



Hougang Sheng Hong Student Care Newsletter 2022

January 2022 to June 2022

Upcoming Closure

Please take note that our centre will be closed on the following days:

9th August/Tuesday

19 August/Friday

02 September/Friday

24th October/Monday

23 December/Friday

26th December/Monday

27th December /Tuesday

02 January 2023/Monday

National Day

Staff Training

Teacher's Day

Deepavali

Spring Cleaning

Christmas Off-in-lieu

Staff Training

New Year Off-in-lieu



**Visit our online page for
more information**

<https://shenghong.org.sg/student-care-centre/downloads/>



Our Mission

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 maximize their learning experience and to develop their potentials.

Our Objectives

- To support working parents with a quality day care programme for their school-going children from Primary 1 to Primary 6;
- To provide a safe and nurturing environment for the children who do not have sufficient support and supervision from home;
- To organize activities that enhance children's physical, intellectual, social and emotional development;
- To build in children good moral values, sense of responsibility and capability of self-reliance and resilience;
- To strengthen parent-child relationship

Core Values

June to December 2022

Our centre believes that moral and character growth is an important milestone in a child's development. We will be looking at the following values over the next few months:

July - Respect

August - Self-Control

September - Forgiveness

October - Caring & Compassion





HOUGANG SHENG HONG STUDENT CARE CENTRE

MARCH HOLIDAY PROGRAM

MUSHROOM PROJECT



15th - 19th March

MUSHROOM PROJECT



WHAT DID THEY DO?

During the March Holidays, the children embarked on a Mushroom Project! They learnt more about the different types of Fungi and their functions. They even got to watch their own mushrooms grow!

I REALLY LIKED TRYING THE TRUFFLE CHIPS!

- SANJIT SINGH,
P3



"EDUCATION IS NOT THE LEARNING OF MANY FACTS, BUT THE TRAINING OF THE MIND TO THINK."

- Albert Einstein

Charlie and Eugene watering the mushroom kit

WHAT DID THEY LEARN ?

As the students embarked on this project, they learnt various interesting facts about mushrooms such as how they grow, the types of mushrooms and many more! Let us take a look...



THEY FIRST DID A LITTLE EXPERIMENT ON THE GROWTH OF MUSHROOM ON TWO BREADS.



On the second day, students learnt about edible and harmful mushrooms

**LINGZHI,
CORDYCEPS,
AND PENICILLIN
ARE EXAMPLES
OF USEFUL
MUSHROOMS**

Students created their own versions of harmful and useful mushrooms based on their descriptions

ON THE THIRD DAY.....

Students learnt about Parasitic mushrooms and how they reproduce.

They created their own toadstools out of toilet paper rolls and cupcake liners.



DID YOU KNOW?

**CORDYCEPS CAN
TURN ANTS INTO
ZOMBIE HOSTS**

It is really interesting how the fungi infects the ants and uses it as a host.

- Zhi Tai, P5



**NEXT, STUDENTS LEARNT
ABOUT FUNGI BEING
NATURE'S DECOMPOSERS
AND HOW IT IMPACTS THE
ENVIRONMENT**



**STUDENTS
ENGAGED IN
CREATIVE
WRITING ABOUT
THEIR OWN
MUSHROOM
HERO THAT
SAVES THE
WORLD.**



Mushrooms can clean up radioactive waste and oil pollution.

The students then created their summary board on the last day of the project.



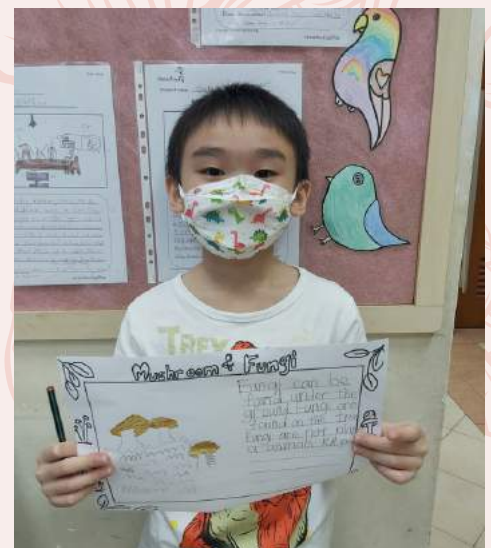
THEY ALSO TRIED TRUFFLE MUSHROOM CHIPS AND LEARNT ABOUT WHY IT IS SO EXPENSIVE.



"I have learnt so much about mushrooms! Such as how we can tell whether the mushroom is poisonous based on its colour."
-Hao Hao, P2



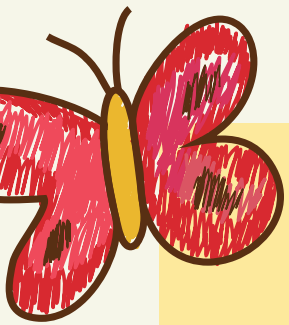
"I love my group's board. I think it is the best!"
-Yannice, P2



May 2022



Art Workshop with UOB



It All Starts from the Playground

On 4th May 2022, our students were invited by UOB to learn more about arts taught by last year UOB's winner Keane Tan.

Mr Keane Tan, 22, was presented the 2021 UOB POY (Singapore) award for his painting titled A Dramatic Cinematic for Our Century. The three-time award recipient of the competition illustrated a scene of Singapore's iconic Merlion Park, with crashing blue waves in a highly-graphic and dramatised style.





Our students were first given a gallery tour of his work by Keane himself along with UOB staff. Keane explained and showed the students how he was inspired and left many students in awe by his beautiful painting.

**"I CAN SEE GARDENS BY THE BAY
IN THE PAINTING!"**
- JUSTIN ZHANG, P1

**"HOW DID HE MANAGED TO PAINT
IN SUCH DETAIL?"**
- ADITYA, P2





INTRODUCTION TO ART BY KEANE

Before starting out their own artwork, Keane gave a quick workshop on the basics of art. They were taught how to mix different colours and how to create textures.



"I FIRST THOUGHT IT WOULD BE VERY DIFFICULT TO PAINT LIKE MR KEANE, BUT HE WAS VERY PATIENT AND TAUGHT US WELL."

-KHAIRUL, P2

"I BELIEVE I CAN DO A GREAT JOB AT CREATING A BEAUTIFUL PAINTING."

-FAJAR, P1

"I LEARNT HOW TO CREATE MANY DIFFERENT COLOURS."

-WEI XIANG, P1



Some students had their own theme in mind and created extraordinary work!

They made use of what they have learnt and applied it in their work.

Although an outline was given, some students decided to add their own details!

"IT WAS A VERY CALMING AND ENJOYABLE EXPERIENCE."
-DAVID, P2

There were very helpful staff that guided the students and constantly encouraged them! This has also made the students' experience much more enjoyable.



"SINGAPORE HAS ALWAYS BEEN A GO GREEN COUNTRY SO I WANTED TO CREATE SOMETHING RELATED TO IT."

-NIGEL, P1

CRIMINAL INVESTIGATION

ACJC STUDENTS

30TH MAY TO 3RD JUNE

DAY 1

Footprint Analysis and Disappearing Ink

"It was cool to see the ink reappear."

- Dylan Darshan, P1

"I was interested in the invisible ink as we can write secret messages to our friends."

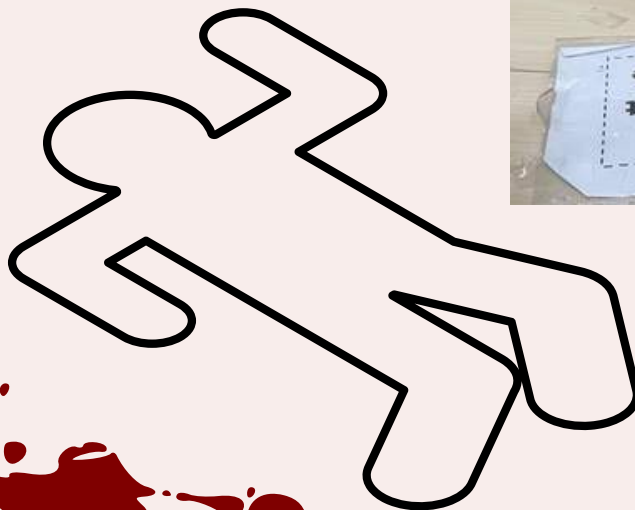
- Jacquelyn, P3



DAY 2 - ANALYSING FINGERPRINTS & CHROMATOGRAPHY



**"I REALLY DID NOT EXPECT TO GET SUCH INTERESTING RESULTS"
- ZI NING, P2**



DAY 3 - ROLEPLAYING AND DRAMA



**HOW DO THE
POLICE, LAW AND
FORENSIC
SCIENCE PROTECT
OUR COUNTRY?**

**STUDENTS WERE ABLE
TO LEARN HOW AN ARREST WAS CARRIED OUT! THIS WAS
CRUCIAL FOR THEIR NEXT ACTIVITY!**



DRAMA ACTIVITY

**ACT OUT AN
ARREST
SCENE!**



**"LET'S ALL TAKE TURNS TO
WRITE DOWN OUR IDEAS!"
- FARHANA, P2**

**"I WANT TO ACT AS THE DETECTIVE!"
- XIONG AN, P1**

DAY 4 - CRIME SIMULATION!

MAKING CRIME BOARDS!



LEARNING ABOUT CRIMINAL PROFILING!

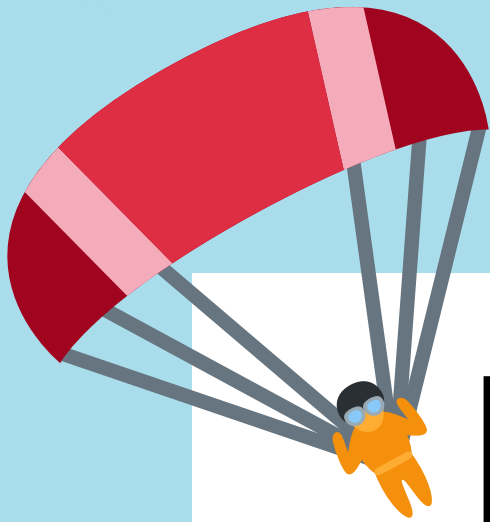
**"I LEARNT ABOUT HOW THE POLICE INVESTIGATE AND FIND THE CULPRIT."
- WAYNE, P5**

DAY 5 - CRIMINAL SIMULATION

THE KIDS WENT OUTDOOR TO INVESTIGATE THE SUSPECTS INVOLVED!



**"WE GOT TO GO TO THE PLAYGROUND TO SOLVE THE MURDER CASE. IT WAS LOTS OF FUN!"
- ISABELLE, P3**



Extreme Sports



6th - 9th June



Over the week,
students learnt about
various extreme sports
and the physics behind
them!



Sophia Sun, P3



Jayden & Natalie Xu,
P4 & P2

They looked at
skateboarding, air
sports, zip lining and
water sports!

Day 1:
Skateboarding



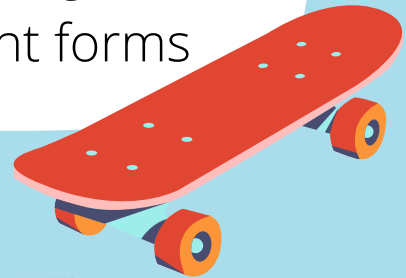
Eugene Li, P3



In 1959, Roller Derby released the first official skateboard with some new technical developments!

Zhi Xian, P3 & Luqman, P5
decorating their boards

On the first day, students learnt interesting facts on the history of skateboarding and the different forms



I really enjoyed making the skateboard but gluing the wheels was difficult!
- Eugene Li, P3



On Day 2, students learnt about the science behind skydiving and parachuting.



Chen Jun Yu, P2



Mandy Chooi P3 & Jia Qi P2

On Day 3, students learnt about zip lining. They even created their own pulley system!

On Day 4, students learnt about various water sports like flyboards!



Eugene Li, P3



June 2022



ARTS & DIVERSITY IN SINGAPORE





The week's objective was for the students in our student care centre to learn more about our diverse country, and how they can use art to showcase our country's amazing culture.

Day1: We started off with a topic that everyone was very familiar with, Racial Harmony. We shared more about each race's culture and debunk common misconceptions that we often grew up with.

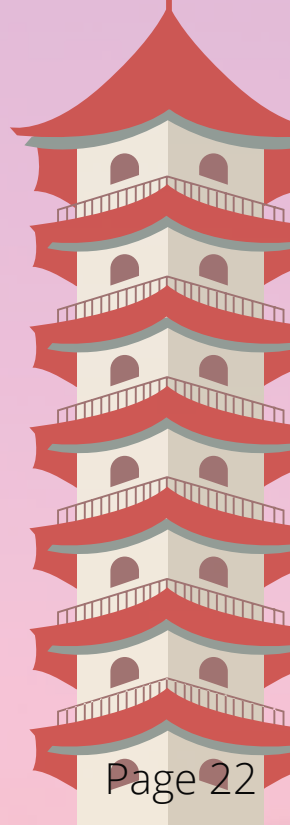


"I learnt more about my friends' culture and how unique it is."
-Mandy, P3



"I had trouble initially when trying to create an art piece but making use of what I have learnt made the process much easier!"
-Jun Han, P4

Day 2: What else is better than going back in time to learn about iconic heritage places in Singapore.





Day3: Other than just iconic heritage places in Singapore, we dived into Singapore's star places such as Gardens By The Bay and Hwa Par Villa!

"I recognise most of the places that Mr Adrain shared today!"
-Farhana, P1

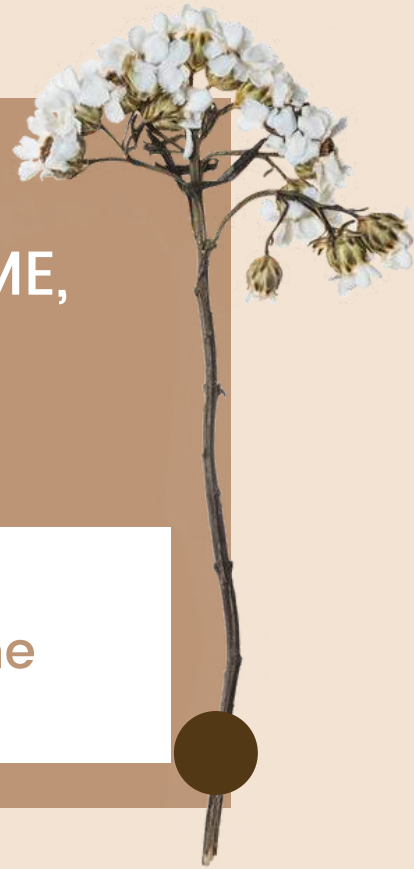
"Oh! I have been to Gardens By The Bay before!"
-Herlina, P3

Day 4 : The students learnt about the different cultural food that each race & ethnicity has.

"I really enjoyed drawing the different food and many of them are my favourite!"
-Ramsey, P1



June 2022



WHAT MAKES ME,
ME?
PROJECT

20th to 24th June

@ShengHongStudentCare



The "What Makes Me, Me?" project, is about finding out what makes up our identity. It could be our personality, hobbies and perhaps our interests. Often times our friends and families play a huge role in our identity.



Our students first learned about what is identity through a fun quiz

Our students looking very attentive and excited



Learning about our identity is important because it strengthens our character. When we know who we are, have confidence in our self and are able to identify our strengths, we emerge as stronger individuals. Secondly, it keeps us unique and distinguishes us from everyone else.



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@Nigel Chung , P1

"I love eating different food and that is what represents me."
-Nigel Chung, P1

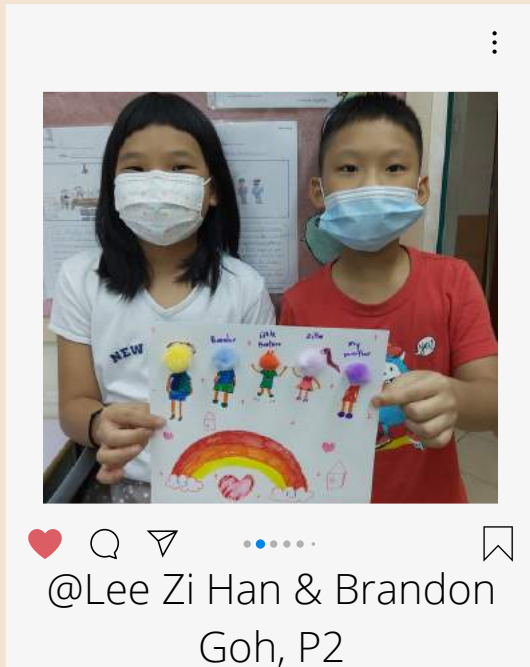
The students created their own self-identity portraits based on something that represents them.

"I learnt something new about myself during the animal quiz. This made me really happy!"
-Gao Xiong An, P1



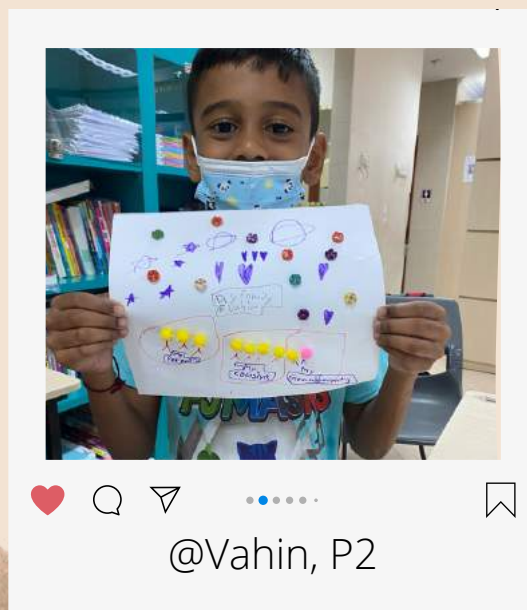
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@Gao Xiong An , P1

They proceeded to learn about how their family can shape who they are today.



The students made use of arts & craft to creatively create their family tree. They chose a colour that they felt best represented their family members.

" I felt that Zi Han and I did a great job in creating our family tree!"
-Brandon, P2



" I really love my family members!"
-Jia Qi, P1

" I chose yellow to show happiness and pink to show warmth."
-Vahin, P2

On the third day, the students started their day with a fun game called "Blow-Wind-Blow". This helped them learn more about their friends and even themselves!



❤️ 💬 🗑️ ⋯
@Ayden Khalish, P4 & Sanjit Singh, P3

The students were then given an opportunity to learn more about commonalities between their friends, and how each person has a unique trait.

On the last day, the students created their own personal summary of what makes them, them!

"The games were lots of fun!"
- Ayden, P4

"I was determined to guess who had the listed attributes." - Sanjit, P3

"I learnt more about myself this week. This has also made me appreciate my friends and family more!"
- Mandy, P3



❤️ 💬 🗑️ ⋯
@Mandy Chooi, P3

June

Holidays

Fieldtrips



COMO ADVENTURE GROVE



At Como Adventure Grove, students played on the Weeping Figs Tree, Saga Seeds Sand Pit and Giant Cempedak!

I loved going down the giant slide. It was a little scary though!
- Mandy Chooi P3



Oh no! There's sand in my pants!



The Forest Discovery Centre allowed them to explore the different birds in the park and find out how different animals sound like.

strongly believe that





Marine Cove Playground

At Marine Cove, students
had the chance to explore 4
parts of the playground!



My favourite part
was the slide!
- Xiong An, P2



I had so much fun climbing
up the tower!
- Hao Hao, P2



After a long day of playing, they had a well-deserved break at McDonald's!

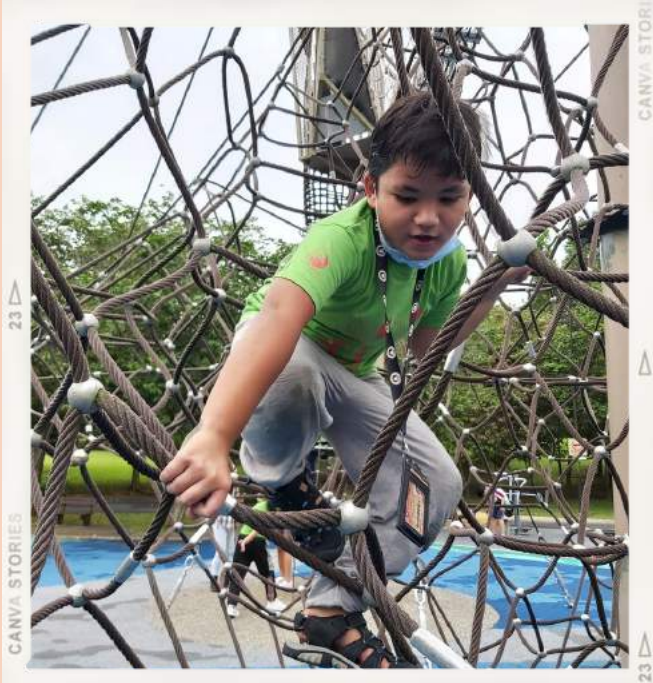


The kids had a lot of fun with the TMJC volunteers before heading back to the centre.



Woodlands Waterfront Park

We got off to a rough start with a bus breakdown, but eventually made it to our destination!

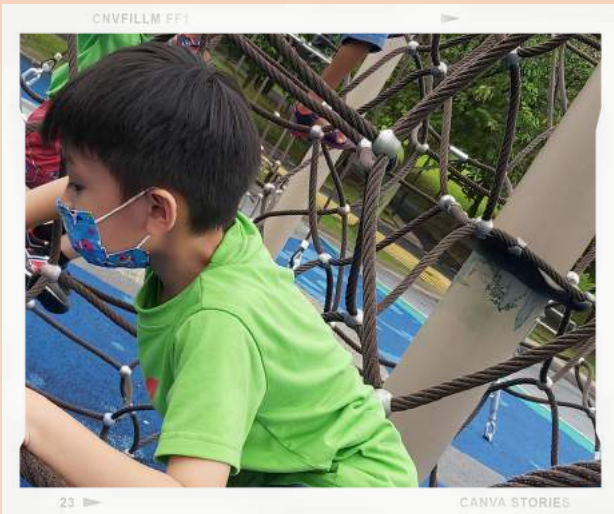


With a gigantic skynet playground, children were able to climb ropes and go adventure seeking on mesh bridges.





**It was really difficult climbing up the skynet.
-Prabhleen Kaur, P5**



Play helps to build imagination and creativity



LET US HEAR FROM

OUR STUDENTS

"I enjoyed the June Holiday very much!"

-Zi Ning, P2

"I had so much fun together with my friends."

-Eshan, P2

"I managed to learn so many new things during these 4 weeks."

-Yi Heng, P5

"I had fun during all the fieldtrips."

-Charlie, P3

"I had fun during my fieldtrip to Como Adventure Park!"

-Gretchen, P2

"We always get to go for outdoor!"

-Luqman, P5

"Watching the dye separate for Chromatography was so interesting."

-Zi Ruo, P2

"I really enjoyed the hands-on activities throughout the holiday."

-Jun Yu, P2

"Although I did not get to join in for the afternoon session, I had lots of fun during the morning session with my friends and my brother."

-Khairul, P2

"I always look forward to see my friends in the student care centre!"

-Zhi Xian, P3



Parents

Take Note Of These 5 Changes To Singapore's Education System

On March 7, Education Minister Chan Chun Sing announced some important changes to Singapore's school system at the Committee of Supply debate.

According to him, this is part of an effort to support learners at every stage of their education, and to partner with educators and the rest of the society to drive the Learn for Life movement.

Ministry of Education's (MOE) goals

- Expanding pathways and opportunities across a life course
- Nurturing confident and resilient learners
- Empowering educators to steward change
- Shifting mindsets through partnerships
- Nurturing stewards of environment and leaders in sustainability

01

No more mid-year exams for primary and secondary schools.

Education minister Chan said that this builds on earlier efforts to give students space to develop their interests.

"They use ongoing assessments to identify what students have mastered and the areas they have difficulties with. Students also focus more on their learning and less on marks," he added.

02

Implement full subject-based banding

According to The Straits Times, MOE already started the rollout of full subject-based banding in 2020, with 31 more secondary schools added to the Ministry of Education's full subject-based banding programme this year.

The goal is to have full subject-based banding in place by 2024, and students taking subjects at a higher or lower level based on their strengths. By next year, a total of around 90 schools will be on the list.

This means that students will not be separated or divided into Express, Normal (Academic) and Normal (Technical) courses. Instead, they will be in mixed form classes. And when they reach Secondary 4 in 2027, all students will take a common national examination and graduate with a common secondary school certificate.

This is part of the ministry's goal to provide more flexible and accessible pathways to all learners.

03

More direct school admission in junior colleges

From 10 per cent to 20 per cent, the number of direct school admission (DSA) places for non-Integrated Programme students will go up at government and government-aided junior colleges.

This means that there will be more places in junior colleges available for students entering with talents apart from their grades through the DSA exercise from this year.



04

More Normal (Academic) students can apply directly to polytechnics

MOE also aims to expand its polytechnic foundation programme. One concrete step towards this is to allow about 200 more Secondary 4 Normal (Academic) students to apply directly to a polytechnic for a foundation year instead of completing Secondary 5 and the O-levels.

Again, this is in relation to their objective of giving more flexible education pathways to Singapore students. According to The Straits Times, changes will be introduced in stages and fully implemented by the academic year 2028.

05

New third language programme in secondary schools

In their effort to build future-ready competencies for their students, the ministry will pilot a third language programme that will be conducted through modules and guarantee a certification after. This is so more learners in the secondary school level can learn new languages and discover other cultures.

They also want to promote a deeper -

appreciation of each student's mother tongue, which is why they added a fourth host school for a Malay-language elective programme.

Students from other schools can also attend the programme.

In addition, the ministry also wants every school to have at least one overseas partnership with a school abroad, to organise virtual or in-person student exchanges. This is to cultivate diversity and appreciation of other cultures.

Children's Chores

Improves Brain Function

Extracted from M NeuroScience News [Published on June 14 2022]

<https://neurosciencenews.com/child-chores-brain-function-20827/>

1 La Trobe University

Requiring your kids to do chores on a regular basis may be associated with them having better academic performance and problem-solving skills, according to new research from La Trobe University.

Children who regularly help around the home with chores may perform better academically and have stronger problem-solving skills.



The study, led by Ph.D. candidate Deanna Tepper and published in *Australian Occupational Therapy*, found that regular chores were

associated with better executive functions—planning, self-regulation, switching between tasks and remembering instructions. Tepper said the study's results indicate that interventions that incorporate household chore-like activities such as cooking or gardening may be particularly beneficial for children.

"Parents may be able to use age and ability-appropriate chores to facilitate the development of executive functions," Tepper said.

Early development of executive functioning

The study looked at parents and guardians of 207 children aged between 5 and 13 years. In mid-2020, the parents/guardians were asked to complete questionnaires on the number of chores their children completed daily and their child's executive function.

The researchers found that engagement in self-care chores, such as making themselves a meal, and family-care chores, for instance, making someone else a meal, significantly predicted working memory and inhibition (the ability to think before acting), after controlling for the influence of age, gender and presence or absence of a disability.

While previous research has shown that engaging children in age-appropriate chores can increase feelings of autonomy and is associated with improved

prosocial behaviors and greater life satisfaction, this is the first study to look at the association between regular chores and child cognitive development, particularly executive functioning.

Executive functions are commonly defined as: working memory; the ability to monitor and manipulate temporary information; inhibition, the ability to inhibit automatic responses or suppress irrelevant information to focus on a task; and shifting, the ability to move focus between tasks.

"Typically, these skills begin to develop in early childhood and continue to develop into late adolescence and early adulthood," Tepper said.

"Impairments or delays in executive functioning development can lead to difficulties in the ability to self-regulate, plan, and problem solve as adults, having implications later in life on reading performance and mathematical ability, as well as predicting overall academic achievement in later childhood."