



Overseas Family School

Middle School

Master Policy:

To maintain a happy, safe and effective school for overseas families living in Singapore

Principal's Message

Devices and social media play a significant role in communication and entertainment. While there are many very positive ways that these impact students' lives in facilitating connection, communication and learning, technology can also add negative and stressful elements to students' lives. It is essential that we work together with parents to limit the potential of this negativity and help our students to become responsible digital citizens.

In the Middle School, our policy is clear: phone use is prohibited between 9:00 am and 3:30 pm. Phones should be locked in students' lockers during this time. Additionally, we encourage strict supervision of laptop use during school-related tasks. Students can only use laptops or iPads under supervision in the library or in supervised classes. We also have units in our Health and Social Education program about how to be good digital citizens. These measures are in place to keep students focused on their learning without unnecessary distractions as well as to help keep them safe. At home we encourage parents to monitor devices and set clear expectations. While we know that students now most certainly need computers to complete homework tasks, limiting screen time—especially for social media purposes—can help your child maintain focus on schoolwork and get the rest they need for the next day. Being involved and aware of what your children are doing online and what groups they are a part of is essential at this age. While I know it can be a struggle for parents with student's emerging independence, most are not yet mature enough to navigate this tricky landscape without help from parents.

I encourage you to talk to your children about their online presence. To discuss the importance of being kind online. The perceived anonymity online can lead to unkindness. I often ask students to imagine looking at the person in the eye and reading a post or comment, if they cannot see themselves doing that, they should not write it online.

In November students are beginning to prepare for upcoming end of semester assessments. While exams are important, I want to remind everyone that they are just one measure of student learning. There is no need for excessive stress. The best way to feel confident going into exams is through regular upkeep of schoolwork. Encourage your child to stay on top of assignments, ask for help when needed, and approach these assessments with a balanced mindset.

Consistent effort, rather than cramming, will help students succeed and avoid unnecessary anxiety. We want students to see exams as simply a part of their learning journey, not the final destination.

Arin Mares
Middle School Principal
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From The Parent Association (PA) Desk

As we celebrate the vibrant festival of Deepavali, we extend our warmest wishes to all who are observing this joyous occasion. Deepavali, also known as the Festival of Lights, symbolizes the triumph of light over darkness and good over evil. We are delighted to invite you to our Deepavali Coffee Morning — a joyful gathering featuring performances by students and parents, traditional Indian cultural activities, and the rich flavors of Indian cuisine for everyone to enjoy. This event is a wonderful opportunity to come together as a community and embrace the spirit of Deepavali. We look forward to celebrating with you!

Event: Deepavali Coffee Morning
Date: Thursday, 6 November 2025
Time: 10:30 a.m. to 12:30 p.m.
Venue: Parent Lounge
(Level 4 of Administration Building)

Please register your attendance by signing up on the OFS webpage.

<https://www.ofs.edu.sg/events/2025/deepavali-themed-coffee-morning/>

First Aid Club

This semester, a group of motivated students regularly attended ten sessions of the First Aid extracurricular activity on Wednesday afternoons. The course equipped students with essential life-saving skills. Through hands-on training and practical scenarios, participants learned how to respond calmly and effectively in emergencies. From treating minor injuries to understanding CPR basics, students gained confidence and a sense of responsibility. For instance they practiced bandaging on casualties with fractures and dislocations, as well as moving (human crutch single and assisted) injured people away from dangerous areas. This initiative is aligned with the Civil Defence program of Singapore (SCDF), reinforcing national efforts to build an inclusive community that is prepared, resilient, and ready to respond in times of need.

(Diego Musitelli and OFS First Aiders)





Deputy Principal's Message



Quarter 2 has continued to be action packed, with a wide range of exciting events and activities taking place across the school.

One of the highlights was the recent Parent-Student-Teacher Conferences (PSTCs). It was a pleasure to welcome so many of our families on campus. These conferences are always a valuable opportunity to celebrate student achievements, discuss progress, and strengthen the important partnership between home and school. While the PSTCs are a key part of our communication, we continue to encourage regular, open dialogue between parents, students, and teachers throughout the year.

We are also looking ahead with great anticipation to the start of Season 2 Tigers Sports. We wish all our teams the very best in their upcoming competitions. A huge congratulations to our Season 1 Tigers teams for their incredible dedication, teamwork, and achievements—we are proud of you!

As Semester 1 draws to a close, students are enjoying the final weeks of their ECA clubs. Looking ahead to Semester 2, there will be a new line-up of exciting clubs and activities on offer. More information about sign-up dates and club options will be shared soon.

Students are also preparing for Semester 1 Examination Week, scheduled from Wednesday, 19 November to Tuesday, 25 November 2025. These internal exams are designed to help students build confidence in exam conditions and develop effective study strategies. All students will receive revision guidance and support from their subject teachers in the lead-up to the exams. During the exam period, students will complete one exam per day from 9:00 am to 10:00 am, after which the regular school timetable will continue as normal. If a student is unable to attend an exam, their Semester 1 report grade will be based on existing assessment data for that subject.

We wish all our students the very best during this period. It is important to remember that while the exams are a meaningful learning experience, they are just one of many assessments within the IB MYP program and carry equal weight alongside other tasks completed throughout the year.

(Hayley Brian – Middle School Deputy Principal)

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Middle School Service Club – Grade 8 NTUC Nursing Home Visit

The MS Service Club had two successful visits to the NTUC Nursing Home in Quarter 1 on 17 September 2025 with the Grade 8 students and 1 October with Grade 6 and 7 students. During the first visit, the Grade 8 students enjoyed the opportunity to share early Mid Autumn festival cheer in the form of interactive games, musical interludes and an afternoon tea with tasty mooncakes for the happy residents. In the second visit the Grade 6 and 7 students brought further fun and games to the residents with activities such as interactive bingo and balloon tennis!

The connections made between the OFS students and the residents on both of the visits was heartwarming to see. Their willingness to get involved, run activities and bring happiness to their recipients was impressive. They showed a true commitment to serving members of the wider Pasir Ris community.

(Jessica Purchase, Salawana Salahudeen and James Chapman – Teachers-in-Charge)



Grade 6 Camp



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Youth Council meet at the Dutch Residency



Three Dutch Middle School students from OFS were invited by Dutch Ambassador Anneke Adema to attend the first Youth Council meeting at her residence. This new initiative aims to bring together Dutch and local students to exchange ideas on issues that also matter to young people. The theme of the gathering was 'Peace and Security'. In small discussion groups, students reflected on the questions 'What does peace mean to you?' and 'What makes you feel safe in your community?'. Thoughtful and open conversations emerged, with participants sharing diverse perspectives and insights. It was an inspiring experience and this initiative will be continued. We would like to thank Ambassador Adema for this wonderful opportunity for Adam Kissane, Daniel Kocourek and Kaj Meines.

(Clara Oosting – Dutch Mother Tongue Teacher)

OFS Tigers



The OFS Tigers Middle School teams have been dominant in the first season of the ACSIS League.

The 16U Footballs teams have been sublime in ACSIS Season 1. Unbeaten and playing a higher level of football that is unmatched across the league. Fit, fast, organized and ferocious, OFS Tigers Football has raised the bar and the teams are strongly positioned for the title of ACSIS champions.

The 14U Cricket and 14U Rugby and the 14U & 12U Rugby Teams have have been challenged in Season 1 but shown growth improvement and passion in clawing back some wins and look to finish the in the top half of the league.

The 12U Netball team have been extraordinary. Taking on the historically strong schools, this team has been the "sleeping giant" of Netball and gone toe to toe against the best. With a strong finish in the final week of the season – it looks like a lock for a Top two finish in ACSIS.

Not to be outdone, the 12U and 14U Badminton Boys and Girls Teams are also sitting amongst the top 2 in the league and continuing OFS' proud tradition of being one of the most formidable teams in the country.

The Middle School cross country runners, swimming and gymnasts have been training hard and looking to compete in their first championship events in the coming weeks. There are expectations for some very exciting results as the teams are poised to perform and achieve some podium positions.

An outstanding first season for the OFS Tigers High School students and teams. Kudos to the coaches and support systems structured to set up the competitive sports program to reach higher and higher levels of performance.

Let's go OFS Tigers – "Where the best get better"!

(Gil Levy – Head of Competitive Sport)

Science Dissection





Helping Middle Schoolers Build Resilience

As our children move through the middle school years, they face big changes; new friendships, growing independence, heavier schoolwork, and the ups and downs of adolescence. It is an exciting time, but it can also feel overwhelming. This is where resilience comes in.

What resilience means

Resilience is the ability to “bounce back” when things did not go as planned. It does not mean that children won’t struggle or feel upset. Instead it means they learn how to cope with disappointment, manage stress, and keep moving forward. A resilient child is more likely to stay positive, handle challenges well, and develop the confidence to try new things.

Why Resilience matters at this age

Between 11 and 14, children are figuring out who they are and how they fit in with their peers. They may face academic pressure, friendship troubles, or feelings of not being “good enough.” With resilience, they can:

- Recover more quickly from setbacks like a poor grade or a disagreement with friends.
- Manage strong emotions in healthier ways.
- Keep things in perspective and see challenges as problems to be solved, not disasters.
- Develop a stronger sense of confidence and independence.

How resilience grows

The good news is that resilience is not something children are simply born with, it can be developed. Everyday experiences and supportive relationships at home and at school play a big part. Resilience grows when children:

- Feel connected to family, friends, and trusted adults.
- Practice problem solving instead of having problems solved for them.
- Learn healthy coping skills like exercise, journaling, or relaxation techniques.
- See mistakes as part of learning, not as signs of failure.

What parents can do

Here are practical ways you can support your child’s resilience at home:

1. Listen with empathy: Let your child talk about frustrations without jumping in too quickly to fix them. Sometimes being heard is enough.
2. Guide problem solving: Ask questions like, “What do you think you could try next?” This builds confidence in their own ability to cope.
3. Keep routines steady: Consistent routines, healthy sleep, and balanced nutrition give children the foundation they need to manage stress.
4. Be a role model: Show how you handle setbacks calmly. Your child learns by watching you.
5. Praise effort, not just results: Celebrate persistence and courage, even if the outcome is not perfect.

When extra support is needed

Even resilient children sometimes need more help. Watch for signs like withdrawing from friends, losing interest in activities they usually enjoy, or frequent mood changes. If you notice these patterns, reaching out to a school counsellor or an external professional can make a big difference.

(Middle School Student Counsellors - Daniel Tan and Laila Zaidi)

Global Concert

