



Christ Church Secondary School

# CHR Highlights

"I can do all this through him who gives me strength." Philippians 4:13

Issue 2/2017

## At A Glance...

- P1 : **Total Defence Day**
- P2 : **Sec 1 Chingay**
- P3 : **Sec 2 Resilience Camp**
- P4 : **E-colours Workshop**
- P5 : **Experiential Learning Day**
- P6 : **Experiential Learning Day**
- : Grooving Jamboree**
- P7 : **Giving Thanks: Appreciate Each Family**
- P8 : **E-Partnership**
  - RMIT Teachers from Melbourne, Australia
  - Celebrating International Friendship Day with Korat Visitors

## Spreading Awareness of SG Secure



CHR NPCC students teamed up with Woodlands East Neighbourhood Police Centre to spread awareness of SG Secure.



On 7th April 2017, NPCC cadets from Christ Church Secondary School, together with the CPU officers, engaged the neighbourhood residents and distributed crime advisory pamphlets, in view of raising awareness on fake police website, at Vista Point Woodlands.

## Total Defence Day



Total Defence Day is a day when we remember our roots and how some of our veterans had sacrificed their lives during the war period and how vulnerable Singapore was when we were taken by the Japanese.

To commemorate this day, I was privileged to be among the few students who had the opportunity to attend the war memorial service. The visit increased my awareness of what the pioneers went through during war time and leaving me in awe of their sacrifices.

In school, we engaged in class discussions about how various Singaporeans came together to defend Singapore. I learnt

that one does not need to serve in the army to protect our homeland. It can be as simple as donating blood to others or extending a helping hand to one in need. Even if one cannot help directly, he or she can comfort or advise them to go to other platforms to get help.

I felt the call for patriotism when I realised that I might not be able to do National service and protect the country physically but I could fulfil my duty to my homeland in other ways. I can play my part by being alert and being well-prepared to defend Singapore in times of crisis. I am sure every one of us has our own role to play and this unity is crucial to keeping Singapore safe from external threats or dangers.

### Harini, 2E3

The visit to the War Memorial was a meaningful and significant one as we commemorated those who had sacrificed their lives to defend Singapore. It is also an important reminder to all Singaporeans to remember the past and to stay united by fostering a strong sense of identity among Singaporeans.

I learn that we need to appreciate the freedom and peace that we are enjoying now and not to take it for granted. We need to ensure there are strong ties between us and our neighbouring countries so that in the event of war, we have allies. We need to be always well-prepared in today's world where the threat of terrorism is very real. We need to always stay alert, vigilant and keep a look-out for one another.

### Guo Tingyu, 3E1



## Sec 1 Chingay



I am honoured to be a participant in the Chingay Parade this year. The theme for this year was 'Soundwaves Chingay, WeCare Singapore'. There were multi-ethnic performances by various performing artists from all over the world and all the Secondary One students in my school were also part of the performing **contingents**.

The Chingay practices demanded a lot of perseverance from us as it could be **gruelling** when we had to juggle our work and the intensive practices. However, it was heart-warming to see my classmates taking the initiative to help teachers to collect and distribute food and drinks no matter how exhausted they might be.

Through our experience in the Chingay Parade, we learnt the importance of showing care to build an inclusive community in Singapore. When we show care, we provide help and show concern for those in difficulties. In any community, there will be people who are less fortunate and not as well-off as us so we should help them in whatever way we can.

When anyone in our team forgot the steps or fell ill, we would look out for one another and offered help when necessary. Chingay provided us the chance to show care and concern to others. It was a memorable experience which helped me to make new friends and bond better with my classmates.

### Akhash Reguram, 1N6

During the Chingay practices, when my friend was unwell, I took care of him and informed the teacher. Through care and concern for our friends, we became closer.

I think that care helps to build an all-loving community. In class, I show care by helping a friend when he does not know what to do. This is how my schoolmates and I can build a caring community in CHR.



### Damian William Gerrick Domingo, 1T7

During the Chingay practices, not only did my classmates and I built better rapport, I also became acquainted with friends from other schools. They helped me to **comprehend** that we would always be able to cope with struggles if we worked together with others, even if we came from different backgrounds. My school value of Care teaches me the importance of showing care and concern to my friends at all times. During the practices, we would help one another in order to **polish up** our performance. It is important to work together to foster a sense of belonging for everyone.

### Eng Yi Xuan, 1E4

#### Vocabulary

<b>contingents</b>	: a group of people sharing a common feature, forming part of a larger group
<b>gruelling</b>	: extremely tiring and demanding
<b>comprehend</b>	: understand
<b>polish up</b>	: to improve; to study or practise until adept at something





## Sec 2 Resilience Camp



During the Sec 2 Resilience Camp, I was given the opportunity to be the group leader. I had to model the way by ensuring all equipment was taken care of and returned after the abseiling activity in good condition. I checked on my team mates' health periodically and made sure everyone was fit enough to go for trekking. I also waited for my peers who were slower and encouraged them to keep going. This ensured no one was left out.

I also taught my classmates how to cook properly and how to avoid getting burnt by following proper procedures when cooking.

During the dragon boat orientation, I rowed the boat with all my might with my teammates and cheered on my peers when I noticed that they were slowing down due to fatigue. I also spurred my peers on when they were fearful of heights and did not dare to abseil.

I am thankful that this camp had helped me to bond with my classmates and it also inculcated important values such as responsibility, care and perseverance in me.

### Anna Tan Wei Ling, 2E2

This camp helped me to understand the importance of responsibility when I had to **belay** my friend who was the climber during the Sports Climbing course. I paid close attention to the demonstration by the instructor and listened carefully to instructions so that I would not make any mistakes during the process of belaying my friend. I also ensured that I was accountable for all the items I brought to Bukit Timah Nature Reserve and refrained from littering the place even if there was nobody around. Integrity means to do the right thing all the time, even when no one is watching.



I enjoyed the **camaraderie** in my class when we showed care and concern to one another, especially when we were too exhausted and needed encouragement to keep going. We took time to compliment one another for pushing through our limits and achieving more than we thought we could be capable of. This camp was an enriching and memorable experience, something we would cherish for many years to come.

### Siew Rui Yi Janeen, 2E4

During the Sports Climbing course, due to my fear of heights, I was a **bundle of nerves** when I had to try the abseiling. However, my teachers and classmates tried to calm me down and encouraged me not to give up. I am really thankful to them as I managed to do what I thought I could not.

I learn the value of perseverance and not giving up halfway in whatever we do. We have to think about what we want to achieve and set our mind to achieve it at all costs.

### Phong Wan Ling, 2N6



### Vocabulary

- belay** : a technique which climbers use to exert tension on a climbing rope so that a falling climber does not fall very far
- camaraderie** : mutual trust and friendship among people who spend a lot of time together
- bundle of nerves** : very nervous, tense or worried



## E-colours Workshop

At the beginning of the year, all the lower secondary students were given the opportunity to attend an E-colours workshop, which helped to increase our awareness of different personalities, communication styles and behavioural tendencies. My **dominant** colour is blue, which means I am person-oriented and able to empathise with others. Knowing my strength **empowers** me to develop this trait while understanding my limitations which is not being task-oriented.



I had also downloaded the application so that I could make use of the tips to manage my behavioural tendencies. I found it surprising that this had helped me to be more aware of myself as well as the way I spoke. It definitely helped me to strengthen my relationship with others and had even strengthened my relationship with my family and friends.

The highlight of the workshop was the balloon-blowing activity. It taught me how to release my stress, rewind, have some time for myself and yet release my worries and tension.

By using the skills I picked up during the workshop, I hope to become a better listener and have better management of relationships as well as friendships.

### Harini, 2E3

This workshop had helped me to identify my e-colour which is yellow over blue. This helped me to understand my personality more. I am more of a socialiser and relates well to people so I am able to work efficiently in a team. However, my weakness is that I can be too talkative so this is something I need to **curb** in order to focus on my studies and not affect others.

Knowing my peers' e-colours helps me to understand their personality better. Therefore, when they handle things differently from me, I am able to understand that this is due to their personality and that they see things differently from me. This workshop has helped me to be more confident about myself as well as understand my own strengths and weaknesses. It also helps me to improve my inter-personal relationships with my friends and family.



### Jaslyn, 1N6

#### Vocabulary

<b>dominant</b>	: more important, strong, or noticeable than anything else of the same type
<b>empowers</b>	: give (someone) the authority or power to do something
<b>curb</b>	: a check or restraint on something





## Experiential Learning Day



### Lower Seletar Reservoir Amazing Race

It was a fun experience being in Lower Seletar Reservoir for our Experiential Learning Day. The activities not only helped to develop our critical and inventive skills but also helped us to understand and appreciate scientific phenomenon in our daily activities. I enjoyed the light-bending activity the most as my team and I had to look for different strategic spots and explore different positions in order to get the perfect amount of solar energy to burn a leaf.

I learn that when everyone works together, the 'impossible can become possible' and we should learn to listen to our teammates whenever they have any ideas. It is not about winning a competition but it is about trying our best when we do something and also the process of working together for a common goal. I thoroughly enjoyed the 'Amazing Race' experience.

**Pioquid Yojiro Gonzales, 2T7**



The most challenging activity at the Amazing Race was 'The Incredible Egg' activity. We were instructed to fit a boiled egg into the bottle. However, we felt it was impossible as the neck of the bottle was so thin. Undaunted, we brainstormed for ideas and lit up the matchsticks that we were given and put them inside the bottle. When the bottle expanded due to the heat, the egg managed to fit into the bottle! We were amazed as initially we were deterred by the task and felt it was impossible.

I learnt, 'where there is a will, there is a way. Together with my group members, we worked together cohesively to solve every problem and complete all tasks to the best of our abilities. It was truly an enriching learning journey.

**Sruthika, 2N6**

### Maths In The News



Through the workshop, I was able to form a set of matrices just from data I had gathered in advertisements I found in the newspapers. It was fun to explore possibilities and generate ideas as a group. Mathematics is inevitably part of our daily lives, so it is important that we understand Mathematical concepts and learn to apply them in verbal and written form confidently.

I managed to deepen my understanding in matrices and learnt how it related to the real world. Understanding the relevance of Maths to real life helped me to understand the importance of the subject. My friends and I also worked as a team to solve the complicated questions by simplifying them. This workshop helped me understand the concepts better and I could apply what I had learnt in my lessons after this workshop.

**Farah Frauder, 4E1**



## Ushering in the Year of the Rooster!



I was thrilled to be given the opportunity to perform in the Chinese New Year concert by playing the cymbal. As I had less than a month to prepare for the performance, I needed to have good time management in order to cope with my studies and the demanding practices. It was also **pertinent** for me to put in my best in every practice session. I also used my free time to practise in order to remember the beats of the cymbal.

Through this performance, I felt gratified to be able to build better rapport with my team mates through the time spent during the rehearsals. I discovered more about my teammates' strengths and weaknesses so it bonded us more as we helped to encourage one another whenever we meet with any obstacles. I also admired my teammates for their **tenacity** in persevering through the difficulties we had in perfecting our moves. I learnt that they were very focused once they set their mind on something so this is something I looked up to and respected a lot. I am glad we managed to pull off a successful performance and entertained the audience who laughed heartily.

**Chelsea Loh, 2E4**

## Grooving Jamboree

While preparing for this performance, I felt anxious yet excited as I was glad to have the opportunity to perform at the Flipside. Through the practices, I learnt to be more persevering and to believe in myself.

The song I had chosen to sing was demanding due to the wide vocal range but I tried my best to challenge the process after encouragement from my peers and Ms Naomi Sum. I tried to build up my confidence in reaching the high notes in the song with Ms Sum's guidance.

In life, we are often faced with situations when we do not believe in our potential and prefer to stay in our comfort zone and remain **status quo**. However, by challenging the process, it helps me to stretch my limits and be more aware of my abilities. We may be more than we think we are.

The highlight of my performance was being able to move the audience as I poured out my soul into singing the song whole-heartedly. I would also like to thank my close friends, Nurin Hazira and Farah Frauder, for **having my back** and encouraging me to press on as I practised and for being such great supporters throughout the whole performance.

**Thea Sin, 4E1**

### Vocabulary

<b>pertinent</b>	: relevant or applicable to a particular matter
<b>tenacity</b>	: the quality or fact of being very determined
<b>status quo</b>	: the current state of things
<b>having my back</b>	: to be prepared and willing to support someone







My dream is to pass my examinations with flying colours. With the support of my friends, teachers and family, I managed to get back on track and cope well with my studies. I will persevere instead of throwing in the towel whenever I meet with any obstacles.



**Yasmin,  
2E1**

I realise that we need to know how to make use of our own time and also learn to be independent. We need to manage our time, spend more time on the subjects we are weak in. When we meet with insurmountable challenges, we can overcome them by getting help from our friends or teachers.



**Sumeeta,  
2E3**

During the Resilience Camp, I had to abseil down from the 5th floor of the school. It was very challenging as I had a phobia of heights.

After encouragement from my classmates, I mustered up my courage to make the leap of faith. I found it very exhilarating after conquering my fear and wanted to abseil more. I am glad to have caring and encouraging classmates.



**Wen Kang,  
2E4**

At the beginning of the year, I was lagging behind in my Mathematics so I set a challenge for myself to excel in Mathematics. I approached my classmate for help in Mathematics and he agreed to help me. We meet after school everyday to practise Mathematics worksheets together.



**Sudheep,  
2N6**

My dream is to be able to juggle the multiple roles that I have as a wife, mother, daughter and teacher well. It's definitely not easy and I'm thankful for the support from my family, school leaders and colleagues that made it possible or at least manageable for me.

In whatever that I do or challenges that I face, I will always remind myself to enjoy even the little things in life for one day the time will come when I look back and realise that they were the big things.



**Senior  
Science Tr**

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 had always dreamed of scoring high grades for my weakest subject, Mathematics. My friend, Banusha, knew that I was weak at the subject so she tried to help me by teaching me the various methods and strategies to solve the problem sums. She believed in me even though I had doubts in myself. I am very thankful to her for helping me to overcome my weakness in Mathematics. In the recent test, I scored full marks for my test! Through her encouragement, I am able to challenge the difficult process in building my dream.



**Pradeep,  
2E2**

It has always been my dream to become a teacher. Teaching is the profession for me as it is full of endless challenges. It never gets easy and I am constantly exposed to something new that shows me how little I actually know.

I am thankful for supportive family members and friends in my journey as a teacher when things get overwhelming. They motivate me to persevere on and encourage me to overcome the obstacles that come my way. I am truly blessed to have such wonderful family and friends during the process of building my dream!



**Science Tr**

**Miss Lynn Tang, FT of 2E3**

One of the challenges I have been facing is to pass all of my subjects for CA1 and MYE. It was a challenge to me because I am very weak in both my Chinese Language and Mathematics.

I try to make a conscious effort to improve my Chinese through reading and conversing with my friends. Thankfully, I have friends whom I can count on to ask for help whenever I am stuck with any Mathematical problem sum.



**Eunice,  
2N5**

During the Secondary 2 Resilience Camp, I found abseiling very challenging. I felt that it was a challenge because if I were to do it wrongly, I might fall and hurt myself. At first, abseiling looked easy and I took it for granted that I could conquer it. However, when I was on top of the tower and attempting to abseil down, it was so difficult to take the first step out of the tower.

I responded to my difficulties by keeping calm and doing it instinctively. My friends cheered me on by saying encouraging words and I found the strength to do it. I would like to give thanks to Shahanaaz because she supported and encouraged me the most.



**Yojiro,  
2T7**





### RMIT Teachers from Melbourne, Australia

Miss Collins taught us a new rugby game which helped to improve the camaraderie of our class as a lot of communication is required of us in order to play the game well. She has a warm personality and is open to new ideas and concepts in her teaching. Through her, I discovered more about the culture in Australia as she is always keen to share with us her thoughts and experiences.

#### Thea Sin, 4E1

The opportunity to be in CHR for professional placement has greatly improved my teaching abilities. CHR students are very respectful and willing to learn. I hope to be able to apply the new teaching techniques and skills that I have learnt in Singapore back in Melbourne and also create a respectful and accepting culture in my school which I admire very much in CHR.



Alexander Hay, Bridget Andrews and Eva Collins, posing for a picture with Mr Lau, our principal

#### Bridget Andrews

I am very impressed by the beautiful culture in CHR as the students are always willing to assist me in carrying equipment and taking the initiative to offer help. Their behaviour and level of respect is very outstanding. It was great to see that the students put in their best effort in what they do regardless of the activities, something which I believe is inculcated in them as part of the school values.

#### Miss Eva Collins

### Celebrating International Friendship Day with Korat Visitors



Wantinee Sathuram

It was a fascinating experience to be able to come to CHR for an exchange programme. It was amazing to see how CHR teachers can remember all the students' names and answer all their queries. I had the feeling that the students are not in a school but in a big house where they can share everything with one another. The students received a lot of support and help from teachers. CHR had given me a lot of new experiences and inspired me to be more adaptable in every aspect of my life. Coming here has been one of the best memories of my life.

#### Wantinee Sathuram Boonwattana School, Thailand



Wantinee received a heart-warming card from Amin, 4N6



We were really thankful to be given the chance to be part of the exchange programme with CHR in which 8 of our students get the chance to mingle with CHR students and enjoy an enriching cross-cultural experience. We would like our students to experience CHR's unique AOP education which focuses not only on academics but also on character development and outdoor experiences.

We like the vibrant school environment which is a conducive place for students to learn and pick up important values. We would like to thank Christ Church Secondary for the partnership and the teachers for hosting us.

Miss Siriporn Rueanchan Thuek (Left in picture), Mrs Tidarat Samanpan (Head of EL Programme)

