CHR Honours Day (Students) 2015

10 April (Friday) was the day dedicated to honour our students not only for their academic achievements but also for assuming leadership roles. The ceremony consists of:

1. Student Leaders Investiture where a total of 186 student leaders (Student Council Board, Class Committee, Chairpersons and Vice-Chairpersons, CCA Leaders) were affirmed;

2. Award Prize Presentation where 205 academic awards, 4 SMC Challenge Shields, 2 PSG Award for Most Improved Pupil, 7 Christ Church Parish Awards, 18 Alumni Mustard Seed CHR AOP All-Rounders’ Awards and one Bishop’s Book Prize were presented.

CHR Church Secondary School is thankful to her stakeholders: SMC, Parent Support Group (PSG), Christ Church Parish (CCP), CHR Alumni and the Anglican Diocese, for the annual sponsorship of awards given on CHR Honours Day (Students). This has enriched the provision of a holistic education for our students.
CHR Parent Support Group (CHR PSG) Annual General Meeting

PSG Annual General Meeting on Saturday, 11 April 2015, has seen more than 30 new PSG members and many of them are parents of the Secondary One cohort.

The following are the 2015 PSG EXCO:

Chair : Goh Bee Hwa
Vice-Chair(Admin) : Sean Heng*
Vice-Chair(Events) : Chris Pua
Fathers@CHR : Gilbert B Nisperos*
Secretaries : Eileen Wong* & Jessica Loh*
Prayer coordinator : Peggy Ong*

* Denotes new members who are parents from the Secondary One cohort.

PSG Activities:

1. PSG Family Day (23 May), free-and-easy plus games organized by students @ Sembawang Park;
2. CHR Honour Parents Day (6 Jun), talk on ‘Love Languages of Teenagers’ by Goh Bee Hwa, PSG Chair. This is followed by student-organized activities;
3. Fathers @ CHR (15 Aug), trampoline @ Zoom Park;
4. CHR Honour Staff Day (3 Sep)
5. PSG Year-end Dinner-cum Movie Night (20 Nov), last event of the year to relax and ‘connect’.

Events (1) and (5) are open to all CHR parents, staff, alumni and their families.

Sharing on Parenting Talks by Mrs Peggy Ong, mother of Jeremy Ong, 1E2

Recently I attended two parenting talks by CHR. The first was, ‘Which way to go...JC or Poly?’ and the second one, ‘Helping my teens to see stress in an unstressed way’.

The first talk by Ms Goh Bee Hwa from PSG updated us on the 4 main routes available to students after completing the GCE ‘O’ level examinations. She also shared links where we could go to regarding the topic.

My husband and I felt it was beneficial as we have gained additional knowledge and are now in a better position to have a more informed discussion with our son about the choices available for him.

Parents absorbing tips and facts on how to guide their children in selecting the courses of studies, shared by Ms Goh Bee Hwa (PSG Chairperson) on 28 March at DIC.
In the second talk by Ms Evelyn Mun, a trained counsellor, I was reminded that our child has already graduated from primary school and has done PSLE but have we as parents “graduated”? Are we still talking down to them like small kids in primary school? We, as parents need to go through transition too. We should see the child as a person and not judge them based on what he or she does or doesn’t. This is the start point for the child to blossom.

We have attended many parenting talks organized by both schools and organizations. Most of the time, what the speakers share is not completely new to us as parents. One thing for sure is that the talks serve to renew our conviction and motivate us to put them into practice. I feel that talks and seminars are part of the cycle of learning.

Besides parenting tips, such sessions also provide us with the opportunity to get to know other parents and share with them, our stress and how to deal with it. We hope to see more parents making their way to these talks and seminars soon.

“One thing for sure is that talks serve to renew our conviction and motivate us to put them into practice”
2E3 VIA Project: Badminton Friendly Match for Parents on 11 April

For their VIA (Values In Action) project, the students of class 2E3 organized a badminton friendly match for the parents in the afternoon of 11 April. The aim was to foster bonding between parents and their teens. Through this project, they grew in their character like patience, care and cooperation, learnt how to manage their time for studies and organizing events, acquire logistic skills. The prize committee garnered donations from their classmates to prepare prizes for the match. It is worth a mention that this committee made sure all participants were given token prizes and that each prize was placed and arranged as if that was a professional competition.

Reflection of Students and Parents on Badminton Friendly Match

I think our VIA was practically the best ever! We had families come in to play badminton and we had a prize giving ceremony. We taught them how to play and led them through a warm-up session. When families started to play, it was really cool to watch. Some of them were really good and it was as if I was watching a live badminton competition match going on. I was the photographer and managed to get really good shots of everyone playing. Overall, I think my class did really well and I look forward to more of such projects. - Lim Kai Xin (student of 2E3)

The kids did a great job. Just a little feedback that the kids should interact more with the participants. Otherwise, the whole event had been a good one. - Eileen Wong (parent)

Through this VIA Badminton event, I was able to see how each family got together to play a match. I also saw how each family forged a better relationship with one another. It was a memorable experience for me to work together with my classmates to plan out every detail to make this event successful and seeing how each family became closer, makes me believe that all the effort we have put in was worth it. - Ng Shi Hui (student of 2E3)

The committee in-charge of prizes:
It was a good effort by the students. We had fun and enjoyed interaction with the students and other parents. - Mr GC Teo (parent)

I really enjoyed our class’ VIA project as things went smoothly and everyone did his part equally and co-operated well. It was our first time organizing such an event as a class and I have to say, I felt proud to be able to help out and that the event was a success. I hope we will have more of such opportunities to be able to learn more about planning and organizing events! - Teo Hui Min (student of 2E3)

As the Chairperson of 2E3, the Vice-Chairperson and I were overseeing the entire event from timeline planning to advertising to the Secondary 2 level to ensure that everyone in the class had a role to play. Through the weeks of preparation, my class became students who stepped forward and took pride in their respective roles. Seeing this gave me courage to be a better emcee that day. I am absolutely grateful to the Parent Support Group for taking time off to support my class’s VIA. We truly hoped everyone who attended enjoyed themselves and created stronger bonds with their loved ones. Truly, without the co-operation and teamwork from my class this entire VIA would not have been a success and for that, I am truly grateful. - Thea Sin (Chairperson of 2E3)

Power. Charge. Goal
Throughout this VIA project, I believe that I have grown in character even though the idea for our VIA project is mainly to promote family bonding. I believe that we have succeeded in doing so. It was undoubtedly a difficult task to be overseeing the whole event but from the planning to the execution of the event, I am certain that we have done well and every student of 2E3 has grown to understand the importance of our families. The event was a great success because of the hard work of the class. I am very thankful to 2E3 for working together to make this event successful. Without you guys, I believe we could not have succeeded. - Tay Wee (Vice-Chairman of 2E3)

2E3’s VIA project coming to fruition was a gratifying moment for me. As their From Teacher, my main desire was for them to be proactive and take charge of their own project. In just a matter of weeks, groups were formed and leaders took charge. Helmed by my capable class leaders, Thea and Tay Wee, everyone had a common vision. On the day of the event, everyone came well prepared and the atmosphere was vibrant. We were fortunate, as the turn-out for our Badminton Friendly Match was exactly what we hoped for. My students worked in unity and took good care of the parent competitors. What I witnessed was definitely values in action. I am blessed that I am part of this spirited class, and I am proud of them. - Ms Gina Ng (Form Teacher of 2E3)

Thanks to the teachers & students involved for making this successful event. The kids had done a great job in the planning & hosting of the event with guidance from the teacher. My family had an enjoyable day participating in the event, as this bonded the family members as well as allowed us get to know my daughter’s classmates too! Not to forget we also got to know other parents in this event. Great Effort!! - Mei Lian (parent)

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The Resilience Programme is part of the Outdoor Adventure Learning in CHR AOP curriculum that spans over 3 years for all students in CHR. It aims to fulfil the school’s promise of “One Student, One Mountain, One Country”. The end goal is to provide the opportunity for all students to conquer a mountain in a foreign land - an unforgettable experience!

CHR also believes that the outdoor experience has many life lessons students can learn from. In order for students to conquer a mountain, there must first be preparation. Hence, the first two years of the Resilience Programme involved building the foundation, step-by-step, towards conquering the mountain in the third year. All new students of CHR will be exposed to being around nature and also enjoy what nature has to offer. As such, the Secondary One Resilience Programme involves our students in the 3 high elements challenge: rock wall, abseil wall and zip line aka flying fox. Once they have overcomed the fear of height and obstacles, they will be taken on hikes to MacRitchie Reservoir or Sungei Buloh to experience the rough terrain. Only then students will experience the rugged environment in a fun and meaningful way. The tracks here may not be similar to that when trekking on an actual mountain but it will give the students an idea of what to expect.
During their class camps, students participate in activities like kayaking and other team building programmes.

For the Secondary 2 Resilience Programme, we have scheduled activities to prepare our students to vie for excellence. Students will be able to develop their inner spirit and strengthen their minds in either of the programmes offered. Students choose between the Certification in Sports Climbing Level 1 or Abseiling Proficiency Level 1 programmes. These certification courses challenge the students not only to learn but more importantly, master the technical skills that the course demands. This helps them push towards the spirit of excellence.

Usually, students will climb Bukit Timah Hill as part of their resilience building. However this year, our students trekked the Tree Top Walk at MacRitchie Reservoir instead of Bukit Timah Hill as it is closed for renovation. It offers a similar rugged environment like that of a mountain. But of course, the Secondary 2 Resilience Programme brings our students to a foreign land where they will conquer a mountain.

The Resilience Programme plays an important role in the Outdoor Education section of the CHR AOP curriculum. Upon overcoming the obstacles, they would have built their resilience little by little and emerge a stronger and more determined individual.

(article contributed by Mr Aaron Koh, Outdoor Education Coordinator, CHR)

“Many teachable moments occur in activities outside the classroom environment; outside school”

Mr Heng Swee Keat, Minister for Education, 2011
Sharing by Mr Farid Ong, father of Nur Nashitah Ong, 1N5 on Sec 1 Resilience Programme

“Most of the parents were proven wrong! Their children have developed confidence to overcome fear of heights, performed well in teamwork, expressed care and passion in engaging in their activities with others.”

Christ Church Secondary School (CHR) and its staff have continued to commit and fulfil its obligation to provide a holistic approach in developing all students through the CHR, AOP curriculum with responsibility, integrity, caring, teamwork and perseverance with attitude to overcome each student’s challenges to reach his/her fullest potential.

Before we could establish and foster our Tripartite relationship amongst the Teachers – Parents – Students’ bonding in the hectic schedules of training and combined rehearsals for CHINGAY 2015, all Secondary One students were gratefully recalled to class rooms to resume their studies.

Then, the children were over-whelmed with joy and excitement when informed of the camp. On the other hand, parents were concerned about the vigorous course and activities which Secondary One pupils had to undergo. After all, it was a new challenge for a young teen to handle after having just completed the hectic CHINGAY 2015.

Most of the parents were proven wrong! Our children have developed confidence to overcome fear of heights, performed well in teamwork, expressed care and passion in engaging in their activities with others. They helped each other overcome weaknesses and shortcomings.

All these fears and challenges could not have been overcome and achieved without the close supervision, monitoring, guidance and encouragement of the teachers and organizing committee members.

As a parent, I was surprised and have personally discovered my daughter’s potential and her determination to overcome her fear. I am confident her two days of outdoor learning skills and experiences will serve as a platform for her to reach the next level.

With these, my daughter was inspired, encouraged and motivated to apply and transfer her CHR’s AOP learning skills and potential into her studies to achieve better results and improvement in her weaker subjects in class.

Hashitah and her team were ready with excitement to prepare food during the class camp.
‘Dare To Dream’ by CHR Alumni Youth-Wing Member, Mr Royce Ng

On 2 April 2015, a small group of students from HLSP (Home Learning Support Programme) and teachers-in-charge were treated with an eye-opening session on radio communication by Mr Royce Ng. Royce graduated last year with a tremendous improvement in his studies and obtained a GCE ‘O’ Level Examination result that earned him a place in the polytechnic. He shared with us how he started his secondary school education without knowing what to do in life and his struggle with his disinterest in his studies and homework for Mathematics and POA, though he liked Science. His dream is to learn Technology, Science and make new things. The ban in internet usage by his father as a result of him spending too much time on the internet prompted him to seek other avenues to connect with others. This led him to explore radio communication but he was too young to possess a licence until 2014 when he passed his radio communications examination to obtain his licence and became the youngest licensed radio operator, a member of the Singapore Amateur Radio Transmitting Society (SARTS).

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“Don’t give up, explore your passion and interest, seek channels to develop it. Know that people can help you, but it’s ultimately up to you to make the best of your life” Royce’s advice to his fellow CHRians.

Mr Royce Ng did experiments with a TV antennae.

Mr Royce shared tips on how he overcomes obstacles:

1. Don’t give up
2. To laugh at yourself positively in difficult times...
3. Forward-looking
CHR give thanks for the support of all our stakeholders enabling our students to achieve the following:

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<tr>
<th>Uniformed Groups:</th>
<th>Awards/awardees</th>
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<tr>
<td>(i) NPCC Unit Overall Proficiency Award</td>
<td>- Gold (National) (4th consecutive year)</td>
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<td>(ii) NCC National Best Unit Competition</td>
<td>- Gold (National)</td>
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<td>(iii) NCC Outstanding Cadet Award (National)</td>
<td>- Delia Koh of 4N6</td>
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<td>(iv) NCDCC Unit Overall Performance Award</td>
<td>- Bronze (National)</td>
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| (v) Girls’ Brigade  
(a) Company Award  
(b) Achievement Award - Sustained Achievement  
(c) Low Guat Tin Challenge | - Gold (National) (4th consecutive year) |
| (vi) Boys’ Brigade JM Fraser Award | - 5 Golds in 7 years (National) |
| | - 4 Golds, 1 Silver (National) |
| | - Gold (National) (9th consecutive year) |

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<tr>
<th>Clubs &amp; Societies :</th>
<th>- Merit Award (National)</th>
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| (i) Infocomm Club  
School Digital Media Awards (SDMA) | - Champion (National) |
| (ii) Voice Up! Challenge 2015 Video Competition for Secondary category, titled ‘Boon and Curse’ | |

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<th>Performing Arts :</th>
<th>- Distinction</th>
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<td>SYF Arts Presentation (National)</td>
<td>- Distinction</td>
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<tr>
<td>(i) Choir</td>
<td>- Accomplishment</td>
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<td>(ii) Modern Dance</td>
<td>- Accomplishment</td>
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<td>(iii) School Band</td>
<td>- Accomplishment</td>
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<td>(iv) Drama (English)</td>
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<td>(v) Chinese Orchestra</td>
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<tr>
<th>Physical Sports</th>
<th>- Champion (Lower Bowl)</th>
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<td>(i) Basketball ’B’ Girls BAS Basketball Developmental League</td>
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<th>Others</th>
<th>- Silver</th>
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<tr>
<td>(i) Green Living Awards 2015</td>
<td>- Evelyn Koh Yu Ling of 5/1</td>
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<td>(ii) D&amp;T Awards 2015 - Innovation:</td>
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