



Overseas Family School

Middle School

Master Policy:

To maintain a happy, safe and effective school for overseas families living in Singapore

Principal's Message

We have recently held some grade level assemblies on the role of technology in student's lives both at school and at home. Devices and social media play a significant role in communication and entertainment. While there are many very positive ways that these impact student's lives in facilitating connection, communication and learning, technology can also add negative and stressful elements to student's lives. It is essential that we work together with parents to limit the potential of this negativity and help our students to become responsible digital citizens.

In the Middle School, our policy is clear: phone use is prohibited between 9:00 am and 3:30 pm during instructional hours. Additionally, we encourage strict supervision of laptop use during school-related tasks. These measures are in place to keep students focused on their learning without unnecessary distractions as well as to help keep them safe. At home we encourage parents to monitor devices and set clear expectations. While we know that students now most certainly need computers to complete homework tasks, limiting screen time—especially for social media purposes—can help your child maintain focus on schoolwork and get the rest they need for the next day. Being involved and aware of what your children are doing online and what groups they are a part of is essential at this age. While I know it can be a struggle for parents with student's emerging independence, most are not yet mature enough to navigate this tricky landscape without help from parents.

I encourage you to talk to your children about their online presence. To discuss the importance of being kind online. The perceived anonymity online can lead to unkindness. I often ask students to imagine looking at the person in the eye and reading a post or comment, if they cannot see themselves doing that, they should not write it.

In November, students are beginning to prepare for upcoming end of semester assessments. While exams are important, I want to remind everyone that they are just one measure of student learning. There is no need for excessive stress. The best way to feel confident going into exams is through regular upkeep of schoolwork. Encourage your child to stay on top of assignments, ask for help when needed, and approach these assessments with a balanced mindset.

Consistent effort, rather than cramming, will help students succeed and avoid unnecessary anxiety. We want students to see exams as simply a part of their learning journey, not the final destination.

Arin Mares
Middle School Principal
arin_mares@ofs.edu.sg



From The Parent Association (PA) Desk

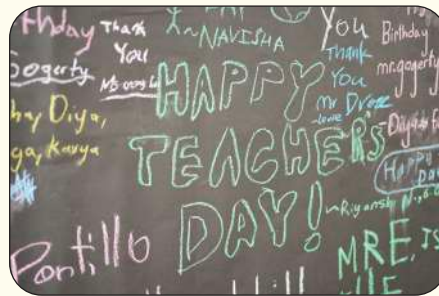
We cordially invite you to join us for a delightful Deepavali Coffee Morning on 7 November 2024! Our dedicated Parent Association and parent volunteers are excited to present various performances, engaging activities, and delicious food, all designed to immerse you in the vibrant culture of India. Do not miss out on this wonderful experience!

Event: Deepavali Themed Coffee Morning
Date: Thursday, 7 November 2024
Time: 10:30 a.m. to 12:30 p.m.
Venue: Parent Lounge
(Level 4 of Administration Building)

Please register your attendance by signing up on the OFS webpage.

<https://www.ofs.edu.sg/events/2024/deepavali-themed-coffee-morning/>

The Student Council Club celebrates World Teacher's Day



The Student Council Club is back, continuing to organize activities that enhance our school community. Meeting every Wednesday at lunch, the club aims to contribute to the school through meaningful initiatives while exploring what makes effective leadership. For International Teachers' Day, they organized a "Guess the Teacher" Homebase activity, where students matched baby photos to their teachers, reminding everyone that teachers were once kids and students too! Students also wrote messages of appreciation on a mural, now proudly displayed in the Teachers' Staff Room as a tribute to our educators.

The Student Council Club is already planning more events to celebrate Children's Day and Human Rights Day in the coming months. Keep in touch!

(Teresa Rodriguez Alvarado and James Chapman – SCR Teachers in Charge)



Deputy Principal's Message



Quarter 2 has continued to be action packed, with many exciting events and activities taking place. It was a pleasure to meet so many of our parents during the recent Parent-Student-Teacher Conferences (PSTCs). It is always an excellent opportunity for us to share our students' successes and achievements. The PSTCs are just one way we communicate with our families and we welcome frequent and open communication between parents, students and teachers throughout the year.

We are also looking forward to the start of our Season 2 OFS Tigers Sports and wish all our teams the best of luck in their upcoming competitions. A big congratulations to all our Season 1 OFS Tigers teams for your many achievements and successes.

We hope all students enjoy the final few weeks of their Semester 1 ECA clubs. There will be many more exciting clubs starting in Semester 2! We will share more information about how and when to sign up soon.

Finally, students are currently preparing for the Semester 1 'Examination Week' which will take place from Wednesday, 20 November to Tuesday, 26 November. These internal examinations are designed to help students develop effective procedures and to experience examination conditions. All students will receive study guides and tips from their teachers to help them. During the examination period, students will complete one examination each day from 9:00 am to 10:00 am, the remainder of the day will continue as normal, with the usual timetabled classes.

For students who are unable to attend an examination, their Semester 1 report grade will be generated from existing assessment data in that Subject Area. We wish all our students the best of luck, but would like to emphasise that these examinations are no more, or less, important than any other IB MYP assessment task conducted throughout the year.

(Hayley Brian – Middle School Deputy Principal)

hayley_brian@ofs.edu.sg

OFS Tigers



"All our dreams can come true, if we have the courage to pursue them – if you can dream it, you can achieve it" (Walt Disney)

We are bursting with pride to announce that OFS has not one, not two, but three outstanding student swimmers who qualified for, were invited to, and competed on the world stage! They are Jill Meines, Naya Verma and Jiunn Hern Lim. They had the incredible opportunity to represent Singapore and compete at the highest level.

Four years ago, what started as a dream at OFS in the Olympic swimming pool, by OFS student swimmers and OFS coaches, has now become a reality. Jill, Naya, and Jiunn Hern are now competing at an international level as World Cup swimmers, racing alongside some of the biggest names in the sport, including Olympic Champions and World Record holders. The early mornings, late evenings, gym sessions dedication, perseverance, relentless work ethic and commitment to their sport have paid off.

Congratulations to Jill, Naya and Jiunn Hern! Dreams DO come true!!!

"Greatness starts Somewhere – Greatness starts Here"

(Gil Levy – Head of Competitive Sport)

Maths Olympiad



Drama



Master Policy:

To maintain a happy, safe and effective school for overseas families living in Singapore

Grade 6 Camp



From 9 October to 11 October, the Grade 6 students underwent the Grade 6 Camp at Boys' Town Adventure Centre at Sentosa. As expected, the students were full of enthusiasm as they participated in a range of activities such as rock climbing, abseiling, kayaking, the Skyline Luge, scavenger hunts, campfire performances and multiple team building activities. The students had to overcome their homesickness and show resilience, which they did extremely well. They all developed their collaboration skills as they pooled their talents to solve problems and encourage each other to succeed in the myriad of activities. The highlight was the Homebase performances on the final night where students showed their peers their special dance moves and celebrated their time together on camp. Despite some sporadic rain showers, the Grade 6s showed great courage and camaraderie during their time together which made for an excellent camp.

(Aidan Spencer and Hanna Ucko Neill – Middle School Student Advisors & Grade 6 Camp Coordinators)



'Camp was a great opportunity to have fun with my friends at a different pace'
Navisha Aghi (6.04)

'Camp was amazing!'
Annika Singhvi (6.04)



'The luge and sky ride were super exciting. I loved racing my friends'
Orson Devins (6.03)



Sciences





Educational Intervention Services

Organize yourself – “My brain’s not braining”



1. Post your deadlines where you will see them:

Write on post-its and place them on your file or your whiteboard at home. Write on your small organizer, book, or smartphone – something you will look at daily. This will remind you to use your time wisely.



2. Minimize distractions:

Clear your workstation or desk of any items that will distract your attention. Put them away so your brain and body is prepared to work.



3. Break down your work into small chunks:

When a given task is big we sometimes tend to avoid doing it. Split your work into sections – by numbers, by pages, by parts – then commit to finishing it in a reasonable time – for example, 30 minutes. This will make the task manageable and you will not feel overwhelmed.



4. Take short breaks:

Give your brain and body a break when doing long tasks. Walk around, get water to drink, stand and look at the trees or just do light stretching exercises away from the workstation after you complete a section, so that your brain can rest and reset.



5. Start and end as planned:

Have a specific end timing in sight; it will be easier to stay on task. You will feel a sense of accomplishment and pride once you finish what you set out to do. Having a specific end time will also reduce the “I will come back to do it later”, and get distracted along the way.

More tips will be shared next time!

(Rizal Baharom – Middle School Intervention Leader)

Global Concert

