



CHR Highlights

"Be on your guard; stand firm in the faith; be courageous; be strong." 1 Corinthians 16:13

Issue 3/2018

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OUR NEW STAFF



Mdm Prema Chinnappan
Tamil Tr



Mr Sean Tan
MA/Physics Tr

"The sincere commitment of CHR in providing a holistic education to students is what I find unique amongst the schools I have taught in. Students here are nurtured and cared for in a cohesive learning environment that yields exemplary future learners."

"CHR's close-knit culture provides a platform for all staff to work collaboratively towards holistic student development.

It is inspiring to be part of a family that makes a difference in the lives of the students."



Mr Tommy Peok (AED)

PESTA RAYA CONCERT

I was a nervous wreck when I had to dance and act during the Pesta Raya Concert. I had totally no confidence in dancing and was overwhelmed with fear and anxiety. Fortunately, my teachers and friends encouraged me to try my best and gave me constructive feedback on how to improve my performance.

With numerous practices, I managed to overcome my fear of doing badly on stage and to believe in myself. When the audience cheered for me, it gave me the courage to keep trying instead of being overly-concerned with making mistakes. I am thankful to my teacher for giving me this opportunity to perform in front of the whole school and to develop my confidence and self-esteem.

Khairul, 3N6



Sec 3 Career Conference & Guidance

The highlight of the career conference was when I could compare the courses and programmes offered by different Higher Education schools and get an overview on what interests me. Each school offers more than ten courses that cater to students' passion.

After comparing all the courses, 'Biomedical Engineering' offered by Ngee Ann Polytechnic School Of Engineering **caught my eye**. Biomedical engineering is about developing medical equipment and inventing new medical cures. As I was keen to enrol into this course, I feel that having clarity of the criteria would definitely **stand me in good stead** so that I can set realistic goals for myself to increase my chances of getting in.

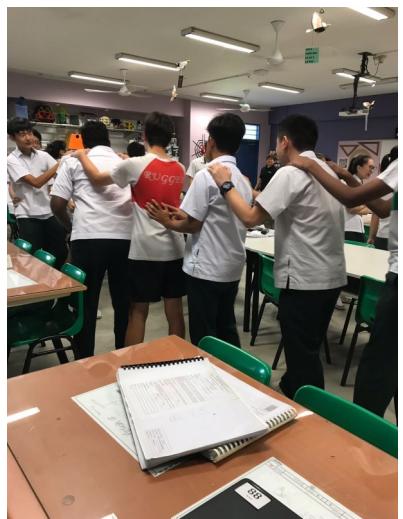


Before attending the career conference, I had a lot of doubts about what I should study after my 'O' Level examinations. However, after attending the conference, I had a clearer idea about the course which might be my **cup of tea**. I am thankful that the school organised this talk for us so that we can make an informed decision when choosing our course of study.

Roshan, 3E4

The career conference allowed me to explore and gain more insight into the different courses each polytechnic has to offer. Even though I have already decided on the course I wished to enrol in, this workshop opened my eyes to other courses that may suit me too. I could clarify my doubts and take note of interesting and informative details about the course which were not available on their website.

I enjoyed the sharing by the various lecturers on campus life in their schools as well as what we may experience when studying a particular course. The interesting snippets of the stories they shared left a deep impression on me and were helpful in giving me a different perspective about school life in their respective campuses.



Syadiyah, 3E2

I enjoyed watching the videos of campus life shared by our guest speakers. It was fascinating to learn about life in the campus from the lecturers' experiences. I was taken aback to learn that I need to study more than 8 years if I want to become a licensed clinical psychologist. It is also not easy to enrol into the course as one needs to achieve an L1R4 of below 10 points to stand a higher chance. This motivates me to study harder. I also learnt that I can apply for my desired course through the Early Admission Exercise (EAE), which is definitely worth considering.

Chelsea Loh, 3E4

We found the talk by a speaker from Institute Of Technical Education (ITE) very informative. We were given an overview of the various courses available as well as the criteria for admission. This set us thinking about what may suit us. We were glad to learn that there is a new Special College Admission Scheme which accepts students based on their special talents and achievements. This is definitely good news for us since we do not need to rely solely on our academic results to enter our desired course. We are thankful that the talk made us more aware of our options when we apply for a course in ITE.

Pioquid Yojiro Gonzales and Selina Tan Mei Xuan, 3T7

Vocabulary

caught my eye : got my attention

stand me in good stead : an experience or ability that will be beneficial to me in future

my cup of tea : to describe something you like or something you enjoy doing



Sec 1 Resilience Camp

I was initially apprehensive about attending my school camp as I was still unfamiliar with my new school environment. Looking back, I was glad I went ahead with the camp as the experiences were truly memorable and marked the start of a great secondary school life for me.

The camp enabled me to try many things for the first time. It was my first time pitching a tent, cooking and paddling on a dragon boat. My favourite activity was the dragon boat race as I had to team up with my classmates to race against another team. Even though the competition was intense, I felt the activity was a brief **respite** from the stress we felt in school. With the cool breeze blowing gently on our faces and the beautiful sea greeting us, how could we not feel peaceful and relaxed?

There were many activities that challenged us to come up with ideas as a team and to work together to achieve a particular purpose. The focus on teamwork enabled me to make more friends and also helped me learn more about myself. I used to rely on others a lot but the activities encouraged me to be more self-directed and independent. Being away from the comfort of home and having to take care of myself forced me to pick up many skills on my own.

The camp had given me many **indelible** memories to cherish for a lifetime. Cooking fantastic ‘Bee Hoon’ soup with my peers, and sleeping in a tent were experiences that helped me to forge stronger bonds with my classmates and eased my transition into a new school.

Samantha Low, 1N6

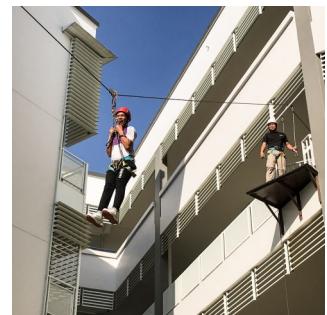
My favourite activity during the Secondary One Camp was also the one I feared the most—abseiling. The height was too much for me to bear as I had to abseil from the 5th storey. I cried out of fear but with my friends’ and teachers’ encouragement, I managed to do it and discovered that it was not that scary after all. I was glad that I did not give up and managed to overcome my fear of heights.

I also enjoyed the other activities such as dragon boating, zipline and outdoor cooking which helped to bond my classmates together. We also looked out for one another by ensuring our peers’ life jackets were properly put on. Although some of us were clueless about cooking, we followed instructions and managed to whip up a good meal. We worked as a team to clean up the place and washed the dishes after the meal. It was definitely an unforgettable experience.

Sleeping in a tent was also an ‘out-of-this-world’ experience for me. Learning how to pitch a tent and the experience of sleeping outdoors was something I had never done before. I also cherished the chance to chat with my best friends before we dozed off due to fatigue.

I would like to thank my teachers and camp instructors for planning such an amazing camp which had given me so many precious memories that would be **etched** in my mind forever.

Poorna Krishnan, 1T7



Vocabulary

respite : a short period of rest or relief from something difficult or unpleasant

indelible : memories or actions are impossible to forget, or have a permanent influence or effect

etched : an experience permanently fixed in someone's memory



Passionata II : Our Family 2018



I had a remarkable time during the preparation for the musical. The **adrenaline** I felt was something I had never experienced before. I had never performed in a musical on such a large scale in which various Performing Arts groups come together to put up a spectacular performance.

Every rehearsal strengthened my resolve and built my confidence. I had never danced before so I was initially panic-stricken when I was required to dance. I was so worried that the audience might laugh at me. However, I realised that my worries were **unfounded**; my lack of confidence was probably my stumbling block. As my confidence increased, I looked forward to the performance.

Being able to participate in such a significant event in school filled my heart with gratitude. There was a great sense of accomplishment to be able to go beyond my limits and do things that I never imagined would be possible. I would like to thank my teachers for giving me this opportunity and for believing in me.

Natasha Sim, 2E4

My involvement in Passionata II filled me with a great sense of pride. I am proud of our achievement in putting up a splendid show. At the end of the musical, no words could describe my pride and joy to receive a standing **ovation**. The blood, sweat and tears that I had put in for the performance paid off. It was through much perseverance and endurance that I pulled through the gruelling rehearsals and I was thankful that I did not throw in the towel.

Xavier Chan, 1N6

In Passionata II, I contributed as a band member playing the **astounding** music composed by Ms Sum. With school and work itself, the pressure of numerous rehearsals caused an **insurmountable** challenge which I had difficulties coping with. However, my peers encouraged me to strive forward despite difficulties. Nothing could prepare me for the euphoria when I was on the stage, giving my all for the performance. At that moment, time seemed to have come to a standstill, and all that existed was just myself and the audience, enjoying the music while lost in our own world.

The journey to achieve this unequivocally formed a natural kinship between the performers as we shared ups and downs together. I believe it is through such opportunities that we find our true friends who truly understand and care for us. I appreciate my school for organising Passionata II, as this was a platform for performers to not only showcase their talents but also for them to experience how it may be possible for anyone to conquer the world when they are on a stage. Dreams do come true if we seek to achieve them.

Andrea, 3E1

Vocabulary

adrenaline	: a hormone produced by the body when a person is frightened, angry or excited that makes the heart beat faster
unfounded	: lacking a sound basis, groundless, unwarranted
astounding	: surprisingly impressive or notable
insurmountable	: too great to be overcome



NATIONAL DAY PARADE

Commitment and Passion—these two qualities were what spurred me to persevere through the various gruelling rehearsals in preparation for the annual National Day Celebrations in school. As the Flag Party Commander, I had to direct the national and school flag to the flagpoles and check on the well-being of my platoon mates. I was committed to attend every rehearsal as the dedication to put on a good show was constantly on my mind.



This experience encouraged me to be more confident in voicing my opinions and interacting with my unit effectively. At the beginning, there were problems in getting the timing of the slow march to be in sync. Therefore, I gathered my team and spoke to them on the importance of listening to commands to ensure synchronisation. As a team, we solved the problem with just one training session before we proceeded to improve other aspects of our segment.

I hope that all Singaporeans will be daring to take risks, break out of monotony and seek their true passion and purpose in life. Collectively, we will become a more driven society that has room for the incubation and growth of dreams, for one and all.

Brady Tay, 3E3

Since I was young, I have a phobia of public speaking. Never did I expect that my involvement in the recent National Day Celebrations would help me overcome my fear and instil confidence in me. As the Guest-of-Honour Commander, I had to lead the whole contingent and ensure that everyone was well-prepared to execute the commands correctly. To lead others well, possessing self-confidence is crucial. Initially, I was doubtful if I could live up to the task but thanks to my teachers' and peers' encouragement, I persevered and managed to carry out my duties smoothly.

Yeap Wan Qing, 3N6

RACIAL HARMONY DAY



To commemorate Racial Harmony, my school organised a week long of various cross-cultural activities themed 'Diversity, Our Strength'. Students and staff dressed up in their best ethnic costumes to compete for the 'Best Dressed Award'. I was thrilled to see our peers and teachers adorned in colourful costumes which made me appreciate our cultural diversity that allows us to have contact with people of different races.



There was a Cultural Arts Fiesta where we tried our hands at traditional activities enjoyed by different races. External vendors set up various booths such as Batik painting, Chinese paper cutting and Indian block printing. It was a meaningful experience as I learned how to mix different colours to create vibrant colours on my painting. This activity gave me the opportunity to try traditional activities of other races that I normally would not have the chance to do so.

Regardless of our race and religion, we should get to know other people of different races and religions better. We should not take our racial harmony for granted and should always practise respect and tolerance for other ethnic cultures despite the various differences.

Sangeeta, 5N1



BONDING DAY



On Bonding Day, the school organised various games and activities to enable the graduating students to bond with one another as a cohort. The energy level of everyone was high as everyone was ecstatic and enjoyed themselves. We had the chance to be acquainted with peers from other classes, engage in games with them and know them better. I particularly enjoyed 'Bubble Soccer'. It was an exhilarating experience to attempt to chase and kick the ball while encased in an zorb-like torus. It was thrilling to try to win as a team as we had to react quickly.

After these activities, we were treated to a Youth Day concert hosted by our very own teachers. I was surprised to watch a video featuring our teachers, dedicated to all students to celebrate Youth Day. I really appreciate their effort for showing that they will always be there for us. Our teachers also showed a different side of their personality when they spontaneously went up on the stage and played games with students.

Sabrina, 4N6B

YOUTH DAY CONCERT



of failure is something that students should **emulate**. I am thankful for their effort in making it a special celebration for us.

Wang Xinran, 4E2

The highlight of the concert was to see teachers and students playing games on the stage. I was surprised to see that teachers were more skilful than the students at landing the slippers into the basket. The dance performance by the teachers was inspiring as they specially put up the item for us. It might not be easy for them yet they were **undeterred** and unwavered. This inspired me to work hard for my 'O' Level examinations and not give up easily in the face of challenges. I hope to be like the teachers on stage that day, giving their best regardless of the difficulties.



Brannon Soh, 5N2

Vocabulary

emulate : *match or surpass (a person or achievement), typically by imitation*

undeterred : *persevering with something despite setbacks*





Congratulations!



We wish Mr
Tommy Peok
and his bride a
blissful
marriage!

I would like to show my appreciation to Mr Soh Guan Tong, who assists the class in Design & Technology lessons. Once, a few of us had difficulties with the lightbox electronics. Mr Soh offered to stay back after school to help us.

He may look fierce and strict but is constantly helping and guiding students to understand and improve their work. My class really appreciate his help, effort and time to teach us in whatever way he can.

I would like to thank Auntie Mei Zhen who is always patient and cheerful when attending to students at the Drinks stall.

There were times when students were in a rush to get their food and pressed the bell insistently. Instead of being annoyed, she would kindly ask them to give her a moment to attend to them. Her patience and enthusiasm for her work is admirable!

I would like to thank Mr Afiq allowing us to use the dance studio for our training sessions. Sometimes, he even stays late with us until 6.30pm to ensure that everything runs smoothly and that we are safe and sound.

My class really appreciates every single thing you do for us. Thank you so much!



Tay Jingyi,
3E3



Vanessa
Yong, 3E3



Hanif, 3N6

The theme for CHR 2017 "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 am thankful to Mr Hisham, our school security guard for not only keeping our school safe but also going the extra mile to be friends with students by interacting with them.

I also look forward to seeing Pastor William as he never fails to brighten my day with his friendliness. I appreciate his inspiring talks.



Isaiah Yip,
3E1



Amparo
Maria, 3E2

I would like to give my sincere thanks to Mr Vincent for being kind and friendly. He spends time talking to students and understands their concerns. I appreciate his effort in helping out with school discipline so that we can have a conducive school environment to study in. Thank you for always being so gracious and patient with students.



Chelsea
Loh, 3E4

I appreciate Mdm Giam for always extending a helping hand to others whenever she can. I remembered how she cared for me when I hurt my finger by accident in the Science laboratory. She also helped me search for my apparatus patiently when I misplaced it. Thank you for your care and guidance in CHR.



Shevonne
Ang, 3N5

I would like to thank Pastor William for making my day with a simple greeting "Good Morning!".

I look forward to seeing him in school even though I may not get to greet him but he has an assuring presence. I notice he is always in school earlier than most of the students and leaves school much later than most of us. I appreciate that he also comes back to school on Saturdays to conduct programmes for students.



Tanush, 3T7

I would like to thank Mdm Lithya for encouraging and cheering me up whenever I am in low spirits. I appreciate her advice on how to improve my weaknesses and be a better person. Through her guidance, I will strive to achieve my goals and try my best in whatever I do.





Parent Support Group Wishes for Staff

I would like to thank Mr Chan Hua Zhi for constantly communicating with me on how to help my daughter and also for guiding her to improve her academic studies. Thank you for believing in her and helping her throughout the arduous preparation for the upcoming 'O' Level examinations. I also appreciate Ms Ng Hwee Bin for guiding my daughter since lower secondary and for equipping her with the necessary skills and knowledge to prepare her for the next phase of her education.

Parent of Alysa Pitchamani, 4E2

Ever since my son entered CHR in 2016, I felt gratified that he always look forward to attending school and going for his CCA. He frequently shared with me how blessed he is to have a teacher, Mr Desmond Chan, who coaches him not only in Soccer but also acts as a mentor to him in many other ways, guiding him in his life. It is always a mother's joy to see her son developing his character under the positive influence of a teacher. Thank you, Mr Desmond!

Parent of Matthew Emmanuel, 3E2

A huge shout-out to all the security guards in CHR for their dedication to their job in not only upholding safety in the school premises but also going the extra mile for the students. On rainy days, it touches my heart to see them sheltering students at the drop-off area with an umbrella while sometimes getting wet themselves. This may be a small gesture but it warms my heart to see such a caring sight in CHR. As parents, we take comfort to have people like you taking care of our children as such love and care from the heart shows your sincere concern for the students' well-being.

Parent of Xavier Chan, 1N6

I appreciate Miss Rusydiah for always showing concern and care for my son. You see what is good in every child and highlighted their strengths to build their confidence and help them grow. This is something precious in you as an educator! I feel blessed to have you as Raphael's form teacher! I would also like to thank the Principal, teachers and security guards for being friendly and for always making me feel welcome when I step into the school compound. You made CHR a pleasant home!

Parent of Chen En Rong Raphael, 1E2

I would like to express my appreciation to Mr Eugene, the Physics teacher of 1E1. My girl has been singing praises of him on how he makes lessons interesting and easy to grasp for her. It has become her favourite subject. Thanks for being a great teacher and for making a difference in the students' lives.

Parent of Meagan Chau, 1E1

I would like to express my gratitude to my son's form teachers, Mdm Rahimah, Ms Angel, Mr Francis for their love, support and guidance. Thank you for taking the time to understand him which helped him to improve his studies and behaviour. I am also thankful for the administrative staff for always being polite in attending to my queries, as well as the security guards for their kindness and loving gestures.

Parent of Darren Fernandez, 1T7

I would like to appreciate Miss Sarah Oh who taught my daughter for 4 years. She exemplifies the qualities of an excellent teacher who cares unconditionally for her students. She tries her best to motivate and encourage her students with little gestures of care and love. She prays for them before examinations which helps to allay their anxieties and sometimes even buy food for them when they stay back late. My daughter looks up to her like an elder sister who has her best interests at heart. We are blessed to have such a dedicated teacher in CHR.

Parent of Dorcas Tan, 4E4

I appreciate Mdm Ang for being a helpful teacher and taking good care of my daughter in class. She handles my concerns in a patient and professional manner which gives me the assurance and confidence that my child is well taken care of in CHR.

Parent of Ng Kai Hui, 1N6

