



Christ Church Secondary School

CHR Highlights



"But they that wait upon the Lord will renew their strength They shall mount up with wings as eagles; they will run and not be weary, and they shall walk and not faint." Isaiah 40:31

Issue 4/2017

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Values In Action



On 7th April, our class was involved in a Community Outreach Programme to distribute flyers and table mats to raise awareness of climate change as well as how to save water and energy conservation.

We hope to do our part to save the environment by reaching out to the community.

Although I was enthusiastic and energised to spread awareness in the community, I was slightly discouraged when I encountered some residents who were too busy to listen to us or thought that we were simply soliciting donations.

Despite these minor setbacks, I persevered and was satisfied when I could convince some residents to pledge and sign their commitment to save energy and water.

Through this Community Outreach Programme, I had an enriching and meaningful experience in doing my part for the community. I also understood the importance of perseverance and not to give up easily when I meet challenges.

Harini, 2E3



On 'No Disposable and Waste Minimisation Day', students created book-marks to reward school-mates who helped to keep the canteen clean.

During my class's visit to Christalite Methodist Home, I was tasked to be an emcee. As public speaking is not my strength, I was initially hesitant but after mustering up my courage to take on this role, I was surprised that I could do it. We planned various activities such as board games to engage and interact with the elderly. I learnt that most of them are actually very lonely so when we visited them, it was a respite from their monotonous routine. The visit to the home reminded me of the importance to be more empathetic towards the elderly around us and to show care to them.

It was a meaningful experience for me as not only did I get to know some of the elderly at the home better, I also developed a greater sense of self-confidence. The experience also strengthened my rapport with my classmates when we worked as a team to engage the elderly in the activities. I am grateful for the many takeaways from this activity and I hope to participate in similar activities in future.

Adam Tang, 3E3



Sec 1 Resilience Camp



I remember the Resilience Camp to be a fun-filled and meaningful experience in which I tested new limits and **scaled new heights**. New friendships slowly **blossomed** as I became closer to my classmates after going through the activities together. Some of the challenges and obstacles were easier to overcome as our friends were present to help us through. As the group leader, I spurred my friends to push on when they lacked confidence. Through this camp, I learnt perseverance and responsibility as I had to conquer my own fears before I could look after my teammates.

The most memorable aspect of the camp was learning how to paddle a kayak. I have a **phobia** of deep water but thankfully, my fear was **allayed** as the instructors gave us some time to get used to the water. We took a water confidence test, entered the sea in our life jackets and we were taught how to handle emergency situations. After this experience, I was less afraid of deep water.

I also enjoyed cooking our own dinner as it taught me to be independent. On the whole, the camp taught me the value of teamwork and perseverance to overcome **adversity** that comes my way.

Leena Nor Rani Rozario, 1E4

Through the camp, I learnt to be independent and to get out of my comfort zone in order to broaden my perspective. It was my first time on a kayak and the experience was **mind-blowing**. The instructors were so friendly and humorous that they made us feel very relaxed and comfortable.

It was a very fascinating experience when I had to cook outdoors with my classmates and sleep outdoors in a tent. This out-of-the-world experience will always be etched in my mind, for many years to come.

Estelle Tan, 1N6



Vocabulary

scaled new heights	: achieved a high level of success in a particular activity
blossomed	: matured or developed in a promising or healthy way
phobia	: an extreme or irrational fear of or aversion to something
allayed	: diminished or put at rest
adversity	: a difficult or unpleasant situation
mind-blowing	: overwhelmingly impressive



Honours Day (Staff)



CHR kicked off Honours Day (Staff) with students celebrating this special occasion in class with their teachers. Students expressed their heartfelt gratitude to their teachers through creative drawing and writing.



Ms Goh Bee Hwa, PSG Chairperson and Ms Nora Chih, member of Parent Support Group (PSG), presenting a token of appreciation to Mr David Lau, our Principal.



Ms Goh Bee Hwa, PSG Chairperson and Ms Vivian Poon, member of PSG, presenting a token of appreciation to Mrs Anne Chan, our Vice-Principal.



Ms Goh Bee Hwa, PSG Chairperson and Ms Shendy Gibson, member of PSG, presenting a token of appreciation to Mr Jeromy Ngian, our Vice-Principal.



I would like to thank Miss Sheila Chua for her encouragement and tolerance towards the shortcomings of my class. I appreciate her patience and efforts to come up with ideas to help the class improve whenever there are challenges. Thanks for everything!

Soo Yi Wei, 1E2



I would like to thank Mr Eugene for being a great and supportive teacher. You made us feel special with your motivational quotes. Thank you for inspiring us and we really appreciate your fun-filled lessons!

Gurjit Kaur Sandhu, 3E1



I really appreciate Ms Sheereen Loke for motivating and inspiring me to do my best. Thank you for lending me a helping hand when I need it.

Yojiro Gonzales, 2T7



Thank you for giving me the opportunity to be an emcee for school events. I developed self-confidence under your guidance. I also appreciate you for teaching me moral values and be better than who I am.

Alicia Aw, 1E4

Thank you Miss Leow, for helping and pushing me to achieve my goals. You are one of the reasons why I am doing well in school. Your teaching is very effective and you helped me to improve in my Mathematics. Thank you for being so understanding and encouraging.

You are the best!

Hannah Qistina, 2E3



A humble note of appreciation to Homa, our IT Technical Assistant who never fails to rise to the occasion to handle technical hiccups so that IT lessons can run smoothly and efficiently. This means a lot to me and other teachers as time is of the essence in class. Thanks Homa!

Ms Dorothy Ang, EL Tr



Mr Homa



I would like to thank Mr Benjamin Huang for his engaging lessons and spending time with us after school when some of us need help. Not only are you always kind and patient, you also make lessons easy to understand. Thank you so much!

Reyes Tan, 1E1



Design & Technology Experiential Learning at Nanyang Polytechnic

I went to Nanyang Polytechnic to attend a Design and Technology (D&T) workshop last March. Before attending this workshop, I did not understand how mechanisms work and it was one of my weakest units in theory. However, after attending this workshop, I learned a lot more about mechanisms, especially **pneumatic** control.

What is unique about this workshop is the hands-on lessons they offer, rather than theory-based. I could understand the difficult concepts better as I could try out the system. I learnt being more patient and persevering in my learning helps me to understand challenging concepts. No matter how difficult the theory or concept, as long as I press on to make sense of it, I will eventually be able to grasp the concept.

I am really grateful for the chance to attend this workshop and I want to thank the school and my teachers. Now, I can apply what I learned not only in my theory work but also in my daily life. For example, I now understand how the doors of buses and trains work with the knowledge I gained from this workshop. It was definitely an eye-opening and fruitful experience for me.

Chiam Shan Mei Claire, 3E3



Hands-on circuit connections using pneumatic actuators and valves

Integration of Design & Technology with Applied Learning Programme

During our Design and Technology (D&T) lessons, our teachers also incorporated the sensors we learned in Applied Learning Programme (ALP) for our projects. As ALP is about **integrating** classroom learning with real-world situations, we hope to develop a deeper understanding of the given topic and gain skills that will be useful in the future to come.

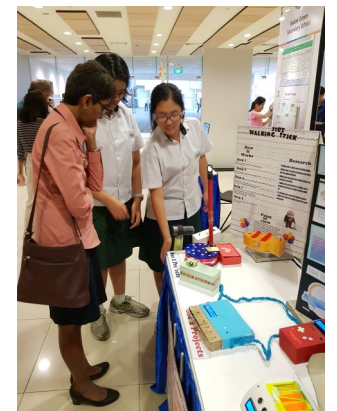
Our task was to design and build a prototype that makes caregiving for the elderly easier. My group conceptualized an idea to modify a walking stick and install a tilt sensor and buzzer. The buzzer will alert passers-by should an elderly falls down while using the walking stick.

I really enjoyed the freedom in our brainstorming process which helped to stimulate our creativity juices. Our teacher did not reject any of our ideas immediately, no matter how far-fetched they are. Instead, she would advise us to make our ideas realistic so that we could design a feasible product with the given resources.

Next, it was interesting to learn that a fidget spinner can be made with **conventional** materials like cardboard and a toothpick. Designing the fidget spinner was fun as we could play around with the design as long as it was symmetrical. I am glad to be able to apply the thought process behind the design of models in other subjects too. For example, when we design a helmet with an ultrasonic sensor, we have to first understand the purpose of the project, our target audience and the **rationale** for creating it. This is definitely applicable to other subjects like English Language and Science.

I really enjoy learning about D&T and I am looking forward to more of these lessons in future!

Fajutag John Francis Fajarillo, 2E4



ALP Showcase at ITE College Central

Vocabulary

pneumatic	: containing or operated by air or gas under pressure
integrating	: combining (one thing) with another to form a whole
conventional	: based on or in accordance with what is generally done or believed
rationale	: a set of reasons or a logical basis for a course of action or belief

National Scrabble Championship 2017



CHR hosted the 16th Inter-School National Scrabble Championship (Preliminary Round) & welcomed 300 participants from 20 Secondary Schools in Singapore on 8 April, Saturday.

It was an extraordinary experience to participate in the National Scrabble Championship 2017. Before attending the training sessions, I thought that it would be an easy game but I totally **underestimated** it. It actually requires a lot of effort and practice. Other than acquiring knowledge on how to play the game, the key is to apply different techniques and strategies to play the game well.

The game also taught me the importance of concentration and focus in order to excel in the game. It was necessary to be extremely focused as we needed to think fast to come up with words quickly to score points. I would like to express my gratitude towards Ms Jannah, my friends and the instructors. They encouraged me not to give up as it was challenging to find the time and energy to stay behind for the long training sessions amidst our busy study schedule.

De Guzman Angel Bulaon, 2E3



Angel (on the extreme left), posing with the rest of the winners.

Book Trailer Workshop by National Library Board

Mdm Zahara, my Malay Language teacher, brought us to attend a Book Trailer Workshop organised by the National Library Board. I was pleasantly surprised and honoured to learn that the trainer is Mr. Sujimy Mohamad, a **veteran** in the media industry. He is a **renowned** television producer who is also a content creator and entrepreneur so I was looking forward to learning many new insights from him.

The objective of the workshop is to create a trailer to promote a book. During the workshop, we learnt the techniques to take picture-perfect shots, video-recording and to have an eye for detail so that we could choose eye-catching shots for the trailer. Constructive feedback was given and we used it to improve our final product. Although it was tough to modify our final work, we persevered.

We also did filming in the Botanical Gardens where I was surprised at some of my peers' creativity as they came up with very good ideas! They also took a lot of initiative which helped to make the filming session a success. When we finally completed our product after four sessions, we did a presentation and also reviewed other groups' trailers so that we can learn from our peers.

I am thankful for this experience and appreciative of Mdm Zahara's effort to organise this workshop for us. Overall, the workshop went beyond my expectations. My group and I also shared our experience with our peers in class who did not attend the workshop so that we can learn together.

Nur Ariqah Zahirah, 3E1



Mr Sujimy taking a selfie with participants of the workshop.

Vocabulary

underestimated

: estimate (something) to be smaller or less important than it really is

veteran

: a person who has had long experience in a particular field

renowned

: known or talked about by many people; famous



Commonwealth Essay Competition 2017

The 2017 competition theme was **A Commonwealth for Peace**, with topics that challenged young writers to consider peace at every level: from the personal to the political to the pan-Commonwealth. Thousands of young people took part, writing stories, poems, essays, scripts and cartoons about this important and contemporary topic.

Extract of Winning Entry (Gold Award)

Were you ever told of stories where Princesses were saved by Princes? They are stories of damsels in distress and the mighty men in shining armour. Now, we tell our children these tales when they cannot sleep, when they are scared of the dark dimensions before their closed eyes. We tell them such stories to lie and deceive our children into thinking that no matter what, the guy will always be a hero and the girl will always need to be rescued. But the story I told my daughter is different. It is a story where anyone can be her own hero.

My name is Mia Khat, 17, and I am in love.

22, and I am pregnant.

23, and the fear still beats in my soul. "It's a girl, congrats." The doctor said, displeased, as I felt the hand of my husband slowly inching away from mine. The room fell dark and silent as the baby was handed to me. I looked down and back up, unable to look down onto the spoilt fruit that I had bore. What will my life be like now?

24, and I am broken.

Since the baby and I returned to the household, life has turned upside down. I am no longer treated like the lady of the household. All because my baby is a girl, I was no longer given supplements for my recovery. All because my baby is a girl, my husband no longer smiles but instead, a frown is usually carved on his face. All because my baby is a girl, I now live like a prisoner behind the walls of my own home.

Did I do something to deserve this fate? I weep each night, praying to the non-existent God to help me, to bring me away from this nightmare. But I still turn to her, whenever she starts wailing. I cannot help it and I still continue to comfort her, feed her and clothe her. I love her and I want her to know that.

29, and I am furious.

Today, my daughter asked me if she could go to school like her cousin does. I was shocked but secretly pleased to hear her voice her own opinion. I spoke to my husband about the possibility of this happening - after all, money was not an issue to him and his family. "How can a girl go to school?" he glared and walked away from me.

That was when I decided I had simply had enough. Enough of this treatment, enough of this family, enough of this discrimination. I am the princess who had waited in the tower for too long, the princess who has grown up and has decided to find her way out of this living hell. That was when I packed my things, pulled my daughter's hand with me as I left behind my wedding ring.

I am the princess in shining armour and I will save my own future, and hers.

36, and I am in love again.

My daughter and I are selling vegetables by the **bustling** street. We earn more and more each day. We still do not have a place to call home, but I am contented to see my daughter going to school and teaching me things that were unknown to me. She is strong and healthy, giving her best in all that she does, showing love and care to those who are helpless. I am proud to have a child who **emanates** hope and strength in the smallest things, a girl who will make not only my world a better place, but for others as well.

This is the story I tell my daughter, of my hardships and my blessings. The story of how a princess was locked away from the world and she wept all day and night. But one day, she threw away her dreams of a charming prince that might come along and save her. She planned her escape with every second she had, and finally executed it perfectly. She ran away, far from the torturous tower that had locked her away from the real world to finally lead a life on her own. A life she fought for so that no one will ever put them and their loved ones down anymore. That is the life my daughter and I shall have as we are women of peace and dignity.

My name is Mia Khat and I am my own Hero.

Thea Sin, 4E1

Vocabulary

bustling

: full of activity

emanates

: give out or emit (a feeling, quality, or sensation)





Congratulations!



Mrs Olivia Cheong's
newborn prince



Ms Alina's newborn
princess

My dream is to be able to grow in character with my peers through my secondary school education. My belief is that all of us are able to reach our fullest potential if we set our minds and hearts to it. With the help of our teachers, I am sure that endless possibilities await us, at the other end of the bridge.



Tay Wee, 4E4

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.



Liyana, 4E3



Johan
Chandra,
3E2

I would like to thank Mr Chan Huazhi for being a vibrant teacher who injects humour in his lessons even when he is not feeling well. His persistence has inspired me to be a positive individual.

I would like to thank Mr Desmond Chan for being an extraordinary and inspiring teacher who is effective in his teaching. He encourages our class to constantly learn new things.



Dashini, 3N6A



Ng Ed Wyn,
5N1

I aspire to constantly improve myself and be positive in all circumstances. I really appreciate the support that teachers have given us through consultations and the Night Study sessions.



Christiana,
3E3

I wish to express my gratitude to Ms Jannah, for always being patient and motivating us to be optimistic regardless of the circumstances.



Low Wenxi,
4E2

The Teacher-Student Conference on Tuesday and Thursday mornings are very useful as my teachers provided me a very clear representation of different options after graduation. The exposure to a myriad of experiences both in and beyond the classroom helped me to make a more informed decision so that I am more aware what needs to be done in order to build my dream.

In the past, I used to take studying for granted but I have now grown to understand the importance of having a good education in order to secure my dream job and contribute back to society. I would like to thank my teachers for not giving up on me and for believing in me.



Nathanael
Lam, 4N5



Farah
Frauder, 4E1

I am glad to have a miable and caring teachers who mentored me throughout my 4 years of education in school. With their guidance, I am able to reach my fullest potential and aspire to be better than I am.

Since I was young, my dream is to fly an airplane but I never felt it is possible. However, my teachers in CHR took me through the steps I need to take in order to achieve my dreams. I am more sure of my capabilities and what I need to do so that I can advance confidently towards my desired career path.



Ryobi, 4N6

My dream is to study Aerospace engineering and I am striving to achieve my dream by studying hard. I appreciate my form teachers for motivating me and reminding me not to give up.



Rishi, 4T7

Thanks Mdm Rahimah and Mrs Ram for nurturing us like how a mother would, constantly reminding us to be better individuals everyday and for showering us with care since day one. Without both of you, we would not be where we are today.



Mariessa
Masturina,
5N2





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Well Wishes from the Alumni to Students taking the National Examinations

Dear Graduands,

You have come to the end of your Secondary School education. You may think that your journey has ended; but no, it's simply the beginning of much more to come. You will move forward to discover new things, new ventures, and develop new friendship in your next journey.

Life is like a journey on a train, because upon alighting at one station, you then board another one where your journey starts all over again. Whatever you have gained from here, take with you the good memories of your experiences, the positive values you have learnt, the fulfilling relationships with your friends and teachers and never forget these times. If you've had any bad experiences, leave them behind; put any bitterness or hurt behind you and forgive those who may have hurt you.

Move on and be assured that your next journey is going to be good! God is with you wherever you are – you are not alone. Put your hope in the Lord. Place God at the centre of your life and the journey will be beautiful. All the best to your future endeavours! May the Lord bless each and every one of you.

Ms Rebecca Quek
Honorary Treasurer
CHR Alumni

Dear Graduands,

You've prepared long and hard. Be strong and courageous. Do not be afraid or terrified for the Lord, your God, goes with you. He will never leave or forsake you.

As you move on to the next chapter in life, do remember all that you've gained from CHR; those wonderful memories with your friends and teachers, and (life) lessons learnt.

Always carry along Perseverance, Grit and Humility wherever you go.

Mrs Molly Soong
Member
CHR Alumni



I strongly believe that by putting in sufficient effort, results will definitely show in some way or another.

This was the first time I felt like I really worked hard for something and I knew I could walk out of the examination hall telling myself that I have no regrets regardless of my results. The only thing that matters

was putting in your all. Believe in yourself and put in a little more effort than you usually do and you'll definitely make it, I assure you.

Lastly, I'll end with my favourite verse "Don't worry, God is faithful, He won't give you any more than you can handle."

Hang in there, CHRians, you can do it!

Tio Wen Xuan, 5N1 (2016)



The secret to success lies in being well-prepared. For certain topics that I had problems with, I would consult my teachers during or after school to clarify them. This helps in my understanding of the difficult concepts greatly.

Look at the best student in your class and give yourself a challenge to beat his/her score. Think of him as an 'obstacle' you need to overcome. Even

if you beat them once, don't stop there, maintain your pace or go further, only then will you excel.

Lastly, stay calm and rest well the night before your examinations. This will give you the energy to tackle your examination the next day.

All the best, CHRians!

Espen Lee Cher Shee, 4E5 (2016)

