

MUSINGS @ VISTA



P1-P4 Buddy Programme: A Heartwarming Beginning

Our P1-P4 Buddy Programme got off to a wonderful start as Primary 4 students were paired with their Primary 1 buddies for recess. While there were moments of initial shyness, our P4s quickly stepped up as big brothers and sisters, patiently guiding and encouraging their younger 'siblings'.

They took the initiative to introduce the P1s to different areas of the school, demonstrating leadership, responsibility and kindness in action. In turn, our P1 students gradually warmed up to their seniors, growing in confidence as they explored the school together as one big family of Vistalites.



Talk Time

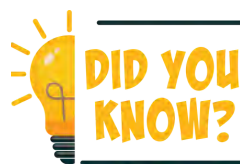
- What qualities make a good buddy / friend?
- Have you helped someone recently? How did it feel?

A Friend-tastic Word Hunt

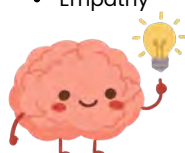


Find these words in the puzzle!

- Care
- Trust
- Kindness
- Support
- Empathy



Doing a kind act can boost your mood! Scientists say that when we help others, our brains release "feel-good chemicals" like Dopamine, Serotonin, Oxytocin, and Endorphins!



Learning in the Dark?

As we commemorate Singapore's fall to the Japanese on 15 February 1942, Total Defence Day (TDD) reminds us of the importance of protecting our nation.



On 11 February 2026, North Vista Primary conducted Exercise SG Ready, Singapore's annual Total Defence initiative to test national preparedness for crises such as power outages and digital disruptions.

With the theme "Are you ready for disruptions?", this initiative brings together over 1,000 public and private organisations, including schools, to simulate scenarios that strengthen resilience against hybrid threats and energy security issues.

In our school, we switched off all electrical and electronic equipment for one hour to simulate this scenario.

We were blessed with good weather during this 'power outage' - the classrooms were bright enough for lessons to continue, and the occasional gentle breeze helped to ventilate our environment.

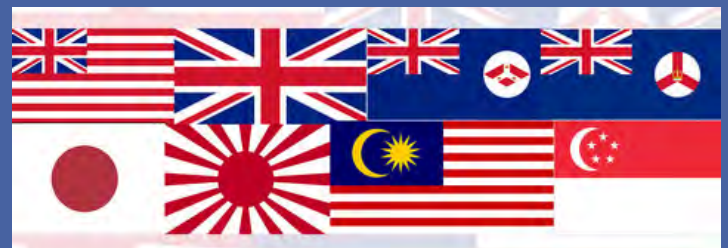
Look at how resilient and resourceful Vistalites were, and more importantly, how cool it was to witness everyone still engaged in learning!



Do you know that other flags had flown in Singapore before our present State Flag?

Learn more on:

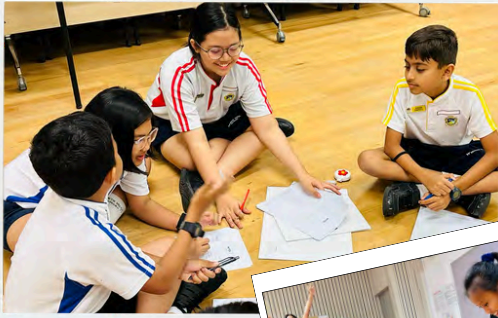
www.youtube.com/watch?v=034kaExvZDE



Stepping Up as Vistalite Leaders

Our school Prefects and Peer Support Leaders recently took part in a mentorship workshop. Through fun activities like leading discussions and working on projects, they learnt that good leadership is about supporting and uplifting others.

One special highlight was writing a letter to their future selves about the kind of leaders they aspire to be. These letters will be returned to them later as a reminder of their leadership journey.



Talk Time

- Think of a time when you learnt something from someone older or more experienced. What did you learn? How did you feel about the experience?
- What values or habits would you want your future self to have? And why?



“ A leader does the right thing, even when no one is watching ”

February



Students went on “A Date with a Book” and joyfully ventured into different genres and stories. They wrote notes to share what they loved about the library, completed word puzzles and read stories on love, kindness and friendship. The week set a warm and purposeful tone for the term, nurturing curiosity, connection, and a love for reading.



Teacher BookFlex board – showcasing teachers' favourite reads and modelling reading as a shared habit within our learning community.





Experiencing Vietnamese culture firsthand by making *Banh Chung*, a traditional Tet delicacy



Building Friendship Beyond Borders

This February, Vistalites embarked on an exciting overseas learning journey to Hoa Sen School in Ho Chi Minh City, Vietnam. They felt a mix of excitement and nervousness as they stepped into a new environment, but were ready to connect, learn, and experience a different culture.

With simple greetings like “Xin chào” and “Hello”, along with smiles, waves, and gestures, the students from both schools connected warmly. What started off as awkward soon turned into laughter and meaningful interactions. Through shared activities and moments together, they grew to appreciate one another’s traditions and cultures.

The visit ended with heartfelt gift exchanges, warm hugs, and reluctant goodbyes. Our Vistalites learnt that courage begins with taking the first step, and friendship can develop even without a common language.



ANUSHA

“I met many Vietnamese students and learned about their culture. Though I felt a little lonely adjusting to a new environment, my buddy made me feel included and encouraged.”

AASRITHA

“I felt a little unsure of what to expect when I first arrived, but my buddy helped me feel comfortable. Despite language barriers, we connected—I even learned that her favourite colour is purple!”

DING HOW

“Making friends in Vietnam was meaningful. The Banh Chung activity brought us closer, and learning some Vietnamese helped me connect better.”

LYANA SHIRIN

“I felt happy meeting my buddy. Though she struggled with English, we understood each other. Her hug at the end felt like a best friend’s—I miss her.”



Working hand-in-hand, students from Hoa Sen School and North Vista Primary School put their artistic touch for a masterpiece.