopened?

BREANNA: I looked forward to seeing my friends.

RANJANA: I was excited to meet my classmates and I was also eager to see who my new teachers were.



Photo: © Cedar Girls' Secondary School Facebook

QUESTION FOR PARENTS:

“Is your daughter getting a holistic development in school that is necessary for her to be a happy teenager?”

Ramya Venkatakrishnan, mum of Ranjana, 2P:

I am happy with the holistic education in school. My daughter is gaining knowledge by doing projects and research. She is also able to participate in a CCA group of her interest.

She has developed a passion for baking since it is a part of her curriculum. The school also has talent development groups to pursue her passion.

Lily Tang, mum of Breanna, 2C:

I think my daughter is getting a holistic development. In school, she not only studies but takes on other projects that she's interested in and that makes her happy.

THOUGHTS: YEAR 3 STUDENTS

“Are you excited to begin Year 3? Tell us about Year 3 Induction.”

Yes, I'm definitely excited! I think that Year 3 is going to be a really great opportunity to make new friends and experience new things! Aside from that, I'm also quite excited about going more in depth into my current school subjects as we have fewer of them now.

The Sec 3 Induction activities were really fun and provided many opportunities for bonding among students. My personal favourite was kinball as it allowed all of us to work together as a team to launch the ball! I also really enjoyed the sharing segment by our Year 4 seniors.

SAASHA NAIDU, 3C

“In upper secondary, there are more opportunities for leadership roles. What are your aspirations?”

SAASHA: With any new leadership roles I may undertake this year, I hope that I will be able to contribute more actively to the school.

BERNICE: I hope that I will do well in my leadership roles as a CCA leader and class monitress by contributing to my CCA and class in terms of competitions, building teamwork, etc.



Photo: © Cedar Girls' Secondary School Facebook

Yes, I am very excited for what 2021 has in store - besides meeting new classmates and making new friends, there are so many opportunities for me to be actively involved in various committees and programmes. I get to partner alongside and work with my new classmates and friends in these activities and all these help me improve and grow my social skills. I am excited too in the subjects that I am taking as I will be learning new things for each subject and exploring deeper in each topic - which are all very interesting.

Sec 3 Induction activities were really fun! I got to bond with my new classmates and play games with them. We also got to know one another more and work together to complete the games. The peer support leaders in charge of my class were very friendly and encouraging which gave us more courage to talk to one another and to get to know each other better.

BERNICE TAY, 3Z

THOUGHTS: YEAR 4 STUDENTS AND PARENTS

As this is the final year of being in school, what are your plans/ resolutions/ aspirations for this year?

SHAH TWISHA, 4P: I wish to be able to step down from my roles as a prefect and a CCA leader on a good note. I wish to concentrate on my academics and do well for my exams.

I didn't make the best of friends in Cedar Girls' but I hope to make most of the good friends I have here.

EMMA MARIA, 4A: I would of course want to do well for O Levels but more than that I think I want to be a better person overall.

I would like to be a more supportive friend and participate more in school events and just be the best version of myself.



After being back in school for more than a month now, can you share your thoughts on how it has been for you?



Photo: © Cedar Girls' Secondary School Facebook

SHAH TWISHA: It is extremely stressful and I wish I could pause time. Finishing about one chapter in a week for each subject is not very exciting. There are numerous projects all due around the same time! I am just going to get through it knowing that everyone is together in this. CCA is really wholesome amidst all this stress and I am thankful.

EMMA MARIA: As expected, this month in school has been stressful but this has made me really grateful for the supportive network of friends and teachers that I can turn to when I am feeling down.

QUESTION FOR PARENTS:

“As this is the final year for your daughter in Cedar Girls', what are your aspirations for her this year?”

SHEETAL SHAH, mum of Shah Twisha, 4P: I want my daughter to enjoy her last year in Cedar Girls'. I want her to concentrate on her academics as though she was having an important examination like O Levels. I hope she can get through the year smoothly. All the best to everyone.

RAHMAT KHAN, dad of Emma Maria, 4A: As her father, I've always told Emma to do her best and put in her maximum effort in anything that she does and I can never be prouder of her. My aspirations for her this year is to excel in what she loves and to be happy.

THOUGHTS: PARENTS

Parents talk about aspirations, **back to school routine** and holistic development

Has your daughter settled well into secondary school routine?

KAREN LEE, mum of Tricia Lee, 1P:

My daughter has been enthusiastic about her new school and has adjusted well to this new phase of school life. Taking public transport, exploring new subjects, forming new friendships and dealing with various modes of learning are just some of the things that she has had to embrace as part of her school routine.



Photo: © Cedar Girls' Secondary School Facebook

MARINA NASSER, mum of Eiliyah Nasser, 1P:

Transition to a secondary school entails more than just being in a new school with additional academic subjects. Breaking the ice and making new friends was daunting for my daughter as she is quiet and reserved. However, she did approach a few of her classmates to partner with for recess.

Eiliyah settled fully only in the third week when lessons started. She now looks forward to all her new subjects and lessons at school.

What do you hope your Year 3 daughter will achieve this year?

Hsien Naidu, mum of Saasha Naidu, 3C:

In Year 3, the focus has been on challenging the students to become more multifaceted and encouraging the students to manage different leadership building tasks whilst managing their school work. I am excited to witness the further development of Saasha's ability to focus on her academic progress whilst building new leadership skills.

Has your daughter grown holistically in the past two years in Cedar Girls'?

Fiona Ong, mum of Bernice Tay, 3Z:

I find Bernice has grown well holistically. She is more mature, taking responsibility for her own decisions and actions as well as being more confident and focused. I also see that she is more self-assured of her own abilities and is going after her areas of interests and passion.

Academically, she is more motivated and disciplined now. Socially, she engages well with close friends and gets along well with others. Friends are like a booster to her. They encourage one another in their secondary school journey and help each other to stay focused.

SURVEY

Share your ideas with us for upcoming online activities

SURVEY FOR CEDAR GIRLS' PSG ONLINE ACTIVITIES



To participate, scan the QR code or go to gotoqr.com/A/ADRP5Z6L/ before 16 March 2021.

1. Are you likely to participate in an online activity?

- Yes No
 Depends on the activity

Reason: _____

2. Choose three activities that you are most likely to participate.

- Exercise / fitness
 Cooking / baking
 Art
 Gardening
 Talks on parenting
 Talks on wellness
 Talks on general interests
 Virtual tour
 Others _____

3. What do you hope to achieve from participating in the activities?

You may select more than one answer.

- To get more information
 Meeting other parents
 Bonding with my daughter
 Opportunity to volunteer
 Others _____

4. Is your spouse likely to join in the activities?

- Yes No

Throughout the academic year, Cedar Girls' PSG schedules a line up of special events and programmes that benefit students and parents alike. Parents are able to volunteer and participate in events such as Mother's Day activity, Bonding with Dads and Youth Day.

However, this year, being another year of uncertainty due to COVID-19 pandemic, PSG activities for parents will be conducted online, which has become the new normal. On this note, we would like you to do a short survey which aims at consolidating the interests and availability of parents.

5. Is your daughter likely to join in the activities?

- Yes No

6. Which is your preferred day and time for the activities?

- Friday evening
 Saturday morning
 Saturday afternoon
 Saturday evening
 Others _____

7. How often are you likely to participate in these activities?

- Once a month Once a year
 Once a term (3 months)
 Once a semester (6 months)

8. Would you like to volunteer to conduct an online activity?

- Yes No

Results of the survey will be published in the next issue of the newsletter.

HAPPENINGS

Scholars meet **Parent Befrienders** in online event

Two new Year 3 scholars from Vietnam were introduced to their Parent Befrienders on 29 Jan 2021 during an online event organised by Cedar Girls' PSG. A big thank you to Marina Nasser and Rajni Kashyap for being Parent Befrienders to Nguyen Chi Mai and Hoang Nguyen Khanh Linh.

Teachers in charge of the programme, Mrs Foo, Mdm Goh and Mdm Hu also joined in the introduction session which included games and a sharing by Parent Befriender, Rebecca Loke and her Year 4 scholar Wu Jingyi from China.



Parent Befrienders of Sec 4 scholars share their plans for 2021

"I had the privilege to join Parent Befrienders a year ago. Due to the COVID-19 pandemic, I have yet to meet up with my scholar personally. So far, I've been texting her.

"This year, when school allows, I hope to meet up with the scholar for meals with my family and to bring her out for some outdoor activities to explore Singapore.

"I also hope that my scholar and I can join in the online activities that PSG plans to organise. We can meet up with other PSG pairs too."

SERENE LOK,
mum of Clarissa, 3A

"I have mostly kept in touch with my scholar, Chuyao through SMSes since last year. As she will be taking her O Levels at the end of the year, I will continue to check in on her progress and well-being periodically, especially during milestones like tests and exams to encourage her. It would be nice for her to know that we are rooting for her."

EVELYN LOH,
mum of Faith, 2A

UPCOMING EVENT

Virtual workshop for Cedarian parents: Parenting Screen-agers



Photo: © Goh Ann Kie, 4P

MARK YOUR CALENDAR

9 APRIL 2021
FRIDAY, 8.15 PM

Registration details for
'Parenting Screen-agers'
by Dr Jiow Hee Jhee
will be sent via Parents Gateway.

Are you concerned about your child spending hours on social media? Are you worried that your child's consumption of social media exposes her to inappropriate content? Is your child using technology responsibly? How can you help as a parent?

Join **Dr Jiow Hee Jhee**, Associate Professor and Programme Leader at Singapore Institute of Technology, in this

online workshop for parents organised by Cedar Girls' PSG.

Dr Jiow, an expert on digital parenting and cyber wellness, will be covering the following topics:

- The Digital Divide
- Approaches to Screen Time
- Parental Mediation
- Q & A



Dr Jiow Hee Jhee has lectured and trained over 40,000 students, parents, government officials and leaders on new media topics, both locally and internationally. His research looks into the impact of media on the family, cyber wellness and cybercrime, and he has presented academic papers on parental mediation, video gaming and gamification.

EXPERT Q & A: DIGITAL PARENTING

Q

"It is hard to have control over my teenager's usage of smart devices now that she is in secondary school. Should I totally step back or continue to try to check on her usage of social media?" - **A concerned mum**

A

Parents should continue to be cognisant of their children's digital usage, and should explore alternative ways of doing so. This needs to be balanced with the level of relationship with the child.

Find out more about digital parenting at the 'Parenting Screen-agers' virtual workshop. If you have a question on digital parenting for Dr Jiow, please email us before 31 Mar 2021 at cedarpsg@gmail.com. We will compile these questions for Dr Jiow to address during the workshop. Check Parents Gateway for registration details.

ANNOUNCEMENTS

Mark your calendar: Upcoming events



JOIN OUR TEAM

Calling parents with an interest in design and knowledge of design software to come join our PSG Newsletter team. We need a helping hand in designing the eNewsletter! If interested, please drop us an email at cedarpsg@gmail.com

EDITORIAL TEAM:

Jagadeeshwari N
Rebecca Loke
Sumathi Subramaniam
Yvonne Chan

12 March 2021, Friday

PSG WELCOME SESSION FOR YEAR ONE PARENTS

Online via Zoom
- 8.15pm

Great opportunity to meet other parents, to ask questions and to support each other.

Zoom meeting details will be **emailed** soon to **all registrants!**

See **page 9** for more information. Check **Parents Gateway** for registration details.

PARENTING SCREEN-AGERS

Virtual workshop on cyber wellness for parents.
Online via Zoom - 8.15pm

9 April 2021, Friday

Newly elected: CEDAR GIRLS' PSG EXCO 2021

Chairperson
Rebecca Loke

Vice Chairperson
Sumathi Subramaniam

Secretary
Jocelyn Koh

Assistant Secretary
Melanie Zhang

Treasurer
Goh Yar Lan

Assistant Treasurer
Laila

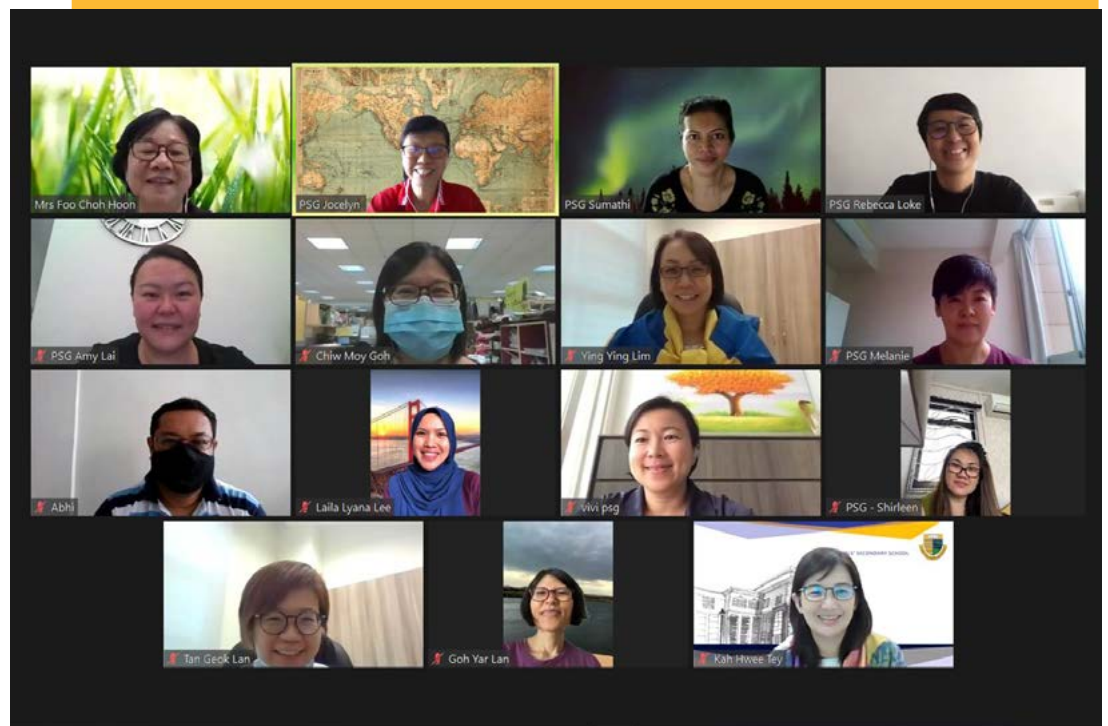
IT Support
Abhijit Roy

Head - School Events
Vivi Jong

Head - Family Bonding
Shirleen Chia

Head - Parents Engagement
Amy Lai

Cedar Girls' PSG EXCO Meeting on 15 Jan 2021



Cedar Girls' PSG EXCO and school leaders met online for the second EXCO meeting to plan activities for the year.

If you are interested to be a parent volunteer, email us at cedarpsg@gmail.com or sign up at this link: [HTTP://GOTOQR.COM/A/APNLVWRG](http://gotoqr.com/a/apnlvwrq)