



CHR Highlights

"Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." 2 Corinthians 5:7

Issue 4/2018

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Outward Bound Singapore



Do you know that Outward Bound Singapore (OBS) was founded by Kurt Hahn as part of an attempt to encourage teenagers to be more active? Although it has been more than 30 years since its founding, the Ministry Of Education's initiative to make OBS compulsory for all Secondary Three students by 2020 does not stray far from this concept. With the increasingly common phenomenon of students being addicted to social media, this

course also forces them to put away their mobile phones and be in touch with nature.

Having the opportunity to experience the 5 days, 4 nights course pushed me beyond my limit and taught me that the power of encouragement is a catalyst for success. What John O'Donuhue, an Irish poet, says about encouragement strongly resonates with me : "One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own." I would had given up during the six-hour-long sea expedition if not for my friends' encouragement. It seemed easier to give in to my exhaustion as the scorching sun was merciless. I also enjoyed kayaking which improved my mental tenacity as it was definitely challenging to coordinate the paddling of the kayak but the great teamwork allowed me to achieve this feat with immense satisfaction.

Looking back, I realised that taking on various roles in this course can be a powerful way for me to demonstrate the qualities of a great group mate, a friend or a leader.

Ayuni, 3N5

Like most other typical students, I was not enthusiastic about attending the OBS course as it meant 5 days away from my comfortable bedroom and mobile phone. I was petulant at the initial stage of the camp until this quote by Maya Angelou caught my attention. She says "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Her words struck a chord in me and inspired me to make a difference to how I make others around me feel. By behaving in a sulky manner, I could affect others negatively but if I could be positive and encouraging to those around me, I am sure I could improve how others felt about themselves when they are around me.

During the camp, I managed to overcome preconceived limits and empower myself to emerge mentally stronger with the help of all my newfound friends from others schools. I also had a desire to become an OBS instructor in future in order to make a lasting impact on the lives of the young today.

Josna Sony, 3E1



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Values in Action



"Thank you for coming, it means a lot to all of us here at this home," an elderly lady grasped my hand tightly as she said these words to me with a gentle smile. I was totally unprepared for her heart-felt **revelation** which touched my heart to the core. I vowed to myself that I would like to visit her again on my own.

This happened during a Values-In-Action (VIA) visit to an elderly home organised by my Co-Curricular Activity group, Christian Fellowship. I was surprised that the elderly lady warmed up to me very quickly and shared her childhood stories with me and my peers. Her stories were fascinating as they

were **a far cry from** my childhood today. For example, she said small children would be outside in the field playing football without their shoes on and playing marbles in the sand. Their doors were always open and neighbours always exchange food with one another.

As her words sank into me, I started to imagine what it would actually be like for me to live at that time. It also made me realise that there is another part to all our lives. As millennials of today, we constantly get on with our day at school or work without pausing for a moment to enjoy the simple blessings of life. It dawned on me that life is more than chasing after results and material goods. Sometimes, we should simply count our blessings.

After a warm embrace, we bid farewell to each other but the stories that she had shared with me will continue to influence the way I see the world now.

Johanna Aruneetha Arumugam, 4E1



The purpose of our activity, in relation to doing our bit to ensure a greener Earth, was to raise awareness about the state of our planet due to irresponsible disposal of waste, especially plastic waste. Do you know that thousands of animals living in the wild are affected by irresponsible disposal of plastic waste?

Therefore, my classmates and I decided to encourage our peers to recycle and reduce the wastage of plastic bottles. We were all split up into different groups such as planting different kinds of plants and using empty plastic bottles as pots or recycling them by doing some simple arts and crafts. We hope to demonstrate to our peers that plastic bottles can be transformed into something useful or beautiful. I took the initiative to join the arts and craft group and I tried my best to decorate the

bottles by painting them to make them look appealing.

This experience showed me that there can be many ways in which one can reuse plastic bottles so as to reduce plastic waste. I hope to try my best to apply what I have learnt in this VIA project to my daily life for the sake of our Earth's environment.

Haldhir Aseem and Mercado Trisha Nicole Neypes, 1E3

Vocabulary

revelation : a surprising and previously unknown fact that has been disclosed to others

a far cry from : be very different to



Honours Day (Staff)



On Honours Day (Staff), I was involved in a dance performance and was astonished to learn that my Vice-Principal, Mrs Chan, would also be involved! It was an amazing experience and I really appreciate her effort and time spent to join me and my fellow dance mates to put together a performance for the whole school.



Even Mr Ngian, our Vice-Principal, also put up an entertaining dance! I had never imagined both my Vice-Principals to be so fun-loving and sporting with students and staff. This is a very heart-warming gesture to me as in spite of their busy schedule, they wanted to connect with students and staff by going out of their comfort zone to perform for the students.

I would like to thank all my teachers for giving me the opportunity to do what I am passionate about and to my fellow dance mates for working hard together to put up a fantastic performance.

Hazel Poh, 4E1

Dedications to Staff

I would like to thank Mr Francis Seah for believing in me and giving me the opportunity to take on the role of a chairperson in class.



When I faced difficulties with my role, he guided and encouraged me not to give up. His support motivated me and this encouraged

me to take on a positive attitude in every task I am entrusted with.

Matteo Moretto, 1T7

I would like to express my heart-felt appreciation to Miss Leow who believes in me and builds my confidence to strive for greater heights.



Intan Norrusdayanti, 3E3

It is really touching to receive her care about my well-being when I faced a lot of stress. Her presence had motivated me to achieve more and be resilient in the face of challenges.



Thanks Mr Eugene, for always taking the time to explain all the Science concepts in detail until the whole class understands. Your jokes also liven up the class and help us to absorb what you are teaching better. Thank you!

Trinity Yee, 1T7



I really appreciate Ms Sheila Chua for always being there for me and for guiding me in my life. You have an important place in my heart and I really cherish what you have done for me. I salute you for always being patient and understanding with the class.

Ayuni Insyirah, 2E2

I appreciate Miss Althea Yeo for making Geography come to life in her lessons.



Thank you for pushing me to work hard to achieve good results. I will try my best to work hard and I am very thankful for what you have done. You are the best Geography teacher ever!

Keelia Sum, 3E1

Thanks to Mdm Shirley Ng's patience, I was able to overcome my weakness in Mathematics and improve continuously.

I really appreciate her for being understanding when I face difficulties and for being encouraging.

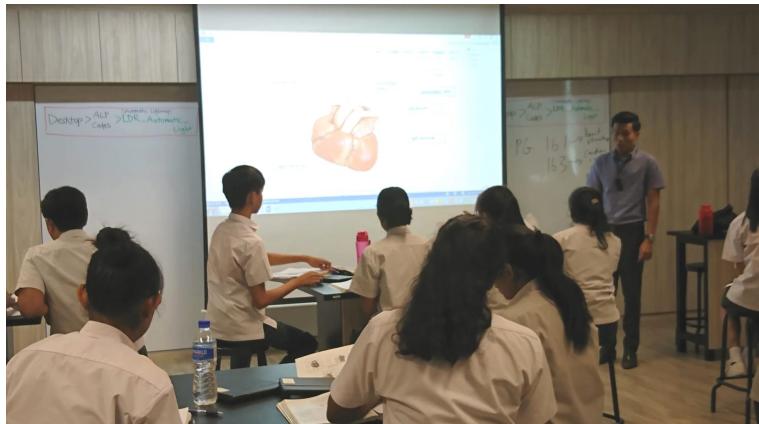
I also appreciate her going out of her way to spend time with me after school to coach me. Thank you!



Hannah Qistina, 3E2



Augmented Reality



It was a fascinating experience when my Science teacher, Mr Firdaus, conducted a lesson using Augmented Reality, a technology that superimposes a computer-generated image on a user's view of the real world, thus providing a **composite** view. The topic was on 'Transport in Humans' which talks about the structure of the heart and the cardiac cycle.

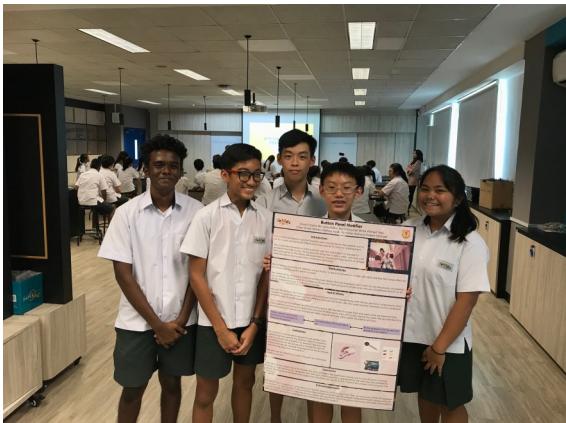
A human body's anatomy is complicated and hard to grasp but what is unique about Augmented Reality is that the use of an ipad enables one to see a heart in real-life scale, making it useful to visualise how the heart

fits within the body. I can also see an image of the heart scaled up to three times its regular size inside the chambers and valves and observe how the blood flows throughout the whole body. It was also intriguing to be able to examine the heart from different angles which greatly aids my understanding of the topic.

I believe I benefitted tremendously from the lesson as I could understand the difficult concepts better when I saw a moving muscle or traced an artery when I manoeuvred the ipad. I am looking forward to more lessons using Augmented Reality as it enables me to see the structure of the human anatomy that are hidden or hard to visualise.

Anna Tan Wei Ling, 3E2

Youth Science Fair



When my group and I were given the task to work on a project to submit for the Singapore Youth Science Fair competition, we had to think out of the box and find innovative ways to solve the problems that cropped up in the process of creating the product.

It was definitely a challenging task that squeezed our brain juices dry and we would have given up if not for the support and guidance from Mr Khairul, our Science teacher. Together as a team, we spent a lot of time trying to ensure the product could work. We brainstormed for ideas together and were open to new ideas from anyone in the group.

During the process of creating the product, my interest in Science was heightened as I realised that it was amazing to apply various concepts to make a product work! I also learnt the importance of responsibility and to follow through with the project no matter how hard it was. It was also crucial to be optimistic and keep on trying even if our **prototypes** failed. Thanks to Mr Khairul's guidance, we managed to create a product successfully.

Ayuni Insyirah, 2E2

Vocabulary

composite : *made up of several parts or elements*

prototype : *a first or preliminary version of a device or vehicle from which other forms are developed*



National Schools Literature Festival



It was an eye-opening experience at the National Schools Literature Festival in which over 80 schools and 1,500 teachers and students took part. There were poetry slams, debates on literature texts and book parades from participants showcasing literature projects that aimed to pique the interest of students in the texts on display.

In order to prepare for the competition, my group mates and I analysed the question and **scrutinised** all details in our Literature text. We had our points well thought-out and rehearsed together numerous times to gain confidence. I was in a nervous wreck as I had a fear of public speaking but this platform gave me an opportunity to overcome it. I was ready to give my all to be well-prepared and to build my self-confidence.

I was astounded to receive the news that my team emerged as the winner in the Upper Secondary category. This victory would not have been possible with my teammates. After the competition, we also exchanged pointers with our opponents and judges and learnt how to improve our mastery of Literature. It was an enriching experience for me and I hope to apply what I have learnt during the festival in my national examinations this year.

Rajathomas Stroma Nesa H, 4E1

zbCOMMA Chinese Newspaper Editorial Competition



Last August, I participated in the zbCOMMA Chinese Newspaper Editorial Competition with my teammates. The competition allows us to nurture our creativity, ability to brainstorm for ideas and express our thoughts and ideas innovatively.

While drawing a sketch of the layout of our product, I did my best although I was not competent in drawing. We started doing research three weeks before the competition and had to learn how to edit the newspaper article through an application. A lot of learning required us to be self-directed such as watching a video on our own to learn how to use the application. This trained us to be more independent.

What required our perseverance was the time and effort we had to put in to edit the article. Teamwork was crucial in order to produce a product of high quality as we can tap on one another's strengths.

I felt a great sense of accomplishment when I learnt that we clinched the 3rd prize. It was definitely **no mean feat** as we had very strong opponents. I would like to thank my teacher, Mr Gavin, for guiding us during the preparation process, giving us the opportunity to improve our Chinese and develop a better appreciation of Chinese Language.

Zaph Quah Yu Kang, 3E1

Vocabulary

- | | |
|---------------------|---|
| scrutinised | : examine or inspect closely and thoroughly |
| no mean feat | : a considerably great, difficult, or noteworthy achievement or outcome |



Boys' Brigade Character Quest

The Character Quest organised by Boys' Brigade taught me about God, his words and his people, which include the values displayed by his people, such as obedience, compassion and reverence. It was crucial to be forward-looking and plan the routes strategically to take in the practical assessment. We also developed mental and physical endurance for both theory and practical components in the competition.

The preparation for the competition was intensive and demanding. Other than two study sessions twice a week on Fridays and Saturdays, we also attended a two-day camp to build our knowledge through various activities such as mind-mapping, scene-drawing, role-playing and games.

The highlight of the competition was definitely the award presentation. As we competed with so many other schools, it was a great achievement for us to emerge as 6th in place. It brought us a tremendous sense of pride and joy as our hard work had paid off.



This experience also gave me an insight into my weakness. In fact, my impatience caused my team to lose some points when I skipped a station in the practical assessment due to the long queue. My strength lies in devising strategies to help my team earn points effectively.

I would like to thank my teammates for working hard together with me to sharpen our skills and improve our knowledge. I appreciate my teachers, officers, primers and helpers for making Character Quest a wonderful experience.

Klenn Ng, 3E4

‘Stories In The Park’ in the Media Resource Library

I was surprised to be greeted by a Singaporean actor, deejay and writer, who was our instructor when I attended a poetry writing workshop. I learnt about the cultural significance behind some poems which was an enlightening experience. He also introduced exciting activities to encourage us to tap into our creative juices so that we could get inspiration for our writing. We were challenged to write a rap for our performance. It was tough initially as we had to crack our brains as a group to compose a rhythm while tapping to the beat.



After all of us presented our work, the top 2 groups were selected to perform for everyone in the school Media Resource Library. I was thrilled that my group was chosen to perform our work. The stage in the Media Resource Library was set up beautifully as though we were listening to some stories in the park. Snacks were even provided in small wooden crates to simulate an outdoor performance setting. I am thankful to be part of this amazing programme and learning the enriching cultural knowledge of Malay Language.

Leena Nor Rani Rozario, 2E4





Giving Thanks:

Appreciate Each Family

Responsibility . Integrity . Caring . Perseverance . Forward-Looking

I am thankful to my teachers, friends and family members for constantly encouraging me to dream big, challenge myself and aim higher. Their love and guidance have brought me closer to my dream to pursue my passion for playing the piano.

Opportunities in school such as serving as a keyboardist for chapel in Secondary Three also honed my skills. Without these angels in my life to give me the confidence in myself, I would not be able to realise my potential.

Ever since entering Upper Secondary, I find Science concepts too confounding and never really enjoyed the subject until Ms Devi became my teacher. She spent time with me after school to explain the concepts until I understood them. Through her guidance, my curiosity in Chemistry was piqued and I was eager to learn more. Thank you, Ms Devi!

Walter Elias Disney's words strongly inspire me : "All our dreams can come true, if we have the courage to pursue them." My dream is to be the best person I can be in everything I do regardless of whatever journey lies ahead for me.

I am aware that to achieve this dream, it can be demanding but thankfully, with the tireless support of my caring teachers, I was able to push myself to achieve much more than what I thought I could. With my teacher's guidance, I was able to improve not only in my academic work but also in my character. As long as I work hard and remain focused, I am sure that I can succeed.

My dream is to pursue a career of my liking. Thanks to my teachers' encouragement, I could shake off self-doubts and believe in myself. I really appreciate my teachers for being there for me when I went through tough times. I am sure I will be able to overcome any challenges that stand in my way of achieving my goals.

I aspire to work in the police force in future. To achieve my dream, I need to excel in my studies. I feel blessed that I have teachers who are constantly guiding me to be better to help me achieve my dream.



**Johanna
Aruneetha,
4E1**



**Selina Teo,
4E2**



**Natanel
Quek, 4E4**



**Dashini
Danya,
4N6A**



**Shashwini,
4T7**

The theme for CHR 2018 "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.



Congratulations!

Congrats to Ms Nadirah on her newborn princess!



**See Xinnian,
4E3**

I would like to thank my teachers for their patience in guiding me not only in my academic studies but also for giving me pointers on how I can achieve my dream. I aspire to be a psychologist and I learnt a lot through my form teacher, Ms Nurul Jannah, who used to major in Psychology. Thanks to her, I have a clear idea on how to work towards my dream. I really appreciate my teacher for everything!



**Koh Yan
Xi, 4N5**

My dream is to travel around the world which means that I need to secure a good job to have the financial means. As I had been struggling with headache issues which affects my attendance, I would have given up on my dream if not for my teachers. They showed me a lot of care, encouraged me to be strong and coached me when I needed help in my work. I want to say a big thank you to all my teachers for what they have done for me.



**Eliora Goh,
4N6B**

My dream is to become a PE teacher or a basketball coach. To be either one, I know I have to succeed in both my studies and athletic ability.

Theodore Roosevelt's words "Nothing worth having comes easy" inspires me to persevere. My hard work paid off when my Basketball team managed to get into National Top 4 last year together with my teammates.

Without the encouragement and motivation from my peers and teachers, I would not be able to focus on my competition while juggling my studies. I would like to express my appreciation to my school, Principal and Vice-Principals and teachers for the unwavering support they have blessed me with.



**Lin Kai
Yao, 5N1**

I am really thankful to CHR for being part of my journey of growth. I feel that I have matured a lot thanks to the support and encouragement from all my teachers in school, especially Mrs Goh-Yeo Hanni, Mr Ng Sei Heng and Ms Diana. I also appreciate my school for organising Bonding Day to strengthen our class spirit. It was a day of fun for the graduating cohort.



**Tufayl
Haroon,
5N2**

Thanks to Mrs Shaun Lee, my Mathematics improved by leaps and bounds. I am really grateful to her for taking the time to teach me and my classmates patiently until we clarify all our doubts. She is a very caring teacher whom we will always be thankful for.





CHR Partnership

Well Wishes From The Alumni to Students taking the National Examination

Dear Graduands,

Remember that in the midst of the academic targets you hope to meet, YOU are what makes you "YOU"! What's most important and irreplaceable are things like your personality, what you believe and think, your ideas and that spark inside you that makes you, "YOU"!

Remember the past, live in the present and look forward to the future. Excellence isn't a skill, it's an attitude. Keep up your good work and strive for perfection!

Mr Mohamad Mydeen
CHR Alumni President

"Success is not final, failure is not fatal; it is the courage to continue that counts." Winston Churchill

In your lives, you will face many challenging times. Never lose hope during these moments. After the heavy rain, you will see the sunshine. Always be positive. All the best!

Ms Madeline
Goh
CHR Alumni
Honorary

Examinations are not only a test of your academic knowledge but also a test of your state of mind; calmness, stability and courage. You've prepared well so don't stress about what would happen if things go wrong. Start thinking about how awesome life will be when they go right!

The Alumni wishes you the best for your examinations and every success ahead!

Ms Rebecca Quek
CHR Alumni
Honorary Secretary

You have run a good race to make it thus far in this journey as a student so stay consistent: Keep up the good work by having a balance of study and play!

As you journey towards your graduation, remember to be thankful for your loved ones, friends and teachers who have supported you, inspired you and left their footprints in your life. Learning is a lifelong process, learn the values and stay steadfast!

Ms Lynn Tay
CHR Alumni Asst.
Honorary Secretary



If you are feeling stressed out right now over your examinations, it is normal. Do talk to someone who will make you feel better. Academic studies are important but you matter more.

Now that you are in the final lap of your race, I encourage you to put in your best and remove all distractions that may affect your ability to do well. When I study, I log out of all my social media platforms or even delete them.

I am sure you will reap what you sow so don't give up!

Annatasyia, 4N6 (2017)



To my fellow juniors who are taking the National Examinations this year, do explore various study techniques. What works for others may not work for you. Open up your mind to new ideas and do not be afraid to experiment with them. You may see some progress in your studies.

Do not give in to negative thoughts if you have any. Meeting with failure requires you to stand on your feet again and try again. Reflect on what you can do to improve.

I sincerely wish you all the best in your upcoming examinations!

Kelly Nuar, 4E2 (2017)

