

2 January 2024

Dear Parents/Guardians

INFORMATION AND PROGRAMMES FOR TERM 1 2024

It is a new year and a new beginning. Having led this wonderful school for three years now, we are still thinking about how we can do things differently and more meaningfully. Here in Changkat, we seek continuous improvement. We are thankful that many of our stakeholders and partners had stepped forward to request for collaboration with Changkat or provide opportunities for our Changkateers. Through these partnerships, we are inspired to lead and serve better.

Recent world developments underscore the fact that we are living in uncertain times. There are no longer straightforward solutions or one sole perspective to an issue. Education has to prepare our students for an uncertain world – for our students to embrace diversity of views, participate in respectful discourse and serve the community while understanding differences. Hence, in 2024, our school theme will be 'Lead with Respect, Serve with Humility'. The theme captures our wish to take pride in what we do and that we believe we have the strengths to enable the school to succeed. As educators, we believe in the potential of students - that their minds, character and lives can be shaped. We also value learning from one another, being of service to others and encouraging others to succeed. As members of this Changkat family, we respect the community, including norms and expectations, to build a safe, supportive and happy school community. When we can learn to respect others and their perspectives, only then we can stay humble. Staying humble ensures that we do not remain contented. We listen keenly and we ask curious questions. We are excited to learn new knowledge, experiment with effective and innovative teaching practices and pedagogies.

The theme logo, designed by our Art teacher Mdm Angeline Neo Swee Ting, is inspired by the rice plant and the phrase that best describes this humble plant – 'The more you know, the lower you bow'. This phrase epitomises the value of humility and respect as we liken ourselves to that of the rice plant. As we age and go through life, our experiences fill and shape us. In drawing inspiration from the plant, we are encouraged to be humble and respect one another. This logo inspires us to have respect for self, students, people and the community.



Our school values, iCAR²E (Integrity, Care, grAtitude, Respect, Resilience, Excellence), are the foundation that guides us to achieve our beliefs and shape our culture of Care, Learning and Excellence. Our school believes that every child can achieve success through effort and resilience, and has a role to play within the community to improve the lives of others.



In alignment to this theme, we will continue to prioritise and deepen our efforts in three key areas this year, namely in Positive Education, Character and Citizenship Education (CCE) and Blended Learning. Positive Education is the main approach to guide our school's teaching and learning direction. In doing so, we would focus on enhancing Engagement and Accomplishment this year. Under CCE, we would focus on developing growth mindset, cyberwellness education, peer support and civic literacy. In Blended Learning, we would further deepen our e-pedagogy practices, develop student-initiated learning, teach effective study skills and reinforce thinking routines. We will also be starting our overseas trips to our partner schools in Toulouse, France and Jinan, China this year.

Last year, we celebrated our 57th Anniversary and the school theme was 'Growing Resilience, Enriching Character'. We hoped to build on our strength as a resilient community. There were indeed many moments and achievements that we can be thankful for as Changkateers. Our hard work in focusing on holistic development of students has resulted in positive outcomes in various fields, such as national examinations performances, National School Games, Co-Curricular activities and Talent Development Programmes. Our staff were also recognised both internally and externally for their outstanding contributions. On reflection, the years 2021 to 2023 consolidated our learning and teaching foundation so that we can now position ourselves to thrive for excellence in the next three years.

I would like to take this opportunity to warmly welcome our Secondary One Changkateers, parents/guardians, new staff members and new partners joining our big Changkat family. With the support of parents/guardians, staff, School Advisory Committee, alumni and friends, our hope is that you will find your experience in Changkat to be a positive one. You will find Changkat to be a place where you belong and everyone has a space and platform to contribute to the community. We desire to be a community where **Together**, **We Flourish**.

As a team, I believe that we can build Changkat to be an innovative school of choice that fuels the dreams and ambitions of our students and staff to succeed. Let us work together to define different pathways of success and make this possible for everyone. On behalf of the school, I wish that 2024 will be a year filled with peace, joy and love for everyone!

As we look ahead to the new academic year, the following items are highlighted in this letter for your information:

1 Ensuring Safety and Security of Students

1.1 Health Precautions and Temperature-Taking Exercise

In view of the rise in number of local COVID-19 infections, the Ministry of Health (MOH) issued a press release on 15 Dec 2023. Subsequent to that press release, the Minister for Health more recently noted that the current COVID-19 wave may have peaked, though there may be possible slight surge in view of the year-end festivities. (Straits Times, 23 Dec 2023)

In line with MOH's advice and as part of our efforts to ensure the safety and well-being of our students and staff, we seek everyone's support to adhere to the following:

- a) Exercise social responsibility in observing personal hygiene and health.
- b) Follow the appropriate health protocols for COVID, including staying at home and avoiding contact with others if your child/ward feels unwell or visiting your primary care physicians if your child/ward needs medical attention.



- c) Advise your child/ward who is recovering from respiratory-related illnesses to alert his/her teachers, wear a mask and minimize social interactions with big groups.
- d) Get vaccinated and boosted if your last dose was more than a year ago as your immunity wanes over time.

We appreciate your support and will continue to work with you closely. Let us all do our part to exercise personal and social responsibility and stay safe.

Temperature-taking exercise will resume in 2024 semesterly. The trigger temperature is 38°C. The objectives of this exercise are to:

- a) Maintain the school's preparedness to re-activate the attendance and temperature-taking regime should there be a need to; and
- b) Educate students to take personal responsibility for their own health and practice social responsibility.

All Secondary One students will be issued a new oral thermometer. For students in the other levels, please ensure that your child/ward has a workable oral thermometer and if the thermometer is not working, please get it replaced. The first temperature-taking exercise is scheduled on 10 January 2024.

1.2 Road Safety

Parents/Guardians are encouraged to remind your child/ward on the importance of road safety inside and outside of the school. If your child/ward is taking public transport, please also remind him/her to use the zebra crossings and designated footpaths when they are walking into and out of school.

Parents/guardians driving into school should slow down and watch out for oncoming vehicles driving out of the school. Vehicles going out of school should also slow down and watch out for vehicles entering the school. When driving out of school, please refrain from turning right at the school main gate from 6.30 am to 8 am.

We seek your understanding to follow the correct traffic flow within the school compound and drop your child/ward only at the designated drop-off point at the foyer. Please also adhere to the speed limit in school especially when negotiating the right turn to the school drop off point at the foyer. Parents/Guardians who are waiting to pick up their child/ward should wait at the vacant parking lots available instead of at the foyer to reduce traffic congestion at the foyer.

2 Teaching and Learning

2.1 School Hours

School will start at 7.50 am and students are encouraged to arrive in school 10 minutes before time. HBL is scheduled on Fridays of even weeks of the term. Students do not need to report to school on HBL days but are to report their attendance to their Form Teacher virtually in the morning.



We will continue to stagger dismissal timings by level to reduce transient congestion during school dismissal. Students are to refer to their timetable for their dismissal timings for each day. In general,

- For Monday Thursday: Students will be dismissed between 2.10 pm 2.45 pm.
- For Friday (odd week): Students will be dismissed at 12.30 pm.

2.2 School-based Assessment and Examination Matters

a. School-based Assessment and Weightings

In line with MOE's School-based Assessment Policy, Weighted Assessments (WA) will be conducted once a term for Term 1 to Term 3 for Secondary One to Three students. There will only be one End-of-Year Examination (EYE) in Term 4.

For Secondary Four/Five students, Weighted Assessments (WA) will be conducted once each in Term 1 and Term 2. There will be one 'O' Level Mother Tongue Preliminary Examination in Term 2 and a main Preliminary Examination in Term 3.

The weightings of the respective school-based assessments for 2024 are summarised below for your reference:

	School-based Assessments and their Weightings in %						
Levels	Term 1 Term 2 Term 3 Term						
Sec 1 to Sec 3	15% [WA]	15% [WA]	15% [WA]	55% [EYE]			
Sec 4/5	50% [WA]	50% [WA]	100% [Prelim]				

*Note:

- A weighted assessment (WA) refers to an assessment for which scores attained count towards the subject grade. It can be a class test, performance task, portfolio, practical test or alternative assessments such as projects, etc.
- Details of WA will be provided by respective subject teachers.
- Weightage for D&T and F&N will differ due to portfolio requirements.

b. Weighted Assessments and Examination Dates

Please note the following important dates regarding Weighted Assessments and Examinations for 2024 in the table below:

Item	Dates
Sec 1 to 4/5N Weighted Assessment 1 (spaced out over 4 weeks)	5 February to 1 March
Sec 1 to 4/5N Weighted Assessment 2 (spaced out over 4 weeks)	15 April to 10 May
Sec 4/5 'O' Level Mother Tongue Preliminary Oral Exams	3 May
Sec 4/5 'O' Level Mother Tongue Preliminary Exams	9 May



Sec 4E5N 'O' Level English Preliminary Oral Exams	6 May to 7 May	
Sec 4N 'N' Level English Preliminary Oral Exams	9 May	
Sec 1 to 3 Weighted Assessment 3 (spaced out over 4 weeks)	22 July to 23 August	
Sec 1 to 3 End-of-Year Exams	23 September, 26 September to 7 October	
Sec 4N Preliminary Exams	22 July, 26 July to 2 August	
Sec 4E/5N Preliminary Exams	15 August, 19 August to 28 August	

2.3 School Terms and Holidays 2024

Please note the important dates regarding school terms and holidays in 2024 in the following tables:

2024 School Terms

Terms	Day & Dates	
Term 1	Tuesday 2 January to Friday 8 March	
Term 2	Monday 18 March to Friday 24 May	
Term 3	Monday 24 June to Friday 30 August	
Term 4	Monday 9 September to Friday 15 November	

2024 School Holidays

March Holidays	Saturday 9 March to Sunday 17 March	
June Break Saturday 25 May to Sunday 23 June		
September Holidays	Saturday 31 August to Sunday 8 September	
December Break	Saturday 16 November to Tuesday 31 December	

Parents/Guardians are kindly requested to **refrain from taking your child/ward away from school during term time** as that will affect his/her learning. Should there be special circumstances, please write to the school to seek permission.

3. <u>Holistic Development of Students</u>

3.1 Kickstart! Programme

To signal the importance of strong peer support and class spirit in shaping a positive school experience, we will start the year with the Kickstart! Programme for all levels. Form Teachers



will also have the opportunity to forge strong teacher-student relationships with the class from the beginning of the school year. A summary of the activities, arrival and dismissal timings can be found in Annex A.

Kindly note that students are to report to their respective form classrooms on the first day of school for morning assembly.

3.2 Sec 1 CCA Orientation and Parents' Briefing

All Sec 1 students will be participating in the Sec 1 CCA Orientation on 19 January from 2.30 pm to 6.00 pm to know more about the CCAs offered in our school. This will allow them to make informed decisions on their choice of CCAs.

In conjunction with the CCA Orientation, a Sec 1 Parents' Briefing will be held on 19 January from 3.15 pm to 6.00 pm. Parents will have the opportunity to hear from our Principal as well as our Key Personnel and Parent Support Group (PSG) representatives. They will share on the school's CCA programme, National Digital Learning Device programme and parenting tips. You will also have an opportunity to interact with your child/ward's Form Teachers.

In preparation for the CCA Orientation, the school will have **early dismissal at 11.55 am for all students on 19 January (Friday)**. We will inform you the details of the Parents' Briefing via a separate Parent Gateway message.

4. <u>Developing Self-Discipline and Responsibility</u>

4.1 Reporting Times and Punctuality for School

Your child/ward is to be present and seated at the assembly venue by 7.50 am from Monday to Friday. We appreciate your partnership to inculcate the positive habit of punctuality in your child/ward to ensure there is no loss of curriculum time for learning due to late-coming. During Home Based Learning days, students are expected to be punctual when reporting their attendance to their Form Teachers. Students who are frequently late without valid reasons despite repeated school and home intervention are liable to be given a "Fair" Conduct Grade in their Report Slips.

4.2 Absenteeism

The school places great emphasis on student learning and hence strongly discourages frequent absenteeism as such behaviour disrupts your child/ward's learning and affects his/her performance. Together, with your support, we can develop and inculcate in your child/ward the right attitude towards school and learning, which he/she will carry with him/her in his/her future work and endeavours.

We seek your support to monitor your child's/ward's attendance closely, and ensure he/she does not stay away from school. Absenteeism should be substantiated with **medical certificates**. Students who are absent without valid reasons will face disciplinary consequences. Students who are frequently truant despite repeated school and home intervention are liable to be given a "Fair" Conduct Grade in their Report Slips.



4.3 Attire and Grooming

Students are expected to wear the prescribed uniform and no modification to the uniform is allowed. Long pants are not allowed to be tapered or shortened above the ankles. Similarly, the length of school skirts must be just above the knees. All school uniform including PE and House T-shirts must be worn with the student's nametag sewn on the right side in line with the school crest/logo.

For all students, hair must be of its natural colour. For girls, hair longer than shoulder length must be tied up. For boys, hair must be kept short and neat. Hair length must not touch the ears and the collar of the school shirt. All male students must be clean shaven and neat in appearance i.e. no wearing of beards and moustaches.

Students not adhering to the above guidelines will be asked to rectify their uniforms or to purchase a new set of uniform. We would appreciate that parents ensure that your child/ward is properly attired and well-groomed when they return to school on the first day in 2024.

4.4 Handphone Policy and Personal Learning Device Policy

To encourage focus on learning, all handphones are to be kept and locked in students' respective personal lockers by 7.50 am. Students can take their handphones out of the lockers during recess and are to keep their handphones in the lockers after recess. Students are reminded that handphones cannot be seen or used between lessons and when moving from one venue to another. The school bookshop will be selling locks for the lockers should your child/ward need to buy one.

Kindly remind your child/ward that Personal Learning Devices (PLDs) and handphones can be confiscated by teachers/staff should it be used in contravention of the above guidelines. Handphones or PLDs may be returned to the respective student and/or returned to parents/guardians at the end of the day.

All students must take personal responsibility to care for their own belongings. Similarly, students are reminded to exercise responsibility when using smart gadgets such as smart watches which can transmit information. Such devices cannot be worn or used during assessments/tests/exams which can be used by students to receive unfair support.

4.5 National Digital Literacy Programme

The NDLP has enabled all students to own PLDs and they should continue to exercise responsibility and good screen time habits in the use of PLDs. In 2024, students will continue to be equipped with digital literacy skills to further support personalized learning as well as self-directed and collaborative learning.

Parents/guardians are strongly encouraged to continually build good learning habits using the PLDs with their child/ward. Some helpful resources can be found on the school's page: https://changkatchangisec.moe.edu.sg/experience-at-changkat/national-digital-literacy-programme-ndlp



4.6 Target Setting and Monitoring

The school will support your child's/ward's learning through target setting and monitoring. We hope that you and your child/ward can thus focus and monitor his/her performance responsibly throughout the year. With the help and supervision of parents/guardians at home, we are confident your child/ward will be one step closer to achieving his/her targets.

5 **Update of Staff Movement and Appointments**

5.1 Thank You and Well Wishes

We bid farewell to the following staff and thank them for their dedicated service:

Name	Role		
Mr Kenneth Chong Teng Yuan	Vice Principal, Chung Cheng High School (Main)		
Mr Yap Boon Chien	Master Teacher, Tampines Secondary School		
Mr Jason Zhuo	Head of Department (PE & CCA), Woodlands Secondary School		
Mr Imran Hussain Shah	Special Education Officer, Special Education Branch		
Mdm Debi Lim Yi Xuan	Geography Teacher, St. Andrew's Junior College		
Mr Khalid Bin Othman	Senior Manager, Data & Analytics, Higher Education Group		
Mr Pang Toh Ting	Retirement		



5.2 Welcome

We warmly welcome the following new staff to the school:

Staff	Role
Ms Pauline Low	Senior Education & Career Guidance Counsellor
Mr Denny Chan Chun Shuo	Adjunct ICT Manager
Ms Edith Cheng Eng Eng	Art Teacher (CAJT)
Mdm Beatrice Goh Bee Kah	English/Mathematics Teacher
Mdm Kim Huang Jinjin	Biology/Chemistry Teacher
Ms Zubaidah Binte Ibrahim	Design & Technology/Mathematics Teacher
Ms Khasturi d/o Gonasaygnran	Food and Consumer Education Teacher
Mr Siddiq Suleiman	Physics/Mathematics Teacher
Ms Nadiah Binte Abdul Karim	Malay Language/Malay Literature Teacher
Mr Camillus Chua Jin Bao	History/Social Studies Teacher
Ms Sarah Yew Mei Foong	School Counsellor (Untrained)

6. Partnerships and Collaboration

6.1 Deepening our partnership with parents/guardians

At Changkat Changi, we value our parents/guardians as our key partners in helping our students to develop holistically. We strongly believe that a deep partnership forged between the school and our parents will enable us to realize our vision of helping our students to *Learn with Passion, Serve with Humility and Succeed with Integrity*. We would like to encourage our parents to continue to be supportive partners and seek your active involvement in the following activities:

S/N	Name of Event	Date
1	Sec 1 Parent-Teacher Conference	Term 1, 2024
2	Sec 1 CCA Orientation	
3	Sec 2, 4 and 5 Parents' Briefing	
4	Cross-Country Run	
5	Sec 3 Parents' Briefing	Term 2, 2024
7	58 th Annual Speech and Prize Giving Day	
8	Mid-Year Meet-the-Parents' Session	
9	House Olympics	Term 3, 2024
10	Graduation Ceremony for Sec 4/5 Students	

11	End-Of-Year Meet-the-Parents' Session	Term 4, 2024
12	National Education Commemorative Events	Terms 1 – 4, 2024

Parents/Guardians are encouraged to join the Changkat Changi Parents Support Group (CCSS PSG) and continue to play an active role in our school activities.

We aim to provide a quality school experience for your child/ward and look forward to your support and partnership to develop your child/ward holistically. This term letter can be downloaded from the school's website and Parents Gateway. On behalf of the school, I would like to wish you a healthy and successful 2024!

Thank you.

Yours sincerely,

Mr Ho Ming Da

Principal,

Changkat Changi Secondary School



Secondary 1

Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
2 Jan 2024 (Tuesday)	7:50 AM	2:00 PM	 S1 Kickstart Secondary 1 Changkateers will get to kickstart their new school year with: Circle time with Form Teachers Briefings for Sec 1 students 		Please bring along the following items: Writing materials Money for recess Water bottle Simple snacks such as biscuits for snack break
3 Jan 2024 (Wednesday)	7:50 AM	2:15 PM	Lessons as per timetable. Please refer to the Sec 1 Timetable on the school	Full School Uniform	Please bring the relevant materials and resources for timetabled lessons.
4 Jan 2024 (Thursday)	7:50 AM	2:45 PM	website. Hardcopy timetable will be issued to students on 2 Jan 2024.		Students will bring along their PE T-shirts and shorts if they have PE lessons.
5 Jan 2024 (Friday)	7:50 AM	12:30 PM	 S1 Kickstart Secondary 1 Changkateers will get to kickstart their new school year with: Study Skills Workshop Briefings for Sec 1 students 		Please bring along the following items: Writing materials Money for recess Water bottle
8 Jan 2024 (Monday)	7:50 AM		S1 Cohort Camp Secondary 1 Changkateers will go through a 3-day residential outdoor adventure camp in school to familiarise themselves with the school environment and their new class.	Students will report to school in half-uniform (PE T-shirt & school shorts/skirt).	Meals (including breakfast, lunch, dinner, and snack time) will be provided during the camp. Activities include team bonding games,
10 Jan 2024 (Wednesday)		12:30 PM	They will be given opportunities to build a strong sense of camaraderie and cohesion among their new friends, teachers and develop a strong sense of pride for the school. They will also work with their peers to overcome challenges as one cohort!	They will change into their PE attire (PE T-shirt and PE shorts) for the activities.	pioneering, orientating, outdoor cooking, indoor rock wall climbing campfire etc. Packing list for the camp, will be shared with students on the first day of school.



Secondary 2

Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
2 Jan 2024 (Tuesday)	7:50 AM	2:00 PM	 S2 Kickstart Secondary 2 Changkateers will get to kickstart their new school year with: Circle time with Form Teachers Briefings for Sec 2 students 	Full School Uniform (with name tag)	Please bring along the following items: Writing materials Learning Device Padlock for locker Money for recess Water bottle Simple snacks such as biscuits for snack break
3 Jan 2024 (Wednesday) 4 Jan 2024 (Thursday)	Lessons as per timetable. Please refer to timetable on the school website. Hardcopy timetable will be issued to students on 2 Jan 2024.			Please bring the relevant materials and resources for timetabled lessons. Students will bring along their PE T-shirts and shorts if they have PE lessons.	
5 Jan 2024 (Friday)	7:50 AM 12:30 PM Secondary 2 Changkateers will be learning study skills and be inspired to build resilience through sports.		Half-School Uniform (with name tag)	Please bring along the following items: Writing materials Learning Device Money for recess Water bottle	
8 Jan 2024 (Monday)	7:50 AM	2:30 PM	 S2 Kickstart Secondary 2 Changkateers will be: visiting the National Museum of Singapore to learn and appreciate Singapore history, and 	Full School Uniform (with name tag)	Please bring along the following items: Writing materials Learning Device Money for recess Water bottle

			strengthening peer relationship through classroom decoration.		
Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
9 Jan 2024 (Tuesday)	7:50 AM	2:00 PM 4:00 PM (for class committee)	Secondary 2 Changkateers will start to set goals for the year and be equipped with the necessary ICT skills to help them learn effectively.	Half-School Uniform	Please bring along the following items: Writing materials Learning Device Money for recess Water bottle
10 Jan 2024 (Wednesday)	7:50 AM	2:00 PM	S2 Kickstart Secondary 2 Changkateers will pick up financial literacy skills and bond as a class/level through sports and dance.	(with name tag)	■ PE shorts



Secondary 3

Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
2 Jan 2024 (Tuesday)	7:50 AM	2:00 PM	 S3 Kickstart Secondary 3 Changkateers will get to kickstart their new school year with: Circle time with Form Teachers and classmates Briefings for Sec 3 students Check-in Survey and other surveys 	Full School Uniform (With name tag)	Please bring along the following items: Writing materials Money for recess Water bottle Simple snacks such as biscuits for snack break Students will be given a packing list for Secondary 3 Outdoor Adventure Camp from 8-10 January 2024 in Term 1 Week 1. More details about the camp will be shared nearing the date!
3 Jan 2024 (Wednesday)	Lessons as per timetable. Please refer to timetable on the school website. Hardcopy timetable will be issued to students on 2 Jan 2024.				Please bring the relevant materials and resources for timetabled lessons.
4 Jan 2024 (Thursday)					Students will bring along their PE T-shirts and shorts if they have PE lessons.
5 Jan 2024 (Friday)	7:50 AM	12:30 PM	 S3 Kickstart Secondary 3 Changkateers will get to kickstart their new school year with: Study Skills Workshop Briefings for Sec 3 students Camp Preparation 	Full School Uniform (With name tag)	Please bring along the following items: Writing materials Money for recess Water bottle

Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
8 Jan 2024 (Monday) 10 Jan 2024 (Wednesday)	7:50 AM	4:00 PM	Secondary 3 Changkateers will go through a 3-day outdoor adventure with their new class and form teachers. Secondary 3 Changkateers will: • build their confidence and resilience, • have opportunities to forge camaraderie with others through common challenging experiences, • build positive relationships among their peers and with their Form/co-Form Teachers; and • have a foundation for active and healthy living through appropriate land and water activities and develop life skills through authentic outdoor experiences.	Students will report to school in half-uniform (PE T-shirt & school shorts/skirt). They will change into their PE attire (PE T-shirt and PE shorts) for the activities.	Meals (including breakfast, lunch, dinner, and snack time) will be provided during the camp. Activities include team bonding games, dragon-boating, indoor rock wall climbing, navigation, campfire etc. Packing list for the camp, will be shared with students on the first day of school.



Secondary 4 and 5

Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
2 Jan 2024 (Tuesday)	7:50 AM	2:00 PM	 S4 and 5 Kickstart Secondary 4 and 5 Changkateers will get to kickstart their new school year and build deeper bonds with their Form Teachers and classmates with: Circle time with Form Teachers and classmates Briefings for Sec 4 and 5 students 	Full School Uniform (with name tag)	Please bring along the following items: Writing materials Learning Device Padlock for locker Money for recess Water bottle Simple snacks such as biscuits for snack break
3 Jan 2024					Please bring the relevant materials and
(Wednesday)	Lessons as per timetable.				resources for timetabled lessons.
4 Jan 2024	Please refer to timetable on the school website.				Students will bring along their PE T-shirts
(Thursday)	Hardcopy timetable will be issued to students on 2 Jan 2024.				and shorts if they have PE lessons.
5 Jan 2024 (Friday)	7:50 AM	12:30 PM	Secondary 4 and 5 Changkateers will be visiting Poly Open Houses where they gain further knowledge of various polytechnic courses, explore and develop interests in specific fields, and plan the path towards their choice pathway after secondary education.	Half School Uniform (PE T-Shirt and School Pants/ Skirt)	Please bring along the following items: Writing materials Money for recess Water bottle

Date (Day)	Reporting Time	Dismissal Time	Description	Attire	Remarks
8 Jan 2024 (Monday)	7:50 AM	2:30 PM	S4 and 5 Kickstart Secondary 4 and 5 Changkateers will reflect on their Poly Open House experiences, gaining insights into confident self-presentation and interview etiquette essential for early admission exercises in tertiary education. Furthermore, students will delve into the science of stress, understanding its impact on the body. They will acquire a self-care checklist and practice mental grounding exercises for effective stress management and restoring balance.	Full School Uniform (with name tag)	Please bring along the following items: Writing materials Learning Device Money for recess Water bottle Simple snacks such as biscuits for snack break
9 Jan 2024 (Tuesday)	7:50 AM	2:00 PM	S4 and 5 Kickstart Secondary 4 and 5 Changkateers will acquire study skills, strategies and techniques for learning and revision. They will also learn to distinguish between controllable and uncontrollable factors, fostering consistent self-motivation. Additionally, they will be equipped with tips to positively overcome challenges.	Full School Uniform (with name tag)	Please bring along the following items: Writing materials Learning Device Money for recess Water bottle Simple snacks such as biscuits for snack break Students will change into their PE attire (PE T-Shirt and PE Shorts) for activities.
10 Jan 2024 (Wednesday)	7:50 AM	2:00 PM	S4 and 5 Kickstart Secondary 4 and 5 Changkateers will strengthen their bonds as a class and develop confidence, resilience, and leadership through team-based games.	Half School Uniform (with name tag) (PE T-Shirt and School Pants/ Skirt)	