



## From the Year Head's Desk

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Term 3 Week 5

25 July 2022

Dear Parents,

Five weeks have gone by and now we are in the middle of Term 3. So much have happened these past few weeks but for the P6 students, the highlight of Term 3 was definitely the P6 Motivational Day.

Motivation is defined as the feeling of wanting to do something, especially something that involves hard work and effort. Motivation is essential as it allows us to gain valued outcomes like improved performance, enhanced well-being and personal growth. It is important for our P6 students who are sitting for the Primary School Leaving Examinations to be motivated so that they can do their best and achieve their academic goals.

This year, the P6 Motivational Day happened on Monday, 25 July 2022. The programme started with our school counsellor, Mdm Santhi, giving a talk on time management. Time management is the process of organizing and planning how to divide your time between different activities. Effective time management allows students to complete more in less time, because their attention is focused, and they are not wasting time on distractions. Efficient use of time also reduces stress. Mdm Santhi advised the students to allocate more time on subjects they need more help in and to focus their attention on these subjects. She also went through with the students on how to set up their revision timetable.

Mdm Santhi also talked about managing stress and having a growth mindset. She identified stressors that students usually encounter before examinations. She shared some tips on how to cope with the negative effects of stress. She encouraged the students to have a healthy outlet to calm oneself, such as dancing and drawing. Another tip would be to build a support network of trusted individuals whom students can turn to when they need help and want someone to talk to. Having a growth mindset also helps in reducing stress. Positive thinking, coupled with persistence and determination, helps students overcome obstacles. When students change the way they think, they can change the way they learn. Students are less likely to be discouraged by failure when they reframe challenges as learning opportunities.

After the insightful sharing by Mdm Shanti, it was time to listen to the three motivational speakers. The first motivational speaker was Lin Weizhe. Weizhe, a head prefect, graduated from Concord in 2021. He is currently a student in National Junior College enrolled in the Integrated Programme. An eloquent speaker, Weizhe focused his speech on building self-confidence. He encouraged the audience to have faith and belief in themselves as it will be easier to overcome mental challenges and the road to success will be much smoother.

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Our second motivational speaker was Aariz Aydan. Aariz was also a head prefect in our school. He is now a Secondary 2 student in Bukit Panjang Government High School. Aariz speech was inspiring. He shared his learning experiences in Concord and the lessons he gained from these experiences. He used to think badly of himself when he received a poor grade and felt that he was not good enough. He soon realized that was just negative self-talk and not what others thought of him. In the end, Aariz decided to change his study technique to cope with the demands of being a P6 student. He encouraged the P6 students to try the Pomodoro technique – when one studies for about 25 minutes followed by a 5-minute short break.

Our third and last speaker was Raphael Joshua. Raphael graduated in 2013 and he is now in Temasek Polytechnic, working towards his dream of becoming a lawyer. Raphael was very passionate when delivering his speech. Raphael faced many setbacks during his primary school years. Due to his medical issues, Raphael struggled academically. Being channelled to the Foundation stream affected his self-esteem but he soon realized the slower pace of learning helped him understand the subjects tremendously. He became resilient in facing life challenges and worked towards achieving his goals at his own determined pace.

All in all, the programme was a success and there were many takeaways for the P6 students to reflect on. At the end of the programme, the P6 students received a motivational gift.



**Mdm Santhi, our school counsellor, sharing insightful tips on how to cope with the demands of PSLE.**



**Lin Weizhe, Aariz Aydan and Raphael Joshua (left to right) who were invited back to Concord to give a motivational speech to their juniors.**

Let's look forward to the month of August and the upcoming national festivities to commemorate National Day! Till then, take care and see you in the next newsletter!

**From the desk of:**

Mr Kumaran V (Year Head, Upper Primary)

Mdm Nur Jihan Kahar (Assistant Year Head, Upper Primary)

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