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# What's Up @ ASSUMPTION

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# CESSON PROGRAMME 2019

21 March 2019

Written by: Nicole Tan, Class 4/1



The Secondary Four students started off their Cesson Programme on 13 March 2019. The programme aims to make us aware of our own strengths and interests, which will help us to make informed decisions for our future educational and career pathways.

Day one began with a graduation simulation, where students came together to take a class photograph. We were taught how to create our own portfolios and resumes. We also did an assessment to understand ourselves better, which would help us to find a career that matches our individual style so that we will be able to appreciate our future jobs.

On the second day, students went to Bukit Timah Hill for a cohort hike in the morning. This event fosters teamwork among students as they were able to encourage one another not to give up. After lunch, the students learnt study and IT skills. Dressed in our formal outfits, we also went for a short mock interview to experience what an actual job interview is like.





Lastly, on the third day, students embarked on industrial visits to understand what the different industries are like. The camp ended off with an exciting game of bubble soccer.

At the end of the 3-day programme, students had created strong ties with each other and hopefully, they will be able to sustain their friendships for the rest of their lives!





# SECONDARY TWO OVERSEAS TRIP

28 March 2019

From 13 to 15 March, the Secondary Two students went on a 3-day overseas trip to different parts of Malaysia. Classes 2/1 and 2/2 went to Kota Tinggi, classes 2/3 and 2/4 went to Negeri Sembilan while class 2/5 went to Malacca. These trips serve to allow students to strengthen the bond between students and teachers as they immersed themselves in experiencing and appreciating the different cultures in Malaysia.

Here are the sharings by our students regarding their trips:

## Trip to Kota Tinggi

The highlights of my trip would be the visit to a local school and visiting the ostrich farm. During our visit to the local school, we were greeted with a spectacular sight. A group of dancers performed for us while students in colourful baju kurung (traditional Malay outfit) played the kompang (traditional percussion) and carried bunga manggar (elaborate flower decorations) as they accompanied us into the school. It was indeed a grand welcome and we were made to feel like royalty! During our visit, we also learned a traditional Malay dance called the zapin and played the kompang! I feel lucky to be able to learn something that was valuable to the Malay culture and enjoyed myself immensely.



Our visit to the ostrich farm was exciting. We learned that an ostrich egg is super durable. Due to our curiosity, many of us tried to break the egg while standing on it (we were given permission, of course), but no one succeeded. We also had the chance to try an omelette and a cake made from ostrich egg! This experience was indeed memorable as it was my first close encounter with an ostrich. I am happy to share the experience of doing something new with my classmates!

*By Guevarra Allon Benedict of Class 2/1*







## Trip to Negeri Sembilan

One thing I took away from the trip was a deep appreciation for nature. Our visit to a local kampong to learn their way of life truly opened my eyes to the wonders of nature. Our local guide showed us how rubber is tapped out and how palm oil is extracted from its tree. He also showed us different fruit plants and plucked some fruits straight from the tree for us to try. After that, we had the opportunity to try a local snack called rempeyek, which was cooked in the oil that was previously extracted. We also did batik painting and tried delicious Malay food prepared by the guides there. As we did these activities, I could not help but notice the lush greenery surrounding the kampong house and realised that we, Singaporean students, are too often stuck indoors such that we fail to appreciate nature.

I have also grown to appreciate the different personalities in my class. We learnt to put aside our differences and to work in unity, especially when our teachers required us to do so, like reporting promptly for breakfast or keeping our rooms neat. I was proud of my classmates for being very cooperative. At the end of the trip, I could say that all of us enjoyed the break from the stress of school. It was a very relaxing and pleasant trip.

*By Ong Zi Yin Fyn of Class 2/3*



## Trip to Malacca

During our trip, we visited a museum and learnt some interesting things about Malacca's history and culture.

We learnt about the Encore Malacca theatre that introduces itself as Southeast Asia's largest performing arts theatre. The audience seating platform is a 360-degree rotating platform! We also visited Montfort Youth Centre and interacted with the youths there where we played games and talked to them. We enjoyed ourselves very much. I also realised how privileged we are to be living in Singapore!

Overall, I think the trip was great as not only did we learn interesting facts about Malacca, my classmates and I also enjoyed getting to know each other better.

*By Lisa Loh of Class 2/5*





# BOYS' TOWN FLAG DAY 2019

28 March 2019

Written by: Milan G Cherian, Class 4/1

On the morning of 20 March 2019, Assumptionknights gathered in their respective Co-Curricular Activity (CCAs) for a briefing on the Boys' Town Flag Day.

Students were divided into groups and allocated different shifts throughout the flag day, which ensured the efficiency of the collection of donations. The Lower Secondary students were paired with their seniors so that their seniors can motivate them too. It is easy to lose hope and feel disheartened during the flag day as we may face rejections when we ask for donations. However, it was heartening to see that despite all these challenges, our Assumptionknights still persevered and did not give up!



Even teachers got into the act enthusiastically. All in all, it was a day well spent for a very worthy cause.







## **HAPPY Broadcast - PICK OF THE MONTH**



Dancing is Aidit's and Mariska's way of keeping themselves happy. As for Pauline, she loves to just spend time alone watching movies at home.

**What made you happy? Is there something you were grateful for? Think about it because you may just be selected as the Pick of the Month!**  
**#AESHappyybroadcast**

## Contact us @

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