



Christ Church Secondary School

CHR Highlights

"And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God." Colossians 1:10

Issue 2/2015

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Congratulations!



Ms San Min's newborn twins!



Mr Alan Ho's six-month-old princess!



Ms Noraida and her groom!

REPRESENTING SINGAPORE YOUTH IN CHINGAY PARADE

My Chingay experience was amazing as I represented the youth community to share our hopes and aspirations for Singapore. It was a great honour to see that I had been selected not by random or chance, but by the recommendation of my school teachers.

I relished the opportunity to go to a famous Music Director's house to do the recording. It was an exhilarating experience to make contact with a celebrity. When I was invited for the appreciation lunch at the Istana, I felt extremely honoured and developed a sense of newfound courage. I felt that after all the years of being given the opportunity to speak in school, I have finally become a confident speaker.

I enjoyed the camaraderie I shared with my new friends there and was ecstatic to have the opportunity to take a photograph with our President. He thanked us for representing the youths in Singapore and asked us individually for our names and schools. When it was my turn to speak, nothing could describe the gush of pride that came over me as I uttered the words "I am Niranjan from Christ Church Secondary School". My chest swelled with pride not only for myself but for my school which had developed me into what I am today. I want to share this with my school mates so that they know that we can achieve our dreams as long as we believe in ourselves and keep on persevering to reach out for the stars.

Niranjan, 4E5



CHINGAY 2015 : Developing Self-Confidence

Chingay is a national event which started in 1973, holding the title of the largest street performance and float parade in Asia. This year's Chingay involved **contingents** from all around the world. We practised three times a week and it involved gruelling rehearsals after school learning dance steps or trying on costumes. This definitely taught me the value of perseverance and also made me a better team player due to the need to **synchronise** my dance movements with the other dancers.

While it was a trying, tedious process, I had learnt a lot from it. The experience had given me the courage and confidence to be more sociable and talk to my friends more easily than before.

Chingay had been one of the best experiences of my life so far and it has left me with unforgettable memories of forming closer bonds with my classmates. It was a privilege to be involved in Chingay.

Alicia Ang, 1E3



My Chingay experience will always hold a special place in my heart as I had the opportunity to be part of the grandest parade held in Singapore. As this year's Chingay coincides with our nation's SG 50's celebrations, we were treated to the **spectacle** of various floats **symbolising** our nation's progress from an unknown island to the present Modern Singapore. All this was possible due to all the hard work by our pioneer generation so we should give thanks for this and be grateful for what we have today.



I had also fostered new friendships with my classmates as we encouraged one another to persevere through the gruelling rehearsals and also by helping each other to master the dance moves. It was also a *surreal* experience to be part of such a grand celebration. While waiting for our turn, I was able to catch glimpses of the **breathtaking** performances by the other **contingents** from various countries.

This experience had also inculcated in me a greater sense of responsibility through helping with the distribution of food. We had to ensure that we leave the place clean and free of trash before leaving the place.

I would like to take this opportunity to thank my teachers who had sacrificed their own time to support us in our Chingay journey as well as my friends and parents for their constant support. Finally, I would like to thank the school for giving me a once-in-a-life time opportunity to perform in Chingay SG 50.

Alysa Pitchamani of 1E3

Vocabulary Terms:

Synchronise : cause to occur or operate at the same time or rate

Spectacle : a visually striking performance or display

Symbolising : representing

Contingent : a group of people sharing a common feature, forming part of a larger group

Breathtaking: astonishing or awe-inspiring in quality, so as to take one's breath away



CHINESE NEW YEAR 2015 : Aiming for Excellence In Whatever We Do

The preparations for the Drama Performance for Chinese New Year were initially very *daunting* as there were various challenges that we faced. There were many guidelines to adhere to and most importantly, we had to ensure the script was meaningful and engaging. We were able to apply the techniques we had picked up during our Drama lessons in Taiwan by coming up with various ideas of how drama can be performed in different ways.

To perfect the script, we consulted our teacher-in-charge, Ms Lee Han, frequently for feedback and spent a lot of time memorising the lines. We had to stay back after lessons for extra rehearsals to hone our acting skills. I believe it was our strong team spirit and perseverance that helped us to conquer our fears and put up a successful performance. When we heard the laughter and applause of the audience, we felt our hard work was worth it.



As organisers of the performance, we led a de-brief after the performance and learnt that we needed to be a team with a common objective as a team. We must communicate effectively, be able to anticipate problems and be calm to solve them when the need arises.

We look forward to our next Chinese New Year celebration and hope to bring something new to everyone again.

Charmaine Ong, 3E5 and Aaron Niew, 3E3

No one would have believed me if I had told them that my initial role in the performance was to just speak one line. I requested for a minor role as I lacked the confidence to speak in front of the audience. However, my role in the performance gradually developed to a very significant one after various modifications to the script.

I was initially worried that I would fail but my friends, teachers and seniors were very encouraging. They believed in me and helped me to develop my confidence. On the actual day of the performance, I had to don a nerdy outfit. It was a huge pat on the back for me when the audience laughed at my lines and my heart glowed with pride.

I was very grateful to have been given the chance to take up a role which I did not think I could fulfil. I have learnt that in life, we need to give ourselves a second chance and take it like it is the last time you were doing it. This will help you put in your very best.

Thea, 2E3

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TOTAL DEFENCE DAY : BE ALWAYS READY

This activity had taught me the importance of teamwork in group projects. If not for the strong teamwork in my class, we would not be able to complete our project on educating our peers about 'Total Defence' in Singapore in time. Despite the tight schedule we had, we came together to discuss how to split up our work and to find every single opportunity to *turn any challenges that were against us into opportunities*. No one owes Singapore a living. We need to equip ourselves with the relevant skills in order to survive in such a fast-paced society.



Qitarah, 4N7B

My whole class set up a booth on 9th February during our break time to allow our school mates to have a better understanding of Total Defence messages through interesting games. A few of my classmates namely, Shahzrul and Haison led our class to prepare cards by writing down the key messages of 'Total Defence' on them and purchased face paint for us to **masquerade** as soldiers fighting for our country so as to promote the importance of military defence.

Through the activities, I learnt not only the key messages but also the fact that in spite of our different races and backgrounds, we were united in preparing a fantastic activity for our school mates. Being a multi-racial society and being able to live in **harmony** is something which I appreciate deeply and something which we should not take for granted.

Glendon, 4E5

LOWER SECONDARY NE TRAILS

My favourite activity during the learning journey was when my group mates and I had to act out the scene of Sir Stamford Raffles arriving in Singapore. We tried our best to dramatise the scene and the outcome was hilarious when we watched the video of ourselves in action. This activity definitely helped me to understand Singapore and Sir Stamford Raffles better.



Through this experience, I learnt more about the history of our country and our multi-racial relations during the early days in 1800s and 1900s. There were racial riots but gradually Singaporeans learnt to get along with one another in spite of their differences in race, language and **clan**. I appreciated the role of the **coolies** in Singapore, how Singapore was gradually developed and modernised to become what we are today. I feel proud of Singapore's achievements and am grateful to our **pioneer generation** for their hard work which helped Singapore to achieve today's success.

Kim Sangeun, 1E4

Vocabulary Terms:

Masquerade: Disguise

Harmony: A relationship characterised by a lack of conflict or by agreement, as of opinion or interest

Clan: A group tracing descent from a common ancestor

Coolies: Unskilled labourer

Pioneer generation: Singaporeans who are aged 65 and above in 2014



LOWER SELETAR RESERVOIR LEARNING JOURNEY



When we reached Lower Seletar Reservoir Park, one of Singapore's **water catchment** areas, I thought of it as a pleasant place for leisure activities, where families can go to enjoy the beauty and **tranquillity** of the surroundings. We learnt about the history of Lower Seletar Reservoir, and the activities used to be carried out in the past. I stood in awe of the efforts our government had put in to complete the makeover of Lower Seletar

Reservoir which cost nearly \$10 million!



We had an engaging amazing race where we were introduced to 'The Active, Beautiful, Clean Waters Programme', which was launched in 2006 with the aim of turning Singapore into a city of Gardens and Waters. In our groups, we had to be 'forward-looking' and plan the route we wanted to take to finish all the stations in the shortest timing.

While we were doing the amazing race, I realised the importance of keeping Singapore clean and the **conservation** of water. It was truly an enriching and fun-filled learning experience for all of us.

Caleb, 2E4

Through this activity, I had demonstrated care and perseverance. One of my teammates had an injured leg, so we had to take care of her and not tax her too much. We also had many challenges such as time managing and multi-tasking, but we would always find a solution and persevere to complete the activity.

The programme helped me understand that we should not take water for granted. Singapore has many water catchments to provide clean water for Singaporeans. We should not throw litter into the drainage as it would flow into water catchments such as Lower Seletar Reservoir itself.

Tiang Soon Yong, 2E4

It was an enlightening day to be able to put into practice what we had learnt in class. Through the amazing race, we learned about the history of the reservoir, the 'Active, Beautiful, Clean Waters Programme' and ways to test water quality such as **turbidity**, pH value and the amount of **dissolved oxygen**. Through this activity we learned to work as a team and to care for each other so that we can complete the task given. We also learned to be forward-looking as we came up with various strategies on how to cover all stations in the shortest possible time.

Gerald Yung, 2E4

Vocabulary Terms:

Water catchment : An area drained by a river system

Tranquillity : The quality or state of calmness or serenity

Conservation : Preservation or restoration from loss, damage, or neglect

Turbidity : Having sediment or foreign particles stirred up or suspended; muddy

Dissolved oxygen : A relative measure of the amount of oxygen that is dissolved or carried in a given medium



Groovin' Jamboree : Believe in Yourself and You can Achieve

It was a fun and exciting experience participating in Groovin' Jamboree. My band comprised of my classmates, Johan and Roshan, as well as Mcquin who sang for us. I played the **electric guitar** while Johan played the piano and Roshan played on the **cajon**. We had a lot of fun rehearsing despite the trouble we had in choosing our song.

One of the difficulties I faced apart from choosing the appropriate song was that some of my group members had troubles committing to rehearsals due to their schedules. We also had trouble finding time to practise together. To overcome this difficulty, we had to rehearse at home on our own during the week of the performance. This required a lot of **self-discipline** and perseverance.

During the performance, I was extremely nervous and anxious as I was suffering from **stage fright**. Thankfully, performing as a group makes me less nervous and I could overcome my stage fright with the encouragement of my friends. I also prefer performing in a group as we can learn from one another. We can also tap on one another's strengths and help correct one another's weaknesses.

Through our performance, we became closer friends and I am thankful for our friendship.

Isaac Tay, 1E3

I participated in last month's Groovin' Jamboree and it was a **mind-blowing** experience as it was my first time performing. I performed 2 songs on the electric guitar. For one of the songs, two of my classmates played along with me on the cajon, while three of my other classmates sang along with us. Practising with them over the few weeks was challenging as we had to put in a lot of time after school but it was worth it. We could develop our potential and put up a performance together. It was something that I never thought I could do. I realised that we need to believe in ourselves more in order to find our true potential.

I would like to thank Miss Sum for her guidance and for providing us with the opportunity to participate in Groovin' Jamboree.

Muhammad Hairul, 1N6



Vocabulary Terms:

Electric guitar: A guitar whose sound is amplified by electrical means

Cajon: 6-sided box-shaped percussion instrument

Self-discipline: Controlled behaviour resulting from disciplinary training or self-control

Stage Fright: Acute nervousness caused by performing or speaking before an audience

mind-blowing: Intensely affecting the mind or emotion



Sec 2 Resilience Camp: Equipping Students with Life Skills

During my Sec 2 Resilience Camp, I was **intimidated** by the thought of doing 'abseiling' as I had a **phobia** of heights. I was initially afraid but with the support and encouragement of my classmates, it was amazing that I actually almost reached the top! This helped me to improve my self-confidence as I realised we could overcome our fears as long as we believe in ourselves.

The second activity that we did was cycling at East Coast Park. The non-cyclists were paired up with the cyclists. As luck would have it, the bicycle that my partner and I took was old and so it broke down a few times. In spite of that, it was still an enjoyable experience as this activity helped us to communicate better.

As a class, we also helped one another when we needed help whether it was pitching the tent or cooking outdoors. Each member of the team was allocated an individual task to complete and we learnt to be responsible to carry out the task to the best of our ability.

After all the games and showering, it was time for us to sleep. I had difficulty sleeping as I missed my comfortable bed at home but fortunately, my friends' companionship was a good distraction for my homesickness.

On Day 2 of the camp, we had to get up early for breakfast. We also needed to get ready as we were going to MacRitchie Reservoir to hike a total distance of 11km. We were given a map to find our way. Fortunately, our map-reading skills which we learnt during our Geography lessons helped us to find our way. It was important for us to have *good rapport* with one another as we need to be able to communicate well and come to a **consensus** on the direction we need to head to. I also learnt the value of responsibility through my camp by taking better care of my belongings. I am also more mindful that we are representing our school when we are in public so we need to be conscious of our actions.

Through this camp, I learnt to persevere as we had to **get out of our comfort zone** to attempt the various challenging activities. I also learnt to care for my own team members and be responsible for our own actions. This was really an enriching experience for my classmates and I.

Hannah, 2E3



Vocabulary Terms:

Intimidated : Fear of being harmed or injured by another person's behaviour

Abseiling : Involves descending a rope(s) using a friction device attached to your harness from a certain height

Phobia: Type of anxiety disorder, usually defined as a persistent fear of an object or situation in which the sufferer commits to great lengths in avoiding, typically disproportional to the actual danger posed, often being recognised as irrational

Consensus : Decision-making is a group decision-making process that seeks the consent of all participants

Get out of our comfort zone : By taking risks in a controlled fashion and challenging yourself to things you normally wouldn't do





The theme for CHR 2015 **"Giving Thanks: Appreciate Each Family"** builds on 2014 theme **"Giving Thanks: Appreciate Each Day"**.

It focuses on developing gratitude in our students at home as families are pivotal in their life journey. Each family unit is unique and we believe that when CHRians learn to appreciate their families no matter what situation the family is in, they could play a more proactive role at home in strengthening family ties. Through this, they will demonstrate our RICPF values and this will bring them joy and hope in their life.

I would like to give thanks to my mother for teaching my siblings and me the value of integrity. Even when she was in an argument with my grandmother, she held fast to her principle of respecting our elders and did not raise her voice. She stood up for her rights in a firm but respectful way.



Faiz, 2E2

I feel that this is very admirable as she was able to show respect even in the hardest of situations and explain with a level head.

My mother has always been there for me and has taught me to be responsible in my words and actions. My father taught me the value of compassion and the importance of loyalty.



Amberlie Ng, 2E4

They demonstrated such values in their actions and were good role models for me to emulate.

I give thanks to the heroine in my life - my mother. A heroine who puts our family before herself, my mother had raised my brother and I every day without complain. She told me to live an honest life and to be a respectable person.



Tiffany Thong, 2N6

As a result of her upbringing, I maintain my integrity even when no one is looking. I remain upright and honest, without being affected by the negative influence of others.

I give thanks to my parents for teaching me to live life with integrity against all odds.

When we live an honest life, we gain the trust of people around us, and life can only get better.

Mdm Zahara, FT of 2N7



Nurin Hazira Bte Raziz, 2E1

There are people whom you can trust.

Maybe your friends or your buddies.

But the ones who truly understand and care for you from the start

until the end, is none other than your family,

They are the ones who guide us when life is bleak.

Who teach us the difference between right and wrong

Who help us to see the value and importance of good character more than anything else

Through crises and hardships,

We count our blessing each and everyday,

to have our wonderful family with us

till this very day.

There was once when I broke two brand new solar powered LED lamps by accident. I was initially too terrified to own up to my father but decided to face the music by coming clean with him about what had happened.

I was taken aback when after reprimanding me, he praised me for my integrity and said he was proud of me. This helped me to gain the trust of my father. I learnt a valuable lesson from my father about integrity.



Ruth Chua, 2E3

I would like to give thanks to my family as they have taught me the value of integrity. Since young, they have shown me many ways to be an honest and a reliable person.

They also demonstrated by example how to be upright and to live by the motto, "Honesty is the best policy".



Gowri, 2N5

I give thanks to my parents for demonstrating integrity since I was young. I have learnt to be true to myself and being able to face the truth no matter how hard it may be. Without them, I will not be where I am today.

Ms Shahidah, FT of 2N5



I give thanks to my classmates for being honest when they made a mistake in class.

I admire their integrity as they owned up to the teacher and were remorseful for their mistakes. They were willing to change for the better.



Yeo Jun Jie, 2NT7

