



ISSUE TWO 2020

Christ Church
Secondary School

CHR HIGHLIGHTS

Principal's Message

COVID-19 has disrupted not just the lives of individuals, but societies the world over. In these unprecedented times, I am most heartened by the contributions of the CHR Family.



We see our staff moving out of their comfort zone and wading into uncharted waters, all for the sake of their students. We applaud our dear students at home living out our school values, demonstrating them by keeping up with their learning, reaching out to the teachers for help and through their involvement in daily household chores and, not forgetting to keep an active lifestyle at home as well. That's integrity – "doing the right things even when no one is watching." Well-done, CHRians!

I am most thankful for the Morning Assembly and ICT Team, energising our school community each morning and creatively providing snippets of interesting updates to keep our staff and students connected to the school. Our EAS & support staff team have also been working hard behind the scenes and rendering their utmost support during this period.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lit the flame within us." - Albert Schweitzer

There are many more stories to tell; and we continue to give thanks to the Lord for the abundant goodness and blessings he has showered upon CHR during this period. This is what the CHR Family is all about – coming together in times of challenges, finding joy and showing appreciation for the little things in our daily lives.

Mr David Lau

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To access **CHR Highlights Issue 2 (2020)** in **full colour**, please scan the QR code or visit the 'Publications' section in www.chr.edu.sg



STAY *home*
STAY *safe*
STAY *curious*



CHRians HAVE THE DRIVE TO EXCEL, ARE THOUGHTFUL CONTRIBUTORS AND ARE ACTIVE LEARNERS
COURAGE . COMPASSION . CURIOSITY

OUR FHBL ADVENTURE:

Teachers Exploring Digital Tools for Innovative Learning

It was no walk in the park.

COVID-19 has forced everyone's hand in the area of technology. Embracing online learning and using digital tools during the Home-Based Learning (HBL) became a new norm; many staff and students found themselves grappling with uncertainties in exceptional circumstances.

However, every challenge presents an opportunity for everyone to think out of the box. Let's hear from our CHR staff on their HBL experience.



Mrs Ram and Mr Bernard used Video Conferencing tools such as Zoom & Google Meet to connect with students in the classroom.



"My heart skipped many beats when the news was announced. My first thought was with my form class and my graduating cohort. They had been on track and were prepared to work hard since the beginning of the year. Will my physical absence affect their progress?"

Thankfully, everyone rose to the occasion. My form class maintained their good attendance and their attitude to their studies was excellent. The learning curve was steep as I had to learn many new things such as conducting lessons using Zoom and marking electronically using an iPad within a short time. It was daunting but I was spurred by the enthusiasm and support of my students and my colleagues in school. Teachers conducted the lessons through conferencing and shared knowledge with one another. It encouraged me to learn by trial and error. It was not easy feat but the journey was worthwhile."

MR AZMAN

"Ohhhh nooo! How am I going to get through this and how are my students going to learn? That was my initial reaction when I heard Prime Minister's announcement on the television. Indeed, HBL has not been an easy journey me. Firstly, as a mother of three young kids, I am struggling to work from home. While I am busy monitoring my two school-going kids with their HBL, I am also very much occupied with creating my own HBL for my students and giving feedback on their work."

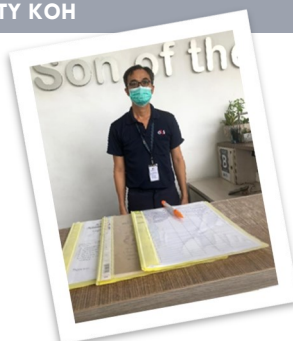
I am very thankful and blessed to have the support of everyone around me who gives me encouragement and positive words to keep me going. I am also thankful to have colleagues who shared good ICT platforms to prepare lessons, monitor and assess students' work which makes the learning curve less steep. I am thankful to my students. They have been nothing but sweet throughout the HBL period. I am proud to see how this HBL has changed them to be more independent and self-directed. I can see the effort that they put in and trying their best to learn at home."

Going through the experience of HBL, I realise how much I love the interaction with my students on a daily basis and this is something that I really miss. While we can still communicate through the various ICT platforms, nothing beats face-to-face interaction in class."

MDM JULIZA

"To me, Full Home-Based Learning (FHBL) is definitely something more than just designing lesson packages for students to experience e-learning via the Student Learning Space (SLS) platform and completing exercises from guidebooks, worksheets and Ten-Year Series. It involves setting routines for both students and myself over again. My second son taught me how to better use technology, in particular the use of an iPad to do screen recordings, Apple Markup (iOS) to annotate students' work, just to list a few. I am proud to say that all of us did pretty well!"

MDM BETTY KOH



"I still report to work every day but the difference is that the hours are shorter. I miss the usual chatter that I am used to hearing in school everyday. Now, it is so quiet because there are no students in school and only a few teachers come in daily."

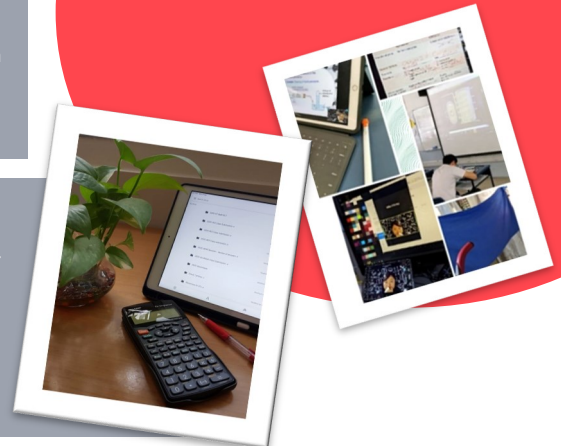
I ensure everyone's safety by monitoring the movement of staff and visitors in and out of school. I also take safety precautions by measuring my temperature twice a day and observing basic hygiene. I really hope life will resume back to normal soon and that everyone stays safe and well!"

MR HISHAM, Security Officer



"I believe that there are opportunities in every adversity. I explored different platforms to teach my students in order to minimise the impact of my absence in school. I would like to take the opportunity to thank my colleagues who were very supportive."

MISS CHONG MEA FUN

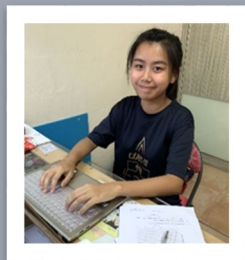
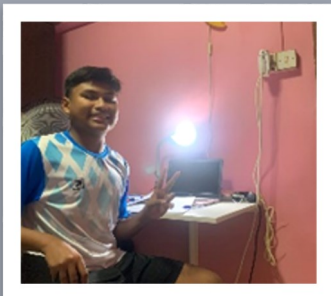


OUR FHBL DIARY:

All In A Day's Work – Students' Perspective

"On a normal HBL day, I usually wake up at around 7am to do my daily workout which consists of a few agility trainings and stretching. Next, I would take a shower before eating my breakfast and watching the morning assembly at the same time. I enjoy the daily challenges to keep fit and I have tried the plank challenge with my friends. I have learnt to be more responsible and disciplined by practising self-control and not succumbing to the temptation of playing games the whole day."

AMIRUL (4/6)



"I have learnt to manage my time more efficiently and be more self-directed in learning. Planning my time during HBL is important because I need to hand in my work on time so that I can better prepare myself for lessons the following day."

WAN QING (5/2)

"I have grown to be more responsible, such as submitting my work on time and spending time with my family."

SREE KASHINI (1/7)

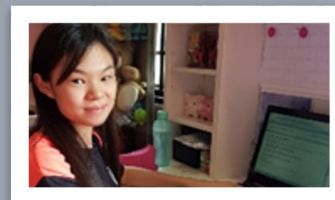
"I am glad that I get to know and see my father a lot more often now although I miss some of my friends. I feel that I have matured more through the HBL experience as I need to be disciplined."

ARIFIQ (1/7)

"One challenge I faced during HBL is the need to be disciplined to complete my work. My house is simply too comfortable and I had to fight off various distractions. However, after countless reminders to myself to focus on my work and take charge of my own learning so that I can better prepare for my national examinations, my self-discipline has become better."

HBL taught me to be resourceful. With the need to leverage technology, I have to use different apps to submit my work. When I encounter connectivity issue, I have to try all ways to resolve it and to make sure my work is submitted properly."

SHERLYN ONG (4/4)



OUR FHBL DIARY:

Leading an Active Lifestyle

Push-ups, elevated crunches, commando planks, squat jumps, reverse burpees and sit-ups. How many can you complete in 15 seconds?

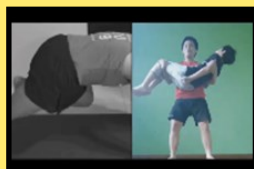
'BeFitCHR' is an initiative by the Outdoor Education (OE) Department to motivate and encourage our staff and students to stay active at home.

Through #chrchallenge, we hope to connect and encourage everyone to join in this series of home-friendly challenges!

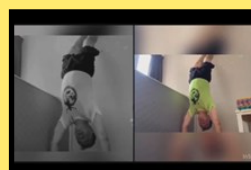
I hope that the CHR family can be motivated by their teachers and peers! It begins with US to live a healthy and active lifestyle even as we stay at home!

MS LOW YI LUN

Alternative to weights? Ms Tang and Mr Chiu got creative by using household objects to exercise.



Challenge this! Can you do a handstand like Mr Andy Lee?



Spot the difference: Which OAC teachers can do the REAL split?

Follow @BeFitCHR on Instagram now!



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Photo Gallery



OUR FHBL JOURNEY: *Morning Assembly Live*



Getting creative: Affirmation Collage by Mdm Sya, Ms Diana and 1N5 students.



Live demonstration by Mdm Rina and Mdm Aminah (GO staff): How to make yummy spaghetti!



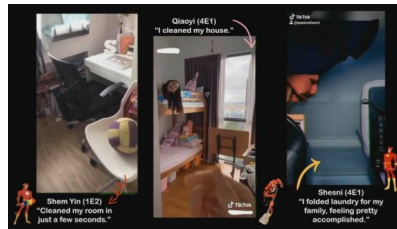
CHR & The Beanstalk: Which is the last bean standing?



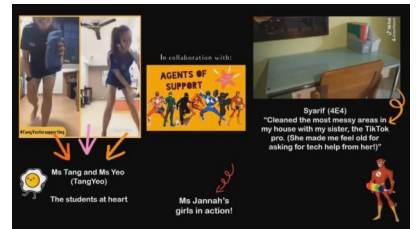
Which "magic" weapon do you use to separate an egg yolk from its egg white?



Bob the Builder? Mr Francis Seah taking the opportunity to thank all the staff for their hard work during this period.



Agents of Support: Staff versus Students. Who will prevail?



Agents of Support (VIA-HBL Edition): How our students brought smiles to their family members!

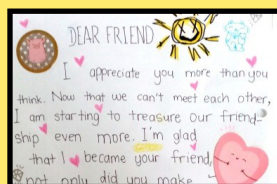
WALL OF GRATITUDE

A family sticks together through hard times

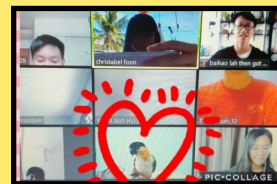
2020 has brought about many opportunities for CHR staff and students to come together as one team, one family to give thanks for what we have.



Paper cranes — a symbol of love, hope & peace.

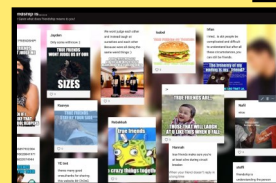


Appreciating the little things in our lives.



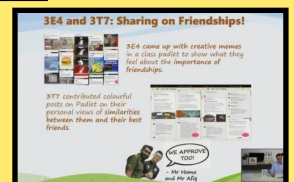
2E2 being greeted by a lovely virtual classroom every morning designed by their FT, Ms Chong.

3E3 students introducing their beloved pets to their classmates proudly.



5N2 sharing words of thanks to their classmates.

Colourful Padlet posts: 3T7 students sharing similarities of themselves and their best friends.



4N5 & 4N6 played a Kahoot quiz on friendship over Zoom, while 4E2 sang a birthday song over Google Meet to celebrate a friend's birthday!



Fabula Vitae



Editorial Committee: Cheong Xin Rui Raelyn (1/4), Bea Trisha Samaniego Bacay (2/4), Ho Hui Yi (2/4), Tiongco Katherine Theisha Morales (2/4), Alisa Adrianna Rohim (3/1), Jolin Chai Xin Hui (3/1), Jaden Tan (3/2), Vinathi Naidu (3/2), Sarah Ng (3/3), Chia Zhen Yi (3/4)

TRENDING

Lingo

By Bea Trisha Samaniego Bacay (2/4)
Jolin Chai Xin Hui (3/1)

Instagram



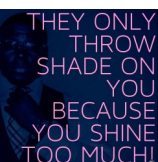
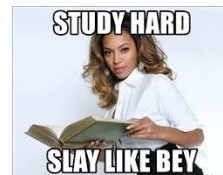
Catch us in action @Les.literato Instagram. Have an opinion to share? Come and be part of the team! Register your interest here: <http://tiny.cc/jointeamfun>.

If you can answer this riddle, drop us a message @les.literato IG. If your answer is correct, then you must be one of the chosen ones: I can be written, I can be spoken, I can be exposed, I can be broken. Who am I?

Does it seem that youths nowadays are speaking in strange tongues? Ask an adult what 'lit' or 'are you woke?' and you'll receive puzzled looks in return. Millennials and Gen Z youths are known to use such lingos in their conversations and even more so on Instagram, Snapchat and any social media apps trending at the moment. With a little help from us, knowing some of these terms will ensure you 'slay' your next conversation.

Slaying it

'Slaying it' is one of the greatest lingos to have ever been created. In pop culture, someone who's always 'slaying it' is none other than Beyoncé. Her empowering songs and unique fashion sense goes to show how far she's 'slaying it' as an icon in the world. Ever so versatile, the phrase is used in a multitude of contexts. You can say "You're slaying it with the new shoes!" which means that you're doing great with your fashion style. Try this as a compliment: "You've slayed it for the quiz!" which means you did an amazing job. So what are you slaying these days?

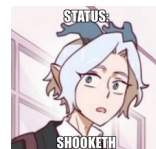


Throwing shade

The word 'shade' can refer to a great many things from cooling shelter from the sun to different shades of a particular colour. In this case, the 'shade' we are talking about is the ever so popular millennial slang. 'Shade' means to talk negatively about a friend to publicly denounce or disrespect. When 'throwing shade', it's immediately obvious to on-lookers that the 'thrower', and not the 'throwee', is the uncool one. 'Throwing shade' is always artfully executed because it depends on constructing a veiled (or not-so-veiled) insult rather than relying on obvious ones.

Shooketh

'Shooketh' derives from the word 'shook', referring to the feelings of surprise, shock or anger that come from receiving a piece of news that is sudden or abrupt. The -eth at the end of 'shooketh' is derived from old English and it is meant to make it sound funnier. In other words, you could say it has the same meaning as 'shocked' but with an added comical touch to it.

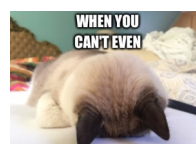


FOMO

'FOMO' is an acronym for 'fear of missing out'. It's a feeling of anxiety that an exciting event may be happening somewhere, often triggered by posts seen on social media. Not invited to a birthday party? Well perhaps, you may be experiencing FOMO. One example is "Even though he was exhausted, John's FOMO got the best of him and he went to the party." Or, if you happen to be invited to an outing, even though you're feeling fatigued after a day of school, you will still go because of FOMO! But some advice, if you aren't keen on doing a particular thing, don't let that FOMO get to you no matter what! (like smoking, but if that ever happens, we advise to go to a teacher straight away even if they are your friends. Don't smoke kids!)

I can't even

"I can't even" is a phrase used when you are facing acute stress. Acute stress is experienced as an immediate perceived threat, either physical, emotional or psychological. Don't worry because it is only temporary! It's abrupt ending implies that something is so amazing, frustrating, surprising or exciting that it renders you speechless. Some say that the phrase "I can't even" actually has its origins rooted in the movie Mean Girls but this remains unproven until this day. Do you think that this is true?



Well, we hope this helped you understand the slangs of youths today. Now, you can understand some of the phrases your friends are always talking about if you've never understood it before! Of course, this is only an extremely short list of some of the slangs out there in the world. So, now that you are armed with this information, go out there and start slaying it!

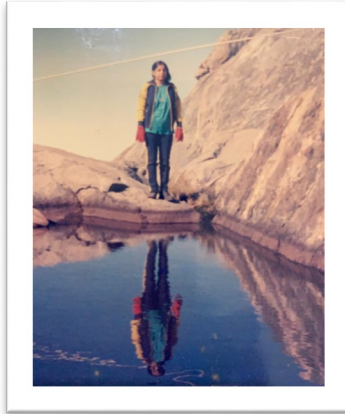


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CHRIAN OF THE TERM: MS UMA

By Sarah Ng (3/3)

This teacher has been teaching Physics in Christ Church Secondary School for many years and she is none other than Miss Uma. For those who have her as your teacher, you will know that she is an environmentalist but other than that, what else do you know about her? Curious about this dedicated teacher, I sought an interview with her. Lo and behold, I discovered that Miss Uma has swum with sharks! Plus, she has her head and heart in the stars because of her passion for astronomy.



If you could ask for a miracle, what would it be? Why?

One miracle would be to have no absentees in my classes because when a student is absent, it becomes difficult for me to help them. At least when they are in class, I can monitor their progress, give them advice and ensure that they can improve not only in their academic work but character-wise too.

What is the one food you could eat for the rest of your life?

I would say vegetarian pasta and pizza.

If you won the lottery, what would be your first big splurge?

I would definitely splurge on something for the environment such as improving our ecosystem in Singapore. I find that there is a lot of construction work going on and they add to the dust and pollution in the air.

What is something you are obsessed with?

I really like scuba diving except that these days I do not have much time and energy. I'm also obsessed with nature. I love the idea of just indulging myself in nature and hiking up a mountain.

If you could make a rule for a day and everyone had to follow it, what would it be?

I would make this rule for every human being: No plastic usage.

What's the weirdest but good thing you've tried?

I went for a night diving with the sharks. I had to be very calm. There cannot be a tinge of nervousness or worse, fear. Before the trip, they said that I must be in good health so it is best not to get the flu or the sniffles. I believe that nature cooperates with me only if I have the right attitude. So as I dived into the calm waters, the sharks did not attack me and neither were they afraid of me. Being underwater surrounded by nature's perfect hunters, I felt, for the first time, the harmony of life and Mother Nature.

What's the best or worst practical joke that you've played on someone?

As a student, we played a trick on our teacher using a nail and some red paint. While we were in the science lab, we pretended the red paint was blood and showed our teacher. Our teacher nearly called the ambulance before we owned up to the practical joke.

How do you judge someone?

I actually tend to judge people by the little things they do every day. For instance, how people conduct themselves and how they communicate and reply to another. The judgement is all in the details.

A selfless person with a heart for her students, Miss Uma never ceases to amaze us through her lessons, her words and her actions. If you wish to find Miss Uma on social media, it won't be easy because she's too busy saving the environment than to update her social media.

Nowhere Else

By Vinathi Naidu (3/2)

It's 2020

The weather has been cool

I enjoy the breeze

Yet what's good is not meant to be

In a couple of years, we'll see

Deadly heat waves arrive

Forest fires raging far and wide

Homeless animals struggle to survive

Melting glaciers intensify

Submerging homes, taking lives

Your parents and mine

They will go as they decline

But not the same for you and me

There's no Planet B

There's nowhere else to flee

"This is in our hands. Can't you see?"

Something must be done

Before it becomes too late

Do it for us

For our future daughters and sons

Let's all play our part

To rewrite fate.



CAUGHT ON CAMERA: THE GREEN JEWEL

By Jaden Tan (3/2)



I took this photo at JEWEL Changi International Airport, Singapore. It was then when I discovered that our Changi Airport had won the 'World's Best Airport' in the year 2019 awarded by Skytrax.

JEWEL was built around the existing skytrain track which means you can view the gigantic rain vortex when you take the skytrain. This indoor rain vortex is the world's tallest indoor waterfall that stretches over 7 floors. JEWEL has not only attracted travellers from foreign countries to visit this magnificent icon of Singapore but it has also attracted locals, especially nature lovers.

Just being here at the Heart of Forest Valley is invigorating because it houses more than 2,000 trees and palms and over 100,000 shrubs. Over 120 species of flora originating from countries such as Australia, China, Malaysia, Spain, Thailand and USA were imported. If you haven't seen this man-made marvel, you're missing out! When you come at night, the vortex acts as a backdrop for an astounding light-and-sound show.



COMIC CORNER

Illustration by Cheong Xin Rui Raelyn (1/4)
Caption by Ho Hui Yi (2/4)

How People See It

By Chia Zhen Yi (3/4) and Tiongco Katherine Theisha Morales (2/4)

In this issue, we asked CHRians and members of the public one question. Let's find out some of their unique responses:

Question: Which song or movie sums up your life right now? Why?

'Indiana Jones' because I'm from Scotland and now I'm in Singapore so I feel like quite an adventurer like Indiana Jones himself. (Pete from Scotland)

'Aqua Man' movie. When I watched the movie, it seemed clear it was a 'budget movie' and I'm quite budget too. I shouldn't have wasted my money on watching Aqua Man. (Glenda from Cedar Girls' Sec Sch)

'Isn't She Lovely' by Stevie Wonder because seeing my baby daughter smile melts my heart again and again. (Mr Leonard Chng, CHR Staff)

The song that sums up my life is "Point of No Return" from the Phantom of the Opera. One line goes like this - "The bridge is crossed so stand and watch it burn..." We have crossed the bridge of Full HBL and now let's watch it burn with the passion and curiosity to learn! (Ms Angeline, CHR Staff)

The movie '17' because in the movie, the female lead's sibling is popular but she is the complete opposite. With their desperate need to find love, fierce yet comical sibling rivalry ensues. I can relate to the movie since I have my fair share of sibling rivalry. I mean, don't we all? (Yi En, 3E1)

The song 'A Whole New World' from Aladdin. In this COVID-19 situation, it feels like we are truly living in a whole new world as we do not know how this will turn out or where it's going to bring us. I imagine that we are on a magic carpet ride, trusting that we'll get through it all. (Osher, 1E4)

The song 'Adore You' by Harry Styles. During this Home-based Learning, I miss my friends so much that, to quote the song lyrics 'I'll walk through fire for you' just to see my friends again. (Daphne, 4E2)

The song that sums up my life is a Korean song, "Grow Up" from Stray Kids. Their lyrics "Get up, raise your hands, don't give up" and "Take your time, you can do it" remind me that mistakes are part of the learning experience. If I fall, I can get back up and believe that I can do it! (Andrei, 1N5)



GIVING THANKS

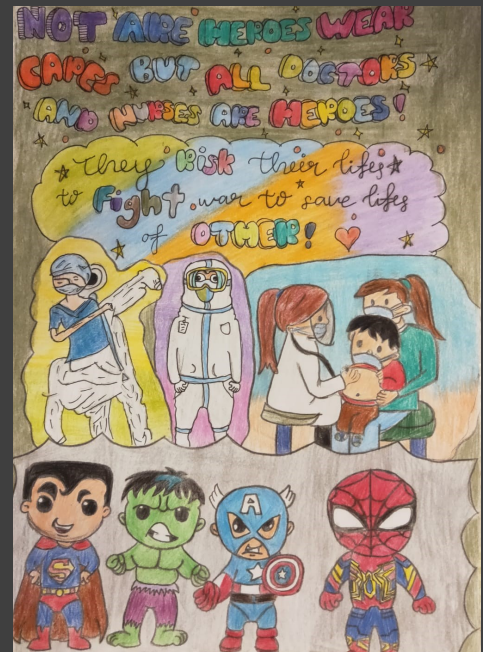
Appreciate
Each
Family

What makes a hero?



"We have to remember that it is not just the front line workers who are risking their lives, but everyone can be a hero in their own ways by playing their part in a responsible manner."

CLAUDIA AND YOSHI (2/2)



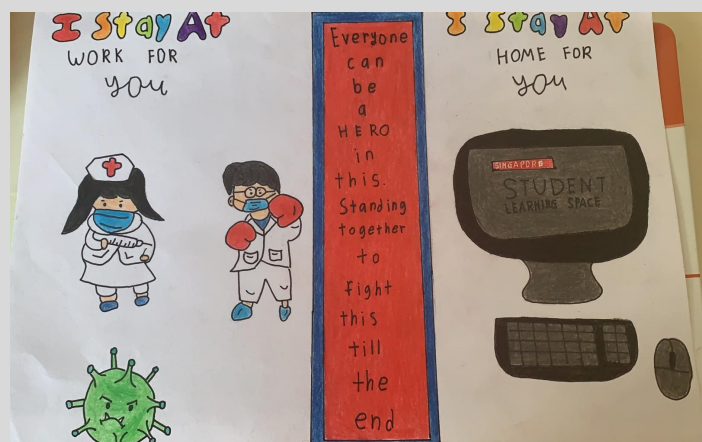
"Not all heroes wear masks but doctors and nurses are heroes because they risk their lives and fight to save the lives of others."

GRACE ANG (2/3)



"My hero is a superhero part of my imagination. He is equipped with people (the doodles in this drawing) who have various super powers to help people in times of need. This hero is also made up of my favourite characters such as Ditto (from Pokemon), Jake (from adventure time) and my favourite instrument, the piano."

JOEL (2/5)



"Everyone can be a hero in his or her own way. Essential workers save the lives of others. As a student, we stay at home to study online and stay safe at the same time."

SHAYLA (1/3)



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