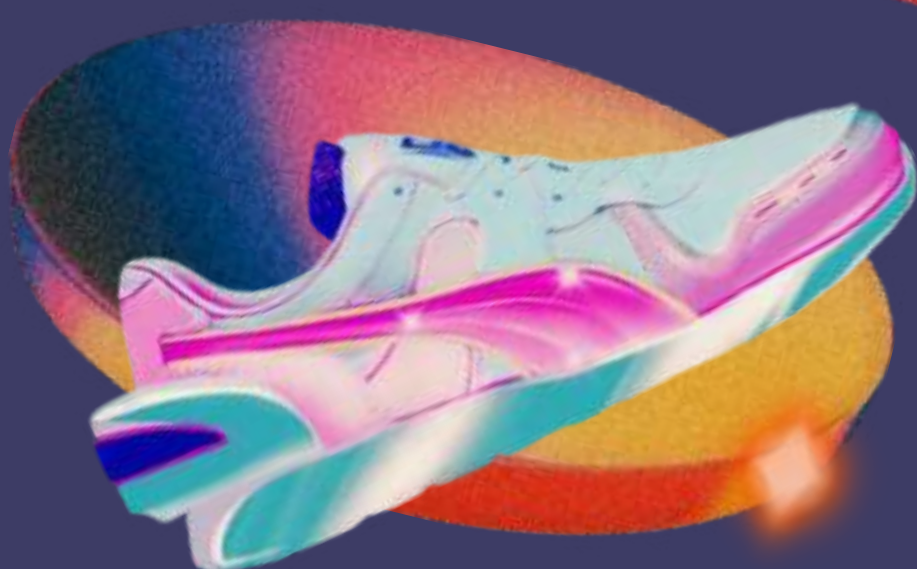


5

WAYS TO REDUCE SCREEN TIME



Start a new hobby offline!

Engage in real-life activities with friends.



Set real-life achievements in sports or CCAs.



Choose offline games or games that are less addictive.



Set daily limits and choose the right time to go online. Create a timetable for after-school hours.



Tips from the Term 3 Assembly Programme, 'Balanced Usage of the Internet' by Kingsmaker



**AHMAD IBRAHIM
PRIMARY SCHOOL**

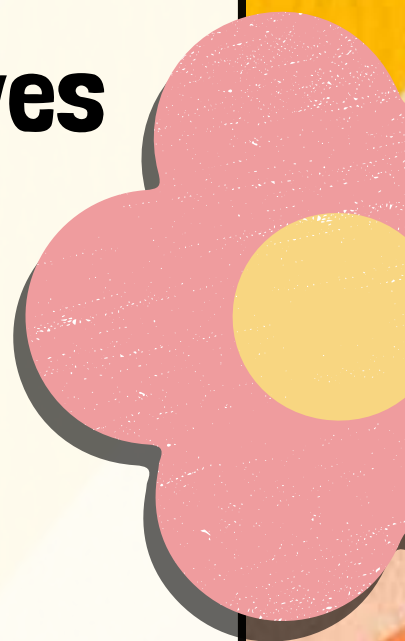
Cyber Wellness Programme

Fight Cyber Addiction!

Tips from the Term 4 Assembly Programme,
'Untangling The Web' by The Voice

Get multiple perspectives

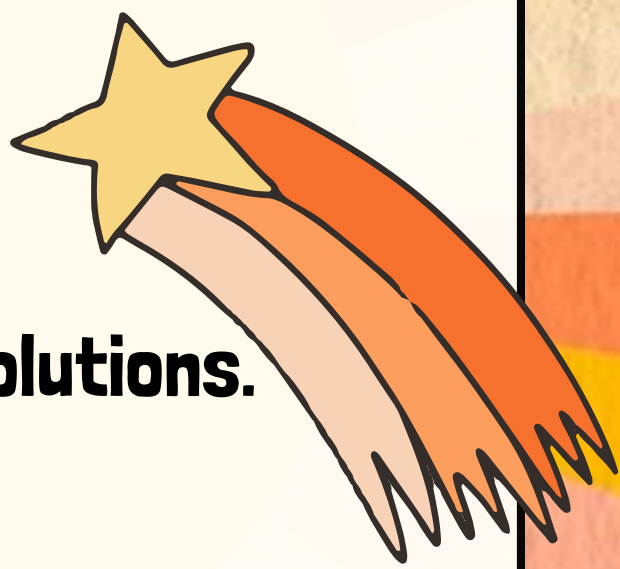
Ask the people around you about your screen usage.



Acknowledge the problem

Map out strategies

Think of possible solutions.



Evaluate your progress

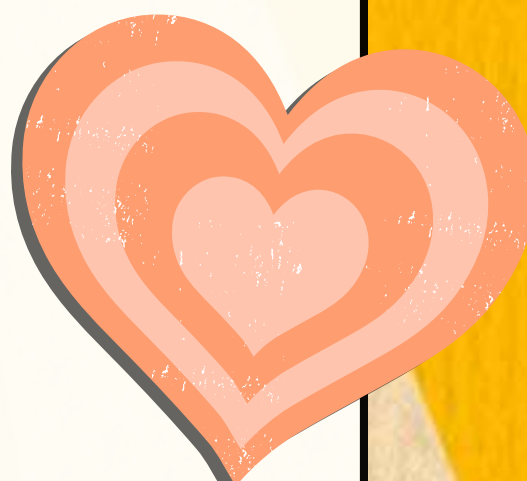
Reflect on what worked and what didn't.

Regular check-ins

Keep each other motivated & celebrate small successes!

Seek support.

Approach your teacher, school counsellors or parents for help!



Cyber Wellness* * Week Carnival

A Cyber Wellness carnival was held on 26 to 28 July at the school library. Our Cyber Wellness ambassadors came up with fun and interactive games to teach students how to manage their time better on the Internet. Check out these cool games booths!

Station 1:
The Cyber
Wellness
Fish Pond.



Station 2:
Be present,
offline.

Station 3:
Be
responsible!



Station 4:
Take control
of your
screentime!



Station 5:
Match-it-up!

Check out these
cool prizes!



Winners had a chance to bring
home colourful stationeries,
sand art, and many more!



We hope everyone had a fun learning experience at the
Cyber Wellness Week Carnival!
See you at the next carnival in 2023!

CONGRATULATIONS!

To our winners of the
Cyber Wellness Infographic Contest!

Naurah (3
Honesty)



I learnt how to bake.

Thondary Soe, 3
Honesty



I went to a library to borrow
some books.

Thank you for sharing
ways to use technology
meaningfully during the
June holidays!

TERM 3: COLOURING CONTEST ENTRIES

Primary 1 & 2



PRIMARY 1



Zara (1 Honesty)



Deljohn (1 Care)

PRIMARY 2



Janielle (2 Honesty)



Terris (2 Care)



TERM 4: COLOURING CONTEST ENTRIES

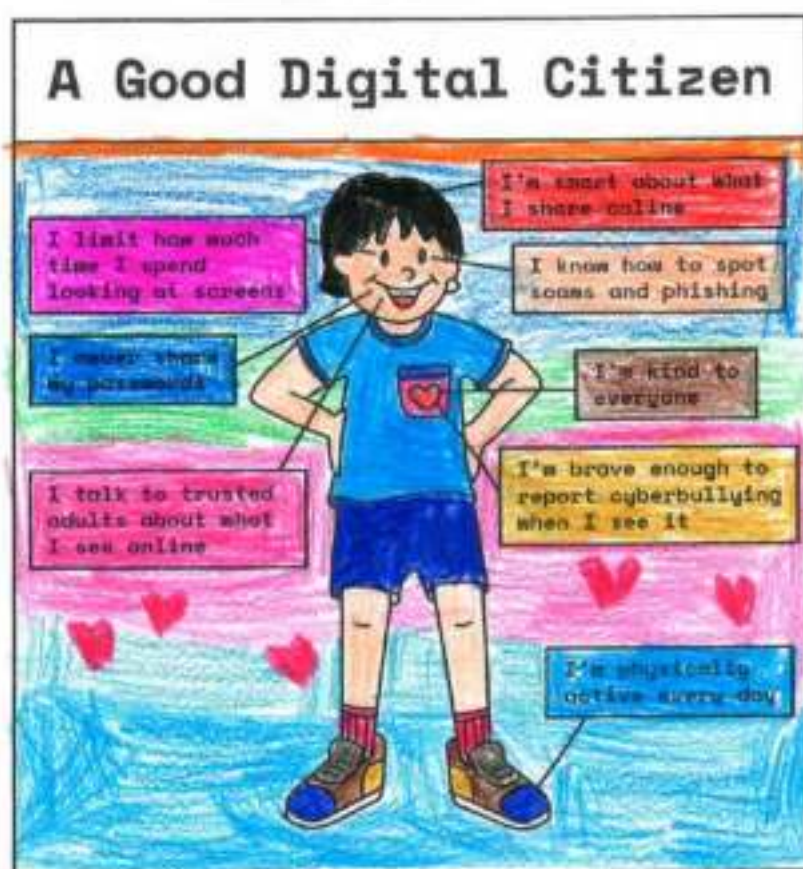
Primary 1 & 2

PRIMARY 1



Mikelle Heng (1 Diligence)

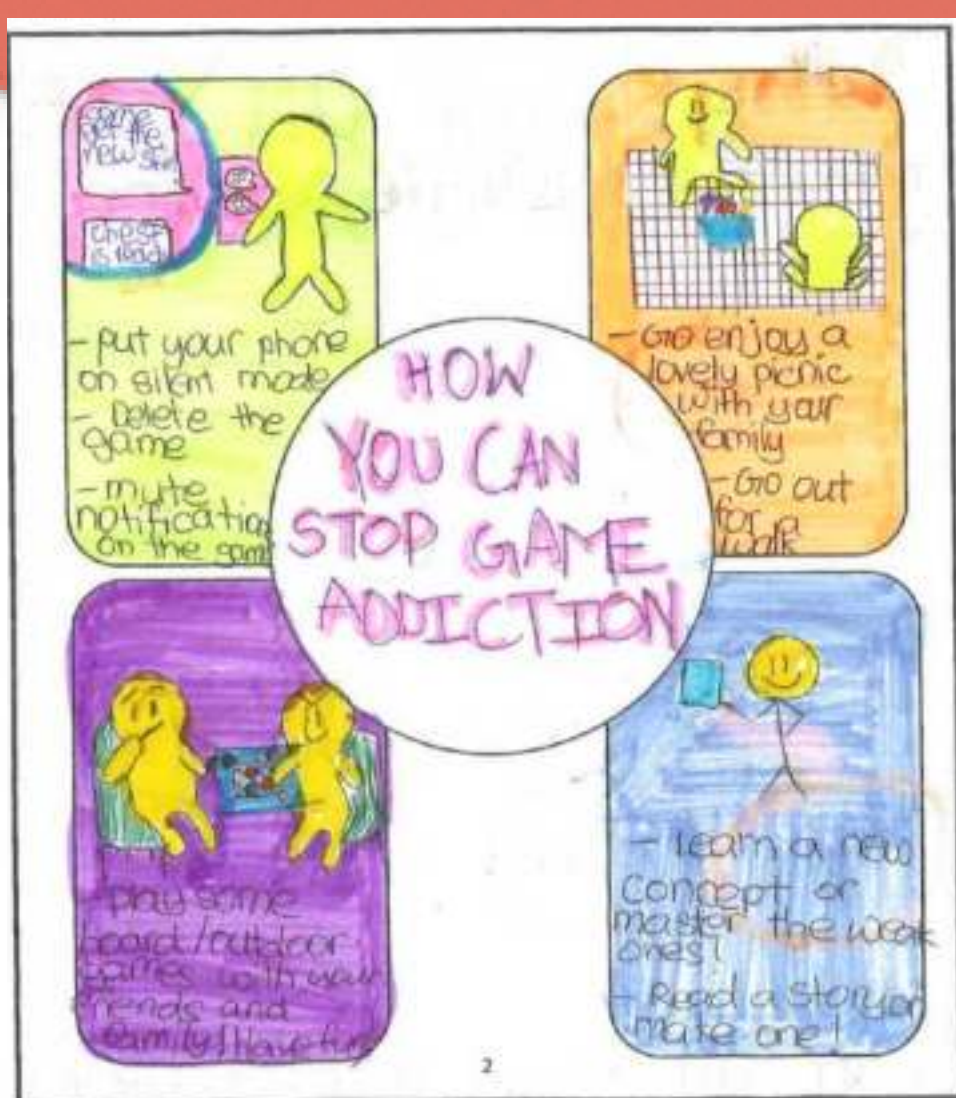
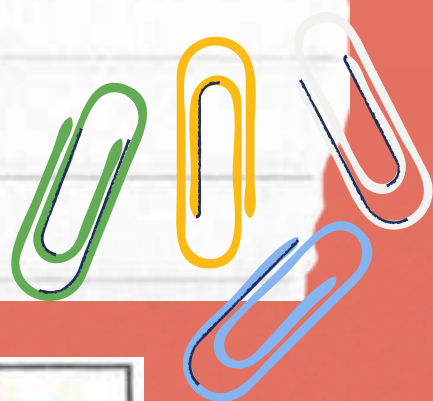
PRIMARY 2



Shasheena D/O Sashi Kumar (2 Care)

TERM 3: INFOGRAPHICS

Primary 5 & 6



Allupati Rehana Patra (5 Diligence)

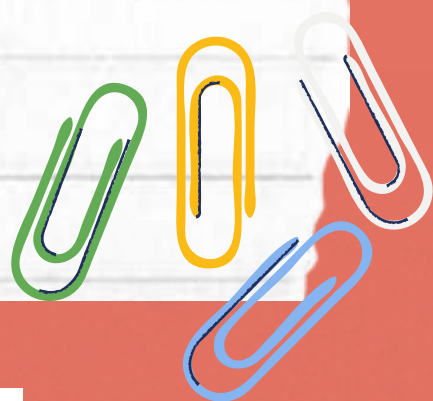


Puhazhendhi Rithika (5 Diligence)



TERM 4: REFLECTION ON CYBER ADDICTION

Primary 3 & 4



Melody Lin Enyu (3 Care)

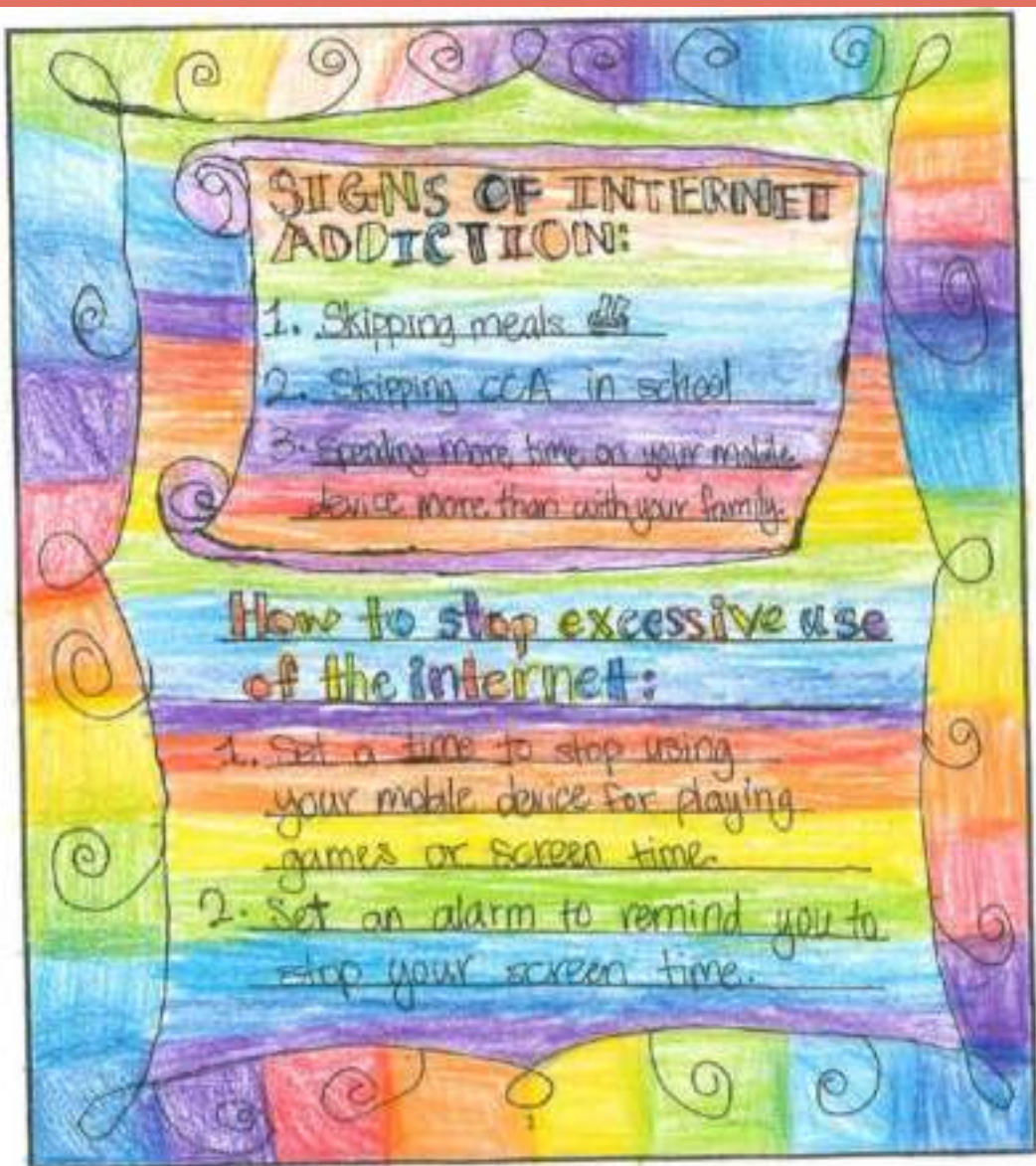
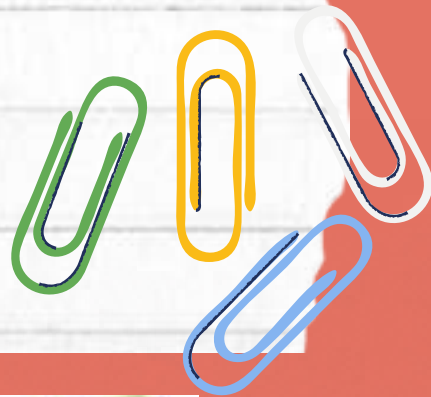


Miracle Lin Yuqi (4 Resilience)



TERM 3: POSTERS

Primary 5 & 6



Yi Qi (5 Diligence)



Jeankai Yeoh (5 Diligence)



TERM 4: CYBER WELLNESS REFLECTION

Primary 5 & 6



Let's reflect on our Term 1 - 3
assembly programmes!

TERM 1: Little Red Riding Hood & The Big Bad Wolf

List 3 ways to keep yourself safe online.



I can... use passwords that consists of the alphabet, symbols and numbers to make sure that hackers will have a hard time. I can turn my social media into a private account. I can make sure that my family, friends and I will not post about our personal information on social media or any online platforms.

TERM 3: Balanced Usage of the Internet

List 3 ways that can help you manage your screen time.

I can... use timers whenever I am using the internet to measure the amount of time I've been using. I can set daily time limits so that I can limit myself from using the internet for too long. I can get someone like my parents, grandparents or siblings to take away my devices so that I won't go over my screen time.

Marven Renzie Lee (5 Diligence)

Let's reflect on our Term 1 - 3
assembly programmes!

TERM 1: Little Red Riding Hood & The Big Bad Wolf

List 3 ways to keep yourself safe online.



I can... not share personal information, I cannot chat with other people online and I can not post anything about me.

TERM 3: Balanced Usage of the Internet

List 3 ways that can help you manage your screen time.

I can... have a 30-minute usage per day. After 1 hour I can shut my eye yes going cycling with my family.

Izzah Maisarah Binte Isamudin (6 Care)



Congratulations TO ALL TERM 3 WINNERS!

P1 - P2 COLOURING CONTEST

Buhat Fhraise Hezekiah Ladines (1 Care)
Dizon Deljohn Javier De Jesus (1 Care)
Sivanu Bhavna (1 Care)
Aqil Isaac Bin Md Hairi (1 Diligence)
Aidan Aqasha Bin Shahrizan (1 Diligence)
Dhia Qiesya Binte Zulhelmi (1 Diligence)
Alisha Sarah Binte Md Suffian (1 Honesty)
Yao Xinling (1 Honesty)
Zara Leanne Chow (1 Honesty)
Dhiya Humaira Binte Md Nazril (1 Resilience)
Yang Zhi Ya (1 Resilience)
Selest Ong (1 Resilience)
Nur Lissandra Binte Norlisan (1 Respect)
Loo Zi En (1 Respect)
Chan Yu Hang (1 Respect)

Nur Hazwani Binti Md Luqman Naim (2 Care)
Nur'Alya Natasha Binte Md Asri (2 Care)
Terris Tan You Xuan (2 Care)
Nafasya Shuhada Binte Affendi (2 Diligence)
Syakira Adlina Binte Mohammed Sharif (2 Diligence)
Kaliesswaran S/O Vigneswaran (2 Diligence)
Janielle Justin (2 Honesty)
Chevelle Ng Xiao Ying (2 Honesty)
Gu Yunshan Coraline (2 Honesty)
Thashan Da Naidu (2 Resilience)
Tiara Annisa Rahmatullah (2 Resilience)
Nur Izzara Natasyah Binte Jasumah (2 Resilience)
Sagum Lauren Capacillo (2 Respect)
Nur Nayla Binte Khalid (2 Respect)
Veerappan Aarthi (2 Respect)

P3 - P4 QUIZ

Nara Wong Yeinna (3 Care)
Melody Lin Enyu (3 Care)
Ng Jing Kai (3 Care)
Evanna Chee Xuan Hui (3 Excellence)
Seah Ke En (3 Honesty)
Buhat Franchesca Faith Ladines (3 Honesty)
Leonardo Franchezka (3 Honesty)
Tey Le En Joy (3 Resilience)
Htoo Pyae Htet (3 Resilience)
Chng Jun Kai (3 Resilience)

Roxanne Lai (4 Excellence)
Md Rizal Rachman Putera Md Zamri (4 Excellence)
Nurul Asyura Binte Mohamad Harman (4 Excellence)
Ho Yu Xiang (4 Gratitude)
Pritika D/O Bala Sundaram (4 Gratitude)
Muhd Yusuf Haq Bin Mohd Azimi (4 Gratitude)
Tay Jing Ya (4 Honesty)
Chong Chi Hui (4 Honesty)
Cing Sian Lun (4 Honesty)

P5 - P6 POSTER / INFOGRAPHIC CONTEST

Jeankai Yeoh (5 Diligence)
Lee Yi Qi (5 Diligence)
Puhazhendhi Rithika (5 Diligence)
Marven Renzie Lee (5 Diligence)
Alllupati Rehana Patra (5 Diligence)
Castillo Coleen Max Agustin (5 Diligence)
Haris Rahmah Izzatuz Zahra (5 Gratitude)
Siti Aisyah Binte Pungot (6 Honesty)
Ng Bin Rui (6 Honesty)
Keziah Marie Diano Cornejo (6 Honesty)

Congratulations TO ALL TERM 4 WINNERS!

P1 - P2 COLOURING CONTEST

Rijo Ryan (1 Care)
Ongaco Danielle Dela Cruz (1 Care)
Cheow Zi Xuan, Hayley (1 Care)
Hessa Rai Binte Robby (1 Diligence)
Mah Yue Ting (1 Diligence)
Mikelle Heng (1 Diligence)
Samaira Khunger (1 Excellence)
Nur Hasya Sakinah Binte Md Hazli
(1 Excellence)
Teh Kai Qing (1 Excellence)
Nur Adrianna Natasha Binte Mohammad
(1 Honesty)
Zara Leanne Chow (1 Honesty)
Leng Qi Tong Clarise (1 Honesty)
Ma Song Cheng (1 Gratitude)
Md Adam Adryell Bin Md (1 Gratitude)
Li Siqu (1 Gratitude)
Chan Yu Hang (1 Respect)
Lavente Ng Xiao Yu (1 Respect)
Derrick Tan Ding Yi (1 Respect)
Goh Jun Shen (1 Resilience)
Nidheesh Niya Maria (1 Resilience)
Audrey Zhang Yi Jin (1 Resilience)

Shasheena D/O Sashi Kumar (2 Care)
Harold Kurt Mendoza Goh (2 Care)
Md Aryan Qabeel'shah Bin (2 Care)
Velda Toh Rui En (2 Excellence)
Rifqi Marican Bin Md Rafiq (2 Excellence)
Li Jifan (2 Excellence)
Ng Zhi Wei Royston (2 Honesty)
Nur' Rianna Binte Norairul (2 Honesty)
Basuel Ocvrann Mark Randene Rajandran (2 Honesty)
Nur Alesya Umairah Binte Zuready (2 Resilience)
Thashan Da Naidu (2 Resilience)
Theodric Know Yu Heng (2 Resilience)
Veerapan Aarthi (2 Respect)
Sagum Lauren Capicillo (2 Respect)
Bai Yuxin (2 Respect)

P3 - P4 REFLECTION ON CYBER ADDICTION

Mohammad Shafy Faizullah (3 Care)
Choo Zi Ping (3 Care)
Liang Yingxuan Crystal (3 Care)
Melody Lin Enyu (3 Care)
Nguyen Dinh Thien Kim (3 Excellence)
Thadar Moe Htet Tiffany (3 Excellence)
Nor Sara Binte Rahim (3 Excellence)
Nafisah Binte Sazali (3 Resilience)
Chaganti Anandita (3 Resilience)
Leong Bak Quan, Leonard (3 Resilience)
Vijay Babu Nandika (3 Resilience)

Aeishah Kille Andre Avianto (4 Care)
Chen Xinshuo (4 Care)
Chua Ai Fang, Alysa (4 Excellence)
Anbouradjy Madhushree (4 Honesty)
Nur Qaireen Binte Khalid (4 Honesty)
Ishq Eshan Qairi Bin Muhammad Khairil
(4 Honesty)
Miracle Lin Yuqi (4 Resilience)
Anirudh Vetriseivam (4 Resilience)
Chavonne Chia Sing Ai (4 Resilience)

P5 - P6 CYBER WELLNESS REFLECTION

Allupsti Rehana Patra (5 Diligence)
Gonzales Elisha Brielle (5 Diligence)
Marven Renzie Lee (5 Diligence)
Fiona Ray (5 Gratitude)
Vienna Oh En Xuan (5 Gratitude)
Haris Rahman Izzatuz Zahra (5 Gratitude)
Shrian Yi Naidu (5 Gratitude)
Myat Su Mon Zaw (5 Gratitude)
Thanganachiar Manickakumar (5 Gratitude)
Fang En Ru Liesl (5 Gratitude)
Izzah Maisarah Binte Isamudin (6 Care)
Nur Siddiqah Hurairah Binte Anand Kumar Ram (6 Care)
Lim Xin Le Mervin (6 Care)