

HOUGANG SHENG HONG STUDENT CARE CENTRE

Jan to Jun 2025

Hougang Sheng Hong Student Care Centre
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 <https://shenghong.org.sg/student-care-centre/>

OUR MISSION



Hougang Sheng Hong Student Care Centre has been in operation since January 2001. Our mission is to be a partner to working parents in providing a safe, homely and nurturing environment for school-going children to safeguard their basic care, to maximise their learning experience and to develop their potentials.



OUR CORE VALUES

The Centre will be introducing and enforcing a new value to the students each month.

January : Orientation / No Negative Speech

February: Attentiveness

March : Kindness

April : Honesty

May : Responsibility

July : Respect

August : Self-Control

September: Forgiveness

October : Caring & Compassion



FOOD FOR THOUGHT:

Children's Playground Conflicts – why parents should not step in

1

Develops critical conflict resolution skills
and social emotional competencies
(CASEL, 2020)

2

Teaches children to negotiate, read
visual cues and reflect on their actions
(Vygotsky, 1978)

3

Develops a long-term pattern of prioritizing
peer support over winning at any cost
(Dodge et al., 2003)



CUP STACKING CHALLENGE

8 JAN 2025



I love cup stacking.
It's so fun!
- Lee Xin Yu, P1



It was difficult at first,
but I had a lot of fun
playing with my friends &
learning something new. I
wish we could do it again!
- Kayla Oh, P1





THE BENEFITS OF CUP STACKING CHALLENGE



ENHANCES SPEED & REACTION TIME

1

- a) Teaches children to think and move quickly, improving reflexes (Magill & Anderson, 2017)
- b) Develops quick decision-making skills (Schmidt & Lee, 2019)

PROMOTES BILATERAL COORDINATION

2

- a) Engages both hands equally, improving brain connectivity (Gabbard, 2018)
- b) Strengthens neural pathways for better motor control (Payne & Issac, 2020)

ENCOURAGES HEALTHY COMPETITION & TEAMWORK

3

- a) Teaches children patience, perseverance and good sportsmanship (Dweck, 2006)
- b) Encourages social interactions and teamwork in groups (Johnson & Johnson, 2018)



CHINESE NEW YEAR: PAPER SNAKE CRAFT

14 JAN 2025

春



Chinese New Year is very special to me. I love arts and crafts so combining these two was very fun.
- Adeline Tan, P2

The best part of the activity was seeing all the paper snakes my friends made. I was so proud of all of us!
- Hazel Choo, P2



MAKING RED PACKET & FIRECRACKER

27 JAN 2025

春



I've never tried anything like this before, I found the activity very new and exciting. I love learning new and creative things!

- Glenn Jr Sim, P1

MAKING RED PACKET & FIRECRACKER

27 JAN 2025



I put a lot of time and effort into designing my red packets. I was very proud and showed it to all my friends and teachers, who liked my drawings very much. I enjoyed the activity a lot and it made my CNY special.

- Dorothy Mook, P1



→ 13

→ 13 A

FILM NEGATIVE



→ 14

→ 14 A

FILM NEGATIVE

FILM NEGATIVE





CHINESE NEW YEAR: Benefits of Activities



**Develops cultural awareness
and appreciation (Banks, 2009)**

**Enhances creativity and
imagination (Vygotsky, 1978)**

**Strengthens fine motor skills
through various arts and
crafts (Case-Smith, 2013)**





BIRTHDAY CELEBRATION

10 FEB 2025

HAPPY

BIRTHDAY



It was my first time celebrating my birthday here. I was surprised with a big chocolate cake, which was my favourite flavour. Everyone sang birthday wishes, making it the best birthday ever!

- Tan Zhi Xin, P2





BIRTHDAY CELEBRATION BENEFITS



Builds friendships and bonds in a fun and relaxed setting (Pellegrini, 2009)



Builds confidence and self-esteem by increasing comfort with positive attention (Berk, 2020)



Creates happy memories and makes birthdays more special and enjoyable (Fredrickson & Joiner, 2002)



Encourages sharing, gratitude and deeper appreciation of friends (Eisenberg et al., 2006)



Strengthens social skills by using golden words and taking turns in group activities (Bowlby, 1969)



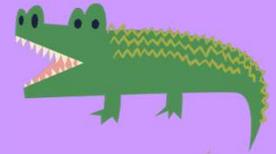
Teaches emotional regulation and patience (Goleman, 1996)



Trip to the Zoo



17 MAR 2025



Seeing the otters play with each other was the most memorable part of the trip.

I also had the unique opportunity to pet a deer and other animals. I had a fun time with my friends!
- Javan Tan, P3

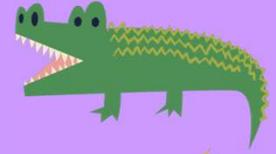




Trip to the Zoo



17 MAR 2025



Monkeys are my favourite animal, so seeing the different monkey species made the zoo trip very memorable!

- Paolo Pek, P3

I have always been fascinated by pandas, so it was a dream come true to see pandas in the zoo. I really enjoyed the trip!

- Solomon Oh, P6





Arts & Craft

Outer Space Adventure

18 MAR 2025



Drawing our
version of outer
space!



I drew my vision
of outer space
with my friend.

It was fun to use
bright colours to
sketch the sun
and all eight
planets against a
blue and purple
space backdrop.
- Lim Cen Yu, P3

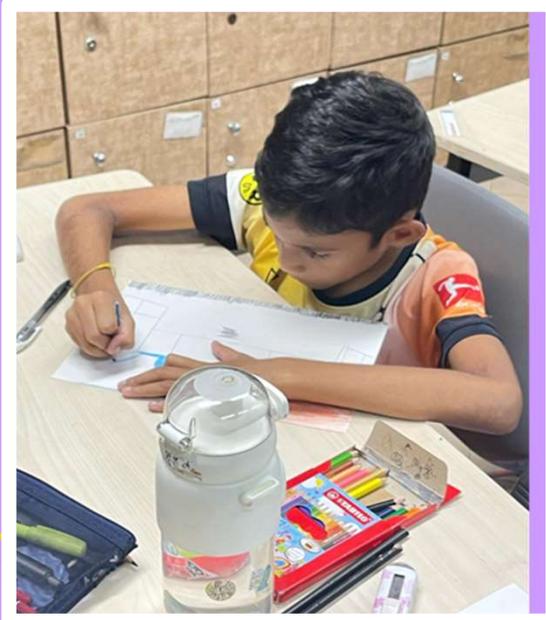
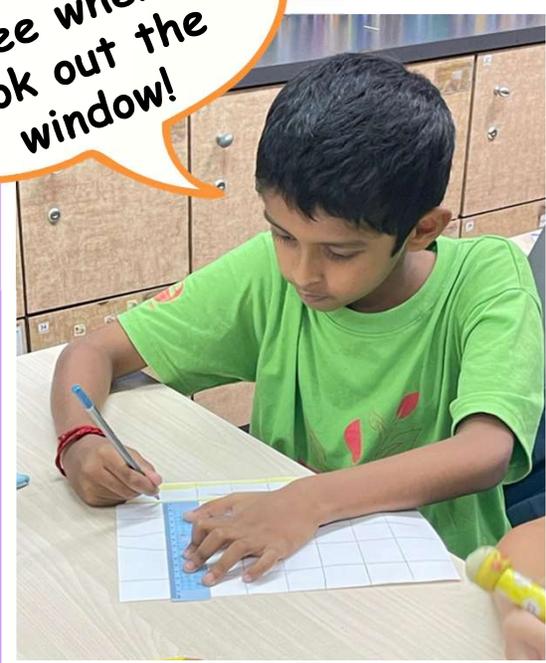




Arts & Craft Outside My Window

18 MAR 2025

Drawing what
we see when we
look out the
window!



I used my
imagination to draw
different versions
of what I would see
when I look through
the window in this
activity!
- Dylan D., P4

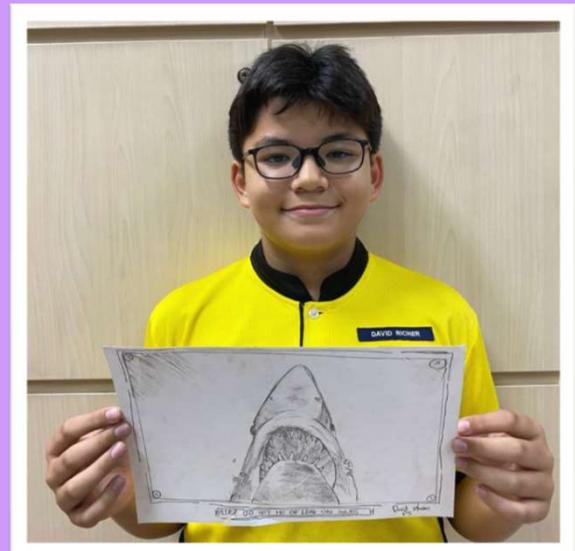




Arts & Craft Underwater Scene

18 MAR 2025

Drawing the
underwater world!



I drew and coloured a view of the underwater world from inside a submarine.

I love sharks so I drew sharks swimming and playing around with their friends.

It was so much fun!
- Fong Jia Qi, P4



Trip to River Wonders

17 MAR 2025

I love animals, so I had a lot of fun on this trip. I made friends with the pelicans and went on the River Quest, where I spotted my favourite animal, the capybara! -Jasper Chua, P1



Trip to River Wonders

17 MAR 2025



River Wonders was very exciting. I had fun there.
- Kenver Tan, P6

My favourite part of this trip was seeing the pandas playing and eating bamboo shoots. Seeing many different species of fish was also memorable. I really enjoyed my time here!
- Qisah Aamily, P4





Kindness Activity

26 MAR 2025



KINDNESS

I drew a picture of someone helping another person up after they had fallen. This activity taught me the importance of being kind and helping others in need.

- Wong Jun Hao, P1





Meridian Secondary

23 MAY 2025



I felt so happy and excited while playing all the games. I really enjoyed playing Bingo & "What's that animal sound?".
- Glenn Jr Sim, P1





Tampines Meridian JC

23 MAY 2025



I had lots of fun, meeting new friends & playing with the rest! My favourite game was "Red Light Green Light". It was also nice playing knock the cups. - Kayla Oh, P1



Kidz Amaze Punggol



30 MAY 2025



Kidz Amaze Punggol



30 MAY 2025



Nice and cool!
Zhang Yixuan, P3



I felt happy and excited to swim with my friends! I got to play in the water with my ball. The food was delicious too!

- Tan Zhi Xin, P1

Kidz Amaze Punggol



30 MAY 2025



I felt happy because I could play with my friends in the pool. I even brought my water guns. It was a fun and special occasion for me. I really enjoyed eating McDonalds. I had burger and I even had an Oreo Mcflurry ice cream for dessert.

- Kayen Chong, P4

June Holiday Activities

Mammals

2 JUN 2025

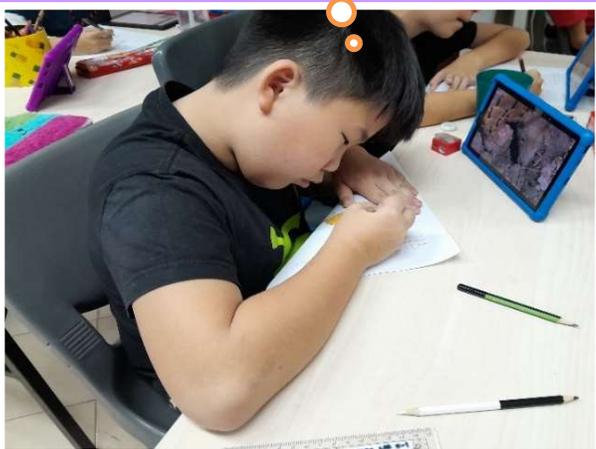
“By learning about mammals, students understand how animals grow, adapt and care for their young. It helps them explore similarities between humans and animals”



I love to draw mammals
Daelen Lee, P5



I like the lessons on mammals!
- Wong Jun Hao, P1



June Holiday Activities

Mammals

2 JUN 2025



**This is our
artwork!
- Natalyn Ho, P1
Riean Chong, P1**

June Holiday Activities

Mammals

2 JUN 2025



I like the water experiment because I felt the science was amazing. I also learnt a lot about mammal and it was "very cool like HotWheels cars".
- Jasper Chua, P1

Jacob Ballas Children's Garden

5 JUN 2025



**I like the suspension
bridge. Oh no, it's
shaking! So scary!
- Keighley Sim, P4**



Jacob Ballas Children's Garden

5 JUN 2025



We like striking cool
poses for the camera!
- Lim Zheng Yu, P5



Jacob Ballas Children's Garden



5 JUN 2025



So yummy!
- Fong Jia Qi, P4

I also enjoyed the food, especially the fries & my snacks. My friends & I waited for the bucket to splash on us. It was so fun! I enjoyed the trip & learnt that safety is important!

- Harsha Reddy, P3

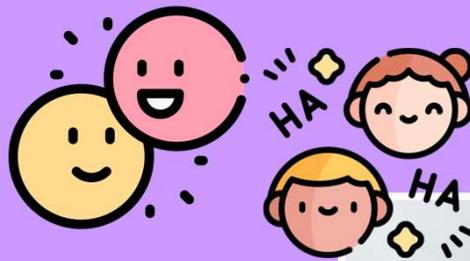


I was excited seeing an iguana. It was a huge lizard! - Atlas Ng, P3



Friendship Week

9 JUN 2025



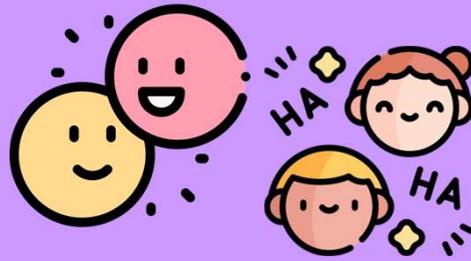
It was nice, creating a friendship card. Thank you teachers for arranging this activity!
- Zoey Kok, P4

I invited my friend for the friendship day event!
- Lau Jing Yang, P4



Friendship Week

9 JUN 2025



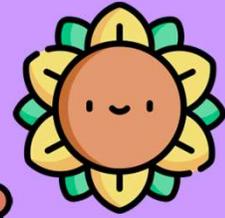
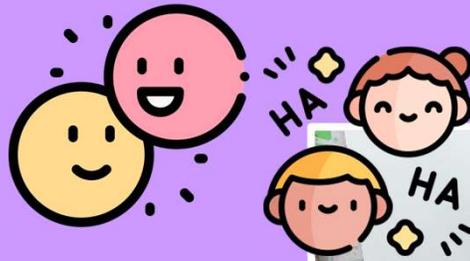
We created some beautiful "Friendship day" cards for our friends!
- Kayla Oh, P1

It was so fun to act as a teacher during our role play activity.
- Luqman, Sec 2



Friendship Week

9 JUN 2025

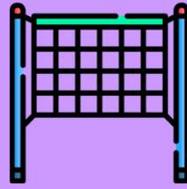


My friend enjoyed the friendship day and was surprised and excited to receive a gift!
- Paolo Pek, P3



Canberra Cove

13 JUN 2025



Forest Gym skills and at Canberra Cove is a sport Obstacle Course where you can put your strength to the test obstacles.

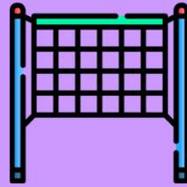


It was so fun and exciting!
- Crystal Chua, P4

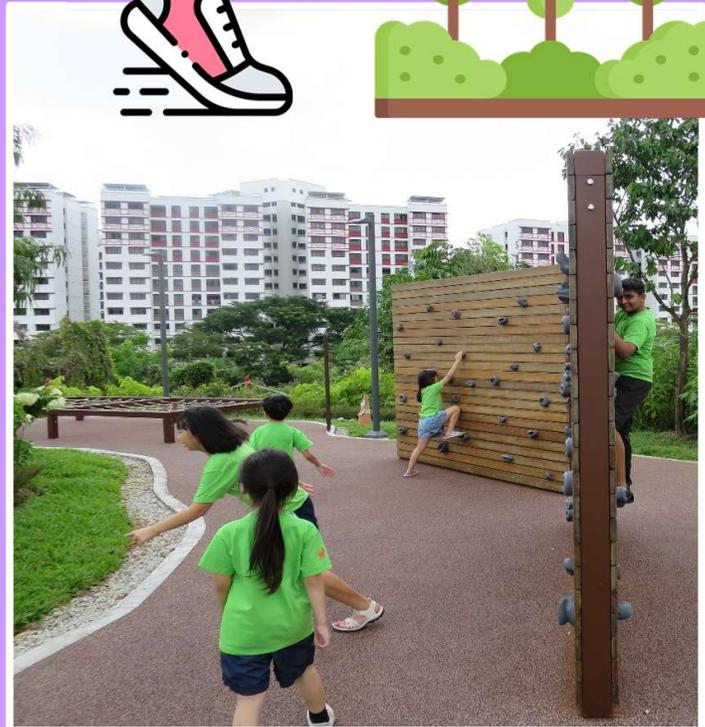


Canberra Cove

13 JUN 2025



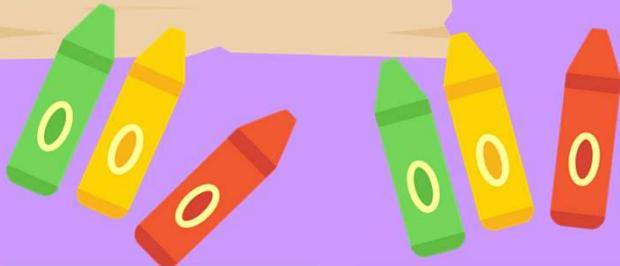
Oops!! I am doing good!
- Lim En Hui, P1



June Holiday Activities

Amphibians

16 JUN 2025



“Amphibians are fascinating and helps students to understand how animals grow and live in water and land. And also builds their thinking skills how amphibians are important for eco-system.”



I enjoy learning and getting to know more about such interesting creatures like the Axolotl!

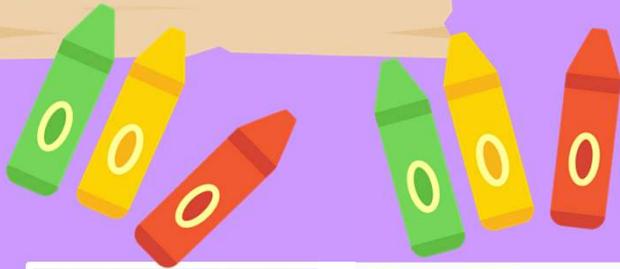
- Ling Teng Yi, P3



June Holiday Activities

Amphibians

16 JUN 2025



“Amphibians are fascinating and helps students to understand how animals grow and live in water and land. And also builds their thinking skills how amphibians are important for eco-system.”



I love drawing and I also learnt a lot about amphibians that I did not know about previously.
- Atlas Tan, P1



Jewel, Changi Airport

20 JUN 2025



It's so cool! The waterfall was so beautiful and we love to see the water cascading down.

- Lim Xin Ru, P3

Jewel, Changi Airport

20 JUN 2025



Wow! We love to go to the Foot Locker! It is a really amazing place if you are shopping for shoes!
- Ramsey Kong, P4



We got a free badge from the Pokemon Store!
- Jasper Chua and Lim En Hui, P1
- Roselle Koh and Tan Ee Von, P3

Jewel, Changi Airport

20 JUN 2025



We walked around the Pokeman store.
There were so many different Pokemon on display here.
- Natalyn Ho, P1

We really love doing window shopping here!
- Wong Zi Ning, P4

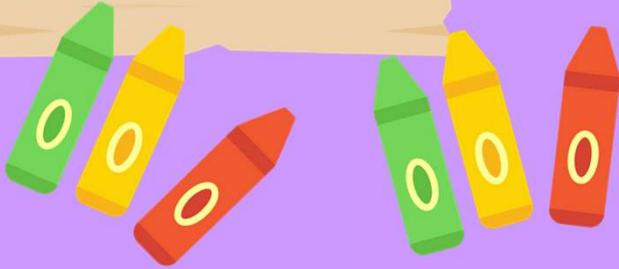


June Holiday Activities

Reptiles & Insects



20 JUN 2025



“Insects play vital roles in ecosystems, contributing to pollination, nutrient cycling, and pest control.

They are also food sources for other animals and are used in various industries like medicine and agriculture. While some insects are pests, they also help maintain the overall balance of nature.”

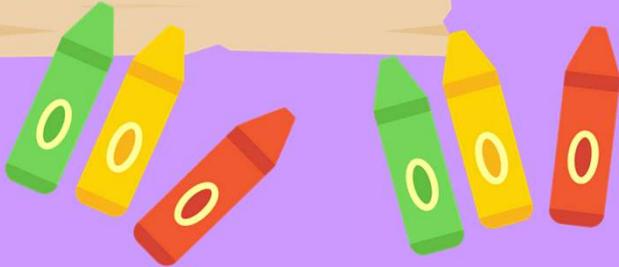


June Holiday Activities

Reptiles & Insects



20 JUN 2025



Learning about reptiles and insects, helps students to develop observation skills about nature and respect for all living things.
- Willivia Tang, P1



June Holiday Activities

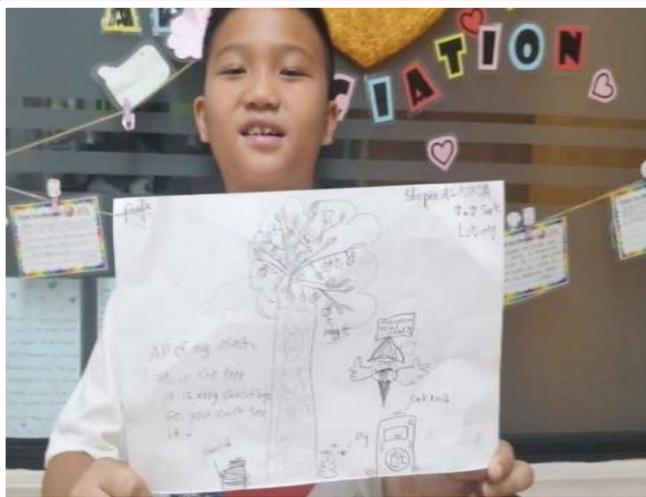
Reptiles & Insects



20 JUN 2025

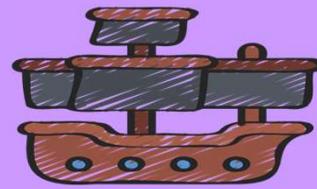


It's question time! Yes, I have answered correctly!
- Javan Tan, P3



The Arena @ Keat Hong

27 JUN 2025

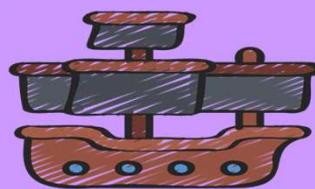


The largest mega neighbourhood playground and sports arena in Singapore.



The Arena @ Keat Hong

27 JUN 2025



Smile!



It was so fun
- Lee Xin Yu, P1



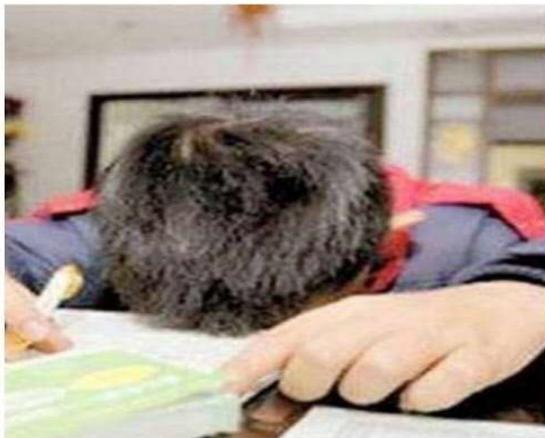
I wish to come back
here! - Lim En Hui, P1



“Daddy, I’m So Tired, I Want To Sleep For Just 1 Minute”; The 9-Year-Old Boy Never Woke Up Again When He Slept



GT — JULY 3, 2024



Hearing this explanation from the doctor, the boy’s mother was devastated and cried. The father regretted the situation, but he could not turn back the clock. This made the boy’s parents sink into deep despair.

11:13 ✓✓

The hospital gave the diagnosis: *“Sleep deprivation for long periods, excessive mental stress, and physical exhaustion.”*

11:14 ✓✓

I hope this case will serve as a warning to all parents to reduce stress on their children! Excessive pressure and study will only backfire, especially the following consequences:



**5 Quotes
That Changed
How I
Treat
My Kids**

When I slow down, stay gentle, show patience, and meet them with kindness (even when it's hard), I'm showing them how to do the same. They're always watching, and I want what they see to feel like love.

"In everything, set them an example by doing what is good" Titus 2:7

Credit: mom.ma.g



1

"The patience you have with your child is the same patience they will have with themselves."

- Unknown

2

"Raise your words, not your voice. It is rain that grows flowers, not thunder."

- Rumi

3

"Don't worry that children never listen to you; worry that they are always watching you."

- Robert Fulghum

4

"Children learn to be kind by experiencing kindness, not by being told to be kind."

- Unknown

5

"Don't give a lecture to a child who just needs a hug."

- Unknown



Thanks!



We appreciate your time to read our centre newsletter.

Thank you for being an integral part of our community. We look forward to continuing this journey together, fostering a supportive and enhancing atmosphere for our students.

