



Christ Church Secondary School

# CHR Highlights

"Stand firm, and you will win life." Luke 21:19

Issue 2/2016

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**Daiyan, Janeen, Gabriel, Andrea, Annika, Maria, 1E4**

*By Kzhengcheng, Photographer for People's Association Youth Movement (PAYM)*

During one of the training sessions, a few of my classmates and I noticed that the F1 pit was littered with empty water bottles. We decided to take the initiative and picked them up as we did not wish to leave the place dirty.

We learnt in school that integrity is 'doing the right thing even when no one is watching you'. Even if we did not litter the place, we felt that it was the right thing to do, so I am proud of my classmates and I.

**Annika, 1E4**

## Chingay 2016

### 'Lights Of Legacy, Brighter Singapore'

All the Secondary One students in my school were given the opportunity to participate in the Chingay Parade as well as the National Education shows. Participating in the performances had enabled me to learn the value of responsibility.

The National Education show was my first show with an audience so it was extremely nerve-wrecking for me. As I marched to the first sector, the sight of the huge audience made me feel even more edgy. I could feel myself shaking as I was totally overwhelmed by anxiety.



*By Armond Yeo, Photographer for PAYM*

While moving forward, I haphazardly fumbled with the dance steps and confused my team mates who were supposed to follow my steps. This affected our performance as we had uncoordinated dance steps. I felt so guilt-stricken as I felt responsible for affecting the performance.

After this performance, I resolved to put in more effort into remembering the steps and to take all rehearsals seriously. I had learnt to be more responsible in taking up the role as the lead in order not to implicate others. I also understood the importance of putting in my best in my performance to do my school proud.

**Michelle Jacob, 1E3**

During the preparations for the Chingay performance, we helped one another with adjusting the costumes as it was no mean feat wearing the heavy costumes. Although the preparations could be energy-sapping, when we cared for one another by holding the props for one another and accompanying each other to the restroom, it actually helped us feel better. This helped me to understand the importance of care.

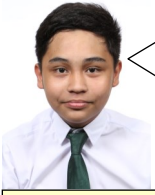
**Herenyaah Saravanan, 1N6**

The first value that I learnt when preparing for Chingay is to have the responsibility to manage my time and take care of myself. By going straight home after school and completing my homework diligently after training sessions, I demonstrated the responsibility to make sure that my studies would not be affected by the training sessions.

**Peck Zhen Yuan, 1T7**



## Voices Of Students on School Evacuation Exercise



**Hanif  
1N6**

Fire drills are an important part of fire safety procedures for many reasons. Not only do they ensure that all staff, students and workers understand what they need to do in the event of a fire, it also helps to test the effectiveness of a fire evacuation plan and improve on it.

After the evacuation exercise in school, I learnt the importance of staying calm in the event of an emergency and to evacuate by using the correct route in order to reach the assembly area safely and in the fastest time possible.



**Jauharatul  
Jannah,  
1N5**

When moving to the Assembly area, I reminded my friend who was panicking to remain calm and follow instructions from our teacher.

As we have a 'buddy system', which is basically to ensure that we keep a lookout for our buddies in class at all times, I also checked that my buddy was present at the Assembly Area. This exercise helped me to be aware of the safety route as well as the importance of keeping a look-out for my peers.



**A. Sujithasri,  
1N5**

I think it is important to take our evacuation exercise seriously as being unprepared during an emergency situation can be disastrous. Being a new student in the school, I was glad to have learnt how to respond appropriately in the event of a fire in order to stay safe.



**Yana  
Ocampo,  
3N6**

When my classmates and I first heard the fire siren, we followed instructions not to go anywhere until instructions were given. When it was announced that all of us needed to evacuate to the field, my classmates and I quickly lined up before making our way there.

Along the way, I tried to ensure that my classmates moved together so that we can take care of one another. I realised that unless everyone cooperated and evacuated according to instructions, it would be difficult to gather everyone to safety quickly.

I was glad that my school conducted the drill as we can better protect ourselves through our knowledge of what to do in the event of an emergency.

I think that a fire is a potential hazard that can get out of control in a matter of seconds and result in disastrous consequences. This is why we need to have fire evacuation exercises to prepare people to respond appropriately to such situations.

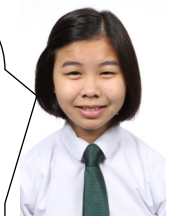
When the fire alarm went off, my classmates and I did not panic. We listened to instructions calmly and proceeded to the Assembly Area as quickly as possible. All of us were aware how to react in the event of an emergency evacuation in school.



**Siti Sarah  
1N6**

The fire drill reminded me of an incident when a fire broke out in a restaurant where I was dining. Due to poor evacuation procedures by the staff, the customers were all panicky and hysterically running or screaming in fright. Fortunately, no lives were lost as the fire was contained in time. Therefore, I am glad to know that my school has a proper evacuation procedure for both staff and students to follow.

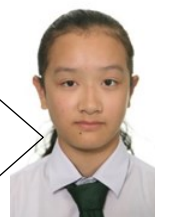
Fire drills helped me to be more aware of the importance of school safety and that it should not be taken for granted. I appreciate such drills which train students to learn how to get out of a dangerous situation safely.



**Odelia  
Tan, 1E3**

Evacuation drills are crucial because we need to be trained how to react to dangerous situations instead of panicking.

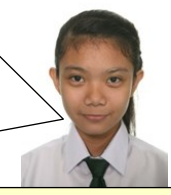
The knowledge of what to do in the event of a fire will also be useful in the event of any threat to Singapore's defence. Singapore is on the alert for possible terror threats so we need to learn how to react calmly and to stay safe.



**Sin Zi Lin,  
3E2**

When the siren sounded, I was in the middle of my lessons so I was taken aback. I believe this is a good practice for my classmates and I as we learnt the importance of paying attention to instructions and moving quickly in the event of a fire in school.

This trains us to be able to react calmly to any real-life emergencies so this will increase our chances of survival.



**Annatasyia,  
3N6**



## Sec 2 Resilience Camp

This camp allowed me to **step out of my comfort zone** and work in a team with people I seldom talk to. I have become closer to my classmates and learnt the importance of having good teamwork. Through this camp, I started to have a greater awareness that everyone is uniquely different so to get along with one another, we have to respect one another's **diverse** opinions.

Teamwork helps us to get things done more efficiently. It also helps that more people of different abilities come together to contribute to the group to make things work. When facing difficulties in managing conflicts within my group, I learnt that it is important to listen to one another before settling on an **amicable** solution that is best for everyone.

This camp had helped me to pick up life-skills such as tying a 8-figure knot and how to properly **belay** someone. I have also learnt to care more for people and to look out for one another. I am thankful to gain these new experiences.

### Claire Chiam, 2E3

This camp had been a great one as there is a greater sense of **camaraderie** with my classmates after going through the various challenges together. I was glad to have the chance to do abseiling and learn how to pitch a tent. The activities had made me more sensitive and appreciative of my surroundings as prior to attending the camp, I was often engrossed in using my mobile phone.

I am thankful that my teachers, instructors and friends had given me a lot of encouragement to overcome my fear of heights. Through this camp, I had gained more courage to try new things.

### Poh Song Ying, 2E1

I learnt more about how to be a good belayer by paying close attention to the person I was belaying and by ensuring his/her harness was worn properly. I tried to be a good role model for others as a belayer as it could be dangerous if we did not follow instructions properly.

This camp enabled me to challenge my own limits as I had never thought that I would be able to complete the High Elements, especially the rock-climbing segment. I surprised myself when I realised that I could do it as long as I kept trying and not give up.

### Low Hui Geok, 2T7



Kaiser and Thalia from 2E2  
in high spirits after  
completing their belaying



Safely buckled up and ready to  
tackle the challenges!



2E3 students trekking in  
MacRitchie Reservoir

I never knew that overcoming my fear of heights was possible. I was also extremely **fatigued** during the trekking experience but I did not want to give up easily so I persevered to complete it. It was really tough but I just found out that this could help me to be more motivated in other aspects of my life. Nothing is impossible so as long as one has the will power to accomplish something, one can succeed.

### See Xinnian, 2E3

The camp had heightened my sense of self-awareness by helping me to identify my weaknesses and strengths. While attempting the High Elements, I realised that I needed to have better control over my emotions. This helped me to overcome my fear of heights. I also learnt useful life skills such as building a tent.

### Seah Yi Qin, 2E4

### Vocabulary

**step out of one's comfort zone**

: to get out of a situation in which you feel comfortable and in which your ability and determination are not being tested

**diverse**

: showing a great deal of variety; very different

**amicable**

: characterised by friendliness and absence of discord

**belay**

: the securing of a person or a safety rope to an anchor point

**camaraderie**

: a feeling of good friendship among the people in a group

**fatigued**

: the state of being very tired or extreme weariness



# Experiential Learning Beyond The Classroom

## Fam Quest Programme

I have learnt about effective communication to foster strong family relationships after attending Fam Quest. Now, I am able to get along better with my family and we do not argue with each other as often as we used to. Instead, we are able to sit together and solve our problems as a family. I have grown closer towards my siblings and can better understand the difficulties they are facing.

**Maria Chia, 1E4**

What I enjoyed most about the programme was that we were given role cards each to form a 'family' with our classmates. We had to work together as a team to build the foundation of the imaginary house first before we could continue to build the second storey. Through this fun activity, I understood the importance of communication in order to achieve our goal as a family.

**Jordan, 1T7**

This programme helped me to appreciate my parents for what they had done for me. I learnt the importance of family relationships and the need to cherish my family ties.

**Roshan, 1N5**

## Visit To Art Gallery

My classmates and I were given the opportunity to visit the National Art Museum which allows us to appreciate art exhibitions in Singapore. We were able to learn more about the **artefacts** and paintings in the gallery. As I had never been to an art gallery before, it was an **eye-opener** for me.

Through the visit, I understood more about the wide variety of art types and applied the elements of Art that I had learnt during my Art lessons. The elements of Art had enhanced my artwork and had given me a different perspective in Art.

What I learnt the most through this learning journey is the value of perseverance and integrity. Without perseverance, one will give up easily when his or her artwork did not turn out the way they wanted it to be. Without integrity, one may imitate other's art works without acknowledgement. I also applied this in my daily life. One needs to stay true to oneself and not give up easily.

I find Art very fascinating. When my classmates and I were admiring one of the art pieces, we were split in our interpretations. Some of us viewed it as a series of basic shapes but a few of us saw it as the shape of an owl. Through this, I realized that Art is open to various interpretations based on our own thoughts and experiences. The visit was definitely an enriching experience for me.



Exposure to various art forms promotes critical thinking among students

**Amirra Warday, 2E3**

## Lower Seletar Reservoir Trail

Through embarking on the trail, I have a better understanding of water security in Singapore and became more conscious of the urgency to conserve water. When I saw the huge amount of litter in the litter trap, I was **aghast** and became more conscious of the importance in keeping public places clean and green.

This experience also encouraged my teammates and I to have better teamwork skills and to care more for one another. Despite having fewer members in my group, we managed to succeed in winning the amazing race through our perseverance.

**Nadine Tan, 2E3**



Collecting the water from Seletar Reservoir for testing

### Vocabulary

- artefact** : an object made by a human being, typically one of cultural or historical interest
- eye-opener** : an event or situation that proves to be unexpectedly enlightening
- aghast** : filled with horror or shock



## Welcoming The Monkey Year

It was my first time on stage as well as the first time I was given the opportunity to take on the role of the Jade Emperor. It was both an exhilarating and **unnerving** experience as I had to conquer my anxiety when performing in front of a huge audience.

Thankfully, the group of performers and emcees were encouraging in giving me the support to help me overcome my uncertainties. My fellow emcee, Aaron Niew, was particularly encouraging and comical. He spurred me on and gave me the confidence to give my best. Whenever I felt overwhelmed by nervousness, he would make me laugh to **allay** my anxiety. This helped me a lot in managing my emotions.

After putting in many gruelling hours of practice to remember my lines and coordinate my acting with my fellow mates, we managed to put up a successful performance. Receiving a **resounding** round of applause from the audience as well as hearing their cheers, laughter and happiness made this a very memorable and enriching experience for me. It was not easy for us to achieve this but we did it. I would be glad to be given another chance to perform again.

**Babu Regan Eshwar, 2E4**



Babu Regan in his costume as the Jade Emperor, posing with the other performers.



Mr Benjamin Yuan with his 5N1 students



4E5 students engrossed in perfecting their craftwork



Mdm Rahimah with her 4N7 students

## Grooving Jamboree

Participating in Grooving Jamboree had helped me gain new experiences and perspectives. My main objective of the performance is to spread the word that members of the Chinese Orchestra do not only know how to play Chinese music but pop songs too.

I feel that this quote “Keep your fears to yourself, but share your courage with others” by Robert Louis Stevenson is very meaningful. Even though I was nervous, I did not want to affect my other group mates by sharing with them my fears. Instead, I encouraged them so that they would be more confident to face the challenges.

I also learnt that one needs to be prepared for the unexpected. The piano broke down and this meant that I was unable to perform the piece I wanted to. This made me realise the importance of having a back-up plan.

This performance had helped me to understand that teamwork, perseverance and having a shared vision is important. Team work is important as the performance will not be complete if any member is missing. Perseverance is important as one needs to practise numerous times to perfect the performance. Having a shared vision are also very important so that we can work together towards our common goal.

I would like to thank my Chinese Orchestra teachers and Ms Naomi Sum for giving me the opportunity to perform during Grooving Jamboree to gain more experience. This performance had helped me to gain more confidence and self-awareness of my strengths and weaknesses.

**Tan Yuqing, 3E1**



Grooving Jamboree concerts provide a platform for our talented students to perform and also enable other students to relax during their break time.

### Vocabulary

**unnerving** : making someone lose courage or confidence

**allay** : making something less severe or strong

**resounding** : very loud





## Total Defence Day



As part of the **commemoration** efforts, Woodlands Neighbourhood Police Centre set up a booth to educate students on the roles and responsibilities of the HOME TEAM.

They also conducted exciting activities such as demonstrating the use of their Crime Scene Investigation (CSI) kits.

**Mr Bernard Roy, Humanities Teacher**

### What does Total Defence mean to you?

Singaporeans must be vigilant by looking out for suspicious objects or characters in public places and report anything that is out of the ordinary. All of us have a role to play in keeping Singapore safe.

**Joey, 2E3**

Singapore does not have any natural resources so she needs the resources from other countries. In order to continue receiving the resources from other countries, there is a need to maintain a good relationship with them.

The proverb 'Far better a neighbour that is near, than a brother far off' **encapsulates** the importance of having good neighbours. Having good neighbours is important as we never know when we may need help from them.

**Athilah, Yu Xi, Joe Yee, Linus, Nat, 4E4**

This poster creatively depicts how people of all ages in Singapore have a role to play in Total Defence.



**By Chris, Kyle, Luqman, Pang Yang, Derrick, Aris, Eugene, 4N6**

This poster highlights the importance of military defence in Singapore



**By Loo Shin Yin, Natasha Chong, Nicole Ng, Chantel Loh, Vanessa Tay, 4E3**

### Some of our students penned down notes of encouragement to an imaginary dispirited friend after being inspired by the extraordinary Paralympians

Do persevere through this pain. Always remember that "Within your mental vision, you are unbreakable". Remember to keep striving for your dreams as well as to grow up to be someone of value to the society and to help others with difficulties.

**Andrea, 1E4**

You may still be struggling with finding out who you really are and what you are going to do but remember that you are unique.

Always remember to 'Focus on today, Prepare for Tomorrow'. Live your life to the fullest as we do not know what will happen tomorrow.

Just like the **Paralympians** who overcame their difficulties to achieve their success today, I hope you find inspiration in their ability to fight against the odds by believing in themselves.

**Miguel, 1E4**

### Vocabulary

**commemoration**

: a ceremony or celebration in which a person or event is remembered

**dispirited**

: having lost enthusiasm and hope; disheartened

**encapsulates**

: express the essential features of (something) succinctly

**paralympians**

: a competitor in the Paralympics, an international competition for athletes with disabilities





I would like to show my appreciation to Ms Amalina, the officer in the General Office, as she cares a lot for the well-being of the students.

She attended to my friend who was sick by taking her temperature and getting her to rest while waiting for someone to pick her up. I was very touched by her caring nature.



**Zafirah,  
2E1**

I would like to show my appreciation for all the school EAS staff who demonstrate a great sense of responsibility to ensure the smooth operation of our school. Without them, we wouldn't have a suitable place to learn and grow. They also exemplify our school values through their care for our overall well-being and safety.



**Alysa,  
2E3**

I think it's important for us to show our appreciation for them by greeting them and to be polite when asking them for help in the General Office.

I would like to thank the cleaners as they spend their day cleaning our school so that our school has a conducive environment for us to study.



**Ashley,  
2E4**

Although most of them are at the retirement stage of their lives, they still put in their best to keep our school clean.

I would like to give thanks to Mdm Giam for always ensuring that our laboratory practicals run smoothly and also going the extra mile for the science teachers and students.

She is also willing to help me think of improvements for Science practicals, which is a great help to my personal growth as a Science teacher.



**Miss Toh Minmin,  
2E4 FT**

I would like to give thanks to Mr Elkan who is kind and caring. His lessons are interesting so my classmates and I are very motivated to learn from him.

I enjoyed learning the programme 'Scratch' from him, which is a programming language and online community where I can program and share interactive media with people from all over the world.



**Rifqi,  
2T7**

Lucy, our school's corporate support officer, is ever ready to lend a sincere helping hand whenever needed. I wish to thank her and everyone in the General Office!

**Ms Dorothy Ang, EL Teacher**



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 Jannah's newborn princess!**



**Wishing  
Ms Gina  
a blissful  
marriage!**

I would like to thank Mr Richard, my school's Outdoor Education coordinator. He was patient with us and also gave us a very detailed safety briefing to ensure we were clear about what to take note of.

He is a kind and caring teacher who was there for us throughout the camp to ensure our safety and welfare. I am really thankful for that!



**Jessica,  
2E2**

I would like to take this opportunity to express my heartfelt appreciation to Mr Soh Guan Thong and his department.

They volunteered their help to decorate the hall which livened up the atmosphere for the Chinese New Year celebrations. My Chinese unit and I are very thankful to them!



**Mdm Zhao Sanmin,  
2E3 FT**

I would like to show my appreciation for Miss Masita, my school librarian, for her hard work.

She not only needs to handle books but also needs to enforce discipline in the library. I enjoy going to the library because she is always friendly and communicates with students with respect and care.



**Shazlyn,  
2N5**

I would like to give thanks to Ms Rai for her care and concern towards me. To her, it may not be a big deal but it means a lot to me.

Despite being busy, she went all the way to the canteen to look for me when I forgot my food coupon. I am really thankful to her.



**Muhd Zulfakar,  
2N6**

I would like to give thanks to Miss Lena for being ever so willing to provide advice especially with regards to financial matters.

She is patient and tries her best to help even when she is busy. I am thankful to have such a helpful colleague.



**Mr Ng Sei Heng  
2N6 FT**







## RMIT Teachers



Firstly, we really appreciate the warm hospitality extended to us by every one in CHR. The students are respectful and always ready with a friendly smile and a 'hello'. They were more than willing to let us join their lunch or after school games. We had a great time observing the CCA groups. We were exposed to a variety of activities which some of us had never seen before. The kind, friendly and positive atmosphere in and out of the classroom defines the calibre of students at Christ Church and shows the hard work and dedication of the school staff.

The PE staff have been amazing and more than willing to provide us with feedback, advice and encouragement. Their knowledge on how to carry out effective lessons through the use of different tactics demonstrated their experience with the students and curriculum. Their feedback not only improved our skills as teachers but has also had a positive effect on our professional personalities when dealing with students.

Some highlights of our time here were joining the Outdoor Adventure Club in doing the High Elements activities and seeing the Secondary One students in action during the Chingay Parade. We have enjoyed our time here and will miss everyone at Christ Church very much.

**Mr Jordon, Mr Joshua, Mr Jarrod, Mr Christopher, Mr Brandon, Miss Ashley**  
RMIT University, Melbourne, Australia

## Celebrating International Friendship Day with Korat Visitors



Hannah from 1E3 created a card as a gesture of friendship to welcome our Korat Visitors

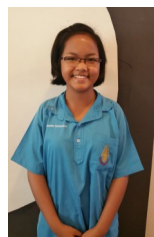


Mrs Tidarat Samanpan presenting a memento to Mr David Lau, our principal

I feel that there are a lot of activities in CHR that I would love to try, such as soap-making. I love the Art room the most, as it has various equipment to create different forms of art. I find CHR students very friendly and helpful.

As I am the presenter for the performance we will be putting up, I have been practising for the past few weeks. I would like to thank everyone in Christ Church Secondary for welcoming us.

**Pattaraporn Srioumsuk**  
Student from Boonwattana School



CHR students are very lovely. Not only are they helpful and take the initiative to help us, they also show a keen interest in our country and in finding out more about our culture.

We hope to continue our exchange programme with CHR in the long run, having been in partnership with CHR since 2012. I would like to thank CHR for this opportunity and hope to be back again next year.

**Miss Siriporn Rueanchan Thuek** (Left in picture)  
**Mrs Tidarat Samanpan** (Head of English Programme)

