



Christ Church Secondary School

CHR Highlights



"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13

Issue 1/2016

At A Glance...

- P1 : **Principal's Message**
Challenge Yourself...Build Your Dreams
- P2 : **Sharing From Our Graduates**
- P3 : **School Outreach To Primary 6 Students**
- P4 : **Learning From Overseas Trips**
-Basketball Team @ Penang
-Pipe Band @ Taiwan
- P5 : **Learning From Overseas Trips**
-Community Eye Care Project @ Batam
-NPCC Hong Kong Trip
- P6 : **Our New Staff**
- P7 : **Giving Thanks: Appreciate Each Family**
- P8 : **E-Partnership**
-Discovering One's Strengths Through Work Attachment Experience
-Open House Visit To Institutes Of Higher Education

Principal's Message

CHR has come a long way since her humble beginnings back in 1952. Throughout those years, one thing has remained unchanged – the fond memories that our students have of CHR, be it of friends they have made or the teachers who have, in one way or another, influenced their lives.

While our students continue to do well academically as evidenced by the latest GCE "N" and "O" level results, we strongly feel that there is much more to life and school. In line with our school's philosophy that "Each child has worth and must be nurtured to reach his/her fullest potential". We have incorporated the five practices of Kouzes and Posner's Student Leadership Challenge model into our student development programmes to better hone their leadership skills.

As we usher in the Year of the Monkey, I hope that CHRians will continue to cherish our unique AOP Education – one that has been carefully crafted to cater to their holistic needs; one that enables them to challenge themselves, build their dreams and grow as unique individuals who are anchored on the values of Responsibility, Integrity, Care, Perseverance and being Forward-Looking.

We thank God for each and every one who gives to CHR and makes CHR what it is today and will be.

Mr David Lau
Principal

Challenge Yourself...Build Your Dreams

After going through four years of education in CHR, I am thankful for the exposure to various programmes and activities which helped me to develop important social emotional competencies. During my Lower Secondary years, I was challenged to have greater self-awareness in order to master my own strengths and overcome my weaknesses. I had the opportunity to participate in Chingay which not only served as a great platform to bond and break the ice with all our new schoolmates but also taught me the values of resilience, perseverance, and courage. We were faced with many challenges, but we managed to overcome them together.

In Secondary Three, the resilience camp in Kluang challenged me emotionally, socially, and physically. It was only after I pushed myself to the limit that I could understand not only the value of perseverance but also my own capabilities. This experience enabled me to have a stronger mindset to push me through the toughest trials in my life and to realize my fullest potential. I learnt the importance of friendship, care and teamwork.

Every year, Honours Day (Students) is held to affirm and give thanks to the student leaders and student councillors for their contributions. As a Student Councillor, I was affirmed on this important day. Growing up in Singapore, many of us take things and people for granted. However, my school theme which emphasizes the value of gratitude helped to reinforce this value not only in me but in many of my schoolmates.

Another great programme that makes our school unique is the Friday Co-Curricular Activity (CCA) Day which allows me to balance both my studies and CCA as a day is dedicated for CCA activities. Last year, I took part in a VIA programme with my classmates. Across the level, classes went to different old folks' homes to spread joy and love. That experience was impactful and had influenced me to be appreciative and make better decisions in my life.

Lastly, I would like to express my gratitude to my school for giving me the various opportunities to grow in character and build my dreams. Overall, I am so grateful to have these experiences that had moulded my character and shaped me to be a well-developed individual so that I can be ready to take on any challenges in the future.

Tiffany Love Heybourn, 4E2



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

Sharing From Our Graduants

The process of studying for my 'O' Levels was challenging as I have to juggle the responsibilities I have as the Vice-President of Students' Council, a Basketball player in my Co-Curricular Activity (CCA) and my studies. Before my examinations, I deleted all my social media applications from my mobile phone and focused on studying.

There may be times I wanted to give up but I believe that the values of perseverance and resilience that have been inculcated in me since I was in Secondary One had kept me going instead of **throwing in the towel**. My teachers and classmates were always there to care for me and this tided me over the gruelling period and enabled me to perform unexceptionally well which was above my expectations. My advice to my juniors is to start to build a strong foundation in your subjects, especially when you are in Secondary Three. Believe in yourself and you can achieve anything.

Ocampo Selena Mae Quintana, 4E5 (2015)

Initially I had difficulties coping with both my CCA and my studies. I was a sergeant in my CCA, National Police Cadet Corps and there were a lot of opportunities to enter competitions and to win badges such as marksmanship. I also had the rare opportunity to represent the youth community to share our hopes and aspirations during the Chingay Parade last year. This helped me to develop a sense of newfound courage and become a more confident speaker. This **put me in good stead** for my oral examinations.

Gradually, I found that what worked for me was to focus on one thing at a time. For example, during Mathematics lesson, I would just focus on paying attention to what was taught. This helped me to save time after school as doing homework was much easier. The various platforms given by the school to help me realize my potential also encouraged me to believe in myself and strive for my dreams.

Niranjana Gopinath, 4E5 (2015)

I overcame my stress by coming up with a schedule to help me in my time management. I set my target on which tertiary institution I want to get in so that I will be motivated to work towards my goals. The Night Study programme helped me to study in a conducive environment while peer tutoring helped to reinforce the concepts I have learned.

Goi Rui Wen, 5N1 (2015)

In order to do well, one must have the right mentality by knowing when to study and play. I benefitted a lot from the Night Study programme as well as the Chinese Intensive Week which enabled me to apply what was taught during the lessons in my examinations.

Evelyn Koh, 5N1 (2015)

I was delighted with my results as all my blood, sweat and tears had paid off. I was just an average student who found it challenging to cope with studies due to dyslexia. I had always thought it would take a miracle to achieve my targeted score but now I realised that having the right attitude and putting my priorities right had given me a head start in life.

Girinandhini, 5N1 (2016)

While studying hard for my 'N' Levels, I had to **grapple** with the challenges of numerous SYF rehearsals as a Choir Member. My perseverance paid off as Choir achieved a distinction! When I could not understand what was taught in class, I would go home and read the whole chapter or section on my own again to try to understand the concepts. This helped me to master the difficult concepts.

Kok Xuen Thung, 5N1 (2016)

Vocabulary

Throwing in the towel : to give up on something

Put me in good stead : to be of great use and benefit to someone

Grapple : to try to overcome or deal with a problem



School Outreach To Primary 6 Students

Together with some of the Wushu members, I was in charge of the photo booth during the CHR Open House. We were expected to know how to interact with the visitors.



Initially, I was **apprehensive** about participating in the Open House as I had no prior experience and was worried that I could not cope with unforeseen situations. However, I was determined to put in my best as I know that being a member of the Wushu team, I was representing my school to interact with the visitors and answer their queries. I performed with my team during the event in order to give visitors an insight into what we had learnt in our CCA. It was nerve-wrecking as there were no rehearsals but we managed to put up successful performances.

My involvement in this event helped to inculcate a greater sense of responsibility, care and perseverance in me as I needed to ensure that I carried out my assigned duties to the best of my ability and to persevere despite the long hours. I learnt to be more forward-looking by making adequate preparations in order to be well-prepared. I gained more self-awareness about my own strengths and weaknesses. It served as an opportunity to challenge myself to do something I had never tried doing before. I wish to thank the teachers who gave me the opportunity to take part in the Open House Photo Booth and for their helpful advice and constant encouragement.

Cecilia Loh, 3E4

Being involved in the Open House event and Publicity Talks at primary schools had built up my perseverance. I needed to put up performances with my team mates and be in charge of the photo booth so it was tiring. I was tasked to ensure the Wushu equipment was in good condition for visitors to try out. Initially, I was worried that I could not do a good job but I tried to challenge myself to try my best. I have learnt to be more responsible and to always strive for excellence.



Owen Low, 3N5

When I was first assigned to be the emcee at the Primary 6 Publicity Talks in a few primary schools in our neighbourhood last year in October, my **nerves were in a jangle** as I did not know what to expect. Thankfully, Mr Yuan encouraged me and taught me how to set the mood for the event in order to engage the Primary 6 students. I was surprised that I could actually get their attention and get them excited. It was an indescribable joy to see the students eager to find out more about our school.



Through this experience, I now have more confidence to speak to a large audience. This helped me to be less nervous during the school's Open House event held last November. I was able to **interact** with the visitors easily and explain to them the school's holistic education.

I have gained a lot of self-awareness through my exposure to the school's 2 major events. I am thankful for the opportunities given to me and how I challenged myself to take on the role of an emcee for the first time. I realised that I am capable of much more than I am aware of.

Issac Pua, 4E4

Vocabulary

Apprehensive : uncertain

Nerves were in a jangle : to be extremely nervous about something

Interact: : communicate



Learning From Overseas Trips: Basketball Team @ Penang

Knowing Self

This cultural exchange trip to Penang, together with my Basketball Team, has benefitted me tremendously. Not only did I improve in the mastery of my skills, I learnt how to be a better person. When I had to set a target for my team to win, I persevered to overcome the challenges. I learnt to observe the game situation and react appropriately in order to increase the chances of winning. I understood the importance of staying calm in the face of fierce competition and to maintain my confidence.



Self-Discipline

I know that opportunities do not come by easily so I make good use of any that comes my way. I believe that through my experiences, I will improve and not let my team mates down. This trip has helped me gain a better awareness of my weaknesses so after this trip, I will continue to train hard to prepare myself for the upcoming games. I have faith that my team can strive for excellence and achieve greater heights if we are **of one mind**. I would like to thank my teachers and coaches for selecting me to participate in this exchange trip.

Claire Ong, 4E2

Learning From Overseas Trips: Pipe Band @ Taiwan

Leading Self

In Lao Tzu's words "He who controls others may be powerful, but he who has mastered himself is mightier still." This Taiwan Pipe Band trip has made me even more aware of the importance of how a leader should lead by example by being a good role model and to be a master of oneself.

During the parade, I was physically drained and my hands were hurting due to holding the instrument for too long but I tried to stay strong by constantly distracting myself so that I did not focus on the pain. I tried to be a good example to my fellow mates to **maintain my composure** so that we can put up a successful performance.



Siobhan Lim, 4N6 (2015)

Remembering One's Roots

This trip has made me more aware of the cultural diversities in our increasingly globalised society. Cultural traditions here are also gradually **eroded** and threatened by increasing modernisation. To me, my culture defines me as it is my roots, where I feel a sense of belonging. However, I can see many youngsters **forsake** their own culture due to increasing influences from Westernisation.

During the trip, I observed how the Taiwanese students have the practice of separating their waste and recycling them actively. Their efforts are admirable and I hope to **advocate** it to my family members too as it is very eco-friendly. I appreciate my own culture more after experiencing the cultural diversities between my country and Taiwan. I believe we should put in more effort into preserving our own unique culture and traditions.

Amanda Gan, 4E5 (2015)

Vocabulary

Of one mind	: to have the same opinion
Maintain my composure	: calmness especially of mind, manner, or appearance
Eroded	: gradually destroyed
Forsake	: give up
Advocate	: to support a cause



Community Eye Care Project @ Batam

Giving Thanks

I was told that the school I visited was the best school in Batam but when I reached there, I realised that what most of us took for granted in Singapore may not be available there. For example, they have only basic facilities like classrooms, a small hall and canteen. There are no special air-conditioned rooms like what we have here. This made me appreciate what I have and not take things for granted.

In order to help more locals in Batam to be able to see clearly despite their vision problems such as myopia, our eye care programme enabled them to get their eyes screened. They would then receive proper glasses to solve their vision problems. Initially, I faced the challenge of language barrier as I did not know how to communicate with them in Bahasa Indonesia. However, I slowly became more confident by communicating with them through gestures, body language and simple local words. Through this experience, I learnt that love and care can **transcend** language differences and bring people together to reach a common understanding.



Valerie Leow, 4E5 (2015)

Heart Of Giving

This trip had taught me the value of perseverance by serving the Indonesian community always with a smile regardless of how exhausted I was and also the importance of responsibility to ensure that they would receive their spectacles. Teamwork is **integral** to ensure that we were efficient and organised to ensure a smooth process. What I would never forget was the smile of the Indonesians after they received their spectacles.

Felicia Poh, 4N7

NPCC Hong Kong Trip

Cultural Awareness



On 11th November 2015 to 17th November 2015, I went on an trip to Hong Kong with my NPCC school mates to learn about more about the country and draw comparisons with Singapore.

Upon arrival, my first impressions were its similarities to Singapore, in terms of the road layout and our struggle with land scarcity. Owing to the fact that both Hong Kong and Singapore were once British colonies, it seemed many of our systems are similar.

We visited the Police Museum which is a pale white building overlooking the sea with a decorative cannon guarding its doors. I was thrilled to explore the place and **had a field day** reading about the progress of the Hong Kong police which was fascinating to me. During the British colonisation, many of the Hong Kong natives were invited to work in the police force since they knew their homeland best. The British saw the importance of locals working along-side their better trained officers and were prompt to employ and train some locals. In the beginning, many of the local policemen had to wear common clothes to blend in with the locals. I found this very interesting and had a very educational and enriching trip.

Alwin Moo, 4E4

Self-Awareness

Through this trip to Hong Kong, I learnt that self-awareness is very important. As we were entering foreign land, we had to be aware of the differences in our culture and avoid making insensitive remarks about others. As my team represented the school, I was also more mindful that our behaviour would reflect our school image so through better self-awareness, we were more conscious of our own actions.

Wong Cheng Hon, 4E2

Vocabulary

Transcend : to rise above or go beyond the limits of

Integral : central, core, very important

Had a field day : to take advantage of an opportunity to do something you enjoy



OUR NEW STAFF



Mr Yu Yoong
Kheong
HOD/ICT

I am touched by the intensity of commitment by the CHR educators who are willing to go the extra mile to support fellow colleagues.

With our unique CHR AOP education to provide opportunities for both teachers and students to grow, it is indeed a privilege to be part of the CHR family.

CHR students here are appreciative of their teachers and are motivated to learn and excel holistically through our school's unique AOP education.

Colleagues here are generous in providing help and guidance. I am glad to be part of the CHR family.



Miss Verona d/o
Rhamanan
EL



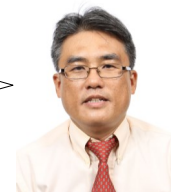
Miss Low Yi Lun
PE

I hope to bring my positive energy to the students both in the classroom and the outdoors.

I believe that every single one of us has something we're good at! Let's discover it and start building our dreams.

CHR has a very committed and responsible team of educators.

With God's guidance, they will be positioned to take the AOP Education to greater heights.



Mr Richard Chee
OE Coordinator



Miss Audrey Tan
EL

Thanks to everyone for being so welcoming!

CHR provides a family-like atmosphere where each child is valued and every staff member has the scope to contribute. There is a genuine sense of collegiality that inspires enthusiasm, dedication and an unswerving commitment to work together to unleash the potential in all our students.

It's a pleasure to be on board and I look forward to making a meaningful contribution!

I'm thankful to have helpful colleagues who would offer me useful tips on how to be more effective in teaching CHR students.

I am indeed fortunate to be able to work in such a nurturing and pleasant school environment.



Miss Wong Lee Kian
MTL

I am honoured to be a part of the CHR family as colleagues are helpful while students are motivated and ready to learn.

I will do my best to bring out the students' fullest potential. It has been pleasant teaching here.



Mrs Arumugam Viji
MTL/MA



Mr Zainol
Abidin Bin
Ariffin
TSO

I hope to do my best in assisting the school to achieve its vision and goals and look forward to an exciting and enriching year ahead.

I am very delighted and grateful to be teaching in CHR. I have chosen this school upon getting to know its history as well as its emphasis on holistic education.

The teacher-colleagues have been really helpful and it creates a very positive environment. Getting to know the students has been one of the key highlights for me. It has been a joy teaching Chemistry to many of them. I sincerely hope I will be given the opportunity to continue serving this school in the long run.



Mr Chris Yang
Sci



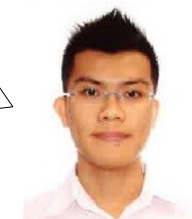
Ms Tan Li Ping
MA

CHR gave me a very warm and welcoming impression the first day I stepped into the school.

I am thankful to have a group of caring teachers and staff working with me. CHR students are indeed happy learners and it is attributed to the positive and nurturing learning environment that the school has provided them with.

It's heartening to know that CHR has adopted a nurturing approach, where every student is given opportunities to reach his/her fullest potential.

I'm very honoured to be part of this big family, and together with dedicated teachers of CHR, I look forward to contributing to the school and seeing CHR soar to greater heights.



Mr Benjamin Toh
School Counsellor

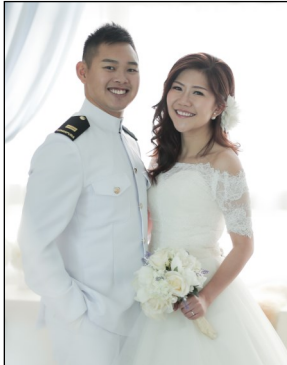




The theme for CHR 2016 “**Giving Thanks: Appreciate Each Family**” builds on the 2014 theme “**Giving Thanks: Appreciate Each Day**”.

It focuses on developing gratitude in our students at school as the people around them are pivotal in their life journey. Each student interacts with his/her classmates, peers and staff of CHR almost daily. When CHRians learn to give thanks for their friendship and support, as well as demonstrate our RICPF values, it will bring joy and hope to their lives.

Congratulations!



Ms Ong Chiao Ling with her groom!



Ms Amalina with her groom!



Mr Chiu Xinyan with his bride!



Mr Benjamin Yuan with his bride!



Ms Yushiella's newborn princess!

I would like to give thanks to the canteen vendor at the 'Western Cuisine' stall for being cheerful and patient.

There was once I was panicky as I could not find my wallet to pay after I ordered my food. Instead of being frustrated with me, she smiled at me and assured me not to rush. Her kindness melted my heart and I really appreciate her for making my day.



Sharlene Baek, 1E1

I would like to show my sincere appreciation to the canteen vendors for providing us with scrumptious food. I would also like to thank them for their hospitality and preparing the very nutritional and healthy food, which helps to keep us fit and let us have a balanced diet. Thank you from the bottom of my heart.



Ashwini, 1E3

I wish to give thanks to the vendors for cooking nutritious meals for me and my friends as well as being patient when we are not sure on what to order.

I would also like to thank them for making the school feel like a big family and seeing to our well-being.



Annika, 1E4

I would like to give thanks to the canteen vendor of the 'Drinks' stall. I always look forward to buying from her as she is always friendly and courteous.

I am thankful to have pleasant vendors in my school.



Azlyna, 1N6

I would like to show my appreciation to the canteen vendor Mdm Ai Hua at the drinks stall for being a kind and helpful lady. When I first went to the stall, I did not know what drinks they were selling there. I asked her for the drinks they were selling and she slowly told me what drinks there were and how much they cost. Although the queue for the drink stall was long, she was still very patient. I'm very thankful for her help.



Chok Qi En, 1E2

I would like to show my appreciation to Miss Masita, the library assistant. She has always been very kind whenever I ask her for help. She will take the time to explain to me patiently.

Whenever I am in the library, I will line up in a straight line to scan my Student Pass at the counter. She would greet me with a warm smile. I feel respected by her. Therefore without fail, I will greet her. I will always return the books to the respective places as I will not want Miss Masita to go through the hassle of re-arranging the books again.



Fiona Tan, 1N5

I would like to give thanks to the canteen vendors for providing us with tasty and nutritious food.

There was once I forgot to bring money and the vendor allowed me to pay the following day so that I would not go hungry.



Abdul Rahaman, 1T7





Discovering One's Strengths Through Work Attachment Experience

From 9th to 13th November last year, I had the opportunity to experience working at Palm Beach restaurant as a waiter and this allowed me to understand how a restaurant is run.

This experience enabled me to get an insight into the life of a waiter which is not as easy as people may perceive. For example, as many foreigners may be unfamiliar with our dishes, I need to persuade them to try our appetiser. This means that I need to be well acquainted with the meaning behind each dish and present the dish such that it appeals to the consumer. I learnt to have more initiative to fill up the glasses of customers to 80 % full.

On 29th January this year, I was tasked to present the outcomes of my work attachment with my classmates during the school assembly. It took me a lot of courage to present in front of a huge audience. I was nervous during the presentation but managed to overcome my stage fright and presented confidently. If I have the opportunity to present again, I am sure I will be able to do better with more practice.

Aaron Niew, 4E3

I was given the opportunity to work in a kindergarten. This experience has forced me to get out of my comfort zone. Being a shy person who is uncomfortable with socialising, this experience had allowed me to interact with people of different ages. I learnt how to approach people in different ways and to be more confident in presenting myself in front of others.

Arcega Ellyxia Lyxanrah, 4E4

Open House Visit To Institutes Of Higher Education

The Open House at Singapore Polytechnic was an informative and enriching experience. The facilitators were friendly and introduced the various facilities to us during the tour. Through this Open House event, I gained more information about a course that I am interested in and I hope to apply for this course of study after my graduation.

James Lau, 4E3

I visited Republic Polytechnic's (RP) School of Hospitality (SOH) and was amazed by their state-of-the-art training facilities. They even have a hotel room to mimic a real hotel setting to enable students to practise the skills they picked up during their lessons.

Ng Wei Kang, 3E1

I learnt that RP offers many unique and fun courses. One of them is a mind-control programme. RP is the first to invent the world's first mind-controlled wheelchair. I think this is amazing!

Lutfil Hadi, 3E3

