

Student's Particulars

Name: _____

Class: _____ Register No.: _____

Form Teachers: _____

Email Address: _____

Siblings in the same school:

Name: _____ Class: _____

Name: _____ Class: _____

Subjects	Teachers
English	
Mother Tongue	
Mathematics	
Science	

Emergency Contact Details

Person to Contact: _____

Relationship: _____

Mobile Phone No.: _____ Home Phone No.: _____

Our Vision

Learners driven by Passion | Leaders guided by Values

Our Mission

At West Spring, we provide opportunities for West Springers to realise and reach their potential whilst developing good character and citizenship.

Our Values

The core values - Respect, Responsibility, Resilience, Integrity, Care and Harmony (3RICH) - are fundamental for a person of good character and a useful citizen of Singapore. They guide students to discern between right and wrong, help them make responsible choices and become more aware of their roles in society.



Our Philosophy

Creating a learning environment where students experience success through meaningful learning and character development.

School Crest



Formed by the letters W and S, which are the initials of West Spring, this logo evokes the image of a jumping human figure that is full of joy and vitality.

As the colours evolve from darker to lighter shades of blue from the left to the right, they serve to symbolise the transformational process of an education at West Spring Primary School, one that metamorphoses students from diamonds in the rough to bright and vibrant personalities. The green dot at the top illuminates the rise of such potential which will always sparkle and shine ever so brightly in society.

Overall, the flow of turquoise hues throughout the logo carries with it the imagery of flowing spring water, and brings to life the popular Chinese idiom 饮水思源 (yǐnshuǐsīyuán), which literally means that we should remember the source as we take our drinks. This spirit of remembering our origins and appreciating what we have is the hallmark of all students at West Spring Primary School. It is the spirit of gratitude that will always spring eternal even as students graduate and move on to scale higher peaks in life

School Song

Composed by: Lorraine Tan

Verse

Every day that I wake,
I'm thankful for this day
I've got joy in my heart,
love in my soul
Every step that I take,
every move I make
You'll be there to guide my way,
on this beautiful day

Chorus

It's here where we will learn,
we'll work towards our goals
It's here with dreams and hopes,
we call our second home
We'll sing out loud and proud,
let our light shine through
I'll care for you and you'll care for me
I love my school
My West Spring Primary School

[Repeat Verse]

[Repeat Chorus x 2]

Coda

I love my school
My West Spring Primary School
I love my school
My West Spring Primary School

School Curriculum Hours

All students are to report to school by 7.30 a.m.
Please refer to the table below for the school hours in 2025.

Level	Days	School Hours	Recess Time/Lunch	Snack Time
Primary 1 Primary 2	Monday	7.30 a.m. – 1.30 p.m.		
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
Primary 3 – 6	Monday	7.30 a.m. – 1.30 p.m. HMTL / MTSP: 2.00 p.m. – 3.00 p.m. *ASP / Timed Practice: 2.00 p.m. – 4.00 p.m.	Recess 9.00 a.m. – 10.30 a.m. Refer to class timetable Lunch 1.30 p.m. – 2.00 p.m.	Refer to class timetable
	Tuesday	7.30 a.m. – 1.30 p.m. **CCA: 2.15 p.m. – 4.00 p.m.		
	Wednesday	7.30 a.m. – 1.30 p.m.		
	Thursday	7.30 a.m. – 1.30 p.m. *ASP / Timed Practice: 2.00 p.m. – 4.00 p.m.		
	Friday	7.30 a.m. – 1.30 p.m. **CCA: 2.15 p.m. – 4.00 p.m.		

*ASP is for selected students only. Timed Practice is for all P6 students in Semester 2.

** Schedules will be provided separately.

Dismissal Timings

P1	1.20 p.m.
P2	1.30 p.m.
P3 and P4	1.40 p.m.
P5 and P6	1.45 p.m.

Information for Parents

School Traffic Management Plan

- To ensure the safety of motorists and pedestrians within the school compound and the school zone.
- Parents and caregivers can drop off your child from 6.30a.m. to 7.30 a.m.
- Parents are reminded to drop off and move as quickly as possible to facilitate other parents who are waiting.

Parking of vehicles outside the school compound

- Parents are to refrain from stopping their vehicles along Segar Close if they need to wait for their children. They are advised to park their vehicles at nearby carparks and wait for their children at side gate A.

School Operating Hours

- The school operates from 6.30 a.m. to 5.00 p.m.

Visit to our School

- For the safety and security of students, all visitors/parents must register at the Security Post.
- The Visitor Pass must be worn and displayed prominently. No one is allowed to access any part of the school premises without prior permission from the General Office. The school takes a very serious view of this matter.
- At any point of time, parents are only allowed to wait at the General Office while waiting for their children.
- School staff will approach any visitor/parent who is not wearing the Visitor Pass.
- School car park lots are for staff only. Please park your vehicle at public car parks nearby.
- We request parents and guardians not to send items to school that your child/ward has forgotten as this disrupts the child's classroom learning. This is also in line with our objective of inculcating responsibility in students.
- Parents are required to sign in the Early Dismissal Book in the General Office if you fetch your child before dismissal time.

Important Contact Numbers

General Office	6314 4192
School Address	60 Bukit Panjang Ring Road S679946
School Email	westspring_ps@moe.edu.sg
School Website	http://www.westspringpri.moe.edu.sg
Books / Uniform / Shoes Vendor	BL Marketing Private Ltd Phone: 6518 9611 (Weekdays between 9 a.m. to 4 p.m.) Email: sales@blmarketing.sg
School Transport	DKJ Transport Services Phone: 8381 6324 (Mr Liew) 9772 3370 (Mr Leo) Email: westspringpri0512@gmail.com

School Rules

General Expectations

- Every student must conduct himself or herself well to uphold the good name of the school.

Our Behaviour

- To be kind, honest and gracious to everyone.
- To respect our teachers, elders and friends.
- To care for our school community and property.

Discipline

- All students are expected to demonstrate exemplary behaviour by observing the school rules.
- Misbehaviour will not be tolerated and will be dealt with accordingly.
- For serious offences, disciplinary action will be taken.
- All students are not allowed to have in their possession any weapon. They are also not allowed to bring any weapon-like item which can be used or intended to be used to cause harm to others.
- Students are not allowed to bring games/toys to school.

Use of Mobile Phones / Smartwatches

- Students are not to use smartphones and/or smartwatches (except for POSB smartwatches) during school hours including recess, CCA and after-school programmes.
- Students who bring such devices are to put them in their school bags before they enter school. They can retrieve the devices after they leave school. Students should bear responsibility for safekeeping of devices.
- In the event when a student brings a mobile phone and loses it in school, the school reserves the right not to conduct a search for the lost mobile phone.
- Custody of the mobile phone is the sole responsibility of the student. The school is not liable for any damage or loss of the mobile phones.
- Students are strongly discouraged to bring electronic gadgets (e.g. tablets, electronic games).

School Rules

Attendance and Punctuality

- School starts at 7.30 a.m. Students are encouraged to be in their classroom/ the hall by 7.25 a.m.
- Students will be issued a warning if he/she is repeatedly late. Disciplinary action will be taken against repeat offenders. It will also have an impact on the student's conduct rating.

School Assembly

- Students who are Singapore Citizens must sing the National Anthem and take the Pledge. Students will take the Pledge with the right fist over the heart.

Recess / After School Programmes

- Students are to assemble and be seated quietly when the designated recess bell rings while waiting to be dismissed from the canteen.
- Students are not allowed to loiter along classroom corridors during recess.

Illness, Absence from School and Procedure for Early Dismissal

- Attendance is compulsory for all students on school days. No student should leave for holidays before the term ends.
- A student should not be absent from school for a long period without any medical reason. In the event of an emergency, permission has to be sought from the school leaders. Permission would be granted on a case by case basis as assessment dates would be taken into consideration.
- If a student is absent, a medical certificate must be submitted to the form teacher the day when the child returns to school.
- Parents / Guardians who wish to take their child home early must obtain permission from the school leaders. A sick child is not allowed to go home on his/her own. An adult member of the family must accompany him/her.
- Students are not allowed to leave the school during school hours.
- Students are not to skip classes or play truant.

School Rules

School Attire

Be a proud West Springer! Be neat and properly attired.

- Students are to wear the prescribed school uniform and modification to the uniform is not allowed.
- Name tag should be placed above the school logo.
- Students are not allowed to wear coloured or patterned T-shirt or vest under their PE attire or school uniform. Only plain white T-shirt is allowed.
- Students are allowed to wear only black shoes without any designs.
- Only plain white socks with school logo are allowed.
- Socks must be at least two fingers above the ankle.

Boys



- Name tag should be placed above the school logo.
- Student leaders must always wear their badge with pride above their name tags.

Girls



- Black shoes without any designs.
- Only plain white socks with school logo are allowed.
- Socks must be at least two fingers above the ankle.

Hair and Personal Hygiene

- Nails should be kept short and clean.
- Nails are not to be painted.
- Hair should not be coloured or dyed.
- Hair gel, wax or cream are to be used only to keep the hair neat and not for styling purposes.

School Rules

Boys

- Hair must be kept short and neat at all times. It should not touch the ears, eyebrows and the collar.
- Male students must be clean-shaven and neat in appearance.
- Stylish haircuts are not allowed, for example, sides are shaved close to the head but top is kept long or layered.
- The length of the hair must be the same throughout.



Girls

- Hair must be kept neat at all times.
- Longer hair should be tied up.
- Fringe must be above the eyebrows or neatly pinned up.



Use of Accessories

- Hair accessories should be in black only.
- Students are not allowed to wear jewellery or accessories such as chains, rings, bracelets, arm/ankle bands.
- Girls are allowed to wear small and simple ear studs only and boys are not allowed to wear any ear studs. Fanciful/valuable ear studs are not allowed.
- Make-up, henna or other forms of face painting, marks or tattoos are not allowed.

Student Well-being

To support the provision of student well-being processes, these are the key areas:

Counselling

When feeling down, confused, upset or stressed, students can also approach the School Counsellor (SC) or Teacher Counsellors (TC) at the Lighthouse. Helplines to external social agencies are also available.

Special Education Needs (SEN) Support

West Spring is able to support learning for West Springers with special educational needs. These supports would be provided by SEN Officers. Teachers Trained in Special Needs (TSN) provide learning support and plan instructional strategies and adapt lessons for West Springers with special educational needs, and share strategies with other teachers in school to support them in learning.

Discipline

All teachers at West Spring Primary School play an active role in managing student behaviour and helping them develop self-discipline and take personal responsibility for their actions.

Financial Assistance

Our school believes that no West Springer should be deprived of learning. The school has various types of financial assistance schemes to support financially needy students. These students are provided with free textbooks, school uniforms, and some will receive meal and transport allowances.

Wave of Friendship



Respect your friends

Respect means you accept somebody for who they are, even when they are different from you, or you do not agree with them.

Smile often and say nice things

Share a smile with everyone you meet! Friendships start better with a smile. Make a positive difference by using kind words to others.

Share with your friends

Get along with others by sharing what you have. No matter where you are or who you are with, there are special ways to share!

Say sorry to your friends

















When you have made a mistake, the right thing to do is apologise. Saying sorry can be hard but it can make you and others feel better.

Show care and help your friends

You can show care by treating others with kindness and compassion. Even small acts can make a positive difference in someone's life.

Zones of Regulation

WHAT ZONE ARE YOU FEELING TODAY?

Blue	Green	Yellow	Red
 Sad  Tired  Sick	 Happy  Calm  Ready to learn	 Excited  Scared  Worried	 Angry  Out of Control  Terrified
Low levels of energy and feeling down	Calm, alert state	Higher levels of energy and stronger feelings	Extremely high levels of energy and intense feelings
			
Alert strategies		Calming Strategies	Calming Strategies



For more information about Zones of Regulation



Calming Technique:
Deep Belly Breathing



Calming Technique:
Muscle Relaxation Exercise

My Calming and Alert Strategies

Tick 3 that works for you.

 Drink water <input type="checkbox"/>	 Deep breathing <input type="checkbox"/>	 Wash my face <input type="checkbox"/>
 Think of happy thoughts <input type="checkbox"/>	My Calming Strategies	 Count to 10 <input type="checkbox"/>
 Go for a walk <input type="checkbox"/>	 Press my palms together <input type="checkbox"/>	 Use a squishy <input type="checkbox"/>

Tick 3 that works for you.

 Drink water <input type="checkbox"/>	 Go to the toilet <input type="checkbox"/>	 Wash my face <input type="checkbox"/>
 Deep breathing <input type="checkbox"/>	My Alert Strategies	 Use a squishy <input type="checkbox"/>
 Go for a walk <input type="checkbox"/>	 Ask for a movement break <input type="checkbox"/>	 Do stretches <input type="checkbox"/>



POP

Pursue Our Passion Programme



What is it about?

In line with the school's vision, "Learners Driven by Passion, Leaders Guided by Values", we want to create the conditions and space to encourage our West Springers to pursue their Passions.

Through the specially designed POP sessions, our West Springers participate in activities and conversations that enable them to discover their interests and passions.



What we would like to achieve?

The "Pursue Our Passion" (POP) Programme aims to:

- nurture in our West Springers the joy of learning and to encourage them to pursue their passions
- create the safe environment for students to develop the knowledge, skills and dispositions to pursue their passions- their soft skills will enable them to become confident, lifelong learners
- allow our students to celebrate their successes, beyond that of academic achievements
- build friendships that could serve them well beyond Primary School
- create mutual understanding and respect to foster a more collaborative and accepting school culture.

Our Approach



Experience	<p>Teacher' facilitated POP curriculum to provide students with experiences to encourage them to discover their passions</p> <p>Teachers create a safe environment for students to develop the knowledge, skills and dispositions to pursue their passions</p> <p>(Teacher-facilitated)</p>	<ul style="list-style-type: none">• POP curriculum• POP presentations during assembly• POP Festival
Empowerment	<p>Student-initiated learning experiences in which students network with other West Springers across classes and levels</p> <p>Students collaborate, negotiate, and agree upon goals</p> <p>(Teachers-supported/ Parents-supported)</p>	<ul style="list-style-type: none">• Passion networks
Extension	<p>Student-initiated pursuits of passion over and above school provisioned opportunities</p> <p>Student-initiated experiences which go beyond the context of school to that of their community e.g. helping their community with their passions</p> <p>(Parents-supported)</p>	<ul style="list-style-type: none">• Passion Advocates to inspire others• Passion Educators to teach others• Passion-related Values-In-Action Projects to reach out to the community with their passions

My 2025 POP Journey

Check-point 1:

Have you managed to achieve what you have planned to do? (Check off T1 list)

I am ready / not ready (choose 1) to take actions to inspire others/ contribute to my community with my passion.
What are your plans for this term?

Term 1

The passion I would like to pursue this year is _____ because _____

Select a sentence that best describes you now:

- I am just starting.
- I have prior experience.
- I have reached a certain stage of mastery.

To pursue my passion, I plan to:

Term 2

Check-point 2:

Have you managed to achieve what you have planned to do? (Check off T2 list)

I am ready / not ready (choose 1) to take actions to inspire others/ contribute to my community with my passion.

What are your plans for this term?

Term 3

When pursuing my passion,

- I show care for self and others.
- I connect with schoolmates who have the same passion as me.
- I learn to trouble-shoot when I face any challenges.
- I learn to be more confident about myself.

Term 4

This year, when pursuing my passion:
My greatest achievement:

I am grateful for:

The most challenging thing:

I need to improve on:

P.L.A.Y in West Spring



Domain	Description
Object. PLAY	Any form of activity that provides students the opportunity to pick up, explore and manipulate objects such as plasticine and LEGO bricks.
Physical PLAY	Any form of activity in which. a student gets his or her body involved. It can be in the form of running, swinging, throwing and jumping.
Dramatic PLAY	Any form of activity that provides students the opportunity to imagine and fit the reality of the world into their own interests and knowledge.
ICT PLAY	Any form of activity that. provides students the opportunity to use, interact or engage with any forms of technology e.g. interactive SMART board, computer, tablets, etc.
Cognitive PLAY	Any form of activity in which a student is involved in critical, reflective and inventive thinking.

NAPFA Standards

Standards for Males

Age group	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	* 1.6 / 2.4 km Run-Walk time (min : sec)
9	A	5	>35	>168cm	>33cm	>21	<11.3sec	<9:40
	B	4	30-35	159-168	30-33	18-21	11.3-11.8	9:40-10:40
	C	3	25-29	149-158	26-29	13-17	11.9-12.2	10:41-11:40
	D	2	20-24	139-148	21-25	9-12	12.3-12.7	11:41-12:40
	E	1	15-19	130-138	16-20	3-8	12.8-13.1	12:41-13:50
10	A	5	>36	>174cm	>35cm	>22	<11.1sec	<9:30
	B	4	31-36	165-174	32-35	19-22	11.1-11.6	9:30-10:30
	C	3	26-30	156-164	28-31	14-18	11.7-12.0	10:31-11:40
	D	2	21-25	146-155	23-27	9-13	12.1-12.4	11:41-12:40
	E	1	17-20	137-145	18-22	3-8	12.5-12.9	12:41-13:40
11	A	5	>39	>188cm	>37cm	>23	<10.7sec	<8:50
	B	4	34-39	177-188	34-37	20-23	10.7-11.2	8:50-10:00
	C	3	30-33	166-176	30-33	15-19	11.3-11.6	10:01-11:10
	D	2	25-29	155-165	25-29	10-14	11.7-12.0	11:11-12:20
	E	1	20-24	144-154	20-24	4-9	12.1-12.5	12:21-13:30
12	A	5	>41	>202cm	>39cm	>24	<10.4sec	<8:40
	B	4	36-41	189-202	36-39	21-24	10.4-10.9	8:40-9:40
	C	3	32-35	176-188	32-35	16-20	11.0-11.3	9:41-10:40
	D	2	27-31	163-175	28-31	11-15	11.4-11.7	10:41-11:40
	E	1	22-26	150-162	23-27	5-10	11.8-12.2	11:41-12:30
13	A	5	>42	>214cm	>41cm	>25	<10.3sec	<8:10
	B	4	38-42	202-214	38-41	22-25	10.3-10.7	8:10-9:10
	C	3	34-37	189-201	34-37	17-21	10.8-11.1	9:11-10:10
	D	2	29-33	176-188	30-33	12-16	11.2-11.5	10:11-11:00
	E	1	25-28	164-175	25-29	7-11	11.6-11.9	11:01-12:00
14	A	5	>42	>225cm	>43cm	>26	<10.2sec	<11:01
	B	4	40-42	216-225	40-43	23-26	10.2-10.4	11:01-12:00
	C	3	37-39	206-215	36-39	18-22	10.5-10.8	12:01-13:00
	D	2	33-36	196-205	32-35	13-17	10.9-11.2	13:01-14:10
	E	1	29-32	186-195	27-31	8-12	11.3-11.6	14:11-15:20
*1.6 km Run-Walk time (All students between 9 to 13 years old) 2.4 km Run-Walk time (All students 14 years and above)								
AWARD REQUIREMENTS								
Awards		Minimum Scores						
Gold		C grade in all 6 stations with a minimum of 21 points						
Silver		D grade in all 6 stations with a minimum of 15 points						
Bronze		E grade in all 6 stations with a minimum of 6 points						

NAPFA Standards

Standards for Females

Age group	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	*1.6/ 2.4 km Run-Walk time (min : sec)
9	A	5	>26	>158cm	>33cm	>14	<11.8sec	<10:40
	B	4	22-26	148-158	31-33	12-14	11.8-12.3	10:40-11:40
	C	3	18-21	139-147	28-30	9-11	12.4-12.8	11:41-12:50
	D	2	14-17	129-138	24-27	6-8	12.9-13.3	12:51-13:50
	E	1	10-13	119-128	19-23	2-5	13.4-13.8	13:51-15:00
10	A	5	>27	>161cm	>35cm	>14	<11.7sec	<10:30
	B	4	23-27	152-161	33-35	12-14	11.7-12.2	10:30-11:25
	C	3	19-22	143-151	30-32	9-11	12.3-12.7	11:26-12:30
	D	2	15-18	134-142	26-29	6-8	12.8-13.2	12:31-13:25
	E	1	11-14	125-133	21-25	3-5	13.3-13.7	13:26-14:30
11	A	5	>28	>164cm	>37cm	>15	<11.6sec	<10:20
	B	4	24-28	156-164	35-37	13-15	11.6-12.1	10:20-11:10
	C	3	20-23	147-155	32-34	10-12	12.2-12.5	11:11-12:10
	D	2	16-19	138-146	28-31	7-9	12.6-12.9	12:11-13:00
	E	1	12-15	129-137	23-27	3-6	13.0-13.4	13:01-14:00
12	A	5	>29	>167cm	>39cm	>15	<11.5sec	<10:10
	B	4	25-29	159-167	37-39	13-15	11.5-11.9	10:10-11:00
	C	3	21-24	150-158	34-36	10-12	12.0-12.3	11:01-12:00
	D	2	17-20	141-149	30-33	7-9	12.4-12.7	12:01-12:50
	E	1	13-16	132-140	25-29	3-6	12.8-13.2	12:51-13:50
13	A	5	>30	>170cm	>41cm	>16	<11.3sec	<10:00
	B	4	26-30	162-170	39-41	13-16	11.3-11.7	10:00-10:50
	C	3	22-25	153-161	36-38	10-12	11.8-12.2	10:51-11:50
	D	2	18-21	144-152	32-35	7-9	12.3-12.7	11:51-12:40
	E	1	14-17	135-143	27-31	3-6	12.8-13.2	12:41-13:40
14	A	5	>30	>177cm	>43cm	>16	<11.5sec	<14:21
	B	4	28-30	169-177	41-43	14-16	11.5-11.8	14:21-15:20
	C	3	24-27	160-168	38-40	10-13	11.9-12.2	15:21-16:20
	D	2	20-23	151-159	34-37	7-9	12.3-12.6	16:21-17:20
	E	1	16-19	142-150	29-33	3-6	12.7-13.0	17:21-18:20
*1.6 km Run-Walk time (All students between 9 to 13 years old) 2.4 km Run-Walk time (All students 14 years and above)								
AWARD REQUIREMENTS								
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Gold		C grade in all 6 stations with a minimum of 21 points						
Silver		D grade in all 6 stations with a minimum of 15 points						
Bronze		E grade in all 6 stations with a minimum of 6 points						

BMI for Age Percentiles

BMI-for-Age Percentiles (6-18 Years)

BOYS					
AGE (years)	SEVERELY UNDERWEIGHT (< 3 rd percentile)	UNDERWEIGHT (3 rd to < 5 th percentiles)	ACCEPTABLE WEIGHT (5 th to < 90 th percentiles)	OVERWEIGHT (90 th to < 97 th percentiles)	SEVERELY OVERWEIGHT (≥ 97 th percentile)
6	≤ 12.8	12.9 – 13.1	13.2 – 18.8	18.9 – 21.4	≥ 21.5
7	≤ 13.0	13.1 – 13.3	13.4 – 19.8	19.9 – 23.0	≥ 23.1
8	≤ 13.2	13.3 – 13.6	13.7 – 20.9	21.0 – 24.6	≥ 24.7
9	≤ 13.5	13.6 – 13.8	13.9 – 21.8	21.9 – 26.0	≥ 26.1
10	≤ 13.8	13.9 – 14.1	14.2 – 22.7	22.8 – 27.3	≥ 27.4
11	≤ 14.1	14.2 – 14.5	14.6 – 23.6	23.7 – 28.3	≥ 28.4
12	≤ 14.4	14.5 – 14.8	14.9 – 24.3	24.4 – 29.2	≥ 29.3
13	≤ 14.7	14.8 – 15.1	15.2 – 25.0	25.1 – 30.0	≥ 30.1
14	≤ 15.0	15.1 – 15.4	15.5 – 25.5	25.6 – 30.6	≥ 30.7
15	≤ 15.3	15.4 – 15.8	15.9 – 26.1	26.2 – 31.2	≥ 31.3
16	≤ 15.6	15.7 – 16.1	16.2 – 26.5	26.6 – 31.7	≥ 31.8
17	≤ 15.9	16.0 – 16.3	16.4 – 27.0	27.1 – 32.1	≥ 32.2
18	≤ 16.1	16.2 – 16.6	16.7 – 27.4	27.5 – 32.4	≥ 32.5

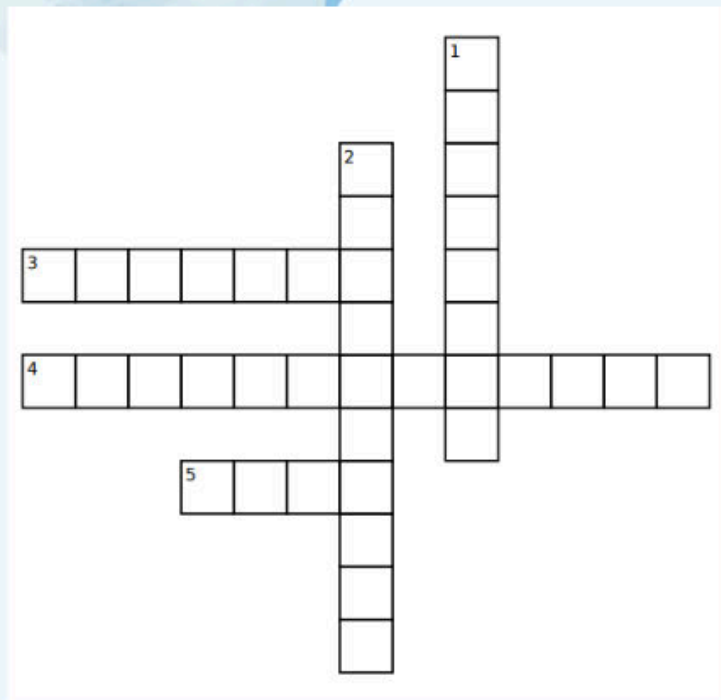
GIRLS					
AGE (years)	SEVERELY UNDERWEIGHT (< 3 rd percentile)	UNDERWEIGHT (3 rd to < 5 th percentiles)	ACCEPTABLE WEIGHT (5 th to < 90 th percentiles)	OVERWEIGHT (90 th to < 97 th percentiles)	SEVERELY OVERWEIGHT (≥ 97 th percentile)
6	≤ 12.6	12.7 – 12.8	12.9 – 18.3	18.4 – 20.5	≥ 20.6
7	≤ 12.8	12.9 – 13.1	13.2 – 19.1	19.2 – 21.8	≥ 21.9
8	≤ 13.1	13.2 – 13.4	13.5 – 20.1	20.2 – 23.1	≥ 23.2
9	≤ 13.4	13.5 – 13.7	13.8 – 21.0	21.1 – 24.4	≥ 24.5
10	≤ 13.7	13.8 – 14.1	14.2 – 21.9	22.0 – 25.6	≥ 25.7
11	≤ 14.1	14.2 – 14.4	14.5 – 22.7	22.8 – 26.6	≥ 26.7
12	≤ 14.4	14.5 – 14.8	14.9 – 23.4	23.5 – 27.5	≥ 27.6
13	≤ 14.8	14.9 – 15.2	15.3 – 24.0	24.1 – 28.3	≥ 28.4
14	≤ 15.1	15.2 – 15.5	15.6 – 24.6	24.7 – 28.9	≥ 29.0
15	≤ 15.4	15.5 – 15.8	15.9 – 25.0	25.1 – 29.4	≥ 29.5
16	≤ 15.7	15.8 – 16.1	16.2 – 25.4	25.5 – 29.7	≥ 29.8
17	≤ 15.9	16.0 – 16.3	16.4 – 25.7	25.8 – 30.0	≥ 30.1
18	≤ 16.1	16.2 – 16.5	16.6 – 25.9	26.0 – 30.3	≥ 30.4

Source: Health Promotion Board

SHINE

Term 1

Let's recap our SHINE Aspirations by completing this crossword puzzle:



Down:

1. Ignite Creative and ____ Thinking
2. Empower ____

Across:

3. Nurture ____
4. Harness ____ and Connection
5. Show ____ for Self and Others

Let's do a word search on words related to one of our SHINE aspirations:

Show CARE for SELF and Others

OBSERVENSZPHJUC
 DBWYIWWPLMZVRZZ
 JFEWRTXOCEQDFEO
 ZUHKSWMSOMRELAX
 XDGFOIIMUCNBAW
 IYDRZHNTMXAIGJF
 DFIBSVDIUSCTDOL
 EJMUVASVNZTZSDK
 NLPDTFEEIRISZIW
 TZRTSETTTKVZCCO
 IPODDPPMYGEBIDJ
 TCVCELEBRATEXGO
 YCEJTZQCDJOSTUY
 OBKZCMOTIVATION
 EDECISIONSQAGSC

Motivation	Community	Celebrate	Best
Decisions	Positive	Improve	Joy
Active	Relax	Mindset	
Observe	Identity		

Are you able to find all the 13 words?

Pick one word that means a lot to you regarding how you show care for self and others.

Why did you pick this word?



SHINE

Term 1



SHINE BINGO: I SHINE in class!

Complete as many as possible. Try to make a horizontal, diagonal and vertical line.

<p>I care for _____ when s/he _____ _____</p> <p>Show Care for Self and Others</p>	<p>I affirm _____ for VITAL for _____ _____</p> <p>Empower Confidence</p>	<p>I greet _____ _____ when I see them outside the class.</p> <p>Harness Communication and Connection</p>	<p>I share my thoughts about _____ _____ in class.</p> <p>Ignite Creative and Critical Thinking</p>
<p>I present confidently in class to share about _____ _____</p> <p>Empower Confidence</p>	<p>I write/design/draw _____ in school.</p> <p>Ignite Creative and Critical Thinking</p>	<p>I do activities related to my passion with _____</p> <p>Nurture Passion</p>	<p>I keep the class clean by _____ _____</p> <p>Show Care for Self and Others</p>
<p>I discuss my passion with _____ _____</p> <p>Nurture Passion</p>	<p>I ask _____ _____ on how to improve my learning in _____</p> <p>Empower Confidence</p>	<p>I show appreciation to _____ for _____</p> <p>Show Care for Self and Others</p>	<p>I work with _____ _____ to complete a task on _____</p> <p>Harness Communication and Connection</p>
<p>I celebrate for _____ _____</p> <p>Empower Confidence</p>	<p>When _____ and _____ have a disagreement, I work with them to resolve it.</p> <p>Harness Communication and Connection</p>	<p>I think of how to solve _____ _____</p> <p>Ignite Creative and Critical Thinking</p>	<p>To improve my skills for my passion in _____, I _____</p> <p>Nurture Passion</p>

SHINE

Term 2

I SHINE at home!

Dear West Springers, if you have done any of these (at least 5), please approach your parents to sign for you.

Dear Parents/ Guardians, please partner with us to encourage your child/ ward to SHINE at home.

Show Care for Self and Others	I took care of my siblings. Parent's Signature: Date:	I showed appreciation for my family members. Parent's Signature: Date:	I did housework. Parent's Signature: Date:	Any other demonstration: Parent's Signature: Date:
Harness Communication and Connection	I greeted my neighbours when I met them. Parent's Signature: Date:	When my siblings had a disagreement, I worked with them to resolve it. Parent's Signature: Date:	I discussed with my family to plan activities. Parent's Signature: Date:	Any other demonstration: Parent's Signature: Date:
Ignite Creative and Critical Thinking	I learnt to use new apps to perform various tasks. Parent's Signature: Date:	I thought of possible ways to solve a problem Parent's Signature: Date:	I discussed my thoughts about current events or interesting topics with my family. Parent's Signature: Date:	Any other demonstration: Parent's Signature: Date:
Nurture Passion	I looked for more information about my passion. Parent's Signature: Date:	I worked on improving my skills for my passion. Parent's Signature: Date:	I shared my passion with my family members Parent's Signature: Date:	Any other demonstration: Parent's Signature: Date:
Empower Confidence	I tried to learn something that I have not done before. Parent's Signature: Date:	I asked my family members how I could improve myself. Parent's Signature: Date:	I celebrated my achievements with my family. Parent's Signature: Date:	Any other demonstration: Parent's Signature: Date:


SHINE

Term 3

There are 15 words here that are related to one of our SHINE aspirations:

Nurture Passion

Unscramble them.

1. RTY	1	T								
2. SEDMAR	2	D								
3. SRETETSIN	3	I		T						
4. XEPRLOE	4	E		P						
5. ANLTTE	5	T								
6. ROCSVDIE	6	D	I	S						
7. OBBYH	7			B	B					
8. LSOGA	8	G								
9. SNEGTHSRT	9	S	T							
10. CSESCUS	10			C	C		S	S		
11. IECCRPTA	11	P	R					C	E	
12. TFEORF	12	E								
13. SLLKIS	13	S								
14. BIYTAIL	14	A								
15. MRCEEOOV	15	O				C				


Are you able to unscramble all the 15 words?

Pick one word that means a lot to you regarding how you nurture your passion.

Why did you pick this word?

Let's do a word search on words related to one of our SHINE aspirations:

Empower Confidence



S V M B C R Q R W F F P A J S

U W C J E H E A M W F T E A T

B V O C M I A S P U V O I C E

M A U Z P G R L I E C P H R C

W C R X O I P L L L S N Z I T

U H A O W N R Q Q E I W Y S A

M I G W E S E X C A N E Z K E

Z E E I R P P S E D B G N S I

P V N Y M I A M S E O S I T Q

U E O G E R R Y D R L E S N Z


I M L R N A E H Y S D H Q P G

S E P O T T D G Q H Z R M R X

G N S W B I V Y K I K B D O R

M T D T F O D H Q P Q J U U T

E S B H F N R C T M L R F D M



Are you able to find all the 13 words?

Pick one word that means a lot to you regarding how you have grown to be more confident this year.

Why did you pick this word?

Inspiration

Leadership

Growth

Prepared

Empowerment

Resilient

Voice

Proud


Challenging

Courage

Achievement

Risks

Bold



SHINE

Term 3

I SHINE in school!

Let's plot a SHINE graph!

Dear West Springers and Teachers,

It is time to encourage our West Springers who have demonstrated SHINE. Capture any SHINE moments (e.g. CCA, POP, leadership opportunities) here by writing a sentence on how they have demonstrated SHINE.

e.g. Under "Nurture Passion",

Sample of a sentence: Tom did not give up even though he could not solve the Rubik's Cube at first. (By Jayden, 2 Aug 2025)

How I Show Care
for Self and Others

How I Harness
Communication
and Connection

How I Ignite
Creativity and
Critical Thinking

How I Nurture
Passion

How I Empower
Confidence



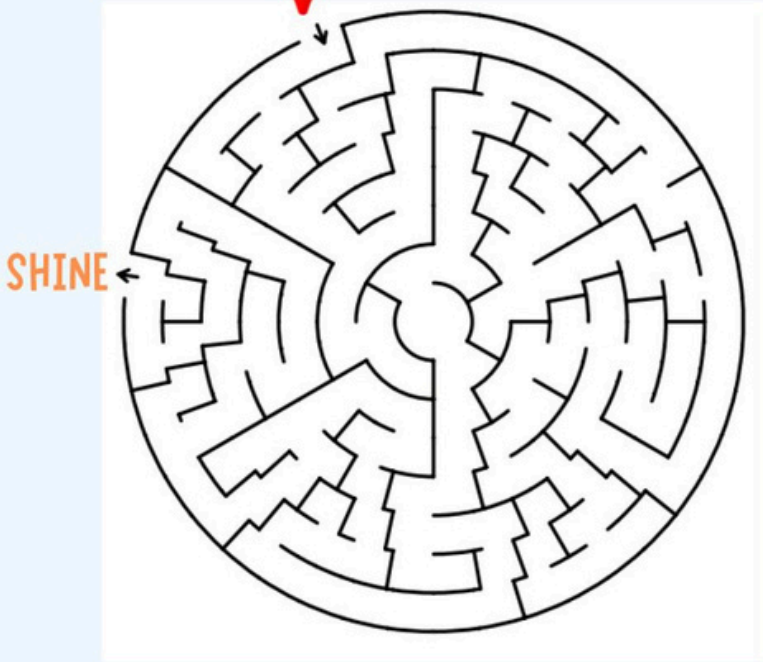


SHINE

Term 4



Find your way through the maze to get to SHINE.



Finding your way through the maze to reach SHINE might be a bit tricky, just like learning how to SHINE in your life. It will not always be easy, but the journey will help you grow.

You'll learn more about yourself, become a better learner excited about what you love, and a stronger leader who is guided by good values.

Be aMAZEd at how much you can SHINE!

My Reflections on my SHINE journey this year

How are you in your SHINE journey? Select a sentence that best describes you:

- I am making great strides! I'm learning a lot along the way. I am ready to work with my friends to support them.
- I'm progressing slowly but surely. I know which areas I can improve, and I will continue to work on them next year.
- I've hit a few roadblocks, but I'm learning from them. I will seek help and continue to work on areas I can do better next year.

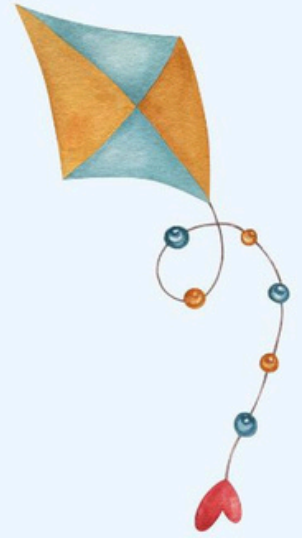
How have our SHINE aspirations guided you this year in:



(i) understanding yourself better?

(ii) your relationships with your friends and family?

(iii) making responsible decisions and acting on them?



CAPTURE YOUR SHINE MOMENTS HERE!

You may choose
to draw, paste a
photograph or
write it out!
Have fun!



NAPFA Score Card

National Physical Fitness Award (NAPFA) Score Card

Practice Attempt 1

1-MIN SIT UP	STANDING BROAD JUMP (CM)	SIT & REACH (CM)	INCLINED PULL UP	4 X 10 m Shuttle Run (sec)	1.6 km Run/Walk (min.sec)

Practice Attempt 2

1-MIN SIT UP	STANDING BROAD JUMP (CM)	SIT & REACH (CM)	INCLINED PULL UP	4 X 10 m Shuttle Run (sec)	1.6 km Run/Walk (min.sec)

Final Attempt

1-MIN SIT UP	STANDING BROAD JUMP (CM)	SIT & REACH (CM)	INCLINED PULL UP	4 X 10 m Shuttle Run (sec)	1.6 km Run/Walk (min.sec)

<p>NAPFA 1.6 KM Practice Run</p> <p>Class: _____</p> <p>Runner's name : _____ ()</p> <p>My name (recorder) : _____</p> <p>Strike off the number of rounds:</p> <p style="text-align: center;">1 2 3 4 5 6</p> <p style="text-align: center;">7 8 9 10 11</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; width: 40%;">Position Card</div> <div style="text-align: center;">Sash</div> <div style="border: 1px solid black; padding: 5px; width: 40%;">TIMING</div> </div>	<p>NAPFA 1.6 KM Final Run</p> <p>Class: _____</p> <p>Runner's name : _____ ()</p> <p>My name (recorder) : _____</p> <p>Strike off the number of rounds:</p> <p style="text-align: center;">1 2 3 4 5 6</p> <p style="text-align: center;">7 8 9 10 11</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; width: 40%;">Position Card</div> <div style="text-align: center;">Sash</div> <div style="border: 1px solid black; padding: 5px; width: 40%;">TIMING</div> </div>
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Record of Usernames

Name of website: _____

URL of website: _____

Username: _____

Password: _____

Name of website: _____

URL of website: _____

Username: _____

Password: _____

Name of website: _____

URL of website: _____

Username: _____

Password: _____

Name of website: _____

URL of website: _____

Username: _____

Password: _____

Name of website: _____

URL of website: _____

Username: _____

Password: _____

