



Christ Church Secondary School

# CHR Highlights



"But as you excel in everything—in faith, in speech, in knowledge, in all earnestness, and in our love for you—see that you excel in this act of grace also." 2 Corinthians 8:7

Issue 2/2018

## At A Glance...

- P1 : Total Defence Day
- P2 : Chinese New Year Grooving Jamboree
- P3 : Sec 1 Chingay
- P4 : Honours Day (Students)
- P5 : Applied Learning Programme
- P6 : Experiential Learning Day
- P7 : Giving Thanks: Appreciate Each Family
- P8 : E-Partnership
  - RMIT Trainee Teachers from Melbourne, Australia
  - Hosting Visitors From China & India

## Total Defence Day



Total Defence Day is a significant day as it commemorates the anniversary of the surrender to the Japanese on February 15, 1942. It serves as a reminder of what could happen to us if we cannot defend Singapore ourselves.

As Singapore is increasingly facing challenges and threats that are targeting the 'hearts and minds' of people to break social unity, it is pertinent for us to be aware of how we can strengthen our unity.



On Total Defence Day, together with my Girls' Brigade peers, we made tulip flowers using origami papers. The significance of the flowers is to spread the message that we need to keep a lookout for one another and be united.

As citizens of Singapore, we need to live in harmony with everyone so that we can build a strong, secure and cohesive nation to reach greater heights and upward mobility.

**Kalaivani D/O Arasan, 2E2**

There are 5 pillars of Total Defence and I am proud to do my part for Social Defence during the event. Social Defence means living harmoniously and looking out for one another. To spread awareness on this important message, my friends and I also prepared hand-made craft to give visitors. It was successful as many visitors to the booth were attracted to the colourful hand-made craft and were keen to know more.

As a National Police Cadet Corps cadet, the highlight of the event was having the opportunity to be a mentor to students from Sweetlands Childcare Centre and guiding them to visit the various booths on Total Defence. To raise their awareness on Total Defence, we showed them around the various booths and accompanied them to watch demonstrations by police officers from Woodlands East Neighbourhood Police Centre. The child I was paired with was eager to learn and I was touched by her enthusiasm. I think it is important to spread the knowledge of Social Defence to more people, especially young children, so that they grow up with the awareness of the need to keep a lookout for one another.

Even though I may only be playing a small role in Social Defence for my country, I think that unity is strength and that no matter how insignificant our role may seem, together we can make a great difference in protecting our beloved country.

**Nur Farah Shazrina, 4N6B**



## Chinese New Year



During Chinese New Celebrations, I was proud to put up a Wushu performance with my Co-Curricular Activity (CCA) mates. I had to brandish a broadsword and a red flag together so it was taxing when I had to rehearse for many hours.

Due to a hectic and tight rehearsal schedule and imminent competitions, I had to manage my time well in order to cope with the demands of both the competitions and performance. I was thankful that I managed to pull off the performance without a glitch and brought joy to many.

The experience was truly meaningful as it gelled my CCA mates more than ever. I became closer to many of my CCA mates. I also became more willing to take up challenges as with each experience on stage, I enjoyed a confidence boost.

I am thankful for the experience. In retrospect, I became more aware of the importance of responsibility when I was entrusted to take good care of my props and weapons and ensured they are in optimal condition. I had to be self-disciplined and self-directed by practising the steps at home in order to know the steps at the back of my hand. I felt gratified that my hard work was rewarded and I look forward to many other opportunities in future.

**Chelsea Loh, 3E4**

## Grooving Jamboree

As Robert Louis Stevenson says, "Keep your fears to yourself, but share your courage with others". I only understood the significance of his words when I went through a heart-stopping performance in school. Despite my fear, I tried hard to hide my anxiety in order to muster up my courage to dance solo on stage.

One challenge I faced was the lack of a suitable place to rehearse on my own after school as I wanted to practise in private. Therefore, even if I had wanted to put in the time and effort to improve and perfect my dance, this limitation affected my preparations.

There was also limited time to practise due to my hectic study schedule so I had to be disciplined to ensure every practice I had was productive. Thankfully, I succeeded and put up my best performance that day. I am glad to have persevered through the challenges instead of giving up.

**Emma Alda, 1N6**

I benefitted tremendously through this experience as my teacher taught me on how to control my breathing in order to achieve the high notes in my singing. There were times I wanted to give up but with the encouragement from my peers and teacher, I managed to reach the high notes during the performance.

I wish to thank Ms Naomi for believing in me and not giving up on me and my classmates and my family members for supporting me. Without them, I might not be able to pull off the performance.

**Erin Aquino, 1N6**





## Sec 1 Chingay

During one of the Chingay rehearsals, I was down with a stomachache. I felt weak and could not even stand straight. I felt very touched when my friends noticed that I looked pale and kept checking on me to make sure that I was alright. They also **alleviated** my discomfort by giving me warm hugs. I tried to continue with the rehearsal and I was thankful that they kept encouraging me that I could do it.

The overall Chingay experience made me feel the warmth and love from my friends. I also learnt to be responsible for my personal well-being so that I can give my best during the performance.



### Ramos Althea Christine Alicbusan, 1E1

During one of the Chingay rehearsals, my best friend was absent so I was **apprehensive** about being alone. She usually dances beside me and supports me whenever I need help so I was not looking forward to the rehearsal. However, during the rehearsal, I realised that I did not feel so **forlorn** after all as there were also other school mates and students from other schools who danced with me. I discovered that I am not alone. Being involved in Chingay helped me discover I have more friends who care for me than I thought.



I learnt to empathise with others through my personal experience. I was glad that my friends took the initiative to approach me when my best friend was absent and showed me that they were around for me. I hope to do the same for others too by showing them care and concern when they need support or understanding.

### Alyssa Mae, 1T7

What I remembered fondly about my Chingay experience was how passionate Mr Yutaki Ong, our dance instructor, was when he taught us the dance steps. He took the time to come to our school and patiently guided us through the various steps until we succeeded in memorising the steps. I am thankful to have him as an instructor and appreciate him very much.

My involvement in Chingay enabled me to learn many things beyond the classroom. For example, I realised the importance of perseverance and self-discipline. Without these two, I would not be able to commit to doing a good job at the Chingay performance. There were definitely various challenges that I had to overcome in order to do well for the performance. For example, I needed to juggle between my school work and the rehearsals. However, with perseverance, I managed to succeed. I also learnt humility by asking others if I am unsure of anything. I will also help others if they are unsure or need help.



### Geraldine Ng, 1N5

#### Vocabulary

<b>alleviated</b>	: make (suffering, deficiency, or a problem) less severe
<b>apprehensive</b>	: uncertain
<b>forlorn</b>	: pitifully sad or lonely



## HONOURS DAY (STUDENTS)

To me, the essence of leadership is best encapsulated by what Lao Tzu says, “A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.” I aspire to be such a leader and help my peers to achieve their fullest potential by giving them opportunities, guiding them and also showing them the right way in a subtle way such that they are empowered to take the right steps to achieve success.



I am honoured to be entrusted the role as the President of the Student Council and I look forward to leading the Council to uphold its mission and vision of leading the student body through dedicated service and be servant leaders of distinction. It was with the support of my family, teachers and peers that I am able to become who I am today. With their unwavering support and understanding, I was able to achieve good results and receive awards on Honours Day (Students) too.

### **John Francis, 3E4**

It was with a great sense of pride when I went on stage during Honours Day (Students) to receive an award for being third in standard. Receiving the award makes me feel that my sacrifices are worthwhile. As a daily commuter who travels to Singapore from Malaysia, I survive on a grueling routine of less than 4 hours of sleep as I reach home late and have to wake up at 330am every morning. Despite the hardship, I constantly remind myself that I had made the decision to study in Singapore so I must make the most out of it and put in my best.



As I had advanced to Normal Academic Stream this year, Geography and History are new subjects to me. However, I believe that with perseverance, I can overcome all challenges that come my way and I should continue to put in my best effort to reach my fullest potential.

### **Joey Lim En, 2N6**

It was an honour to be part of the Investiture on 6th April at St Andrew's Cathedral and to receive recognition as the President of Choir. I am thankful for the opportunities I was given in Choir which encouraged me to step out of my comfort zone as I used to be introverted and shy. For example, the leadership camp which I attended compelled me to interact with students from other schools. I was hyped up to be more sociable through the chance to work closely with strangers. I also gained more confidence as in the past I was afraid to voice out my thoughts or to take a stand on what was right.

It was a heart-felt moment when I recited the Student Leader's pledge from the bottom of my heart. I yearn to be exemplary in my character and to be a good role model to my peers by being someone with strong discipline, integrity and responsibility. I believe strongly that this is the prerequisite of being a good leader and that I must have the moral courage to do what is right even when no one is watching. I am grateful to my family, peers and teachers for supporting me. I am looking forward to embarking on my journey as a CCA leader and I hope to inspire my juniors to strive for greater heights.

### **Hannah Qistina, 3E2**

What Robert K. Greenleaf says about leadership, strongly resonates with me, “Good leaders must first become good servants”. A good leader always places the interests of others above self and a good leader aspires to develop others selflessly. Therefore, I will try my best to guide my peers in their school work if they need help and also offer them a listening ear if they need. As a student leader, I need to be able to make decisions for the good of the class rather than for personal interests and inspire the rest to do more. I hope to be a good role model to my peers.

### **Ean Poh, 3E4**

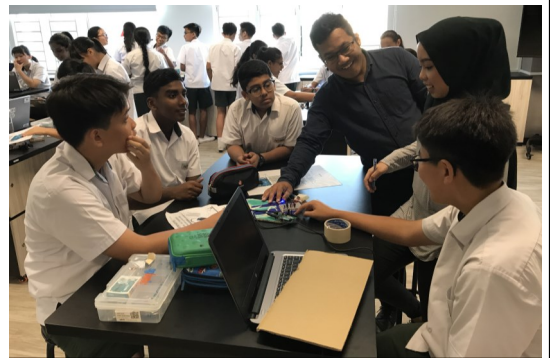




## Applied Learning Programme (ALP)

The ALP experience had been an meaningful experience as I was intrigued by the new facts about technology. The opportunity to undergo hands-on experience which includes using wires, breadboard and Arduino to create a practical product for the elderly to use overwhelmed me with pride.

Being acquainted with the various uses of technology stimulated my curiosity in STEM and motivated me to consider enrolling into an engineering course in tertiary institutions. I am thankful for the ALP experience as the knowledge and skills that I gained might have a positive impact on my future career.



### De Leon Lainus Miguel Aquiatan, 2E2

The ALP experience allows me to make a difference in people's lives. My group had to invent a product for the elderly that will improve their quality of life. My teachers invited medical professionals from the healthcare industry to our school so that we could engage ourselves in small-group consultations with them.

It was a fascinating discussion as we could satisfy our curiosities about working life in hospitals. We also gained fruitful insights as to how to invent useful devices to help the elderly. The ALP Programme equipped me with the necessary foundation and skills so that I could apply the knowledge to create a product.



### Patchala Calistus Caron Priscilla, 2E2

The ALP experience was fun as I could create a prototype with my teammates. Although it was challenging to complete it, I persisted by conducting my research online and watching Youtube videos. Together with my team, we brainstormed for ideas and solutions and kept trying until we succeeded.

Helen Keller once said "Alone we can do so little, together we can do so much." Through this, I learnt that working as a team helped us to overcome difficulties more easily. I am glad for the opportunity to interview different personnel from the hospital, which helped us to better identify the needs of the elderly so that we could create a product that suits them. I am very proud to be able to make a difference to the lives of the elderly with our own creation.



### Arn Hasmil Bin Azmi, 2T7

Being involved in the ALP programme inspired me to constantly think of ways to help people who are in need. I have a strong admiration for inventors who are knowledgeable in STEM. They sacrificed many hours of their time and put in effort to create amazing products to improve the lives of others. I hope to be like them and to be part of a great team which invents products to help improve the lives of people.

### Estelle Tan, 2N6



## Experiential Learning Day

### Pushing Boundaries through Innovative Practices

On Experiential Learning Day, we had one hell of a time brainstorming for creative ways to launch an egg without cracking it. As all of us were involved in the decision-making process, we learnt to be more self-directed instead of relying on our teacher to teach us. We did our own research online and took intellectual risks to explore new ways of wrapping the egg by using different materials and innovative ways to launch the egg. Making mistakes is a way of discovery for ourselves when we learn from setbacks and adapt to the new situations. We worked together relentlessly to find a solution whenever we met with failures.



I learnt that change is the only constant thing in this world and that one should learn to adapt quickly to new situations. For example, the prices of products fluctuated quickly due to supply and demand so we needed to take calculated risks in our decisions when purchasing products. When we predicted that a specific material would be high in demand, we rushed to buy it as it might be out of stock or the price might be sky high. This activity trained me to be forward-looking and take risks to buy more of a particular material if I foresee a high demand for it.

It was with a great sense of accomplishment when my group succeeded in creating the product. I learnt to value others' opinions because even if an idea sounded silly, it was still worth a shot.

#### **Lois Nithiya Sawntharajan, 3E2**

The 'Egg Launcher' Challenge was an exhilarating experience as my team had a lot of fun while learning new things. Firstly, we had to be self-directed and go through trial and error various times before we could succeed. We had to be persevering and not give up after each failure. We tried to brainstorm for new ideas whenever we failed and learn from our mistakes. To our amazement, we succeeded in creating our product. I am thankful for our great teamwork, in which we come together to share ideas and encouraged one another not to give up.



#### **Nurul Nazeerah, Angus Toh, Ang Wei Jie, Selina Tan, 3T7**

### Lower Seletar Reservoir Amazing Race

The amazing race was an engaging experience which allowed me to apply my knowledge of Science and Geography through **kinaesthetic** learning. We had to compete with other teams to be the fastest with correct answers.

For example, at station 1, we had to use a data logger to measure the 'Dissolved Oxygen' and 'pH level' of the reservoir water and state whether it is an acid or an alkali. Through this activity, it enhanced my knowledge of the topic as being able to apply the concepts help to reinforce what I had learnt.

Even though my team did not win, it was an eye-opening experience. The criteria of the race was to visit every station and complete each assigned task together as a team. Therefore, by hook or by crook, every team had to sort out any disagreements and come to a consensus in order to move on to the next task. This experience helped me to **leverage** the strengths of my team mates and that it became easier and faster to solve the tasks once the chemistry in our team worked magic.



#### **Leena Nor Rani Rozario, 2E4**

##### Vocabulary

- kinaesthetic** : learning style in which learning takes place by the students carrying out physical activities
- leverage** : use (something) to maximum advantage







## Congratulations!

The theme for CHR 2018 **"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.



Ms Maryam's  
princess



Ms Aqidah's  
princess

My dream is to do well in my studies and be successfully enrolled into a subject combination of my choice. With the continuous support of my teachers, friends and family, I have the confidence to persevere and do my best. They help to push me to achieve my fullest potential.



Shermaine  
Kho,  
2E2

Despite the many challenges that I may face, I know that I can count on them to be always there for me.

I wish to excel in my academic work but it was challenging as I faced difficulties in some of my subjects. Thankfully, my classmates were willing to teach me and my teachers helped by explaining the concepts to me patiently.



Lin Fangling,  
2E1

I am reading more books to improve my English, doing more practices for Mathematics and revising what is taught daily. I am confident that with perseverance, I can excel in my studies.

When school work gets overwhelming, I tend to have less time for my family and friends. Therefore it can be challenging to strike a balance between friends and studies. Thankfully, they have been understanding but I hope to devote more time to show my appreciation for people who made me who I am.



Georgia  
Forbes,  
2E3



Syarif, 2E4

I have a strong passion for design since I was young and I hope to pursue my dream to be a designer. With the support of my family and dedicated teachers, I aspire to strive towards my dreams.



Loi Xin Ni,  
2N5

I aspire to advance to the Express Stream. I tend to procrastinate a lot when it comes to doing my homework or revision.

Even though I have failed many times, I am thankful my mother is always there for me. She encourages me to pursue my dream and believes in me. I will overcome challenges and achieve my dream.

There is this unquenchable desire in me to become famous one day by becoming a successful entrepreneur of a well-known brand.

With all the sacrifices that my parents have done to send me to school, I hope to make them proud of me by giving my best at all times. Currently, I read up on marketing during my free time so that I can put my knowledge to good use in future.



Syahzani  
Balqis, 2N6

My wish for the Basketball Team is to clinch the championship. To achieve that, I will train very hard with my teammates. With the support of my caring teachers who are always there for me and my encouraging friends, I will persevere to give my best.



Mah Jun  
Hao, 2T7

One challenge I face is perfecting the recipes of pastries I found online. With my passion for food, I love the way food can bring people together. Sometimes, it took me many trials and attempts before I could succeed.

Thankfully, my family, friends and colleagues have been a great pillar of support by giving me constructive feedback and words of encouragement. Through baking, I hope to bring smiles to everyone.



Tan Zhuo  
Guan,  
FT of 2N6

Time flies! My first batch of students whom I taught in 2N5 is now a few months away from their O-level examinations.

To all seniors who are graduating this year: I hope that in the 4-5 years you have been in CHR, you managed to know yourself better and build your dreams. Even if you haven't, it's alright. You can always start now! Remember, do it now, because sometimes, later becomes never.



Chiu Xin Yan,  
FT of 2T7





## RMIT Trainee Teachers from Melbourne, Australia

Students from all levels made the effort to approach and chat with me and I have never come across a school of students as friendly and respectful as the students at Christ Church Secondary. For this, I am very grateful. The time we spent here had been incredibly rewarding for my teaching aspirations and further instilled my passion of promoting physical health in the lives of students through fun and engaging lessons.



**Ryan Joyce**

I remember when I first entered the school grounds of CHR, I was greeted by the smiling and welcoming faces of all the students. They never fail to greet me politely and are always eager to offer help. They are enthusiastic learners who are always patient, respectful and listen well to instructions.

**Jess Panther**

Teaching at Christ Church Secondary School had been such a great experience, as the staff had been very welcoming and provided great feedback that we all value, and will continue to apply in our future teaching. I am so grateful for this opportunity, and I believe it will help to make me a better teacher back in Australia!

**Abby Harders**

## Hosting Visitors from China & India

On 23<sup>rd</sup> February, my school hosted 53 students and 6 teachers from Shijiazhuang High School from Hebei, China. I was honoured to be one of the student facilitators who guided them around my school. Not only did I get the opportunity to boost my confidence in speaking to my newly-made friends, I also learnt many new details about their school life in China. It was an interesting experience to share ideas and knowledge with friends from another country.



**Lim Xiaohui, 3E3**

Being one of the hosts to guide Shijiazhuang High students was a great experience. I could learn how to speak Mandarin more fluently through my interaction with them. This cultural exchange experience was indeed fruitful and memorable. It motivated me to put in more effort into honing my Mandarin.

**Janeen Siew, 3E4**

On 28th February, I hosted a soap-making workshop for 10 students, 1 faculty member from Vishwashanti Gurukul, Pune, India and 3 World View staff as part of a showcase of our school's green practices.



I began hosting visitors from India since Secondary One but each time, the experience remained refreshing and enjoyable. Hosting the workshop allowed me to play the role of a teacher and understand the onerous task of a teacher to instruct a class effectively while ensuring it was both engaging and fulfilling. It was pleasing to see the students meticulously following instructions and enjoying themselves.

Due to poor weather, I was unable to show the visitors our outdoor garden but as the saying goes, there is a silver lining in every cloud. We had an meaningful conversation with the visitors instead. Overall, this experience never ceases to amaze me in how similar we are to them even though we come from different backgrounds. I look forward to hosting the visitors next year if opportunity knocks on my door again.

**John Francis, 3E4**

