



Subject AFR Day

Dear Parents,

The school has had a "Stop Bullying Policy" for many years. The policy aims at nurturing our students so they grow up with pride. Students are instructed to honor, respect and help others. To make outcomes of the policy concrete, AFR Day is arranged during Christmas season. AFR stands for Apology, Forgiveness and Reconciliation.

Throughout the year, some students may have had disagreements, got downhearted, or had misunderstandings with others. To prevent these negative feelings from getting stuck in our hearts across the year, "Apology" is the first important thing which we need to do. Anyone who apologises first, does not lose honor or becomes guilty, but is humble enough and sees limitations of humans that we all can make mistakes. The hearts of those who apologise to others are kind and ready to forgive. After apologising, forgiveness is another essential thing that follows. Those who receive an apology and who can forgive, usually have good hearts. They can see real value and kindness within others. After apologising and forgiveness, reconciliation is the result. Reconciliation brings images of nice conversations and laughter among friends. This is a true great blessing that will stay with us forever.

AFR Day this year will be held on 24<sup>th</sup> December 2019. It consists of a religious Christmas ceremony and AFR activity which follows after. There will be awards and New Year presents given to students, and there are also various shows performed by teachers and students. On this day, students are allowed to bring food and some snacks to share to friends and teachers in classrooms for special New Year celebration.

To maintain orderliness, please follow the instructions below:

1. Please bring proper amounts of food and snacks to avoid leftovers. It is unnecessary to bring them for the entire class because everyone brings their own food and snacks too. They will be put together in one place before sharing. So, there will be plenty of food and snacks for everyone. Additionally, the school still provides regular lunch for students in NC up to Year 9.

2. If possible, parents can take this opportunity to invite all family members to make some snacks or desserts and share them to your child's classmates. This is a quality moment to strengthen relationship within families. Please do not order food outside sources (such as Pizza, KFC etc.) and have them delivered to the school (via the stores delivery service, LINEman, Grab etc.).

3. To help reduce waste and to prevent outsiders from entering the campus, please do not order food from stores and have them delivered to the school.

On this occasion, the school would like to wish all parents and students happiness and prosperity throughout 2020 and forever.

Merry Christmas and Happy New Year

Sarasas Ektra School

Remark

1. Parents can drop off and pick up students according to your child's regular school time (when school ends / when afterschool courses end).

2. Students in NC to Year 3 can dress up. We encourage students to stay economical, so please do not buy any new clothes. Students in Year 4 to Year 12 will wear their regular student uniforms.

3. The school will be closed from 25<sup>th</sup> – 31<sup>st</sup> December 2019 and 1<sup>st</sup> January 2020. Administration offices open on 2<sup>nd</sup> January 2020