

## School Events and Assembly Talks

By Quek Xinying, Coco Lim & Han En Sha

Over the past couple of months, students have taken part in various school events, activities, competitions and assembly talks. Part of the school's programme it may be, but what do the students really feel about it? A closer insight will help us find out.

### **My unforgettable camp experience**

By L Keerthnah

Of all the various happenings that my fellow classmates and I have been through, I have to pick the two-day-one night Sarimbun scout camp, located at Lim Chu Kang, which we had experienced on the 28 and 29 of January this year. Before the camp, I was really thrilled as I had initially thought that we were doing activities like rock climbing and flying fox. These are the kind of activities I love doing because I am adventurous by nature. However, as time passed at camp, my anticipations of getting to do them had lowered. A few hours into the camp, I had already sensed that this camp was not adventurous and fun like what I expected it to be.

What I found odd about this camp was that it was not much of a fun, adventurous and recreational one that most of my primary school friends now in their different secondary schools have been chatting about. Instead, it was more of a boot camp with harsh treatment. Just in my eyes perhaps? Dashing in the unexpected downpour from one point to another to seek shelter as mud splashed all over my me turning my white pair of shoes into nasty brown, ingesting unpalatable food, tossing and turning in my sleeping bag to find a comfortable position to sleep in as I felt the cold hard ground beneath me, having to shower in cold water and not to mention the short period of time given to barely clean myself and not being able to use my hand phone. Despite wanting give up and go home, I had thought to myself "if others can do it so can I'', so this thought motivated me during the tough



times in camp.

Now, looking back at the camp, I realised that these struggles and situations were the ones that helped me see how privileged I was. That I should be grateful for the permanent shelter I live in, the choice to buy any food I desire to eat, a comfortable and soft bed to sleep in with pillows that feel like marshmallows for further comfort and my fluffy blanket to keep me warm at night, being able to shower as long as I want

in warm water and having fast Internet connection and easy communication. I find it amazing how just two days of discipline and harsh conditions could teach me values and lessons like teamwork, determination, discipline, perseverance, endurance and gratitude.

So far I have mentioned all the hardships I have faced during the camp. But everything has its ups and downs, and so did this camp. One of the activities that I certainly will not be able to try again is crawling on mud to avoid any contact with nylon strings above me, unless I join the army. We also learned how to build a raft using mainly Poly Vinyl Chloride pipes and other additional materials. I found this a great survival skill that might come in handy one day. Unfortunately, the frequent rain forced us to stay under shelter most of the time causing us to miss out on other outdoor activities.

What made for all the harsh situations and bad weather was the last part of the camp. This is the part we were joyous about. Classes took turns to perform and then the male coaches made me laugh till I teared by showing off their ballet skills with much grace. Not forgetting the time when we had to say our goodbyes with both happiness and sadness.

All in all, I found the camp a magnificent experience that I will never forget. And I am truly grateful to spend my time at camp with my classmates and teachers.

**My class is more connected. Thanks to this camp.**

# Streaming Briefing

By Cheong Wan Ying

On the 4th of March, during the late evening, the streaming briefing held in the hall along with the prize giving presentation for the Secondary Two students started. Parents of students had come to attend the event. Some students were excited as they had seemed really interested in what the speaker would talk about; while others were annoyed as they most probably wanted to stay at home.

The briefing was about the courses next year available for the 2017 Secondary Three students. There was a lot of discussion among the students and murmurs like "what course do you want to take next year?" or "are you going to a Junior College (JC) or a Poly (Polytechnic)?" Despite all the excitement, when the speaker started talking, everyone's attention was on what the speaker was saying and almost no one said a word. Everybody was serious and listening carefully and attentively.

Before the briefing started, I was rather excited as I was very keen to know what kind of subject combinations would be available for me next year. I knew even though the streaming exercise might seem insignificant, it would affect what kind of school I would get into, which would affect future career choices. The speaker had emphasised on how we need to already be working hard for our examinations and how

the streaming exercise works. When I learnt how the streaming exercise was carried out, **I realised if I was still going to be procrastinating about working hard I would be limited to very few courses to choose from.** I thus felt determined to work harder and kick the bad habit of



procrastinating.

There was a representative that came down to talk about the polytechnic she came from. Her talk about polytechnic life and lessons made me waver about my initial decision to enter JC as entering polytechnic seemed to be more promising. However till this moment I am still on the fence about choosing to enter JC or Polytechnic. I have decided to stick with working extremely hard so as to be able to enter either one when the time comes.

When the briefing was over, I felt disappointed at myself for never taking my future seriously. Luckily the briefing had 'woken' me up and I learnt about the importance of every test and every examination that all adds up and will affect my future. I have also learnt a lot about polytechnics and the courses next year and that knowledge definitely made me think more and start planning out my future education.

## Track Meet@YCK Stadium

### “Being weird won’t affect health”

By Fong Kah Weng

One of the few activities my class had taken part in last semester was the Track Meet@YCK Stadium .It is an annual activity in which classes would send out some of their fastest runners to participate in different events like the 4x100m,4x200m and 10x80m runs held at the nearest stadium, Yio Chu Kang Stadium. Not only were there running events, but there was a Mass Skipping event for the non-runners, an event in which 10 students would skip and 2 students would hold the rope. Although everyone was tired that day, we were elated for the glory our runners brought.



I can say that even though I was not on the track, I was able to greatly feel the warmth from the encouragements of our classmates. Initially I was chosen by my teacher, Mr Lee, as a mascot for my class alongside my friends Lucas, Megan and Sin Yin. Frankly speaking, before that, I felt that I would look horrible, weird and even felt that it was useless to cheer for my classmates. However when I saw the fighting spirit in the runners, I felt selfish for not cheering for them, only caring for myself. Moreover, our class T-shirt reads 'Stay Weird 207'16'. I should not be afraid of how I looked like, but instead be brave to overcome any humiliation and to continue cheering for my classmates. Even though at the end I did not achieve any medals or those few minutes of fame, I knew that I had helped to motivate my classmates.

From this experience, I would like to quote a famous saying, "We are only as strong as we are united, as weak as we are divided ".It does not matter whether you are the 'main character', or even the 'backstage crew', everyone must stay united in order for things to be completed well. Although I was just an ordinary mascot with a face painting who won nothing, I still felt that without us cheering, the class would not be

able to win many glorious medals.



## School Sports Day

By Han En Sha

One of the events that have taken place during the last two terms was Sports Day, in which each level had to compete against other classes in their own cohort in various contests which were comprised of the running events, take for instance, the 100 meter race and of the rope skipping competition, with the whole event being held at Yio Chu Kang Stadium on the 11th of March.

The moment I stepped into the stadium, I was greeted with the loud chatter of students along with being confused as to where my class was at, due to the

crowded conditions up in the stands. Not long after finding my whole class decked out in our class tees, there was house music blasting along with a couple of teachers who were the commentators for the upcoming events booming into their microphones and over the speakers. With everyone getting pumped up, I felt alive, ready to take on any challenges that stood in my way. The hype carried on, into the events and throughout the whole school. The sun was mercilessly blazing down upon us but even though we were exhausted, we still supported and cheered for our friends.

**I do believe that it is this moral support that makes us united,** filling us with the joy of our classmates' success, or telling them, "It's alright, you did your best. Good Job." There were no doubts about us enjoying the staff races and rope skipping competition because after all, we do not see the teachers against each other every day!

Last but not least, there was no greater way to end off the whole day other than the prize presentation, and my heart swelled with pride when I saw that some



of my classmates had won some medals.

In a nutshell, I have learnt that during times of difficulty, we have to encourage and motivate others to do their best because some people require a little extra push to get into motion. A little step can become a long mile for someone, and I hope that you can be the person who helps in that little step.

## **Taking Care of Our Skin**

By Zheng Chan Juan

The event was held on our CCE lesson on Tuesday. My classmates and I were brought to the school hall to attend an assembly talk organised by Garnier Skincare. Garnier came to our school to give a speech to our students on some useful skincare tips.

The majority of my classmates felt bored and some of them were sleepy before the talk started. We sat on the floor and started chatting with one another as we thought that the talk was going to be quite boring and the content was useless.

However, when the talk began, my classmates and I no longer thought that the event was going to be as boring as what we had thought previously. Instead we felt a little excited and started to look forward to the event as the speaker from Garnier firstly introduced himself as Johnny in a very friendly way. After that he showed us some powerpoint slides and gave some brief introduction about the products that could help us solve some of the skin problems we face at our age, like acne and blackheads. He also played

some games with us. Whoever could answer the questions he had asked us correctly would win a small prize. We were actively participated/ participating in the game as everyone had wanted to win the prizes.

After the talk, we were all delighted and glad not just because everybody had received a small gift from Garnier but also because this fun and useful talk helped us gained much more knowledge on how to clean our face in order to prevent growing of pimples and other skin problems. The speaker also took photographs with our students before he left.

At the end of this meaningful skincare talk, **my classmates and I realised that knowing the proper way to clean our faces was actually very important.** We had learnt many useful and easy tips for proper skin care. This talk was definitely an



important lesson for us teenagers!

## **Enduring and Pushing Through**

By Gan Xin Lin

It was the end of semester 1. My class had been through so many activities and events. One of the

activities which I find most memorable was during NAPFA.

NAPFA is the short form of National Physical Fitness Award. Students will learn about the various test items in the NAPFA test and how these can be used to measure and evaluate the different components of health and skills related fitness. The five NAPFA stations are the incline pull up, sit up, standing broad jump, sit and reach and shuttle run.

Our Secondary 2 NAPFA was held on 20 April on a Wednesday. Our class was supposed to start our test at around 4pm as we were on the 2nd session because we were the last class.

The event was supposed to be held in the hall, the double Basketball court area and the quadrangle. However, due to the rain, the event was held only in the hall.

Before the event, I was feeling nervous. I was scared that I would fail my NAPFA as I was not sporty. I was bad at inclined pull ups and standing broad jump. During primary school, I always failed those two stations.

We went to the sit-up station first, then the sit and reach station. Thirdly, we went to the standing broad jump station, and then the inclined pull-up station. Most of us were weak at incline-pull ups and some of us could not even do one.



on the last week of Semester One. The competition was



held in our classroom.

Before the competition, I wasn't feeling up for the art competition because I'm not really good at art and crafts. During the art competition, we were given a bunch of materials that we could work with, like feathers, hair - bands, pompoms and more. As I was making my hat, I was getting more hopeful because my hat looked quite nice. All of us were actually having fun, enjoying ourselves. After the art competition was over and we decided on a winner, we were all laughing, joking around, and discussing on the hats that we made.

I learnt that even though it is a competition, we should not take it so seriously as **winning is not everything** and that there are always other times to compete. Also, instead of getting jealous of the winner, we all should be happy for them.

## Floorball Interclass Competition

By Toh Sue Anne

It was the 24<sup>th</sup> of May, a Tuesday morning, after recess. Every secondary 2 class was in the school hall

gathered, waiting for the interclass floorball competition to take place. It was the very first interclass competition in Secondary 2 that we were having and my class was wearing our class tee. I was feeling really nervous about the competition as everyone in the team had to cooperate and work with one another, and I was afraid things might go wrong. Nevertheless, I put my feelings aside and I went to my class to gather. The teacher in charge of the interclass floorball competition, Mr. Tan, then came up on stage and reminded us about the rules, safety and regulations of the game. He then started calling out the teams from the different classes that were playing against.

Every class would be separated into four teams, Brazil, Spain, Singapore and USA. My team was team Singapore and we were the first team in my class to compete against class 201, team Brazil. During the competition, my nervousness came back as everyone from my class, not to mention the teachers, was looking at how the team played. When the game was down to 3 minutes, my teammate scored a goal and everyone (including the teachers) clapped and cheered. The game ended with a score of 1:0. After my team played, there were other teams who played too. It was a really comforting feeling as everyone in the class would cheer you on even though we the lost that round or did something wrong.

Once the whole game ended, I felt extremely glad that nothing had gone wrong and every game went smoothly. Mr. Tan then announced the top three winners of the

interclass floorball competition, and guess what? My class came in 2<sup>nd</sup> place! Even though we won, I learnt that **being able to win isn't one person's job or a group of strong individuals playing together and win.** It's about cheering one another on, working together as a team and helping one another out. It was a wonderful day and I hope the next interclass games will be as good as this.



## **“WEIRDO” CLASS DELIVERS FOOD TO NEEDY**

By Ray Ong Guang Jie

On the 27<sup>th</sup> of May 2016 our class was the only Secondary Two class involved in a food donation drive to give needy families and elderly people living on their own some rice and canned goods, alongside our Secondary Three seniors and volunteers working with Yio Care®.

Our class was split into two groups (or more like the Four of us Maxwell, Han Yu, Sheng Jie and me) and then we were assigned to different blocks to collect food.

Even though I was reluctant to be separated from my class, being the good student that I am, I followed my instructions and followed my seniors to collect my food from a separate block. I went to one of the blocks and knocked on the door awaiting for someone to answer but to my surprise nobody answered even though I clearly saw lights and heard footsteps behind the door. I was then reminded that some people were not always so keen on students knocking on their door asking for food donations. So I moved on to the next door and I saw an old aunty sitting on her sofa. I knocked on her door and gave her my introductory greeting. She got up and walked towards the door and I was about to tell her why we were at her house but she just pointed to a trolley parked beside her which was loaded with boxes of biscuits and canned goods. I was dumbfounded and amazed at the same time. So I gratefully thanked the aunty and wheeled the trolley down to my teacher who was also amazed. After that we continued our rounds around the block and when we got back we had a lunch at the local community centre before carrying a bag of food to deliver to the needy families in the area.

I was assigned to deliver the food to a Chinese family. However when I went up to their house, I knocked at their door and waited for them to answer but after waiting, nobody answered so I just left my bag there and left a note stating the contents of the

bag and why it was delivered to them. After that I went to get another bag along with my other classmates who also delivered their bag and was ready to get another one. My classmates and I went to collect another bag to deliver and the exact same thing happened to me again. Nobody answered the door and I had to leave the bag and the note there again which left me slightly disappointed as I did not get to see the reactions of the people who got the bag. When that was done I left the block to return to the stage and the day had come to an end.



Before the activity, I had the same feeling I had when I did this activity the last year, except that this time, I actually had an idea of what was going to happen.

During the event I had that same feeling of enthusiasm as I knew that this was my chance to actually do something meaningful with my miserable life.

After the event, I had again the same feeling as last year when I did this event, which was pride, as I knew that I had helped a family in need and I would be able to boast about it to my other friends who did not attend the event.

Through this event **I learned not to take things for granted** as I saw people in need actually use the amount of food that they have left sparingly and to treasure what I have now.