

PSG NEWS LETTER

CEDAR GIRLS' SECONDARY SCHOOL
PARENT SUPPORT GROUP

JAN-MAR 2020
ISSUE NO. 1

Dear Parents,

The Cedar Girls' PSG is happy to come out with its first newsletter for 2020. Hope the New Year finds you all in good spirits. As the activities we had planned for Term 1 have been put on hold due to the current COVID-19 virus situation we hope to connect with you through our newsletters.

COVID-19: Let's do our part in containing the spread of this virus

As parents we need to instil in our children the importance of personal hygiene as recommended by the Ministry of Health (MOH).

- Wash our hands frequently with soap and water
- Avoid touching our face with our hands
- Cover our mouth with tissue paper when sneezing or coughing
- If there is no tissue available, sneeze or cough into your elbow
- Monitor our temperature twice daily

Let us all be socially responsible:

- Wear a mask if sick and see a doctor promptly
- If we are sick, avoid crowded places and stay at home
- Not spread rumours

Get the latest on the novel coronavirus by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp) or at the MOH website (www.moh.gov.sg)



WHO ARE WE

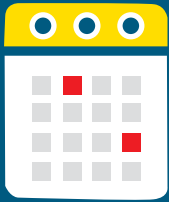
We are the Parent Support Group (PSG) of Cedar Girls' Secondary School

MISSION

To support the school in the holistic development of our daughters so that they will grow into Leaders of Character

VISION

Partnering the school to bring out the best in our daughters



MARK YOUR CALENDAR!

Save the date for these upcoming school and PSG events

ACTIVITY	DESCRIPTION	DATE / DAY	NOTE
MOTHER'S DAY BONDING	Make Mother's Day one to remember this year. Join our mother-daughter fun activity.	16 MAY 2020 Saturday	More info will be provided later.
BEFRIENDER SCHOLAR OUTING	Scholars get together with their parent befrienders and families for an engaging activity to further strengthen ties and build fond memories.	22 MAY 2020 Friday	Time: 5pm-8pm
YOUTH DAY CARNIVAL	A memorable day filled with exciting games, yummy food and fun activities for our daughters to enjoy! As many hands make light work, there are lots of volunteer opportunities for this event from setting up the venue to serving food and facilitating games.	3 JUL 2020 Friday	Time: 8:30am-11:30am Venue: School
SPORTS DAY	Parents get ready to cheer for the girls as they take part in the races and cheer dance competition. Also do join in the sporting events for parents!	17 JUL 2020 Friday	Time: 7:30am-12:30pm
NATIONAL DAY CELEBRATION	Parents can join in the school's celebration of Singapore's 55th birthday.	7 AUG 2020 Friday	Time: 7:30am-12pm
BONDING ACTIVITY WITH DADS	Fathers, join us in this activity to spend time with your daughters and to further strengthen the bond.	22 AUG 2020 Saturday	More info will be provided later.
TEACHERS' DAY CELEBRATION	Let's show our appreciation and thanks to all teachers for their dedication and effort.	3 SEP 2020 Thursday	Time: 7:30am-10am
PARENTS BONDING ACTIVITY	Another great opportunity to foster closer family ties while having fun and getting to know other parents.	10 OCT 2020 Saturday	More info will be provided later.
PSG AGM	Join us as we gather to elect new Exco members and plan activities for the coming year.	16 OCT 2020 Friday	Time: 5:30pm-7pm
WELCOME NEW SCHOLARS	Parent Befrienders will organise an outing to welcome the international scholars to Singapore and the Cedar family.	To be confirmed	More info will be provided later.

LEGEND Events organised by School Events Team Family Bonding Team Befriender Programme Team

We look forward to your involvement! Check out the **School Events Team** and the **Family Bonding Team** in the following page.

WHAT WE DO

School Events Team



organise

YOUTH DAY CELEBRATION



WHAT WE NEED:

Many parent volunteers to make Youth Day a successful event for the girls.

WHAT WE DO

Family Bonding Team

organise

FUN ACTIVITIES FOR THE FAMILY



THOUGHTS

Should you join the Parent Support Group?

Joining the school's Parent Support Group as a volunteer means to commit your time as well as your energy. Before you say 'nay' to the idea, take a moment to read the sharings of those from the PSG who said 'yea' to joining.

By joining Cedar Girls' PSG and participating in the school's events, I have had a lot of opportunities to see my daughter in action and be part of the action myself sometimes.

It has been **enriching and great fun working with the teachers and other parents** for our daughters for the past two years. Do sign up today to join us and experience it for yourself!

GOH YAR LAN, mum of Sec 3 daughter

I remembered I was once a nervous Secondary 1 parent - unsure of what to expect or how to raise a teenage daughter. I am so thankful for the senior parent volunteers as they helped me to see things objectively and showed me practical ways to support a growing teenage girl. I am definitely more confident now raising a teenager! As I am **very thankful for the kindness shown to me by PSG**, I am **paying it forward** now by serving in PSG as the chairperson. No looking back!

JOCELYN KOH,
mum of Sec 3 daughter



ABHIJIT ROY, dad of Sec 2 daughters

I have twin girls. When both of them joined Cedar, my biggest concern was their adaptation to the new environment. As time flew by, I saw that my daughters were no longer dependent on me. They became more mature and more confident because of the dedicated teachers, caring schoolmates and of course the various activities that they participated with great enthusiasm and high spirits. All those features inspired me to join Cedar Girls' PSG. **Meeting other parents in the PSG, getting fruitful advice in time of need and guidance from teachers** are the wonderful experiences that I have gathered so far. From my point of view, new parents should join PSG and enjoy being a member of the Cedar family.

ADRIENNE CHIN, mum of Sec 4 daughter

It is most rewarding to be a volunteer and to show our small appreciation to the school. Above all, **to be a role model for our daughters.**



THOUGHTS

'Yea' to joining PSG

For me, the joy and satisfaction in organising PSG activities is **witnessing the happiness on the girls faces** when they participate in the events. These include beach outings, hiking, walks, games, music and dancing, food and drinks during Youth Day and BBQ.

KOH BOON HAI,
dad of Sec 4 daughter



Joining Cedar Girls' PSG is one of the best experiences as a parent. When my girl started her secondary school, she seemed to have suddenly grown up.

Being in PSG allows me to be involved in school activities, get to know the teachers and get shared experiences from parents who have 'been there, done that'.

AMY LAI, mum of Sec 2 daughter

Although my journey as a first time secondary school parent is an uncharted one, I know **there is support from the school and other parents.**

Come and join us in this journey and together we can make the four years in Cedar the best memories for our girls!

COME AND JOIN US!

We welcome all Cedarian parents with the heart to serve, to join PSG, plan and organise programmes or simply join us for a great time at one of our activities.

TEAM

AIM

SCHOOL EVENTS

To organise and support school events

FAMILY BONDING

To organise events for parents to bond with their child

BEFRIENDER PROGRAMME

To welcome the school's international scholars and help them to get to know the way of life in Singapore

PARENT ENGAGEMENT

To provide parents a platform to bond over shared experiences

CEDAR GIRLS' PSG EXCO 2020

Chairperson
Jocelyn Koh

Vice Chairperson 1
Atul Kaslikar

Vice Chairperson 2
Vivi Jong

Secretary
Sumathi Subramaniam

Treasurer
Goh Yar Lan

IT Support
Abhijit Roy

Assistant Secretary
Rebecca Loke


School Events
Adrienne Chin

Befriender Programme
Koh Boon Hai

Family Bonding
Shirleen Chia

Parents Engagement
Amy Lai

SIGN UP NOW [HTTP://GOTOQR.COM/A/APNLVWRG](http://gotoqr.com/a/apnlvwrq)

 Email us at cedarpsg@gmail.com

 Follow us on Facebook <https://www.facebook.com/cedarpsg/>