



Christ Church Secondary School

# CHR Highlights

"Be on your guard; stand firm in the faith; be men of courage; be strong." 1 Corinthians 16:13

Issue 3/2015

## At A Glance...

- P1:** Honours Day (Students) 2015
- P2:** Developing discipline through Performing Arts
- P3:** SG 50 National Day Parade
- P4:** Are leaders born or made?
- P5:** Secondary 3 Resilience Camp
- P6:** Joys of Gardening
- P7:** Career Conference and Guidance
- P8:** Giving Thanks : Appreciate Each Family

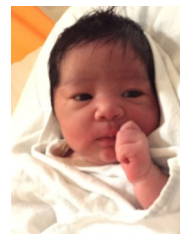
## Congratulations!



Mr Francis Seah's princess



Mdm Juliza's prince



Ms Francesca's princess

Blessings to newly-married Ms Naomi Sum!

## HONOURS DAY (STUDENTS) 2015



Honours Day has a very important place in my heart as it was the day I received my badge for being part of the school's Student Council. I had the privilege to work with my fellow councillors and teachers to improve my leadership skills as well as take on various roles and tasks.

Through these opportunities, I have picked up values on responsibility and perseverance. My teachers and seniors have been inspiring to me and this motivated me to aspire to be part of the Executive Committee.

Through the assigned duties I was given as a student councillor, I learnt the importance of responsibility by being punctual for all my duties. I also learnt to be persevering as it was only after many attempts to learn how to ring the bell properly that I could do a good job. It was with the support of my teachers and school mates that I could master the skill to almost perfection.

When I went on stage to receive my badge, I was slightly nervous as this was my first time receiving a badge on stage. I felt a sense of accomplishment from receiving this recognition for my efforts and hard work. This day made me feel a great sense of triumph and also inoculated me with a substantial sense of leadership and responsibility. I am determined to be a good role model to my fellow school mates.

I want to take this opportunity to give thanks to my teachers and my fellow councillors for giving me the chance to do much more and to be a part of the family.

**Dina, 2E4**



**TSLN . LCI . TLLM . SEL . CCAS . PETALS . PRAY & WORK . CPF/GOD . RAW . AOP . RICPF**  
20 Woodlands Drive 17, Singapore 737924 Tel: 6893 3297 Fax: 6893 2789

## DEVELOPING DISCIPLINE THROUGH PERFORMING ARTS

I agree that Performing Arts instils discipline in the performers to a large extent. As a Choir member, our conductor constantly **reiterates** to us that without discipline, there would not be any music. To perform, according to Merriam Webster, is to do an action or activity that usually requires training or skill. Training to sharpen one's skill for performing arts is not a bed of roses.

There were times when I believed that the effort I put in was sufficient, but in reality was inadequate. Such times were when my discipline was being put to the test. I could have chosen to refuse suggestions from others and insisted on doing things my way, but I swallowed my pride and heeded the instructions from my choir mates, teachers and instructor.

When creating music, a performer must be disciplined enough to follow the score and the instructor. Should the performer fail to do so by singing his own notes or creating his own rhythm, he would turn his performance into a fiasco. Sometimes, we feel like we have enough of training and rehearsals. However, since we are performers and we strive to bring joy to our audience, no matter how tired we are or how painful the situation we are going through is, we will still flash our heartiest smile. We are all trained to be able to persevere no matter how tough the training sessions are.

### Ramboyong Lois Montoya, 4E5

Performing Arts definitely helps to instil discipline in the performers. As members of the Chinese Orchestra, we need to be punctual and consistent in our attendance. We also demonstrate responsibility during our practice sessions by preparing the chairs every Friday to be ready for the training. We will tune our instruments, get ready our music stands, score files and pencils to be ready before every practice.

In spite of the harsh reprimanding by instructors whenever we make any mistakes, attending practices is important for us to polish our skills. We also need to ensure that our appearance as well as attire are both neat and presentable. We learn to be **meticulous** in caring for our instruments, especially when we bring them home to practise.

Being persevering is an **integral** part of showing great discipline. We had to persevere throughout the four months of intensive practice for Singapore Youth Festival. Along the way, there was the temptation of **throwing in the towel** because it was very tiring to juggle between school work and practices but we kept going.

In spite of all the hard work we need to put in, we are thankful for the opportunities we have which help to develop our character as well as the values which are **inculcated** in us through these invaluable learning opportunities in my Co-Curricular Activity.

### Lim Jun Jie 2E1, Han Rui Yun 3E4 and Deborah Teh 3E5

#### Vocabulary Terms:

**Reiterates** : says something again or a number of times, typically for emphasis or clarity

**Meticulous** : showing great attention to detail; very careful and precise

**Integral** : necessary to make a whole complete; essential or fundamental

**Throwing in the towel** : to quit in defeat

**Inculcated**: instilled (an idea, attitude, or habit) by persistent instruction



## SG 50 NATIONAL DAY PARADE



As the Parade Commander for National Day Parade this year, my role was a very crucial one as I had to be familiar with all the procedures to avoid making mistakes. Any mistake could affect the whole contingent. Therefore, I had to train myself mentally and physically so that I could accomplish my job well.

Throughout the training sessions, I made new friends and gained a lot of support and advice from them. I also learnt the importance of responsibility as I had to command around 250 cadets so I needed to be well prepared to take up this task.

In every parade, there are many cadets who have to work hard by standing in position and marching as part of the contingent. Their role may seem minor as compared to the role of a Parade Regimental Sergeant Major or the Parade Commander. However, I believe that they are indispensable to the contingent as without them, the parade will not be successful. Their hard work should also be acknowledged.

### Sooryaa, 3E2

As a double-bass performer during the SG50 Chinese Orchestra Performance for my school's National Day Celebrations, I felt deeply honoured and privileged. Even though it was a small part to play to celebrate Singapore's 50th birthday, this performance meant a lot to me as this was my way of showing my love for my country.

I hope that through my Chinese Orchestra performance with my team mates, we can give the audience an insight into Singapore's history, dreams and hopes through the songs we play. We work as a great team to perform for our school and I hope that all Singaporeans will continue to put in hard work to achieve a better future for Singapore.

### Gina Yeap, 3E3

## RACIAL HARMONY DAY– PUPIL INITIATED ACTIVITY

The objective of our pupil initiated activity was to bond with one another as a class and to get to know more about the other races in Singapore. The entire class wanted to have a booth where there would be traditional games such as carom and chapteh as well as pop quizzes on the culture of the different ethnic groups.

The planning process took place during our Character & Citizenship Education (CCE) lessons. The teachers were there to supervise us and also to help us improve on our project ideas. As a class, we were glad to educate our school mates about the various races in Singapore and to promote racial harmony.

Through this Racial Harmony Day project, I had learnt how to work together with my other classmates and also gained more knowledge about the importance of racial harmony. Mutual understanding and communication between the different races and ethnic groups are crucial to ensure racial harmony in Singapore. We should not take this for granted. I will end with a quote on Racial Harmony:

“We may have different races, different languages, different religions and different coloured skin but we all belong to one human race”.

### Dhamirah, 3E4





## ARE LEADERS BORN OR MADE?

A leader is someone who influences or inspires others to achieve a certain goal. Without leaders, there will be no one to follow and the whole world will be chaotic. However, how do these leaders exist? We look at Nelson Mandela for example and wonder how he got his leadership **traits**. Was he a natural born leader? Or was he made to be one? The question as to whether leaders are born or made is highly debated among many people due to the many differing views on leadership. Personally, I believe that leaders are made. They are made from **dire** circumstances, guidance from mentors and a motivation or vision to lead others.



Leaders are made when they are moulded by tough experiences that will strengthen them. Some examples of these circumstances are: harsh criticism from peers or mentors, discouragements and failure. Becoming a leader is like forming a diamond. A diamond is defined as a crystal of pure carbon that forms under crushing pressures and intense heat. Without the high pressure, a strong, hard diamond cannot be made. Sometimes tough circumstances can make a leader. For example, Nelson Mandela had gone through much oppression which **spurred** him to work towards his vision of achieving racial equality in South Africa.

Leaders are made because they may be inspired by other leaders or their mentors who guide and push them to be better. Mentors can be good role models to keep them going to achieve their goals. For example, student councillors have to attend workshops and camps to learn more about becoming a leader. In these activities, they immerse themselves in a journey of self reflection and discovery. They also learn more about their own strengths and weaknesses when they undergo leadership training. Leaders in the making need someone to point out their blindspots. They need a point of reference to see how far they are from their goals, like how a boat is guided by a lighthouse at night to reach its destination. Certainly, everyone will have flaws. No one is naturally perfect in being a leader. Without a mentor, how are potential leaders going to improve themselves?



Leaders are made because they need to have the motivation and vision to lead others. An example is the late Mr Lee Kuan Yew. From humble Singapore beginnings, he was very determined and motivated to lead Singapore into a better future. He was firm in his beliefs that Singapore could prosper as a nation. With his **fervent** motivation to achieve this vision, Singapore is what she is today.

Although some people may argue that leaders are born, such as those who are born in a family of leaders or with a silver spoon in their mouth to provide them with the best environment to grow up in, it has been proven that even those who do not possess such privileges emerge to be the top leaders in the world.

In conclusion, I reiterate that leaders are made rather than born as they may be **moulded** by tough or personal experiences that guide their beliefs. They also possess the vision to achieve their dreams to be a successful leader.

**Kate Villaflor, 4E4**

### Vocabulary Terms:

**Traits** : a distinguishing qualities or characteristics, typically one belonging to a person

**Dire**: extremely serious or urgent

**Spurred**: encouraged

**Fervent**: exhibiting or marked by great intensity of feeling

**Moulded**: influenced the development of



## SECONDARY 3 RESILIENCE CAMP

'Every mountain top is within reach if you just keep climbing'. I remember this quote vividly from a book which reminds me of the importance of never giving up and persevering until the end in spite of any obstacles one may face.

This resilient attitude also develops us into positive thinkers. Being able to persevere in the face of challenges is an important life-skill as it teaches us to complete any assigned task with sheer determination.

I am thankful for the opportunity to climb a mountain during my Secondary Three Kluang trip. As a result of the **arduous** climb, some of my peers were **on the verge** of giving up but it was through the support of our fellow classmates that they could persevere on.

The experience of conquering a mountain helps us to **stretch our limits** and be more aware of our abilities. We may be more than we think we are. Sometimes, it takes someone to give us the opportunity before we become aware of our hidden potential.

**Siow Wanying, 3E5**



Resilience is having the capacity to recover quickly from difficulties or never giving up. It is important to develop resilience because without resilience, one tends to give up easily. I learnt how to be resilient and persevere during the tough times on this trip.

In order to prepare for the mountain climbing, we went through a lot of training to build our stamina. When we were climbing the mountain, some of my classmates had thought that it was impossible for them to conquer the mountain. However, once we were determined to reach the **summit**, nothing could stop us. When we conquer a mountain, we also conquer ourselves. We are our own greatest enemy. Nothing can be truer than this quote when one has to overcome exhaustion, tackle slippery slopes and harsh weather when **ascending** the mountain.

I am thankful for this opportunity to climb Mount Klung in Malaysia as we can never get such an experience from climbing Bukit Timah Hill or hiking in MacRitchie Reservoir Park.

Overall, developing our resilience is important and it is something that cannot be done overnight as it needs time and effort. I am thankful for the support of my teachers such as Mr Azman, Ms Angel and my classmates who helped me to conquer the mountain.

**Jenevie Cheu, 3N6**

### Vocabulary Terms:

**Arduous** : involving or requiring strenuous effort; difficult and tiring

**On the verge of** : close to, on the brink of

**Stretch our limits** : to extend or enlarge beyond the usual or proper limits

**Summit** : the highest point of a hill or mountain

**Ascending**: going up or climbing up





## JOYS OF GARDENING



Gardening is the practice of growing and cultivating plants as part of **horticulture**. As a Green Club member, I have to do a lot of gardening during my CCA time at the gardens which is near the Science labs at level 1.

We use a hand cultivator to hit the soil, which is an interesting experience because we can see the soil being broken down. We also water the plants so that they will not die from the lack of water. We put fertilizer on to the plants, to ensure that our plants will grow **robustly**. The most **gratifying** activity during gardening is when I can use a fruit picker to pick star fruits. After the hard labour, we are even allowed to bring the star fruits home!

Over time, as the plants grow up, they may look untidy as they grow more and more branches. However, we have trimming tools to keep them tidy so that they look presentable. We need to trim them regularly so this trains us to be responsible to keep an eye on their growth.

Whenever trees have too many branches, it is untidy so we will trim them and dispose of them in the **compost** area, where they will turn into nutritional natural fertilizer. We also have a **greenhouse** which we proudly maintain and keep tidy. Gardening helps me to relieve my stress as it is a relaxing activity. At the same time, it is also a meaningful way to bond with my friends when we engage in gardening.



**Vincent Neo Wei Wen, 2N5**

### Vocabulary Terms:

**Horticulture:** the art or practice of garden cultivation and management

**Robustly:** having or showing vigor, strength, or firmness

**Gratifying :** giving pleasure or satisfaction

**Compost :** decayed organic material used as a fertilizer for growing plants

**Greenhouse:** an enclosed glass building in which plants that need protection from the weather are grown



## CAREER CONFERENCE AND GUIDANCE

During the Career Conference, I attended the Innova Junior College (JC) and Nanyang Polytechnic Engineering talks to find out more how I could plan my study path through an insight into the entry requirements. I also hoped to find out more about the different occupations that I could undertake if I embarked on a particular study path.

The Innova JC talk was conducted by the Head of Mathematics Department. He gave a comprehensive overview of the daily curriculum of a JC student and explained the various subjects that are compulsory or optional for a JC student.



For the Engineering talk by Nanyang Polytechnic, I gained a deeper insight into the various fields of Engineering and the projects that were completed by engineering students. I feel that the career conference had helped me to know more about the requirements of JCs and Polytechnics. Through this information, I am able to understand the importance of some subjects for enrolment into the course I am keen on.

After knowing more about these two schools, I am keener to enter a polytechnic to study mechanical engineering. I am also more motivated to study hard so that I can enrol into the course of my choice.

### **Chua Ying Xuan, 3E3**

The career conference was a very valuable opportunity for me to understand the various routes of advancement available to me if I decide to study in a JC. I was provided with all the necessary information I need to know about the different courses available in a JC.

The speaker also shared about the study requirements for certain occupations so I could get a head start in planning my study path if I am interested in a particular occupation.



Prior to the career conference, I have thoughts of studying in a polytechnic as I had the impression that studying in a JC would be very tough as the pace was too fast. After attending the JC talk, I have decided that I am going to JC instead as I realised I had a misconception about JC life.

The career conference has benefitted me immensely as I was inspired by the speaker that if I studied hard, I could still manage in a JC. The speaker also gave a comprehensive overview about the courses and activities in a JC which made me keener to study in a JC as I used to have the notion that JCs were boring. Based on what I had gathered from the session, life in JC is not as hard as I have imagined and that I can succeed in my studies if I persevere.

### **Zou Zhangsiyang, 3E3**







The theme for CHR 2015 **"Giving Thanks: Appreciate Each Family"** builds on the 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 can 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 give thanks to my parents for caring for me regardless of whatever mistakes I have made.

I remember there was once when I was young, I wanted to draw on a piece of paper. I accidentally drew on one of my father's important documents and was severely reprimanded by my father.

Initially, I thought my father would hate me but I was surprised that he had a good talk with me instead. He told me to be strong and grow up to have a better job than him to make the family proud. I was very touched and vowed to work hard.



**James Lau**  
3E3

I give thanks to my family members for their unconditional love and affection for me all the time.

I am very thankful for everything that they have done for me throughout these 14 years of my life, and I do hope that from them, I can learn to be more caring as well.



**Charmaine Ong ,**  
3E5

My beloved sister has always been a role model to me as she never hesitates to extend a helping hand to others and is always caring. She is also very calm and patient with me when teaching me to do my homework. I really thank her for sharing all the joys and sorrows in life with me and for being there for me when I need her.



**Felise Seng,**  
3N6

By giving thanks to my family, I learn to be appreciative towards their care and concern for me. Although we do have ups and downs at home, we are still close as a family. I am grateful that my parents never fail to be encouraging and supportive in spite of whatever mistakes I may commit. They will teach me to learn from my mistakes.



**Nurhayatulnufus , 3N7**



**Pidakala,**  
3E1

I would like to give thanks to my family for showing care and love towards me unconditionally.

When I do anything wrong, they will talk to me to understand why I did it instead of reprimanding me immediately.

When I did not perform up to expectations for my examinations, they will encourage me to try harder. I appreciate the various ways they showed their love and concern for me.



**Tiffany,**  
3E2

As growing teens, sometimes we may take our family for granted and fail to see their sacrifices for us.

I feel we should learn to appreciate them for what they have done for us instead of complaining about what they did not do for us.

I give thanks to my family members for caring for me and being there for me when I need them.

Since young, they have nurtured me with love and care.. They sacrifice a lot to give me the best and comfort me when I am sad.

Through their care, they motivated me to pursue my dream and hopes with passion. I am certainly proud and glad that I have a wonderful family who never fails to be with me in both good and bad times.



**Han Rui Yun, 3E4**

By giving thanks to our family, we learn to care for one another and we share our problems together and try to solve them together.

We care by motivating one another. We care because we love them no matter what obstacles we face.

In the end we still care and love for one another no matter what the outcome is.



**Ryobi Gonzales Pioquid, 3T8**

By giving thanks to our family, we learn to be more caring towards our family members.

As a mother, I ensure that all my children are healthy and have enough rest at home. I try to ensure that all their meals are prepared at home so that they do not go hungry when they come home from school.



As a daughter I try to accompany my mother for her hospital appointments so that I can attend to her needs. I try to call her daily to find out about her day so that she does not feel so lonely at home. I give thanks for having the opportunity to care for my family.

**Mdm Noor Azizah**

**FT of 3T8**

