



CHR Highlights

"I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you." Psalm 32:8

Issue 1/2015

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Let's Welcome Our New Principal, Mr David Lau!

Greetings CHRians & Friends!

I am honoured and humbled to be given the opportunity to serve as Principal of Christ Church Secondary School. Under the able leadership of my predecessor, CHR has been blessed with bountiful harvests in many aspects of our CHR AOP Curriculum.

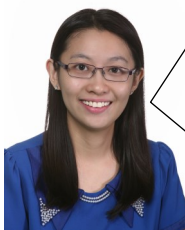
Where do we go from here? Our educational landscape is fast changing. Advancements in technology are reshaping the direction of our well-worn paths. To ensure that we stay the course to excellence and to continue to build upon the good work that has already been done, I will work closely with the staff and stakeholders to uphold our philosophy, that each child has worth and must be nurtured to reach his/her fullest potential.

Mr David Lau
Principal



Mr David Lau
Principal

CHR Welcomes Our New Staff



Miss Yang Jing
Jing
Science

Students in CHR are motivated to learn and are teachable. Colleagues here are helpful and approachable too. There is also strong team spirit when we come together as a team, working for various projects or events.

It has been pleasant and enjoyable teaching in CHR.



Mr Joshua
Choo
English

When I first started teaching here, I found that our students are generally receptive to feedback and keen to learn. I appreciate the efforts made by the school to instil the right values and attitude in our students.

Teaching in a school with a focus on Outdoor Adventure Learning is a dream come true for me.

Challenging experiences in the outdoors impact a person's physical, intellectual, emotional, social, and moral development greatly. I am glad to be part of the team to provide this holistic education."



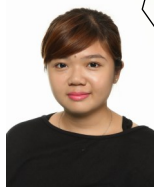
Mr Johnson
Chua
OE
SH/Normal
Stream



Miss Nurul Amalina
English/E Lit

As a teacher, I believe that it is essential to ensure and promote the well-being of my students — their learning, their principles and values, their social-emotional development and most importantly, their ability to grow into thinking, responsible human beings.

I can't think of a better place than CHR to do this.



Miss Fiona
TSO/Sci Lab

When I first stepped in CHR, I was very impressed by the school's facilities. There is even a Science Garden for students to learn more about nature, and recycling.

Other than working inside the lab, I appreciate the opportunity I was given to learn how to harvest ginger and lettuce as well as extracting colouring from flowers for Science experiments. I look forward to learning new things everyday!

CHR has such a positive and nurturing atmosphere.

Every adult and child is enriched by just being a part of the school.

It is heartening to know that CHR adopts a holistic learning framework through the AOP Curriculum to develop the students all-round.

Together with dedicated teachers, I am sure the school will be able to soar to greater heights!



Miss Rusydiah
English/SS



Mr Aaron Koh
OE Coordinator



Staff Appreciation Dinner 2014

A tribute to Our Ex-Principal

Mrs Yeo found her 'race' through influence from mentors and discovering her strengths (her strong voice and leadership skills). She started teaching English and Literature in 1978. 15 years into her service as an educator, she was appointed as a Principal and she has served as a principal for more than 20 years, leading 5 different schools.

She strongly believes that Education is about Life and she once said in an interview "School shouldn't just be about books. I had such a good time in school by becoming involved. Now I'm constantly working with my teachers to deliver a well-rounded curriculum, to help draw the best from our students. I want them to enjoy the same kind of full and enriching school experience that I had."

With this strong belief and faith, she worked with passion and determination to give the very best to her students. At only 155cm she is hardly an imposing figure; but the force of this principal's "look" and her voice will always be legendary. Now on 31st Dec 2014, she will complete her race as an educator, retiring 36 years after she started her race. But, we believe, her journey as an educator will not end.



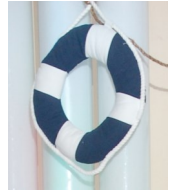
Mrs Yeo, our ex-principal

'I have fought the good fight, I have finished the race, I have kept the faith'

2 Timothy 4:7

Questions to ponder about:

- 1) What is the race in my life?
- 2) What do you mean I have fought a good fight and kept the faith?



A Life buoy

Theme Of The Dinner : Nautical

Can you spot all things related to the nautical theme?

Nautical Vocabulary Terms

Life buoy: a buoyant support such as a lifebelt for keeping a person afloat in water

Helm: ship's steering wheel

Yacht: medium-sized sailing boat equipped for cruising or racing

Ship master/ Captain: licensed mariner in ultimate command of the vessel

Quarterdeck: part of a ship used for ceremonial functions



CHR teachers are simply amazing. Besides their multi-tasking skills at juggling teaching duties, and administrative work, check out the hidden talents of some of our CHR teachers!

Do you know?

The blue jean collar is the most recognisable item of the sailor suit.

It is often considered lucky to touch a sailor's collar. The bell bottomed trousers were designed so that they could be rolled up easily when scrubbing the decks.

Meet our Best-Dressed Miss Sarah Oh and Mr Aljunied !



Mr Desmond Chan sang 'It's Now or Never' to an enraptured audience.

Mr Chan Huazhi surprised the audience with his smooth dance moves and powerful rendition of the song 'Call me, Baby'.



Meet our gregarious and fun-loving emcees for the day! Miss Toh Minmin, Mr Firdaus and Mr Caleb Chandra!



Miss Lee Soo Fen charmed many with her lovely voice when she sang 'A Sky Full Of Stars' and 'Just The Way You are'. Mr Eugene Teo played the guitar while Mr Chandra was beatboxing to the two songs.



Miss Charmaine Lim captivated the audience with a Mandarin song '一路上有你' while Miss Naomi Sum complemented her singing by playing the musical keyboard.



Performing Arts Night 2014

Developing Resilience In Our Students

On the day of the performance itself, the final rehearsal had left us *crestfallen* and frantic as we felt that our performance was not up to par. I felt *despondent* that I failed to assist the Choir to achieve the standard that we had all **painstakingly** tried to achieve. We were overwhelmed with guilt as the teachers, including our conductor and pianist, had faith in us that we would be able to do the choir proud.

In spite of all our self-doubts, we retained our 'eagle's mentality' and still gave our best. Eventually, we managed to put up a satisfying performance. I believe that this experience had taught me to be more **resilient** and not to give up in the face of challenges.

Mabel Wee Sze Hsuan, 3E5



Vocabulary Terms :

Painstakingly: involving great care and attention

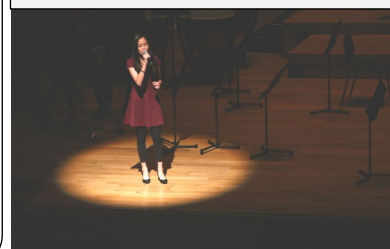
Resilient: able to withstand or recover quickly from difficult conditions

Relentlessly: unceasingly intense, persistently

Tempo: speed of the music

Scalic passages: passages in the music where notes are played rapidly in ascending or descending direction

Do you know **270** Performing Arts students performed in the public CHR Concert at SOTA on 21st Nov last year?



Meet our budding singer, Mcquin from 3E2!

It was a magical experience to be standing on the stage, with the spotlight shinning down on me. I had chosen the song 'For Good' by 'Wicked' as I wanted to dedicate this song to Mrs Yeo, who had encouraged me to be successful in life. Before the performance, I did various exercises to get the best out of my voice as I was worried that I could not reach the high notes. There was the *innate* fear in me that my voice may crack so I had to practise **relentlessly**. Thankfully, everything turned out well in the end.

Mcquin, 3E2

I had fun playing and performing solo for CHR's Performing Arts Night last year. I started preparing for my piano piece a month before the performance. In the month of preparation, Miss Naomi Sum helped me tremendously by correcting my mistakes, especially in the area of keeping my **tempo** consistent. During the rehearsals, everyone was doing their best to perform for the teachers and other performers in the hall.

The feeling of performing during rehearsals as compared to the actual performance was completely different. When it was my turn to perform on the actual night, I felt extremely nervous and was worried I would slip when I played the **scalic passages**. When I stepped onto the stage, my friends cheered loudly for me and all the nervousness and anxiety cleared up.

Through this performance, I learnt that I should not worry too much about the outcome before trying. I was also reminded that when I feel uneasy or nervous, my friends and family members will always be there for me. I would like to take this opportunity to thank Miss Naomi Sum and Mrs Yeo for providing this platform to performers to gain new experiences, gain confidence and perform for our friends and family members.

Chan Leo Wynn 4E4



From Our 'O' and 'N' Level Students...

Giving Thanks For Their Success

I had never expected to emerge as one of the Top students for the 'N' Levels. I would never forget Mrs Yeo's words of wisdom to give thanks for whatever comes our way and to take whatever we have received to make the most out of it. Mr Liew, my Choir instructor, also taught me to have an **'eagle' mindset** in order to achieve my target and be focussed in working hard towards achieving it. We achieved a distinction in 2013 for our Choir SYF Arts Presentation. I applied this mindset in my studies as well.

I was also blessed to have good teachers like Miss Seah Jiemin and Mr Andy Lee who never gave up on me. Miss Seah never failed to sacrifice her time to help me in my English and never gave up on me even though I was weak in the subject. Mr Lee believed in my class and encouraged us a lot. He spent his time giving us more practices and mock exam papers to help us prepare for the examinations. I would also like to thank my family for the support in giving me a **conducive** environment to study at home. Lastly, thanks to my lovely 5N1 classmates for all the memorable moments we had spent together. Thank you, CHR! I am thankful to have received 4 years of education in CHR!

Koh Jiayi, 5N1 (2014)

When I first knew that I was one of the top students, I was on **cloud nine** and astonished. I did not expect to get 5A's for 'O' level and an A2 for my CCA, Chinese Orchestra. I really want to thank all the teachers who had taught me before, my parents who had given me the opportunity to study in Singapore, and my classmate, Jaclyn who helped me in my Chemistry and Social Studies.

I would like to see my school life as a computer game where the daily tasks allocated to me were the 'minor missions' while examinations were 'extreme missions'. This mindset helped me to manage my stress, **embrace my difficulties** and think of ways to **conquer** any challenges.

Ng Chin Huan, 4E4 (2014)

Study Tips To Achieve Success

I never expected to have achieved a L1R5 of 8 points. Although it was extremely challenging to achieve this, I believe every CHRian has the potential hidden within him/her, waiting for the right timing to be unleashed.

When I was still in Secondary 1, I was in the last class of this school. Fortunately, I met friends who supported me and tolerated my nonsense, teachers who nurtured me with unlimited love and care as well as the school programmes such 'Night Study' and 'Peer Tutoring'. With these various forms of help, I was able to march towards glory and achieve my desired results! Although assistance from school was essential, it was not enough. We had to help ourselves. These were some of the strategies I had used to achieve my results:

1. Never copy from your peers when you are given homework. Treat the work like an 'O' Level paper and give it your best shot. If you do not know how to do, ask!
2. Our handphones and computers are the worst distractions as they give us access to an interesting world of Instagram, Youtube videos and various messages from friends. However, one should remove this distraction in order to focus. I passed my handphone to my family members or separate the battery from my handphone to focus well.
3. Choose your friends wisely. Friends who are caring and selfless, friends who are concerned about their studies, friends who know how to have fun and at the same time, manage their studies very well and friends with a positive mindset are the perfect friends you should have in your secondary school life.

Wong Zhee Hong, 4E5 (2014)

Vocabulary Terms:

Eagle 'mindset': to focus on a goal and utilise one's strengths to achieve it

Conducive: making a certain situation or outcome likely or possible

Cloud nine: blissfully happy

Embrace: accept willingly and enthusiastically

Conquer: successfully overcome



Choir Performance Concordis @ Malaysia

Vocabulary Terms:

Sentimental: prompted by feelings of tenderness, sadness or nostalgia

Chorister: a member of a choir

Harmonious: forming a pleasing or consistent whole

Conductor: a person who directs the performance of an orchestra or choir

Clinician: a health professional who is directly involved in patient care, as distinguished from one who does only research or administrative work

On Learning New Singing Techniques



On 25th November to 28th November last year, we went on a trip to Johor Bahru, Malaysia to attend various workshops to improve our singing techniques.

"Concordis" is actually a Latin word for "harmony," literally "with (one) heart. During the mass sectionals, one of the songs we sang was "Sen no kaze ni natte", or in English, "A Thousand Winds". The song is about how that one person will stay with you even though he has left this world. I felt the magic while singing this **sentimental** song. It was as if I was being *swayed by the wind*, a wind that brought me overwhelming happiness and warmth. At that time, I felt like all of us were not simply members of Choirs from different schools, but rather, we were all Choir members singing our hearts out together as one. That experience reminded me that it is possible to sing with one heart and one mind.

I made friends with the Presidents of other schools and was glad to know that I was not alone on this bittersweet roller coaster ride. Other than *forging new friendships*, this trip had also helped me to strengthen my relationship with my Choir mates.

The performance that *caught my eye* was from the CHIJ St. Joseph Choir. Each and every chorister could feel their energy and passion. In that short performance, I could feel their love for their Choir and for one another. From the start of the performance to the end, they never stopped smiling. It was amazing.

It occurred to me after our performance that we still had a long way to go. All of us knew that we could do better than that. A *change in mindset* was needed. On stage, we all became performers. Nothing more, nothing less. We had to smile despite all the discomfort we were experiencing.

Thanks to this trip, I managed to fall in love with the Choir again. As a **chorister**, I learnt to open my ears to not only my own section, but also to the other sections. This point was crucial because each section must blend together to sound like a **harmonious** Choir. As the Choir President, after observing the student **conductor** of the Malaysian Choir, I learnt that I must have more confidence. When I conduct, I must form a connection with the Choir. Most importantly, I learnt that in order for us to sing together as a Choir, we must first learn more about each other and understand one another.

This trip had helped me to gauge where our choir stands among the other Choirs. It had motivated me to give my best to push our Choir to its limits and be the best that we can be for SYF. It reminded me that I do not have much time left with the choir, so I have to treasure every single Choir practice and performance I have left with them.

By Lois, 4E5

Through this trip, I had acquired some choral skills from Dr Kishimoto, one of our vocal **clinicians**. I had learnt to take note of the starting note for every song, smile, create space when we sing, take a deep breath by pretending to 'smell a rose', be careful and not to create a nasal sound, pitch and listen to each other. I also learnt from Ms Leona Quek to check our alignment and balance (AB) in our posture when we stand.

By Hong Lihong, 3E4



Taiwan Immersion Trip 2014: From Reading To Acting



Amazing! On a daily basis, the school allows a 30 minute nap after lunch in order to allow the students to freshen themselves up for the second half of the day.

This really worked very well for us because we were still very focussed despite the long day of lessons.

Their reading lesson started with the making of 'Aiyu' jelly which is related to the comprehension passage students had to do during the lesson later. This aided the students' understanding of the passage.

We also visited Taiwan's night markets to buy souvenir items for my family and friends.

Zi Lin, 2E3

We attended a full day of drama lessons in Taiwan. The most memorable activity was the play-acting as we were given the freedom of expression to display our creative side.

Look at the beautiful house/stove/forest that we had created by simply using various parts of our bodies!

This activity not only stimulated my creativity but also made me *reminisce* about my childhood memories. I would love to go back again now!

Adeline Liao, 2E2

This trip was an *iconic* trip for the CL unit, as this was the first time we had an overseas mobile learning trip. We were able to align our programmes, activities and learning journeys closely to our theme -- from 'Reading to Acting'.

During the trip, we combined reading with acting and this had helped to stimulate their interest to read beyond the textbooks. Some of the students even read beyond the recommended list of books during the trip. It was definitely a rewarding trip for both the teachers and students.

**Mandy Choo, SH
CL Unit, MTL Dept**

For the rest of the photo collage, please look out for it at our iWorm Interactive TV screen during the Chinese New Year period.



Scan this QR code to access the facebook page immediately!

Credits to the Teachers' Team who made the trip possible!

Mdm Lee Chai Yen (Advisor)
Mdm Mandy Choo (Team Leader)
Miss Lee Han (Team Leader)
Mr Shen Ching Jen
Miss Tan Soh Leng
Miss Shen Mengting
Miss Chermaine Lim (ICC i/c)
Mr Elkan Lee (ICC i/c)

Last year from 5-11th November 2014, we went on a 'mobile learning' trip to Taiwan which allowed us to broaden our horizon and learn things that could never be taught within the four walls of the classroom. Before the trip, we went to the now defunct Bukit Timah Railway Station in order to make a comparison with Taiwan's Railway Station. Other than practising our photo-taking skills there, it dawned on me that life can be like a train. Regardless of challenges, the train never fails to continue moving to the next station. This analogy is apt to teach us not to give up easily in life too and to just keep on moving!

In Taiwan, we visited places such as Eslite Bookstore and Beitou Public Library, sat on the Taiwan subway, participated in drama lessons, story-telling sessions, watched a musical play and attended reading lessons in New Taipei Municipal ZhongPing Junior High School. These activities helped to stimulate our interest in reading and we particularly enjoyed the lessons on acting as being able to dramatise a written piece of work gives more meaning to the written text.

Another highlight of this trip was the use of ipads to aid us in our mobile learning. We used ipads to pen down our daily thoughts and reflections and to take photographs. Subsequently, we used an iTunes application, "MeiTuxiuXiu" to create collages as seen here. I would like to thank the school for giving us the opportunity to go on such a memorable and enriching trip.

Linette Lim, 2E4



Pipe Band Taiwan Trip 2014 : Developing Confidence Through Performance

Learning through Observations of other Bands

During the trip to Taiwan, we participated in Taiwan Chia Yi street parade. It is held annually and numerous musical and dance groups, mostly from Taiwan, perform over a 3km stretch of road in Chia Yi. It was a **vibrant** display of dancers and musicians dressed in colourful and smart uniforms playing all-time favourite tunes. We caught glimpses of several schools' band performance and were deeply impressed by their quality of performance. Though it was only a street performance, they were highly enthusiastic and took great pride in their presentation. I am truly **inspired** by them and look forward to imitating their level of **commitment** and **zeal** in our future performance.

Yung Gerald, 2E4

Learning Experiences at the Street Performance

During the school visit to Taiwan Wuxian Junior High, I was touched by the **hospitality** of the students. I felt this is definitely something I could learn from them and receive visitors to my school with the same warmth. When we attended their lessons, I faced a lot of pressure as I felt handicapped in my Chinese Language. I regretted not putting in more effort in my Chinese and vowed to pay more attentions during my Chinese lessons.

The street performance was an amazing experience as it is the first time I had the opportunity to play the bagpipe and march such a long distance. I had spent a lot of time and effort into perfecting my performance but I still made a few mistakes. This performance helped me understand the importance of the need to improve through understanding our mistakes and to be over-prepared for a performance is better than being complacent.

Amanda Gan, 4E5

Building Friendships and Bonding with fellow CCA mates

During this trip, I gained new knowledge, new memories and build a stronger bond with my fellow members. I am really thankful for them as there were times I got so grumpy and stopped talking but they helped me regain my smile. Whether it was just eating together, going to night markets or sitting in the bus, our trip was filled with joy and happiness. I am glad I went to Taiwan with the Pipe band and bonded with them as a family, building new memories as days passed by.

Valerie Leow Si Qi, 3E5



Amanda holding our school signage proudly

Vocabulary Terms:

Vibrant: pulsing or throbbing with energy or activity

Inspired: of extraordinary quality, as if arising from some external creative impulse

Commitment: the state or quality of being dedicated to cause or activity

Zeal: great energy or enthusiasm in pursuit of a cause or objective

Hospitality: friendly and generous reception of guests or visitors





The theme for CHR 2015 **“Giving Thanks: Appreciate Each Family”** builds on 2014 theme **“Giving Thanks: Appreciate Each Day”**.

It focuses on developing gratitude in our students at home as families are pivotal in their life journey. Each family unit is unique and we believe that when CHRians learn to appreciate their families no matter what situation the family is in, they could play a more proactive role at home in strengthening family ties. Through this, they will demonstrate our RICPF values and this will bring them joy and hope in their life.

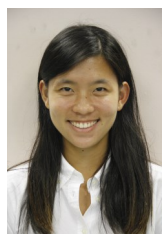
I give thanks to my family members for teaching me how to be responsible through doing household chores such as hanging laundry and vacuuming the floor. Previously, I was very lazy and kept on avoiding doing them.



Marcus Yeo,
1E4

However, I realised now that doing my part for the household helped me to be more responsible and I also learnt how to have good time management.

I appreciate my mother for teaching me to be responsible and accountable for my own actions whenever I make a mistake.



Ms Min, FT
of 1E4

She constantly reminds me that it is important to own up and face the consequences of my actions instead of running away and because of her, I now think before I act and if I do make mistakes, I am not afraid to apologise and make amends.

There was once when my father was injured and I had to rush home after school everyday to take care of him. I see it as my responsibility to be there for him as I should be filial and repay my parents for what they had done for me.



Dawn, 1N5

I give thanks to my nephew for displaying the value of responsibility when he took care of my sister when she was ill. My nephew did all of the household chores and attended to my sick sister despite being only in Primary 5. I admire his sense of responsibility as a filial son and am very proud of him.

Mr Firdaus Yasin, FT of 1T7

By giving thanks to my family, I learn to be responsible as both my parents work and I have to help out with the household chores.



Elvy Chan 1E1

I also thank my parents for their hard work and I love them.

I'm thankful for my mum because she provides for me. She cares about me and sends me to school daily. She listens to me and helps me through emotional issues.



Kaiser 1E2

When my mother injured her right hand, I took care of her and helped with household chores as we did not have a helper then. It was definitely challenging at the beginning but slowly, I got the hang of it.



Alysa
Pitchamani
1E3

By doing the chores, I learnt that I am accountable for keeping my home clean and neat. I also learnt that it is the responsibility of children to take good care of our parents. I would like to express my gratitude to my parents for going to great lengths to give me a comfortable life.

I give thanks to my mother as she takes good care of me by attending to my needs and listening to my problems even though she is worn out after her long day of work.



Farah, 1N6

I'm very proud and happy to have a mother who never fails to encourage or cheer me up whenever I'm feeling down. She also helps to build up my confidence and teaches me to believe in myself.

I give thanks to my mother for bearing her responsibility and her daily effort to tidy the flat, and taking care of the housework for the family during the day when I am in school.



Miss Ng,
FT of 1N6

She is responsible for keeping our home clean and comfortable. From her, I have learnt the value of hard work and responsibility when I teach. I put daily effort in my students and I am thankful for her guidance.

I give thanks to my parents for teaching me to be responsible for my belongings. When I told my parents that I had a passion for baking, they supported me and bought all the expensive baking equipment that I needed. They taught me to take good care of them and to not neglect them as they are under my responsibility.



Siau Hai
Xuan, 1T7

