



# CHR Highlights

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand". Isaiah 41:10

Issue 4/2014

## CHR students @ Official Opening of ACE THE PLACE CC on 2nd March 2014



Syafiqah, 4E3

"I was honoured to have the opportunity to converse with Mr Vikram Nair, Sembawang GRC MP, who complimented us on our creativity by creating handmade soap and candles."



Our Green Club students promoting their handmade candles and soap to visitors at their booth. They demonstrated the process of soap-making at the booth and illustrated the entire process through posters.

From back row, left : Dr Teo Ho Pin, Mayor of NW District & Chairman of Holland-Bukit Panjang Town Council, MP for Bukit Panjang Constituency, Mr Vikram Nair, MP for Sembawang GRC (Admiralty) and Vice-Chairman of Sembawang Town Council, Mr Khaw Boon Wan, (Minister of National Development and MP for Sembawang GRC, Ms Ellen Lee, MP for Sembawang GRC (Woodlands), Vice-chairman of Sembawang Town Council with our Green Club students.

Third row: Mr Ong Teng Koon, MP for Sembawang GRC (Woodgrove) and Dr Lim Wee Kiak, MP of Nee Soon GRC.

**Congratulations!**  
CHR Highlights Quiz 3  
Champion--1E4!

## Achievements at National level



Girls' Brigade  
Company Award  
(Gold)  
(3rd consecutive year)

GB also clinched  
**Silver** in National  
Drill Competition  
2014!



3rd in NCDCC Skills Challenge

NCDCC also  
clinched  
Bronze in  
Unit Overall  
Proficiency  
Award!



NPCC  
Unit  
Overall  
Proficiency  
Award



6th NCC Freestyle Exhibition Drill  
Competition (Bronze)

Best Unit Competition (Silver)

NCC Outstanding Award (Terence Tong, 4E3)

Precision Drill Squad Competition (18th)



School Digital Media Awards (SDMA)  
Merit Award

CHR also emerged in 4th and 6th position in  
13th Inter-school National Scrabble Championship!



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# Ace The Place Community Centre Official Opening

Our school participated in the Official Opening and Open House of Ace The Place Community Club on 2nd March 2014.

7 of our CCA groups, namely Concert Band, Green Club, NCC, Chinese Orchestra, Modern Dance, Boys' Brigade and Girls' Brigade participated in this event. Green Club set up a booth to sell aromatic candles while the rest of the CCA groups delivered stimulating performances.

**Miss Naomi Sum, Music teacher**



Mdm Elizabeth Ter, Miss Uma, Mr Vikram Nair, Mdm Giam with the Green Club students

The objective of this event is to celebrate the opening of the Ace The Place Community Centre. As part of the Green Club, I participated in the event to sell our handmade aromatic candles. We wanted to send the message to everyone that it is possible to turn unwanted objects into something useful. As our school has been using the place for CCA-related activities, we also hope to show our support for this event.

Before the event, my teacher allocated different roles to us and reminded us to be responsible for our own duties. One initial hiccup we had was our inability to find a suitable location for our booth but fortunately we managed to find a suitable place after much effort. We had to crack our brains to think of creative ways to enhance the aesthetics of our booth to make it more appealing.

All of us had to speak up to promote our products and although it was initially **daunting** for me at first, I managed to build up my self-confidence through this process. It was also important that we remained positive regardless of whether we succeeded in selling the products. We started with the mentality that it did not matter even if we were unable to sell the candles but what was more important will be the need for us to persevere. Therefore, it was a bonus to us when we succeeded in selling a lot of our handmade candles which was really a great achievement to us.

When the ministers visited our booth, I felt nervous initially but their big smiles and friendliness **vanquished** my nervousness. I even had the opportunity to greet them, shook hands with them and took photographs as a memento.

I was honoured to have the opportunity to converse with Mr Vikram Nair, Sembawang GRC MP, who expressed his appreciation for our contribution to the event, especially on a weekend. I was **brimming with pride** when he complimented us on our creativity on creating handmade soap and candles. I would like to thank my CCA teacher, Miss Uma and the school for giving me this once-in-a-lifetime experience.

**Syafiqah, 4E3**

During the opening of Ace The Place, as a member of the CHR Green Club, we set up a booth to sell our handmade soap and candles that are environmentally friendly. We displayed posters to illustrate the process of making the candles and soap and also bought along the necessary equipment to create soap on the spot as a demonstration to the public. We also wrapped up our items beautifully and displayed them attractively at our booth.

It was truly an enriching experience as I learnt how to market our products through the use of aesthetics and the need to be confident when promoting the products to potential customers. It was also a memorable experience as I had the opportunity to come up close to Minister Khaw Boon Wan, which was a great honour to me. I would like to thank Mdm Giam, Mdm Ter and Ms Uma for being great teachers and supervisors, looking after us and giving us help when we needed it.

**Malcolm, 4E1**





# Sec 1 & 2 Resilience Programme

I have learnt that we would not have done these high and low elements without the encouragement from our friends, teacher and instructors. They had helped me to **conquer** my fears. The trek at the Ulu Sembawang Nature Trail had helped me to learn more about nature. I enjoyed this camp **immensely** and wish to thank the teachers and school for organising the camp for us.

**Zafira Alyssa Zulkiflee , 1N6**

I truly understood the meaning of the motto “One for all, All for One” through this camp. We should always stay as a group for safety reasons and to work as a team to achieve what we want.

Throughout the camp, I picked up skills on leadership, teamwork and also learnt the importance of responsibility and integrity. The outdoor trips also gave me the opportunity to experience nature. I would like to thank the school and teachers for making the camp memorable and enriching for me.

**Pang Hui Yu, 1N6**

We must always have faith in ourselves. When we were only left with 1 hour to complete the checkpoints, we encouraged everyone to walk faster so that we would be able to complete the 4 checkpoints.

The sense of achievement after completing the checkpoints was really fulfilling and it had taught me that as long as we believe in ourselves and our abilities, we can definitely achieve in our **endeavours**.

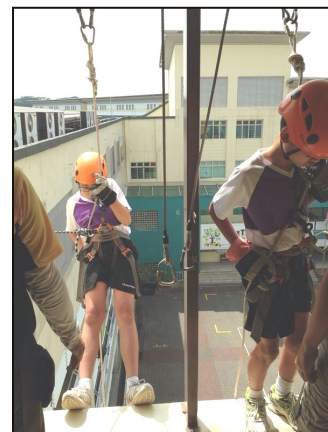
**Markus Chua, 2E3**

One way to overcome the difficulty of going down a steep slope is to walk backwards. I also learnt various useful lifeskills such as map and compass-reading, pitching a tent and cooking outdoors. It was an **eye-opener** for me to learn the challenges of surviving living outdoors.

**Shawn Lim, 2E3**



Campfire in school to mark the finale of the programme



Sec 1 students doing Abseiling

“I have learnt that we must not give up easily in whatever we do. As long as we keep trying, we will definitely succeed.

Perseverance is the key to success.”

**Gina Yeap, 2E1**



Sec 2 students learning to pitch a tent



Rock-climbing may be challenging to some students but all of them managed to conquer their fear with a great sense of achievement.



Can our Sec 2 students hit the bull's eye in their archery lessons?



Our Sec 2 students at a briefing on wearing the safety attire on rock-climbing



Getting ready for outdoor cooking fun!



# Universal Maths Programme

Universal Maths lessons are practical because I am able to prepare for my lessons through watching videos which is one of my favourite activities.

It is beneficial to me as it makes learning difficult concepts easier and I can also help my classmates who do not understand the topic.

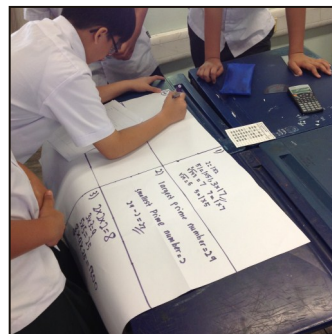
Previously, if I do not understand any topic, I have to wait until I see my teacher in class to clarify my doubts. However, with the videos, **grasping** difficult concepts is no longer an **insurmountable** task.

I would like to thank Mr Joseph and the rest of the teachers involved for making such lessons possible for us.

**Ryobi Gonzales, 2T8**



Mrs Shaun Lee conducting one of the Universal Maths lessons.



The objective of the programme is to learn more about Mathematics and to have a better understanding of the topics.

To prepare for the lessons, we have to go home to watch the videos until we understand the concepts that are taught. To **demonstrate** our understanding, we have to complete the homework that was assigned to us before attending the lessons.

I personally find that learning through the Universal Maths Approach is very effective because I can replay the videos if I encounter any issues or problems with understanding the difficult concepts.

I would like to thank Mr Joseph and the other Mathematics teachers for organising this programme as I am thankful that I can learn Mathematics in a fun and effective way!

**Siti Shahara, 2T8**

## PE Lessons by RMIT Teachers

Due to my injury, I had been unable to participate in Physical Education lessons for a long time. However, the RMIT teachers introduced a different way of playing soccer which enabled me to participate. Their creativity helped me to see how we sometimes limit ourselves through the lack of will power. If we truly want to achieve something, we can succeed with sheer mind power. Nothing is impossible.

**Amersyam, 3N6**

The RMIT teachers were very passionate and lively in teaching us which made us look forward to their lessons. They not only taught us new games but also modified old games to make them more appealing to us. Some of my classmates used to be withdrawn but these activities had helped them to come out of their shells.

I would like to thank them for helping our class to bond better through the various fun and enriching activities!

**Christabelle, 3N6**



Students were divided into various stations to take turns to do different exercises.



Let's all do a 'Hi Five!' for the good job!





# Performing Arts Column

During the March holidays, four Music students went to the National Institute of Education (NIE) to participate in a Gamelan workshop. As part of their syllabus, music students are required to learn about ethnic music from different parts of Asia – Indonesia being one of them. ‘Gamelan’ music therefore refers to Indonesian ensemble music, typically from the islands of Java and Bali.

Gamelan music features metallophones (instruments with tuned metal bars) such as the *saron* and *bonang*, as well as idiophones (instruments which create sounds by vibrating) like the *gong*. Gamelan music is most commonly heard during a performance of *Wayang Kulit*, or shadow puppetry.

**Miss Naomi Sum, Music teacher**

The Gamelan lesson at NIE enabled me to learn how Gamelan music is played, including key terms, concepts and notations for sheet music. Together with some of the Gamelan students from NIE, we learned how to play a song entitled ‘*Ladrang Babar Layas, Laras Pelog Pathet Lima*’.

Listening to Gamelan music on YouTube is different compared to listening to it ‘live’. All of us had the chance to try out different instruments of the ensemble which was really an enriching experience.

Ashley Hikari from 3E2 tried the *gong ageng* (the largest gong in the whole ensemble), while Wen Yi from 3E2 tried the *ketuk and kempyang* (structural instruments). Yue Hua (3E2) and I tried the *sarons* (melodic instruments) first.

Thanks to this Gamelan lesson, we know more about the instruments and the gong cycle better through hands-on experience. I would like to thank my teacher Miss Sum and the school for giving us this opportunity to learn more about music in such an innovative way. I look forward to more workshops to widen my exposure to different forms of music around the world.

**Chan Leo Wynn, 3E4**



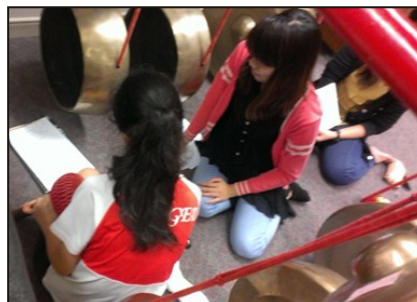
Wen Yi and Ashley Hikari (3E2) playing the sarons



Ley Wynn learning how to play the kenongs, ketuk and kempyang (the pair of metal pots)



Students with the bonangs



Ashley sitting in front of the gongs



Miss Naomi Sum with the students



# VALUES IN ACTION

# Sunlove@Marsiling



We sang a traditional song for the elderly and I faced difficulties in perfecting my performance. However, I did not give up and together as a class, I managed to succeed in delivering a performance which the elderly could appreciate.

I am thankful for the opportunity to show care and concern for the elderly as this taught me how to be more aware of others' needs and how to communicate with the elderly.

**Fadilah, 4T8**

It was a touching experience for me as I discovered that what the elderly wanted was not money but love and care from others. I was able to be more confident by speaking up more in order to interact with almost all the elderly there. In order to prepare for the performance for them, my class spent a few hours a week to rehearse. I am glad that they enjoyed our performance and I am thankful to my school and teachers who organised this activity for us as I had learned a lot about the need to care and love for the elderly.

**Fira Atiqah, 4E1**

## Swami Home@Sembawang

During the visit, I performed for the elderly whole-heartedly to express my goodwill. Initially, I was apprehensive about approaching them but after interacting with them, I discovered that it can be enjoyable communicating with them. I learned to be more sensitive and **meticulous** about the issues what we spoke about to them. The elderly liked to share their little **anecdotes** and just listening to them cheered us up. I also learned that we need to be very patient and careful when feeding them.

After the visit, I began to appreciate my family more. Seeing the elderly in the old folks' home made me realise the importance of my family. I am thankful for the opportunity to visit the home and hearing about others' perspectives on life.

**Lareina Sng, 4E5**

Although I was unwell, I took the visit to the Home **in my stride** as I did not want to miss it. Being able to bring joy to them gave me a great sense of achievement which distracted me from my sickness temporarily. This activity helped me to see the value of teamwork as we were able to succeed in getting a lot of things done as a team.

This experience had also helped open my eyes to the needs of others instead of just being concerned with my own needs. I truly learnt the value of giving and the need to be less self-centered. I would like to give thanks to my parents for bringing me into this world and I promise that I will take good care of them when they grow old. I would like to thank the school for giving me this opportunity to participate in this programme and I hope there will be more of such programmes for us.

**Lim Wee Ling, 4E2**





# Taking a Leap of Faith in Perth



Weekend outing with course mates and their family



Class of 2013-Arrows College



Miss Leong receiving her award at graduation ceremony

In the 4th quarter of 2013, I was given the opportunity to take three months off routine school work to enrol in Arrows School of Ministry in Perth, Western Australia. Being an educator for many years, going back to school as a student was indeed something that I really looked forward to.

I arrived close to midnight on 5th September 2013 at Wattle Grove, where I was to stay for the next 10 to 11 weeks. The abode was neat and cozy in the cold wintry night. Spring was late in coming that year. It was pretty cold and I did not bring along enough thick clothing. However, the warm welcome I received **more than compensate** for the chilly weather.

I underwent an orientation programme the next morning and was introduced to the rest of my house-mates. We were taken on a familiarisation tour around the estate, had lunch at nearby Westfield Carousel Mall and set up a local phone number, apart from buying some necessities like sundries that we might need. In the evening we met with the Dean of the school and we were all ready to start classes on the Monday.

There were 14 modules in all to go through and I enjoyed every single one of them. My favourite module was entitled, Calling and Destiny. This module outlines for us the reason we even live! It is at times like this, when one is away from the **hustle and bustle** of work and activity that one gives deep thoughts about one's reason for being. What are we doing with our lives? What do we find meaning in doing? How do we look at ourselves when we are faced with challenges? Why are we even here? Interesting reflection.

We had inspiring lecturers who were flown in from all over the world – Australia (it is a big continent!), America, East and West Malaysia, Singapore, South Africa and the UK. We were very privileged that they all **congregated** in Perth to teach us. We learnt a great deal from these '**veterans**' in their own field of studies. I do believe I am very blessed.

Apart from the studies, we had a great time socialising with the local Australian participants – we were invited to their homes for sumptuous home cooked meals as well as being taken around the city to take in the sights. Some of us even drove a boat in Mandurah! I had friends from school days who had emigrated to Perth and we had a wonderful time catching up with one another. As a school, we also went to Chittering to pluck oranges and ate a typical Aussie BBQ lunch, strolled around Kings Park to enjoy the city lights, visited the vineyards to understand wine-making and devoured chocolates at the Margaret River Chocolate Factory. I thoroughly appreciated the work-life balance and pace of Australian living. But of course, I was here only for a brief while...

The 10 weeks passed by quickly. The course ended with a graduation ceremony and well-wishers were on hand to prepare a feast fit for royalty to mark the successful completion of another course and to say farewell to the 2nd batch of Arrows students. I would like to thank Mrs Yeo, the Principal for approving my leave. Through this course, I was able to **enrich my mind and soul**. It was a restful yet enriching time away.

**Miss Lesley Leong**

HOD, EL & Lit Dept





# "A Touch Of Kindness Starts with One Thoughtful ME."



**Nurulhuda  
Amiera 4E1**

I give thanks to my classmate who took the initiative to own up for his mistake in front of the whole class and apologised to the teacher. His sense of integrity is truly admirable.



I give thanks to the students who have academic integrity by upholding values such as honesty in all class work and avoidance of cheating.

**Mrs Ang-Lim Liyun, FT of 4E1**



**Chester, 4E2**

To uphold our integrity, during a test or examination, always remember that you can look up for inspiration, look down if in desperation but you must NEVER look left and right for information.

I believe integrity is about being a whole person – whose thoughts, feelings and deeds are as one. By giving thanks, our mind, heart and will are conditioned to align to what is right. A mind focused on giving thanks will keep us thinking on the good things of life.



A heart bent on giving thanks will keep us desiring to appreciate the good things in life. A will bent on giving thanks will drive us towards accomplishing good things for life.

Therefore, by giving thanks, we develop integrity to do what is right.

**Mr Eugene Teo, FT of 4E2**



**Priscilla Ng Li  
Hui, 4E3**

I give thanks to God for he gives me strength and the Holy Spirit to guide me to be consistent in upholding my values, principles and integrity.

For example, sometimes when someone close to us makes a mistake, they may expect us to condone their actions. However, I do not compromise my values and will advise the person to repent and on the right course of action they should take.

I give thanks to the student who had the integrity to own up that he had given me Malaysian coins by mistake when submitting money to me for administrative purposes.

**Ms Ng Hui Ling, FT of 4E3**



I give thanks to my class committee members for having the moral integrity to ensure that all expenditures for the class decorations are accounted for and also keeping the class fund balance sheet meticulously in order.

**Mr Firdaus, FT of 4E4**



**Jaquelyn Cheong,  
4N6**

When I dropped my wallet in the school canteen, I thought I had lost it forever. I was completely taken aback when one of my school-mates picked up my wallet and went out of his way to return it to me. I really admire his integrity and would never thank him enough for what he did for me.

I give thanks to my classmates for having a strong sense of integrity. If they made any mistakes, they will have the courage to own up. For example, when one of them broke a classmate's calculator accidentally, he took responsibility by owning up and compensating him a new one.



**Athiqah 4N7B**



**Charis, 4E5**

Like what Mr Clement Lim once shared before, integrity is to have the courage and moral to do what is right.

One should have the integrity to repent by admitting one's mistakes and change for the better.

Most of all, give thanks for the willingness to repent after being aware of one's wrong actions.

I give thanks to my students for being honest and up-front with their views. They have the moral courage to own up to their mistakes and improve themselves.

**Mr Issac Tan, FT 4N7B**



I am very thankful for the morning prayers, various meaningful daily reflections as well as being a form teacher of disciplined students with the right attitude and integrity.

**Mrs Ramani, FT of 4E5**



I give thanks to my friend whose strong sense of integrity deterred him from keeping a wallet he picked up even though he was facing serious financial problems.



**Siew Poh, 4N7A**



**Muhammad Irsyad Bin Rohani, 4T8**

I would like to give thanks to all my classmates and friends from other classes whom I had been with for the past four years for possessing the integrity to own up for their mistakes.

They are my motivation to persevere in pressing on and to excel in everything I do.

