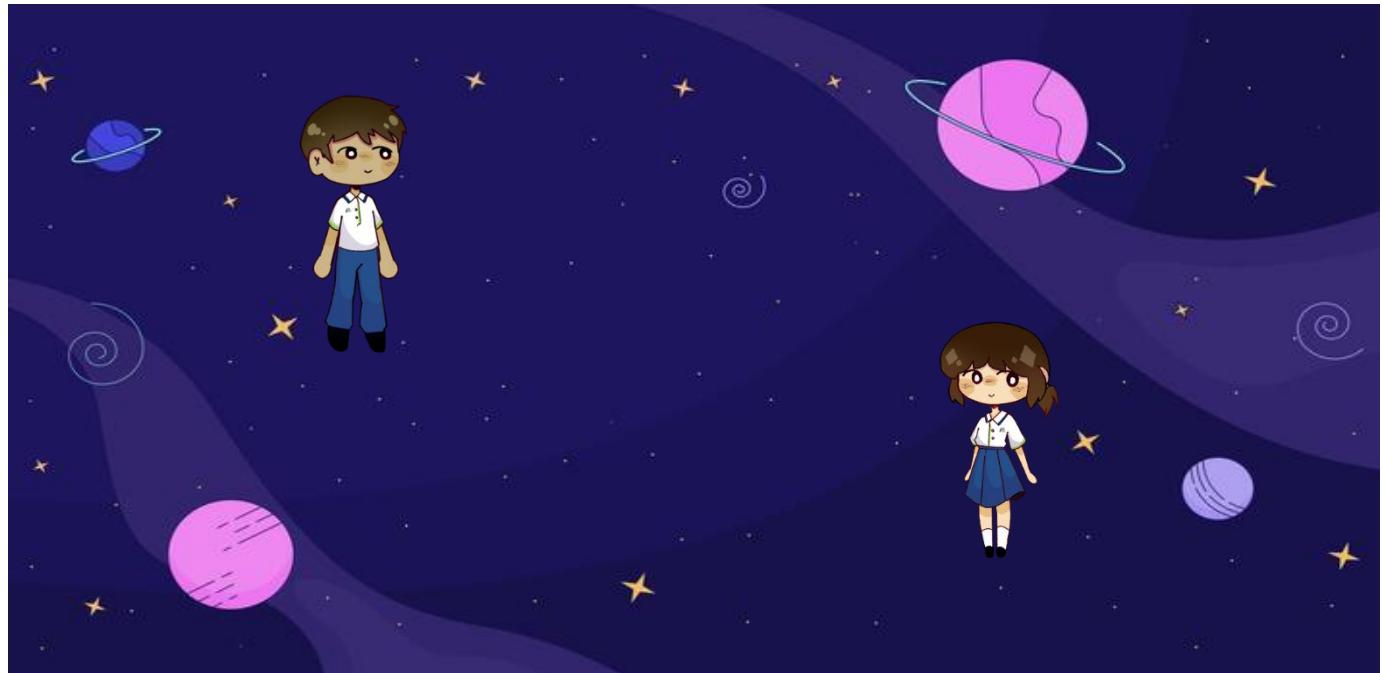


# 2026

# Sec 1 Orientation Information Kit

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# 1 Overview of Orientation Programme

Date	2 January (Friday)	5 January (Monday)	6 January (Tuesday)	7 January (Wednesday)
<b>Programme</b>	Orientation Day 1	Orientation Day 2	Orientation Day 3	Orientation Day 4  (Orientation Finale and CCA Orientation Tour)
<b>Reporting Time</b>	8.30am	7.30am		10am
<b>Dismissal Time</b>	12.25pm	2pm	1.30pm	5pm
<b>What to Wear</b>	Report to school in Meridian Secondary School Polo T-shirt with Uniform culottes / pants (tucked in), white socks and black shoes  Optional: Bring PE shorts to change (for “amazing race” and “mass dance” segments)	Report to school in Meridian Secondary School Polo T-shirt with Uniform culottes / pants (tucked in), white socks and black shoes  Optional: Bring PE shorts to change (for “amazing race” and “mass dance” segments)		
	For students who are not able to purchase the MSS school uniform by the first day of school, he/ she can report to school in his/ her primary school uniform.			
<b>What to Bring</b>	<ul style="list-style-type: none"> <li>- Water Bottle</li> <li>- Pencil Case</li> <li>- Colour Pencils</li> <li>- Sufficient pocket money to buy food and drinks from the canteen during recess</li> <li>- Recyclable materials (on 3<sup>rd</sup> day – instructions will be provided)</li> <li>- Medication (if required)</li> <li>- Hand sanitizer (optional)</li> </ul>			
<b>Remarks</b>				Lunch will be catered.

# 2 Programme

## Day 1 (2 Jan, Friday)

Time	Facilitator/s	Activity	Venue
0830-0835	FTs and OGLs	Assembly	Hall
0835-0850	Principal	Principal's Welcome Address	
0850-0905	YH	YH Briefing	
0905-0945	FTs and OGLs	FT Time FTs: Distribution of welcome gifts (Meridian planner and number lock for school locker), and Morning Routines (greeting and handphone lockaway) OGLs: Provide overview of Orientation, explain significance of welcome gifts, preparation of name tags, Introduction to Canteen	Classroom
0945-1030	OGLs	Recess Sec 1s to purchase their own food at the canteen/bring their own food.	Canteen
1030-1100	OGLs and FTs	Ice Breakers	Hall
1100-1120	SH Student Leadership and Student Leaders	Student Leadership and School Culture K&P Overview and Student Leaders sharing about Meridian's leadership opportunities, Demonstration of Meridian Mass Dance, Meridian Cheer, and Meridian School Song	
1120-1225	FTs and OGLs	*K&P Personal Values Sorting  and All About Me	Classroom

### Glossary

FT: Form Teacher  
YH: Year Head

OGL: Orientation Group Leader  
SH: Subject Head

HOD: Head of Department  
KP: Key Personnel

\*Refer to K&P Glossary for more information on MTW, ISV, CTP, EOTA, and ETH.

## Day 2 (5 Jan, Monday)

Time	Facilitator/s	Activity	Venue
0730-0820	FTs and OGLs	FT Time Morning Routines (greeting and handphone lockaway), Class Value Sorting, and Meridian Classroom Challenge (Briefing)	Classroom
0820-0850	Safety & Emergency Rep and OGLs	Safety Briefing	Hall
0850-0930	OGLs	Recess Sec 1s to purchase their own food at the canteen/bring their own food	Canteen
0930-1040	OGLs	1-1 to 1-4: School Tour Amazing Race 1-5 to 1-7: All About Me, Meridian Cheer Competition (Practice) and Mass Dance (Practice)	Various Venues/ Classroom
1040-1150	OGLs	1-5 to 1-7: School Tour Amazing Race 1-1 to 1-4: All About Me, Meridian Cheer Competition (Practice) and Mass Dance (Practice)	Various Venues/ Classroom
1150-1225	HOD CCA	CCA Talk	Hall
1225-1230	OGLs	School Cheers	
1230-1400	Student Management	Student Management Talk	

## Day 3 (6 Jan, Tuesday)

Time	Facilitator/s	Activity	Venue
0730-0800	FTs and OGLs	FT Time School Song and Morning Routines (greeting and handphone lockaway)	Parade Square
0800-0820	FTs, OGLs, and Timetable Team	Timetable Briefing	Classroom
0820-0850	OGLs	All About Me and School Song (Practice)	Classroom
0850-0930	OGLs	Recess Remarks: Sec 1s to purchase their own food at the canteen/bring their own food	Canteen
0930-1040	OGLs	Meridian Classroom Challenge (Preparation)	Classroom
1040-1150	OGLs	Meridian Cheer Competition (Practice) and Mass Dance (Practice)	Classroom
1150-1300	OGLs	Meridian Cheer Competition Rehearsal	Hall
1300-1330	CARE Team and ECG Counsellor	School Counsellor Talk and Introduction to Education and Career Guidance (ECG) Counsellor	Hall



## Day 4 (7 Jan, Wednesday Morning)

Time	Facilitator/s	Activity	Venue
1000-1010	OGLs and FTs	Sec 1s to report at 10am Attendance and Morning Routines (greeting and handphone lockaway)	Classroom
1010-1045	OGLs	Meridian Classroom Challenge (Showcase) All About Me, Gratitude Cards and Gratitude Cards Presentation    	Classroom
1045-1115	OGLs	Reflection with OGLs	Classroom
1115-1225	FTs	CCE Lesson (Check-in lesson + Reminder about timetable)	Classroom

## Day 4 (7 Jan, Wednesday Afternoon)

Time	Facilitator/s	Activity	Venue
1225-1300	OGLs	Lunch (Bento)	Canteen
1300-1310	OGLs	Sec 1s move to the hall and get ready for Orientation Finale	Moving to hall
<b>ORIENTATION FINALE</b>			
1310-1340	SLs, FTs, and OGLs	Meridian Classroom Challenge (Highlights) and Meridian Cheer Competition	Hall
1340-1355	SL	P's Address Consolidation of Winners	
1355-1430	SLs, FTs, OGLs, and Head Student Leader	Video Montage of Orientation / Head Student Leader Address / Sec 1 Orientation Survey and Groundwork Signup Form / Prize Presentation / Mass Dance	
1430-1700	HOD CCA CCA Teachers OGLs	CCA Orientation Tour	Hall and Various Venues

## Day 4 (7 Jan, Wednesday Evening)

Time	Facilitator/s	Activity	Venue
1700-1730	OGLs	Snack time for Sec 1s whom parents/guardians have indicated will join them for Sec 1 Principal Meets Parents session.	Canteen
1730-1900	SLs, KPs, and FTs	Parents Engagement 1730-1800: Classroom Engagement with FT 1800: Hall Session (Principal's address, Year Head address, CCA Talk, and Q&A)	Classroom and Hall

### **3 School Song, Mass Dance and Makan Cheer**

#### **Our School Song**

*Verse One:*

Joyful learners, seeking knowledge,  
Reaching for the highest star.  
Gifted minds, adding value,  
Building our community.

*Chorus:*

Let's unite and keep it true.  
Let Meridian guide us through.  
We will strive with all our hearts  
To make Meridian great.

*Verse Two:*

Caring people, daring leaders,  
Leading in the thoughtful path.  
Sharing arts, touching hearts,  
Enrich our humanity

*Chorus:*

Let's unite and keep it true.  
Let Meridian guide us through.  
We will strive with all our hearts  
To make Meridian great.



**Lyrics:** <https://www.meridiansec.moe.edu.sg/about-us/our-emblem-school-songs/>



**Listen:** <https://tinyurl.com/mssschsong>

## **Meridian Mass Dance**

- Meridian Secondary School Mass Dance video: <http://tinyurl.com/MSSmassdance>.
- Meridian Secondary School Mass Dance tutorial video: <http://tinyurl.com/MSSmassdancetut>

## **Makan Cheer**

Facilitators: Are you hungry?  
Students: Hungry hungry *Clap* x2  
Very very *Clap* x2  
Hungry very *Clap* x2  
Very hungry *Clap* x2  
Chikelaka piya piya  
Chikelaka piya piya  
*Sa!* *Clap* x4  
*Sa!* *Clap* x4  
*Sa! Sa! Sa! Sa!*  
Xi shua shua xi shua shua  
Xi shua shua ooh ooh!  
Xi shua shua xi shua shua  
Xi shua shua makan!

# 4 K&P Glossary and Reference

Meridian Secondary integrates the Five K&P Practices of Exemplary Leadership in nurturing compassionate leaders. The Five Practices of Exemplary Leadership® is a functional leadership model offered by James Kouzes and Barry Posner (1987) in their book, “The Leadership Challenge.” It reveals a cluster of behaviours identified through a thematic analysis of what people did when they were at their “personal best” in leading others. The Five Practices of Exemplary Leadership are namely Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act and Encourage the Heart.



## MTW: Model The Way

Commitment 1: Clarify values by finding your voice and affirming shared values  
Commitment 2: Set the example by aligning actions and shared values



## ISV: Inspire a Shared Vision

Commitment 1: Envision the future by imagining exciting and ennobling possibilities  
Commitment 2: Enlist others in a common vision by appealing to shared aspirations



## CTP: Challenge the Process

Commitment 1: Search for opportunities by seizing the initiative and looking outward for innovative ways to improve  
Commitment 2: Experiment and take risks by constantly generating small wins and learning from experience



## EOA: Enable Others to Act

Commitment 1: Foster collaboration by building trust and facilitating relationships  
Commitment 2: Strengthen others by increasing self-determination and developing competence



## ETH: Encourage the Heart

Commitment 1: Recognize contributions by showing appreciation for individual excellence  
Commitment 2: Celebrate the values and victories by creating a spirit of community

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To learn more about the key ideas and phrases from the “Five Practices of Exemplary Leadership” by Kouzes and Posner to develop your leadership skills, explore “The Meridian Student Leadership Guidebook”: <https://tinyurl.com/mssslcg>