



Overseas Family School

Middle School

Master Policy:

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

Principal's Message

Parent-Student-Teacher Conferences:

Our Middle School Parent-Student-Teacher conferences are scheduled for 10-13 March 2026. These conferences provide an opportunity for you to meet with your child's teachers to discuss their academic progress, strengths, and areas for growth. We encourage you to invite your child to be part of these meetings if possible as it can confirm the importance of their attitude and approach to school work. I encourage all parents and guardians to sign up and attend these conferences, as your involvement plays a significant role in your child's success. An email was sent home outlining the sign up procedures.



Learning Self-Management:

Middle school is a critical time for students to develop essential self-management skills that they will continue to use in their future academic and personal lives. Learning to manage time, responsibilities, relationships and emotions is key to success both in and out of the classroom. In the Middle Years Program (MYP) we teach the Approaches to Learning (ATL): Thinking, Communicating, Social Skills, Self-management, and Research. Many of these ATLs relate directly to the skills needed in self-management.

We are continuing our focus on fostering good self-management skills in three particular areas: uniforms, punctuality and phone usage. It is important that students plan ahead and come to school with their correct uniform for the day. It is also very important to remember to bring their PE uniform on the days they have Physical Education (PE). I encourage students to start organizing themselves to plan for this by packing their backpack the night before to ensure they have all that they need for the next day at school. Punctuality is a valuable life skill and as such we are also working on self-management when it comes to getting to class on time. Students in the Middle School are expected to manage their own time before school, at break and lunch. It is important that they learn to plan ahead and get to class on time. Whether this means a bit of better planning to get to school on time, or stopping the football at lunch in time to rehydrate and pack up and get to class, we have been encouraging students to begin to manage their time successfully. Phone use is another area where we expect students to employ good self-management skills. While technology undoubtedly enhances our lives and learning in many ways, it can also be a significant distraction. Phones are required to be locked in lockers between the hours of 9:00am and 3:30pm at school. This takes particularly strong self-management on the part of students as we all know what a draw phones have. I encourage students to follow the phone use rules allowing time for focused learning and face to face interactions.

As parents and educators, we can play a vital role in modelling and fostering self-management skills in our students/children. I encourage you to talk to your child about these skills. Have a look at their school bag (if you dare) and talk about organization, give them some tasks at home so they can learn to take care of themselves, discuss their homework and how they will approach it and most importantly, talk to them about their friendships and relationships at school. How are these going? How are they managing them? From my experience as a parent and educator, these questions can often be met with resistance – this is part of the growing independence, but at this age, I believe students are still looking for advice and help. It can all feel new to them and they are unsure of the right path to take. It is important that we approach these issues with patience and encouragement.

Arin Mares
Middle School Principal
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International Mother Language Day

International Mother Language Day was celebrated in the atrium on Friday, 13 of February with students and staff from across the school coming together to take part. The message board quickly filled with languages from across our community, the photobooth was busy throughout and several students confidently took to the stage to share their Mother Languages. Let us continue to notice, value and use the many languages that shape everyday life here at Overseas Family School!



(Tonje O'Connor – SAL Mother Tongue)

From The Parent Association (PA) Desk

Here, the Parent Association sincerely wishes all families celebrating Hari Raya -Selamat Hari Raya Aidilfitri! We will be hosting a Hari Raya-themed coffee morning on March 26, and we look forward to everyone's enthusiastic participation! This event is aimed at immersing everyone in the traditional festive atmosphere, enjoying delicious dishes, and sharing blessings and laughter. We have prepared a sumptuous feast and engaging interactive activities, allowing everyone to communicate and interact in a relaxed and enjoyable environment. We hope that every member can bring their family and friends to share this special moment together. Let us celebrate this meaningful holiday together and create beautiful memories!

Meanwhile, country groups are actively preparing for the Global Picnic in April, and we hope more families will participate!



Deputy Principal's Message



We are officially at the midpoint of Quarter 3, and the energy on campus is high as we balance current projects with some very exciting future planning. For our Grade 8 students, this is a particularly significant season as they begin hand-picking their courses for Grades 9 and 10. We often think of Steve Jobs' wisdom here: "The only way to do great work is to love what you do." We are encouraging our students to let their passions lead the way as they build the foundation for their future careers. Please keep in mind that the deadline to finalise these selections is Friday, 13 March.

It was a genuine highlight to connect with so many Grade 5 families during our recent Orientation Evening. The buzz surrounding their move to Middle School in August is already building! If you are looking for more details on what to expect, the OFS Dashboard remains your go-to hub for curriculum information. Plus, Ms. Mares, our Middle School Principal, will be visiting Grade 5 classrooms later this semester to chat with the students and answer any "big school" questions they might have.

Finally, the spirit of diplomacy is thriving well beyond the recent MUNOFS XVI conference. We are continuing to weave Model United Nations principles into the heart of our classrooms. Our Grade 8s are currently gearing up to debate the UN Sustainable Development Goals, while our Grade 7s are diving into the complexities of Equitable Access to Resources. It is inspiring to watch our students evolve into global citizens who are not just learning about the world, but are feeling empowered to protect human rights and the environment. We wish all our student delegates the best of luck in their upcoming discussions!

(Hayley Brian – Middle School Deputy Principal)

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Middle School Educational Intervention Support Team

Upgrade your Operating System!

This March 2026, we are welcoming Neurodiversity Week from 16 to 20 March! As teachers, we have spent enough time in this building to know one thing for certain: "normal" is a myth, and honestly, it sounds a little boring.

Think of your brain like a computer. Some of you are running on macOS, some are strictly Linux, and a few of you seem to be operating on a high-speed gaming rig that occasionally overheats when asked to do long division. Whether your brain handles information through ADHD, Autism, or Dyslexia, it is not a hardware "error." It is just a different OS.

The world does not need a billion identical PCs. We need the hackers (ethical ones!), the creative coders, and the people who see the patterns others miss.

So, this Neurodiversity Week, let us stop trying to "patch" our differences and start leaning into our unique processing power.

(Rizal Bin Baharom – Head of Intervention/Middle School Intervention Leader)

CNY Activities

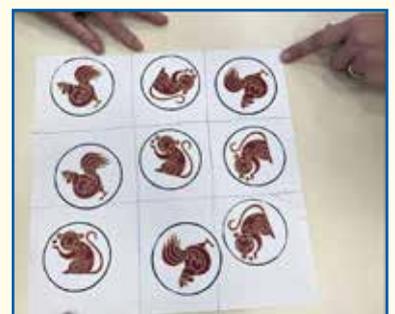


Middle School Service Club

**NTUC Health Nursing Home (Pasir Ris) Visit on
Wednesday, 4 February 2026**

The Grade 6 and Grade 7 students were again active in providing service learning in the community during Quarter 3 at the nearby NTUC Health Nursing Home. The students once again helped to plan and facilitate activities to engage the residents such as a Chinese New Year themed tic tac toe game and a fun movement-based game involving beanbags, targets and hula hoops. Following these, the students served a small afternoon tea featuring traditional festive snacks such as mandarin oranges and pineapple biscuits, while classic Chinese New Year songs played in the background to build anticipation for the year of the Horse.

(James Chapman – Teacher-In-Charge Service Club)



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Grade 8 Camp



Grade 8 students participated in a fun camp experience that combined adventure, service, and opportunities to strengthen friendships. Activities included bowling, mangrove kayaking on Pulau Ubin, a forest high-elements challenge, and a visit to Wild Wild Wet water park. A particularly meaningful highlight was the visit to an elderly home, where students demonstrated empathy, maturity, and respect while engaging warmly with residents. The care and positivity they showed reflected strongly on the values of our school community. Evenings provided further opportunities for connection, with a shared BBQ dinner and an energetic disco that saw enthusiastic participation from all. Students were supportive of one another and open to new experiences which made for a memorable and rewarding camp for all involved.

(Jonathan Wilkinson – Grade 8 Camp Coordinator)

MY-MUNOFS XVI



MY-MUNOFS XVI took place on 7 and 8 February 2026, bringing together nearly 400 delegates from across Singapore and the region for an exciting weekend of debate and diplomacy. Organised by our dedicated High School MUN team, the conference provided students with the opportunity to explore complex global issues, collaborate within committees, and develop their research, negotiation and public speaking skills. The Opening Ceremony featured an inspiring keynote address from Mr. Benjamin Tan, CEO of World Vision Singapore, who encouraged students to lead with purpose. Grade 8 student Alexa Belardo, supported by Mr. Jason Currie, opened the conference with a spirited performance of High Hopes by Panic! At The Disco, helping to establish an uplifting tone for the weekend. The conference was a powerful reminder of what young people can achieve when given the platform to lead, listen and engage thoughtfully with the world around them.

(Jonathan Wilkinson – MUN Coordinator)

MS Art Exhibition



MS Languages Week



Grade 5 Parent Orientation





Athletics Department

Season 2 Tigers Athletics: Comprehensive Summary

Basketball

U12 Girls (Division 1 Champions)

- **Season Record:** 7–0 (1st Place - Division 1)
- **Highlights:** A perfect season. The girls developed a formidable defense that consistently limited opposing teams' scoring opportunities.
- **Awards:** * MVPs: Azumi Schwarz & Irene Fajardo Martin
 - **Most Improved:** Li Yu Yan (Hannah)
 - **Best Teammate:** Annika Matthews

U12 Boys

- **Season Record:** 2–4
- **Highlights:** Remarkable growth in confidence and skill from the first practice to the final buzzer. The season concluded with a celebratory team pizza party.
- **Awards:** * MVP: Igor Figurov
 - **Most Improved:** Kyan Lim
 - **Best Teammates:** Dan Fishman & Benjamin Aeby

Badminton

- **U11 Boys & Girls:** Both teams finished 1st Place (Gold Medalists).
- **Highlights:** An undefeated season for the U11 teams. The new Developmental team successfully added 20 students to the program, maximizing court usage and participation.

Football

U11 Girls

- **Season Record:** 13 Wins, 4 Draws, 3 Losses
- **Highlights:** A highly successful season with a record low of only three losses. The team showed significant development in tactical understanding and camaraderie.
- **Awards:** * MVP: Milrad Lea
 - **Best Leadership:** Hansini Thrupthi Ashok
 - **Most Improved:** Oishi Karen
 - **Best Teammates:** Aggarwal Siddhika & Gupta Shayna

U11 Boys (Division 2)

- **Season Record:** 4th Place overall.
- **Highlights:** Topped their group in the finals with wins over SJII, BC, and ICS. Recorded massive league wins, including 6–0 results against GIISP, NPSI, and UWCE.
- **Awards:** * MVP: Jonas Hutcheon & Oscar Lyford
 - **Most Improved:** Shuntaro Oji
 - **Best Teammate:** Veer Chatterjee

Table Tennis

- **Boys:** Team A (1st Place) and Team B (2nd Place) dominated the ACSIS tournament.
- **Girls:** Finished with 1 win and 3 losses, including two very narrow 2–3 defeats. The team remained united and positive despite roster changes.
- **Awards:** * MVPs: Wang Muyun, Ava Chin (Girls); Emir Terzioglu, Aniruddh Soundaryarajan (Boys)
 - **Most Improved:** Aya Itabashi, Neorah Nair (Girls); Aarav Sharma, Archit Sharma (Boys)

Cricket

U12 Mixed Cricket

- **Season Record:** 2–2
- **Highlights:** A legendary victory over NPSI, won on the very last ball of the match!
- **Awards:** * MVP: Meydhansh Bahl
 - **Most Improved:** Rohan Srivastav
 - **Best Teammate:** Ram Mankodi

Netball

U14 Netball

- **Season Record:** Finished with a dominant 28–4 victory over SJII.
- **Highlights:** Controlled the final game through excellent teamwork and accurate shooting. New players showed great resilience throughout the season.
- **Awards:** * MVPs: Su Yayan & Zara Groufsky
 - **Most Improved:** Tehani Cawidrone Thomine & Rishita Ray Choudhury
 - **Best Team Spirit:** Alice Oishi, Nikita Dubier & Nitisha Nitin

Volleyball

U14 Boys Volleyball

- **Season Record:** 3–2 (2nd Place)
- **Highlights:** Gained invaluable experience playing against top Division 1 programs at the SAS tournament, demonstrating great tactical growth.
- **Awards:** * MVP: Lucca Charret Machado
 - **Most Improved:** Caleb Wangsamulya
 - **Best Teammate:** Seunggi Jo

U14 Girls Volleyball

- **Season Record:** 1–4
- **Highlights:** Displayed incredible composure in a high-pressure set against UWCD, fighting back from 24–22 down to level the score.
- **Awards:** * MVP: Riana Singh
 - **Most Improved:** Zeenia Aga & Alexa Belardo
 - **Best Teammate:** Arianna Arora

(Bruce Shang – Head of Athletics)



MADD Week