



Christ Church Secondary School

CHR Highlights



"If you can believe, all things are possible to him who believeth." Mark 9:23

Issue 3/2016

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Congratulations!

Ms Seah
Jiemin
and her
groom



Mr Benjamin Toh and
his bride

Student Leadership

The activities at the camp taught me the importance of the practices of the Student Leadership Challenge Model and how to apply the practices in order to be a better leader.

With guidance from my teachers, I was able to plan and execute various activities in school. This builds my self-confidence and gives me the courage to challenge the process in whatever I do. Instead of following a fixed way of doing things, I learnt that one can be innovative and think out of the box in order to solve problems.

Yong Chou Zhen, 2N6



Student Leaders playing a laser tag game to practise Student Leadership challenges.

Through the camp, I have learnt how to practise some aspects of the Kouzes and Posner model in my studies and personal life. I learnt the importance of care by 'encouraging the heart' when I worked with my teammates. During the activities, we spurred one another on and kept a lookout for each other.

In a group, we had diverse views and there was a need for mutual respect in order to achieve a common goal. We tried to listen patiently to everyone's opinions and come to a consensus. Through this process, I learnt the importance of enabling others to act. Everyone in the team felt important and more inclined to contribute.

I also learnt the value of perseverance by challenging the process. For example, we encouraged one another and helped one another to overcome the difficulties that we met with as a team by coming up with solutions.

As Warren Brounson says, "Leadership is the capacity to translate vision into reality". Being a leader, I have to constantly improve myself in order to lead my team well. I have to keep challenging myself and model the way for my team by setting high standards for myself and being a good example. It is only through understanding my own strengths and weaknesses that I am able to challenge myself and inspire a shared vision with my teammates.

Ashley Maddala, 2E4



TSLN . LCI . TLLM . SEL . GCAS . PETALS . PRAY & WORK . CPF/COD . RAW . AOP . RICPF
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HONOURS' DAY STUDENTS 2016

When I was invited to go up on stage to receive my badge on Honours' Day (Students), I felt very honoured and blessed to be given this opportunity. However, I also felt **jittery** to stand on the stage in front of a huge audience.

It was through the training and exposure to various activities that helped me to grow and learn how to be an **exemplary** leader. Being a leader is not just about leading others but it is also about having the right values that shape and make us who we really are today as leaders.

Being in the Student Council has taught me the value of perseverance as I have to remain steadfast during difficult times. When I was assigned duties, I took the initiative to put in my best and to step out of my comfort zone. This made me become responsible and more pro-active. I have also learnt to "model the way" to my fellow school mates, by leading them through my actions such as displaying care and respect towards everyone.

I am greatly blessed to be given the opportunity to be part of the 33rd Student Council Executive Committee and am really thankful to all my teachers for giving me this wonderful opportunity. I would like to thank my Christ Church family for helping me to achieve greater heights and to achieve much more than I can imagine. I look forward to continuing my council journey with my fellow council mates as we all work together hand in hand to build a **legacy** for our school.

Gracial Toh, 3E2

Honours' Day (Students) is a very important event in my school. Students are acknowledged for their leadership and academic achievements. To me, being part of this event is an important **milestone** in my life. I felt very privileged and honoured to be recognised for my achievements. It was with great pride and joy when I went up on the stage to receive my badge.

Being part of the Students' Council Executive Committee has given me a wider platform to stretch my potential and to challenge my limits. I have learnt that nothing is impossible and that with confidence, anyone can achieve his dreams.

I am thankful to my peers and teachers who have groomed me to be the person I am now. Without them, I would not be where I am today. I have promised to carry out my duties to the best of my ability. I will pass down my knowledge and skills to my juniors and do my utmost to guide them to be the best they can be.

Amin, 3N6



Gracial Toh,
3E2



Student Councillors reciting the Student
Leader's pledge



Our 33rd Executive Committee
members with Mr David Lau, our
principal

Vocabulary

jittery	: nervous or unable to relax
exemplary	: serving as a desirable model; very good role model
legacy	: something that someone has achieved that continues to exist after they stop working
milestone	: a significant stage or event in the development of something



RACIAL HARMONY DAY

My group chose to set up a booth about Chinese Tea to create a higher sense of awareness about the history of Chinese tea and how to appreciate drinking it among our school mates. Drinking Chinese tea is a form of art so we wanted to spread this knowledge even among other races so that they can have a better understanding of Chinese tea.

I created a poster while my group members did research on Chinese tea. It was challenging when information from my group mates was sometimes inadequate so I had to take extra time to get more details. I took great pains to ensure the poster was **appealing** so that people would be attracted to it.



At the display booth, we brewed tea for teachers and school mates to smell the aroma of the tea leaves. We were **exhilarated** when Mr Toh brought us more tea leaves for us to showcase. After the showcase, we were glad that our efforts paid off. The support from the teachers and our school mates was very encouraging. We hope that with a greater understanding and appreciation of the differences in culture and tradition among the various races, Singapore can be a **harmonious** multi-racial country.

Vincent Neo Wei Wen, 3N5

My group decided to set up a booth on batik drawing as we wanted other races to know more about this art form. As we did not have the equipment to enable people to try batik painting, we decided to let them colour a batik picture instead. It was a great experience as my team was enthusiastic and worked well together to introduce the beauty of batik painting to our school mates and teachers.



Nivashini, 3N6

NATIONAL DAY

For this year's National Day parade, I was given the opportunity to be the parade commander to lead the various contingents. Through this parade, we hope to capture the spirit of Singapore's future when we marched with pride as a school, regardless of our race or religion. The parade also demonstrates our unity, teamwork as well as our loyalty and pride towards Singapore.

In order to prepare myself for the role, I started memorising the commands during the June holidays and mentally visualised the parade layout in order to better prepare myself to lead the parade. In spite of my preparations, I faced challenges such as losing my voice due to shouting the commands. After the first rehearsal, I suffered from sore throat and cough. I consulted my Boys' Brigade officers for advice and they taught me to use my diaphragm instead of my throat to give commands. I practised this for many weeks and finally mastered the technique which helped me to manage my voice and maintain my health.



My involvement in the National Day Celebrations helped to instil a sense of responsibility in me. I needed to be well-prepared to ensure that things run smoothly so that I could lead my contingents successfully. I showed care and concern for my cadets so that they could give their best in the parade.

I would like to thank the teachers in charge and my fellow cadets for making the National Day celebrations a wonderful and meaningful one.

Gerald Yung, 3E4

Vocabulary

- appealing** : an object made by a human being, typically one of cultural or historical interest
- exhilarated** : making one feel very happy, animated, elated or thrilled
- harmonious** : an event or situation that proves to be unexpectedly enlightening

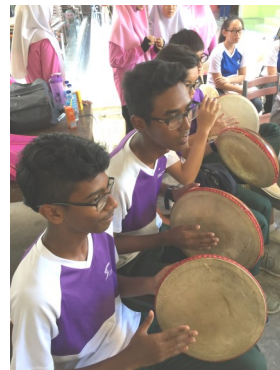


Sec 3 Resilience Camp

The highlight of the trip was trekking at Mount Gunung Lambak as a class. During the trek, most of us were **depleted** of energy and were on the verge of giving up. However, my form teacher, Mr Yap, **spurred** us on and encouraged us to persevere to reach the summit.

We also visited a school in Kluang where I gained much knowledge and experience about their traditions. I made friends there who taught me how to play the Gamelan instrument.

This trip made me realise how fortunate I am to be able to enjoy the various facilities in my school compared to the school in Kluang. I realised that I should count my blessings and appreciate what I have in Singapore.



Dion Boon, 3N5

Even though it was tiring to lug my heavy haversack all the way up to the summit, I persevered and succeeded in trekking all the way to the **summit**. It is important to persevere, stay strong and not give up because we are able to push ourselves to the limit. We need to believe in ourselves.

While trekking up the mountain, my friends wanted to give up and rest but I tried to cheer them up by singing songs and pushing them to move to the next stop. Teamwork was important because if everyone was willing to cooperate with the team, we will be able to get our work done more efficiently.

I really admire the students from SMK Sultain Adbul Jalil School who demonstrated perseverance by putting up a performance for us even though they were busy preparing for their school examinations when we visited their school. Seeing this has inspired me to be more persevering in my own personal life and not give up easily.



Teo Hui Min, 3E3

I was very inspired by a performance put up by a group of intellectually disabled students in the school. I learnt to be more respectful and not judge people at first sight. They were passionate about their performance and had persevered to put up their best performance to welcome us.

While trekking, I was really **devoid** of energy but I kept pushing my own limit. With self motivation, anything is possible as long we set our mind to it.



Zaafirah, 3E3

During the trek, I told myself not to give up as through perseverance, I can shape myself into a better person. Together with my peers, we had the shared vision that we can reach the summit together so we encouraged one another to overcome our fears and obstacles. Through encouraging one another, we managed to reach the summit together. I discovered that 'encouraging the heart' of my peers does wonders in boosting their confidence. With greater self-awareness of our own strengths and limits, we were able to achieve any goals that we have set for ourselves.

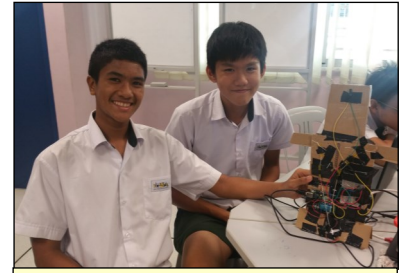
Vocabulary

depleted	: used up completely
spurred	: encouraged
summit	: the highest point of a hill or mountain
devoid	: entirely lacking or free from



Applied Learning Programme (ALP)

I feel that my greatest take back would be the skills I learnt in ALP such as knowing how to use the breadboard and understanding the placement of wires for circuits to work. I also learnt to be more creative! Who would have thought that with a few cardboard strips, a straw, a piece of string, a roll of tape and a servo motor could actually be used to build a robotic arm! ALP has introduced to me a wide range of STEM careers from computer code programmers to mathematicians. The programme has given us an idea of what a STEM career is like, and if we like ALP, we are definitely in for a treat if we do pursue a STEM career.



Regan and Yuen Jun from 2E4 building a prototype of a back strengthener using Arduino

Throughout ALP, I learnt patience and resilience. When we were coding, we often had to re-type multiple times to correct mistakes that would prevent the code from running. I believe that ALP has helped me to grow in creativity, patience and resilience.

Babu Regan Eshwar, 2E4

I have learnt how to use an **Arduino** to the society's advantage as well as the needs of the elderly through ALP. I think that what I had learnt in ALP can help me fulfil my dream as a football coach. For example, the usage of a pulse sensor to measure the heartbeat rate can be used as part of my training and conditioning for my team. Having to work in teams has also helped me think about how I can assist others with the expertise that I have. I believe that what I learnt in ALP can give me an edge in future.

Izz Hady, 2E4

On ALP day, I had the opportunity to showcase my product to visitors and parents. I had created a heart rate sensor which calculates the heart rate and displays the reading on a LCD screen. It was great seeing others try my sensor and giving me feedback on how to improve. Through this experience, I learnt to be persevering and not **succumb** to challenges that I may face.



A parent trying the heart-rate sensor

Yang Chou Zhen, 2N6

ALP has instilled in me a greater interest in Science. It helps me to think more deeply about how I can tap on the wonders of technology to help the elderly, disabled or those who are battling illnesses. The lessons have helped me put myself in other people's shoes and to come up with ideas to help people cope with the daily problems they may face.

Aalia Razali, 2N6

After learning ALP for a year, I am now competent in the use of the different types of sensors. With this knowledge, I can even create mini games. I am able to apply this knowledge in the hoverboards that my friends and I play. I discovered that the sensors used in hoverboards are called tilt sensors which work according to how a person moves his or her body when using the hoverboard. With this understanding, I am able to guide my friends to control their hoverboards better.

Choy Pei Wen, 2T7

I learnt a lot about how technology can make a difference to our lives. For example, robotic limbs can be created to help people who lost their limbs in an accident. ALP has sparked my interest in electronics and through the process of learning to connect the circuits accurately, I have become more aware of the importance of patience and perseverance.

Faith Lew, 2T7

Vocabulary

Arduino : a hardware and software company, project, and user community that designs and manufactures computer open-source hardware, open-source software, and microcontroller-based kits for building digital devices and interactive objects that can sense and control physical devices

succumb : give in



ENVIRONMENT

On Waste Minimisation Day on 22nd April, NEA set up exhibition booths in my school and I was tasked to man the booth. I was in charge of distributing pamphlets to spread the message of reducing food wastage and directing students to the plastic recycling bins to recycle plastic bottles.

Through this activity, I did my part to encourage my school mates and teachers to minimise waste and to recycle in order to save the environment. When I was stationed at the canteen, I reminded my school mates not to waste their food and encouraged them to finish up their food. It took me a lot of courage as a few of my school mates refused to listen so I had to be brave to face rejection. However, when I managed to persuade them to do their part for the environment, I felt **gratified** as my efforts were not in vain.

I feel that keeping the environment safe and clean is very important. Everyone can play his part in keeping it clean and safe from any pollution. We should make the effort to recycle our plastic bottles, cardboard and newspapers by discarding them in recycling bins.



Shen Rou and Si Ying from 2E1 as mascots to increase awareness of reducing food wastage.



Sean manages to convince a school mate to finish up his leftover food to minimise food wastage.

Lim Si Ying, 2E1



Vincent Neo, President of the Green Club, emerged as the champion in the 'Biodiversity in My School' Photo Contest, which is jointly organised by Hwa Chong Institution and the National Parks Board for all secondary schools in Singapore.

I have always been an **advocate** to save the environment as I believe that each and every one of us should do our part to save the environment to prevent the worsening of global warming. Therefore I am making my utmost effort to raise awareness not only in my school but also in public.

I participated in the Reduce @ North West programme by making house visits to flats near my school to give them flyers on how to save the environment and to encourage them to sign a pledge to save energy. It was very rewarding when some residents signed the pledge. I felt that I had done my part to promote the importance of saving the environment.



Students from OAC distributing flyers on saving the environment to residents.

On 24th March, my school observed Earth Hour by shutting down all lights, fans and air-conditioners for an hour. I felt that this was very meaningful as this would help make a substantial difference in the energy consumption and reduce global warming on the planet. This was an opportunity for people to show their support and commitment to make small changes in their daily lives by reducing energy consumption.

Lastly, I hope that people will not take our environment for granted. Everyone should do his part, be it as simple as using recyclable bags or containers instead of disposable plastic bags or containers. This will help reduce toxic waste to the environment as plastic is **non-biodegradable**.

Vincent Neo, 3N5

Check out more pictures at www.facebook.com/CHRGreenClub

Vocabulary

gratified

: to experience a feeling of satisfaction or pleasure

advocate

: a person who publicly supports or recommends a particular cause or

non-biodegradable

: substances that do not break down to a natural, environmentally safe





I would like to thank Mr Toh and Ms Ng for their dedication in teaching us and for being there for me whenever I need them the most. There was once Ms Ng even stayed back until 8pm to help us in our coursework. I would never forget what they had done for me.



Elijah, 4E1

I would like to thank Mrs Amy Yap for setting aside her Saturday morning to coach us in Additional Mathematics to improve our grades. She always welcomes us with a smile and offers us snacks while we are doing our work.



Caleb Leck 4E3

I would like to thank Miss Sabrina for being an encouraging mentor and teacher. She is always willing to stay back after school hours to clarify our doubts and to lend us a listening ear. Her passion motivates us to study harder while her advice guides us to make better decisions in life.



Tan Jie Xin, 4E5

I would like to thank Mrs Ram for all the love and care she has showered on our class for the past 4 years which makes us feel like a family.

No one was ever left behind despite our differences as she taught us to accept everyone for who we are. I will always remember her for the impact she has made in my life as well as her passion in shaping our lives.



Mariessa, 4N7

I feel that we should appreciate teachers by giving them our undivided attention when they are teaching and to put in our best effort to submit good quality work.



Brandon Chai, 4T8

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.

I would like to give thanks to Ms Ng Hwee Bin for being such a nurturing teacher. When I was on the verge of giving up, she was there to give me mental and emotional support to help me tide over the difficult period. She is a good teacher who is both dedicated in producing good results for her students and caring for their well-being.



Shirwin Su, 4E2

I would like to thank Mdm Choo, Mr Bek and Miss Leow for their guidance and care. I would like to thank my Badminton teachers for believing in my ability to lead the team and for all the support and encouragement they have given me.



Choong Syin Yu, 4E4

I would like to thank Miss Angel for being a wonderful teacher. She is a great role model to us. She teaches us the value of humility and motivates us to do the right things. She is a teacher whom we trust and cherish very much.



Amelia Ng, 4N6

Our New Staff



**Mr Chan Hua Zhi
Sci/Ma Tr**

Being part of the CHR family is a great blessing. Colleagues here are warm-hearted and the students are a joy to teach. I look forward to contributing my efforts to the school in a fulfilling teaching and learning journey.

As a teacher, I believe that it is essential to promote the well-being of my students — their learning, their principles and values, their social-emotional development and most importantly, their ability to grow into thinking, responsible human beings. I can't think of a better place than CHR to do this.



**Miss Amalina
EL/Lit Tr**



**Miss Sheereen
Loke
PE/EL Tr**

CHR students are pleasant and keen to learn while my colleagues have so much passion for teaching.

I am inspired and motivated to make a difference in the school.

I have been blessed with supportive colleagues. The students have been fantastic and am excited to embark on this journey with CHR!!



**Mr Leonard Chng
POA Tr**

CHR houses many dedicated teachers and learners who have impacted my teaching journey so far. I am looking forward to working with the huge team in school!



**Lynn Tang
Sci Tr**

Being in Christ Church Secondary School for the past few months has given me the confidence to inspire my students to strive for greater heights.



**Miss Diana
Lit/Hi Tr**



**Mr Gavin
Chong, CL Tr**

In CHR, I am very blessed to meet so many genuine and enthusiastic students, making almost every lesson an interesting one. I am extremely thankful to my helpful and supportive colleagues.





Christ Church Secondary School

CHR Partnership

Words Of Appreciation for Staff From PSG

We would like to thank Miss Aqidah and Miss Min for being the form teachers of my daughter. We really appreciate the time and effort they take to address our concerns and their open communication with parents. Thank you!

Mr and Mrs Rodrigues, Parents of Arianna Mae, 2E4

I would like to thank Mr Hisham and Mr Low who are in charge of the security. They provide a safe and secure environment for our children and are vigilant in ensuring that all visitors register their purpose of visit.

Christine Lim, Parent of Ivan Jaben Pang, 1E3

I would like to thank Mr Chandra for giving my son opportunities to develop his potential in Boys' Brigade and for providing him with lots of guidance and care. He is always there to give him advice when needed.

Sam, Parent of Gavin Ong, 3E2

Awareness of Different Career Pathways For More Informed Choices

I have a keen interest in aerospace and aviation so I was exhilarated about going on the Learning Journey to Transport Learning College. I learnt from the guides that this is a very competitive industry due to high demand so if I am keen to pursue a career in this industry, I need to work harder.

This experience enabled me to have a clearer picture of the importance of the demands of a person's job in aviation. There is no room for mistakes as human lives are at stake. It was an enriching trip which gave me an insight into the fascinating facts about aviation and aerospace.

Wong Xuan Yeh, 1E2



1E2 boys having a blast during the learning journey



Lionel Lim from 2N6 in the cockpit of a real plane, and gets the rare chance to simulate a pilot in flight.

Pei Shin Public School Exchange Visit



Valencia Ooi (in GB attire in the front row of the picture) with some of her new Taiwanese friends.

I was honoured to be appointed to be one of the hosts for our Taiwanese friends who visited us on 20th May. They had hosted us when we visited their school in Taiwan so I was keen to return them the hospitality they had bestowed on us in Taiwan.

Through this exchange programme, I had the opportunity to interact more with my Taiwanese friends and I was really inspired by how they conversed confidently and bilingually with everyone, even people whom they just met. This trait is admirable and I hope to learn from them in this aspect.

My Taiwanese friends could not help but compare the distinct differences between their schools and CHR. They were extremely bowled over by our school facilities such as the High Elements, library, Drop-In Centre and even the canteen. Although some of us may take it for granted

that all schools have canteens, this is not the case for Taiwanese students. They do not have canteens as their meals are delivered to them daily in their classrooms. They do not have the liberty of choice when it comes to food.

This has been an enriching exchange visit not only for them but also for me as well. I still keep in touch with them and I am glad for the chance to make new friends from another country.

Valencia Ooi, 2E3

