



# Overseas Family School

## Middle School

### Master Policy:

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

## Principal's Message

Middle School life has many bright spots, and our Global Concert is certainly high on the list. On Thursday, 1 October, our students took to the stage to celebrate global music and dance traditions. The joy and energy in the room were remarkable. More than just a great show, the event highlighted the strength found in our diverse school community, proving that taking time to learn about and honor each other's heritage brings us all closer together.

A sincere thank you goes to the dedicated staff who made it all possible, and to our students for the endless preparation they put in leading up to the day. It was an incredible reminder of what we can achieve when we learn and create together, and we are immensely proud of every single participant.

On October 20-23, we will be hosting our Parent-Teacher-Student Conferences. These discussions are a great way to meet with teachers, reflect on academic progress, and set collaborative goals for the future. We firmly believe that a strong bridge between home and school is essential for student growth, and these conversations are at the heart of that partnership.

Beyond celebrating recent successes, these meetings provide a space to highlight areas where we can offer extra support. We encourage you to use this time to ask questions, share your perspective, and partner with us to ensure the best possible learning experience.

As we approach the end of the quarter, I also want to wish every family a safe and refreshing break. Whether you are planning a trip or enjoying a quiet week at home, I hope you take time to relax. Breaks are a vital opportunity for students to rest up, reflect on their accomplishments, and return ready to take on the next quarter!

*Arin Mares*

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Middle School Principal  
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## 67th National School Team Chess Championship

Congratulations to all 119 OFS students from Kindergarten, Elementary, Middle and High School for competing in the 67th National Inter-School Team Chess Championship, held on 12 and 13 September 2026 at Overseas Family School. In total, 30 OFS Middle School students scored a fantastic 5 Gold medals, 1 Silver and 4 Bronze Medals, becoming the most successful International School. OFS girls were particularly successful winning gold medals in the international categories for U12 Girls, U14 Girls, and U16 Girls. Well done Marissa Tosin, Mihika Gupta, Lakshita Singhi, Akhila Shankar, and Yashika Desai. Most successful individual top-scorers were Abhigyan Jha and Isaac Ziegler with a perfect score of 6 wins from their 6 games. Regardless of trophies and medals, OFS is particularly proud of all its students who displayed fantastic sportsmanship, resilience, patience, team work and a passion for the game.

(Philipp Ziegler and Dijana Dengler – Chess Teacher)



## International Peace Day at OFS



The MS Student Council hosted their first event this year by celebrating International Peace Day! Students were invited to share kind and encouraging words on the message board. The celebrations continued over one week with a harmony and inclusion themed quiz, friendship photo booth and karaoke. Thank you for spreading friendship across our Overseas Family community!

(Charlotte Kautt – German Language Acquisition/Mother Tongue Teacher)

## From The Parent Association (PA) Desk

Here, we sincerely wish all children a happy Children's Day! May every child grow up healthy and happy, stay curious, enjoy learning and life, and bravely pursue their dreams!

In October, the Parents' Association (PA) will organize practical workshops for parents of different grade levels, along with exciting learning and experiential trips to explore Singapore's local culture.

More details and registration information will be sent by email. Please check your inbox regularly. We look forward to your participation as we continue supporting our children's growth!



## Deputy Principal's Message



The school year is off to a fantastic start here at OFS Middle School! With our routines firmly in place, it has been wonderful to see all our new families, students, and staff settle in so comfortably.

It was a pleasure to welcome so many of you to our New Parent Orientation and Middle School Curriculum talks last month. We hope these sessions gave you a clearer understanding of the IB MYP Framework. We'll be sharing even more information at our upcoming Grade 6-10 parent workshops and during the parent-student-teacher conferences from 20-23 October.

The first quarter is the perfect time for students to set new academic goals and continue their personal growth. Our Grade 7 and 8 students are already familiar with the Middle School and IB MYP Framework, and it's been exciting to watch our Grade 6 students quickly adapt and make a positive impact on the school community. Developing strong organizational and self-management skills now will help them build effective routines and manage their time well throughout the year.

It's been a whirlwind of activity this quarter! Our students have been busy with exciting events, including preparations for the Middle School Global Concert on October 1, the Grade 8 Speech Competition, the Homebase Locker Competition, and the unforgettable Grade 6 Camp. We can not wait to see what Quarter 2 has in store!

*(Hayley Brian – Middle School Deputy Principal)*

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## MS Service Club - Visit to NTUC Nursing Home on 10 September 2026

The first visit of the school year for the Middle School Service Club was to celebrate the Mid Autumn Festival with the residents of the NTUC nursing home in Loyang. The session was packed with fun activities, active students and happy residents. Amongst the experiences offered was a festival linked game of bingo where the competition was to get a line and shout 'house!' was active and very exciting with students both leading the bingo calling and helping the players enjoy the game. Following on from that there was a game of bean bag through the hula hoop (representing the moon!) and it was finished by a set of dances performed by OFS students to get the foot tapping and hands clapping of all those who watched! To end the afternoon, the students gifted mooncakes and lanterns and served afternoon tea to the grateful audience. Overall, a great first visit and one where service to others was once again in great display from the talented Service Club OFS students.

*(James Chapman – Teacher-in-Charge of MS Service Club)*

## Athletics Department

### Tigers Off and Running!

The sports season is officially underway, and our Tigers teams are already making their mark on the courts and fields! It is fantastic to see our campus filled with smiles and high energy as our coaches motivate our student-athletes to hone their skills and compete in the sports they love. Our new custom New Balance uniforms are making a fantastic impression on match days, giving our teams a sharp, unified, and professional look that truly reflects the standards of Tigers Athletics. Along with these new kits, we are continually upgrading our infrastructure, from brand-new volleyball poles and nets to brand new equipment, to ensure our athletes have top-tier tools for training and safety. To top it all off, we are thrilled to share that a new turf field is scheduled for installation this summer! With modern gear, elevated facilities, and committed coaching now in place, our program is fully set up for success. To make this season truly special, we count on the drive and commitment of our athletes on the field, as well as the vibrant support of our parent community in the stands. Go Tigers!

*(Bruce Shang – Head of Athletics)*

## Sciences



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# MS Speech Competition



## MS Counselling Team

### Helping Middle Schoolers Build a Healthy Relationship with Devices

Most conflicts about screens in middle school households are not really about the screen. They are about connection, boundaries and a child who is still learning to manage impulses their brain is not fully equipped for yet. Once we see device use through that lens, the conversation with our kids can shift from a battle over rules to a partnership in building a skill.

#### Why This Age Is Different

Middle schoolers sit in a tricky spot. They are old enough to want independence and access to the social world their phones open up, but their prefrontal cortex, the part of the brain responsible for impulse control, planning and weighing consequences, will not be fully developed until their mid-twenties. That gap explains a lot: the difficulty putting the phone down, the strong reactions to a missed notification, the late-night scrolling despite knowing better. This is not a character flaw. It is biology. And it means our job as parents is not to expect perfect self-control, but to help build it gradually, the same way we would support a child learning any other skill.

#### Start with Connection, Not Confiscation

Rules alone tend to trigger resistance. What works better is starting from curiosity: What are they actually doing on their device? Who are they talking to? What games or apps matter to them and why? A genuine conversation, free of judgment, tells a child their world is worth understanding, and it gives parents real information instead of guesswork.

From there, boundaries land differently. A rule that follows understanding ("I know gaming with your friends after school matters to you, so let's figure out a time that works for both homework and that") feels like problem-solving. A rule that arrives without it feeling like punishment.

#### Practical Guidance for Home

**Set boundaries together, not just for them.** Middle schoolers are far more likely to stick to limits they helped shape. Sit down and co-create a family media agreement covering things like screen-free times (meals, an hour before bed), where devices

charge overnight (ideally outside the bedroom), and what happens if the agreement isn't kept.

**Watch for signs of dysregulation, not just time spent.** The clock is not always the best measure. A more useful question is how your child seems during and after screen time. Are they calmer or more agitated? Can they transition off without a meltdown? Difficulty disengaging is often a sign their nervous system is overstimulated, not that they are simply being defiant.

**Model what you want to see.** Kids notice when a rule about screens at dinner does not apply to the adults at the table. Naming your own effort ("I am putting my phone in the other room too") builds trust and shows the goal is a healthier household, not control over just one person.

**Build in device-free recovery time.** After a full day of screens for schoolwork, unstructured offline time, movement, being outside, face-to-face conversation, helps the brain settle. This matters more than it might seem; downtime is not wasted time.

**Talk about content, not just quantity.** As children move into more social platforms, conversations about what they are seeing, how it makes them feel, and how to handle things like exclusion or unkind comments online matter as much as screen-time limits.

#### When to Reach Out

If screen use is becoming a significant source of conflict at home, if your child seems unable to self-regulate around devices, or if you are noticing changes in mood, sleep or friendships that seem connected to their online life, please do not hesitate to reach out to the counselling team. We are glad to think it through with you, and sometimes a short conversation can make a real difference.

Guiding a middle schooler toward healthy device habits is not about winning a power struggle. It is about staying alongside them while they build a skill that will matter for the rest of their life.

*(Daniel Tan – Middle School Student Counsellor)*



## Grade 6 Camp

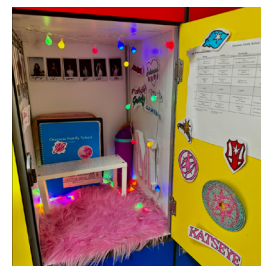
Our Grade 6 campers had a fantastic week taking learning beyond the classroom and enjoying new experiences together. Students raced down the Skyline Luge, took on the challenges at Mega Adventure and spent a day exploring Singapore Zoo. The overnight stay at CSC Loyang was another highlight, especially the buffet dinner and disco. Camp finished with a brilliant day at Adventure Cove, where the wave pool and Riptide Rocket proved especially popular. It was wonderful to see students encouraging each other throughout the week and growing in confidence along the way. We were very proud of the way our Grade 6 campers embraced the experience.



### Locker Competition Winners

Thank you to all the students who took part in our Middle School Locker Competition. There were plenty of creative designs on display and it was great to see students bringing some personality to their locker spaces.

Congratulations to our winners: Tabatha Taylor, Marlie De Maria and Li Yu Yan.



Well done to everyone who entered and helped make the competition such a fun start to the school year!

*(Jonathan Wilkinson – Academic and MUN Coordinator)*