

29 March 2022

Dear Parent/Guardian,

Secondary 4/5 Farewell

On 10 March 2022, the Sec 4 and 5 students attended their last rugby training to focus on their studies. The junior players gave their seniors the guard of honour. This was followed by the presentation of certificates of appreciation to the seniors by Mr Sidek (Teacher i/c). They then had a light refreshment. All best to the Sec 4 and 5 students for their GCE 'N' and 'O' level examinations!

Training (Reminders)

Training Day : Monday and Thursday

Time : 3 – 6 pm

Attire : Rugby attire (A plain black T-shirt, PE short, a spare PE shirt and a pair of boots)

Things to bring: 1.5 litre water bottle, mouthguard, inhalers for asthmatic students

Attendance for rugby training is compulsory. Students need to provide a medical certificate (MC) or parent's letter (maximum 2 letters per semester) if he is absent from rugby training.

Key events in Term 2

1. 'B' Division National Sports Games (4 to 22 April 2022). The Sec 3 students will be training for this.
2. 'C' Division (Sec 1 & 2 students) will continue to train for the National Sports Games in Term 3, 2022.

Training During Ramadan (Muslim Fasting Month- 3/4/2022 to 2/5/2022)

1. There will be no change of training days (Monday and Thursday) and times (3 pm to 6 pm).
2. The Muslim students will continue to train with the non-Muslim students during Ramadan.
3. The coach will adjust the training pace and intensity accordingly for the students' safety. The rugby teachers and coach will continue to be vigilant to ensure all students' well-beings.
4. Muslim students are advised to observe a healthy diet, sufficient rest and hydrate their body sufficiently before they begin their fast during the training days.
5. As resilience is part of the school values, the coach and teachers will impart this value to all our rugby boys.
6. Muslim students will be allowed to end their training at 5.45 pm on the training days during the fasting month so that they can join their families to break their fast at home. However, their parents/guardians will need to write a parent letter to the rugby teachers by **4 April 2022**. This is for the school record to monitor their attendance.

We seek your continued support in your child's holistic development. Should you have further queries, please feel free to contact Mr Sidek, at 6443 6848 or email us at sidek_b_terimoh@ schools.gov.sg. Thank you.

Yours sincerely,
Mr Sidek Terimoh
Rugby Teacher-in-charge