



27 Jun 2025

Principal's Letter to Parents

Term 3, 2025

Dear Parents/Guardians

Welcome back! Terms 3 and 4 come and go fast and furious. It marks the start of the major national examinations for the graduating cohort while the rest of the school focuses on completing the syllabi of the year before the end-of-year examinations. But let us remind ourselves again – schooling is beyond assessments. As we celebrate SG60 this year, our very-much-needed refreshed vision for Singapore is to embrace learning beyond grades, and beyond school, for all to pursue lifelong learning and develop career resilience. We must continue to evolve, to ensure that our young people can navigate a world of rapid global and technological changes. To achieve this, we will need to work hand in hand with individuals, communities and our partners, especially parents.

I would like to share some details from our mid-year school survey that help us in our planning and school improvement efforts. While there is an improving trend overall, I am particularly encouraged when the data shows less girls who are “stressed by academics, expectations, relationships (with teachers, friends and parents) etc.” That said, there is still a proportion of PL-Lites who are “stressed” and desire to grow in confidence. A recent article by The Straits Times (29 May 2025) revealed that “mental disorders significantly impact youth aged 10-14 in Singapore” and mental health is a concern for many parents and youth today. In this regard, I would like to share some resources on nurturing mental resilience in our children at the end of this letter, one of which will give you an overview of what our schools have been doing to build mental resilience. Relationships and habits are key.

Please see my last Term 2 Thanksgiving Letter to Parents for **Highlights of Key Events in Term 3**: https://www.plmgss.moe.edu.sg/files/2025_Term_2_Thanksgiving_Principal_s_Letter_to_Parents_final_.pdf. We look forward to celebrate our young at Youth Day through *PL Heartbeat*, an annual sporting event of customised games and activities that will take place on **Friday, 4 July**. There will be **no CCA training** after the event (except the Girls' Brigade and Badminton CCA 'C' Division girls who have a prior arrangement with an external party and upcoming NSG competition respectively).

We look forward to celebrate our young at Youth Day. In addition, to welcome the girls back to school and nurture positive relationships, the student leaders have initiated some activities to encourage everyone to start the Semester with thanksgiving and fun in the first week of school. On that note, *with reference to the last Termly Letter to parents, there is House Practice for all students until 5pm in preparation for PL Heartbeat on Monday, 30 June; there will be no CCA training.*

Below are some other key information for your noting.

- 1. Early dismissal due to GCE O-Level MTL Listening Comprehension (LC) Examination on Tuesday, 8 July**

The GCE O-Level MTL Listening Comprehension (LC) Examination 2025 will take place on Tuesday, 8 July. Please be informed of the following:

All students except students taking the LC Examination	<ul style="list-style-type: none"> Attend the usual scheduled lessons in school. Students are dismissed from school at 12.50 pm. No school programme/activity in the afternoon.
Sec 3 HMT, Sec 4 Exp, 4NA and Sec 5 students taking the LC Examination.	<ul style="list-style-type: none"> Attend the usual scheduled lessons in school until 12.30pm. Dismissed from class at 12.30 pm and have lunch in school. Report at <u>Parade Square</u> in full School Uniform, with their EZ-link cards/NRIC and the Entry proofs at the following time: CL 1160/03 Reporting Time: 1.20pm MLB 1151/03 Reporting Time: 1.20pm TLB 1152/03 Reporting Time: 1.20pm ML 1148/03 Reporting Time: 3.20pm Tamil 1157/03 Reporting Time: 3.20pm CLB 1153/03 Reporting Time: 3.20pm Dismissal time will be 10-20 mins after the end of their papers.

2. Curricular Matters in Semester 2

- a. Semester 2 Timetable. All students can obtain their updated timetables for Semester 2 via the school website. You may wish to ask your daughter/ward to share her latest timetable with you.
- b. Assessment in Term 3. Similar to Semester 1, student assessment will spread across five weeks this term for Sec 1 to 3 students, who will also experience Alternative Assessment practices besides written tests. Subject teachers would have or will share details with their respective Teaching Groups while an overview including topics to be assessed will be available in each classroom.
- c. Last Lap for Sec 4/5 Graduating Cohort. After the LC Examination on 8 July, the GCE N- and O-Level Oral Examinations will commence and be completed in the following Week 3 (i.e. 14 to 18 July). The Written Preliminary Examinations for the Sec 4/5 students will commence in Week 4. Students will receive their Preliminary Examination Schedule via email by Week 3. Our teachers will work closely with your daughters in this last lap.

3. Temperature-Taking Exercise on Wednesday, 9 July

As part of emergency preparedness, the school will be conducting a temperature-taking exercise on Wednesday, 9 July 2025. Please ensure your daughter/ward brings a personal thermometer to school on that day. This is also for the child to take care of her own health and be socially responsible.

4. Mental Resilience and Well-Being

S/N	Resource details
1	https://www.msf.gov.sg/docs/default-source/msf-event/ncpr-moe-developing-student-character-resilience-and-well-being-in-schools.pdf

	A MOE Presentation at the Conversations on Youth 2021 Forum that shares upstream MOE and school measures to nurture student positive character, resilience and well-being. Family and positive parenting are protective factors for our young.
2	<p>https://www.healthhub.sg/live-healthy/helping-youth-fight-depression</p> <p>This curated HealthHub resource suggests how we can support youths who may be struggling with their mental health. One suggestion talks about “7 Habits of Highly Resilient Families”, and they include ‘be nurturing and speak your family’s love languages’ as well as ‘make problem-solving a family exercise’. Read on to find out more!</p>
3	<p>https://www.psychologytoday.com.sg/blog/everyday-resilience/202502/5-tips-for-building-resilience-in-adolescents-and-teens</p> <p>A February 2025 publication presents “5 Tips for Building Resilience in Adolescents and Teens: Resilience isn’t built alone – parents and supporters play an important part”. Below is quick summary but you are strongly advised to read the details.</p> <ul style="list-style-type: none"> • Prioritise Quality Time Together • Listen To Understand, Not To Solve • Encourage Exploration and Growth • Model Healthy Habits, Coping Strategies, and Self-Care • Stay Hopeful About Their Future

On a final note, please check the school website (<http://plmgss.moe.edu.sg>) for regular updates on the school programmes and other administrative matters. You can also follow us on our Facebook (<https://www.facebook.com/PAYALEBARMGS>) or Instagram (<https://www.instagram.com/myplstory>) for the happenings in and around the school.

Thank you in advance for your continuous support and for partnership, and may we all be refreshed to embrace the opportunities as well as challenges of Semester 2 with renewed strength and hope.

Yours faithfully,
Ms Amy Ng
Principal