



**城隍慈善基金会**  
Society Of Sheng Hong Welfare Services

# SHENG HONG STUDENT CARE CENTRE

JANUARY—JUNE 2018

## Our mission

Our mission is to develop a quality and affordable support service for parents especially working parents so that their school-going children can be supervised and developed adequately during out-of-school hours.

## OUR CORE VALUES

As the centre believes in cultivating values in every student and nurturing them into responsible citizens for the society, the centre will be focusing on the below values for the term 3 and 4

**Term 3—Respect**

**Term 4—Mindset of excellence**

## Announcement

Please be informed that the centre will be closed on the following dates

- 9 August—National day
- 22 August—Hari Raya Haji
- 31 August—Teachers' Day
- 6 November—Deepavali
- 21 December—Spring Centre
- 24 December—Christmas Eve#
- 25 December—Christmas Day
- 31 December—New Year's Eve #
- 1 Jan 2019—New Year's Day

# - open till 2pm

## Thank you for everything

As we are at the second half of 2018, it is a great time now to recall and reflect of the activities and learning that have taken place in the first half of the year.

Through our values-driven programme and experiential learning, our students have a wonderful and enriching experiences in our daily activities.

Our centre also takes a proactive approach in engaging with the communities and allowing the students from our centre to experience life outside the classroom.

Please take your time to enjoy the newsletter that entails the activities that we had over the first half of 2018.



## A note from the supervisor

*Greetings. It has been an honour to be working with you and your family, molding and grooming our young charges together for our futures in achieving excellence in areas beyond the classroom.*

*As we work hard towards creating a nurturing and stimulating haven, we believe in developing your child not just in their academics, but also towards the excellences in their emotional, social, physical and cognitive intelligences. We also strive to include aesthetic and moral lessons that will give your child a leg up on the ladder of life.*

*We look forward in working with you and your family for the second half of 2018 and beyond.*

# The Importance of Fieldtrips And Outdoor

## Beyond classrooms: Learning in the great outdoors

Experiential learning or learning by doing through Outdoor Education is one of the best teaching tools for our students.

With increasing exposure to information through technology, our students are becoming less active and do not develop relationships with self, others and the environment. Outdoor Education does not only promote physical development in students but it also focuses on each of their personal, social and self-awareness development.

That is what the Outdoor Education Programme (OEP) at Marymount Convent School aims to do as it enhances students' social-emotional learning and at the same time, instils confidence and independence in students.

The adventure camp provides an opportunity for the students to learn more about basic survival skills, respect and responsibility for self, others and environmental awareness. They also get to build their leadership skills, emotional and physical strength as they learn how to work in teams through activities like hiking, kayaking and other active games. Mrs Ng Soh Lan, Head of Department for Physical Education and Co-Curricular Activities, says her proudest moment during the camps was seeing her students encouraging each other to take on and overcoming challenges. Their social development flourished as they engaged together in hands-on learning and adventure.

**Building Leadership Qualities and Learning to Persevere:** For the energetic ones, like Sofia-Jane Wong Enqi, the activities in OEP are a dream come true. She loves activities such as trekking, high element course and team-building activities. During trekking, the primary 6 student learned the value of cooperation instead of competition. A coach had told her, "There shouldn't be too many people giving out instructions," and she discovered for herself how easy it was for her teammates to complete challenges when people are not fighting to take the lead but instead they stopped and listened to each other.

Another primary 6 student, Mithra Anandan, derived an even greater benefit while hiking. Due to asthma, she had never been very interested in physical activities but as she joined her friends on a hike, she learned to persevere despite having to stop for breaks.

Working hard to reach the end of the hike taught her the value of resilience even if others can go farther or faster. It is not about a race, it is about a completing and enjoying a journey. Since that day, Mithra says: "I have transformed from a non-active girl to one who loves adventure and that is a very big change!"

Both girls learned to value the support of the new friends they made and to give support in return, cheering on their classmates throughout the activities. Physical activities and outdoor fun aside, they valued the experience of learning how to read a map, thinking out of the box for survival skills, cooking, rock climbing, and other diverse experiences which does not happen in a classroom environment. They felt that they have expanded their skill sets and matured them through lessons of self-discipline, decision-making, and self-confidence.

Their parents also observed clear improvements in their children's self-management and responsibility. "My parents praised me about my positive change in character and of course, I had burnt a good amount of calories!" says Mithra laughingly. Sofia-Jane adds: "Days after returning from the camp, my mom said that I became more independent, cleaning after my meals and did my homework without being reminded. It was truly an enriching experience, my friends and I want to do the outdoor camps over and over again. We don't even miss our mobile phones!"

Outdoor camps sound like hard work to some students and even parents as they have to let their child go and experience a different environment. But being outdoors is more than just physical and fun activities, it actually helps students to grow in their personal capacity, strengthen their self-awareness, compassion and expand their life experience. When students see and experience their personal strengths, resilience is fostered.

Article extracted from Beyond classrooms: Learning in the great outdoors. (2018, April 23). Retrieved from <https://www.schoolbag.sg/story/beyond-classrooms-learning-in-the-great-outdoors>



# Singapore Maritime Gallery

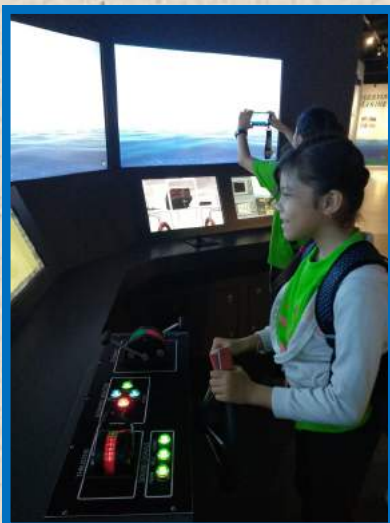
31 May 2018



We passed by the Tanjong Pagar Railway station. It was an old building that has four statues with letter F, N, R and S on them.—Le Pin



Our last stop was the Marina South Pier. We saw many kinds of ships in the Singapore Maritime Gallery.—Kai Xuan



Our children explored and learnt about Singapore maritime history; how we transformed from a small trading post to a premier global trading port and world's leading international maritime centre.



# Dairy Farm Trail @ Bukit timah

## 2 June 2018

### Perseverance Hike

Teaching the children to have the positive attitude of 'Never Give Up', our centre planned this outing to mount a significant physical challenges for our children. It is good to note that half of the children completed the trail and the reward was they saw the quarry.



It was hot and humid. We were very happy when we saw the monkey. We also saw a monitor lizard. It was a wonderful and fun trip. - Yu Tong



We begun our walk into the forest. It was warm and humid and I was perspiring all over. We saw a monitor lizard whilst we were on our way to the quarry.—Kai Wen





# Asian Civilisation Museum - Journey To Angkor Organized by NHB Heritage Centre 5 June 2018



**Learning to decorate the  
Life of Tree**

The volunteers showed us different statues from Angkor. They also told us many Buddhist and Hindu stories.—Yu Chen



**Artwork made by  
Rattan**



I enjoyed the river cruise very much. I saw the Merlion during the cruise. - Prabhleen



# Admiralty Park

## 7 June 2018

I played with my friends for a long time until it was time for lunch. We had fried rice and salad for lunch. I tried all the rides in the park. - Hee Sen



We went to play happily at the park. There were lots of slides and rope ladders. The green slide is about 34m long. - En Tong





# Sungei Buloh Wetland Reserve

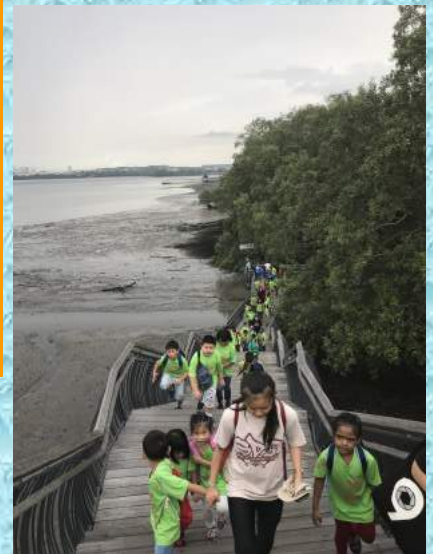
## 20 June 2018



Children uncovered a world filled with rich biodiversity as they wandered through the wetlands with an extensive mangrove forest of Sungei Buloh Wetland Reserve.



When we reached there, we heard an animal sound but we didn't know what it was... We came to a bridge whereby it was wobbly when we walked on the bridge.—Kai Wen



We saw the monitor lizard crawling back to the river.... A monkey was about to take our things while we were having snacks.—Yao Ming



## Doing good to others can benefit your children

No one is too small to play their part – that’s the message that’s sent out to all students at Lianhua Primary School.



To back up that statement, students are given the opportunity to volunteer for the activities that they are interested in, and encouraged to initiate their own projects and to inspire their peers to join them in their cause.

By empowering students, they learn how to be self-directed collaborators, independent thinkers and active contributors who care about people and issues around them. The volunteering process helped students as much as it helped others.

“Through the various projects, we want students to understand that no matter how small their effort, they can still make a difference to others. Even the tiniest act of kindness will make the world a better place,” said Mr Vincent Low, Head of Department for Character & Citizenship Education (CCE).

“Charity  
begins at  
home...”

## The whole is greater than the sum of its parts

About 25 students from Sheng Hong Student care, together with teachers and volunteers did their small part to bring cheer to a group of elderly living in an elderly home. As part of the social giving project titled Project Cheer, students visited the elderly and participated in activities with them. Meaningful interactions also took place in this event.



The meaning of being a good student came alive to the students. They learnt to take initiative when lending a hand to an elderly, and be confident when interacting with others whom they may not know.

Part of the article extracted from; Doing good can do you good. (2018, May 21). Retrieved from <https://www.schoolbag.sg/story/doing-good-can-do-you-good>

*The quality of your life will be determined by the quality of your work contribution.  
When you work to improve the lives of others, your life improves automatically.*

**By Kurek Ashley**



# Project Cheer @ Elderly Home

## 14 June 2018





# Police Talk

Workshop by neighbourhood police on anti bully and gangsters  
10th January 2018





# Rock Climbing by SRJC - 26 January 2018

A special thanks to SRJC rock climbing club for giving our students a chance to experience rock climbing.





# Outing to Westgate Wonderland 14 March 2018



Located at level 4 of the Westgate mall in Jurong East. It is the largest rooftop playground in Singapore. Children also get a chance to climb the 10 metre tall tree house.





# Give @ Sentosa—16 March 2018



Student had a fun day exploring Mount Faber Park. They took cable cars to Sentosa, experience the Sky Tower and explored Maritime Experiential Museum.



“All students can learn and succeed, but not on the same day in the same way.”

William G. Spady

[www.LearningStationMusic.com](http://www.LearningStationMusic.com)



# Amazing Race @ Changi Airport—by Credit Suisse

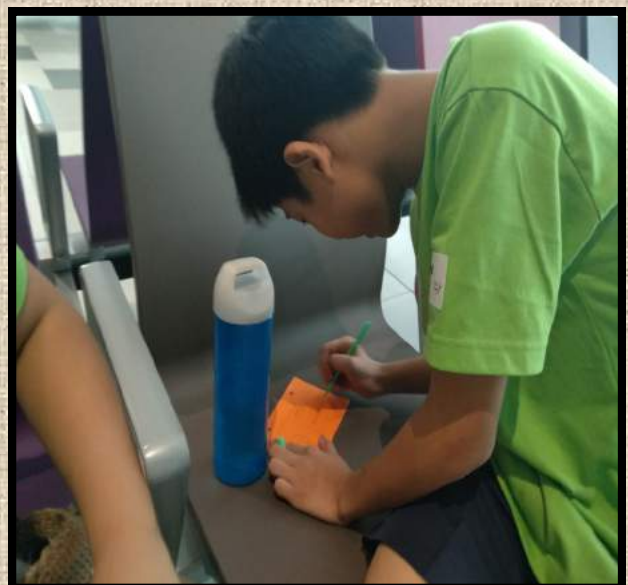
## 18 May 2018



We made our own 'passports' and we started moving to different checkpoints. The person-in-charge will give us a sticker when we reached the destination.—Vanessa



The checkpoints were located at various terminals. We had to take a bus or the sky train to get to the checkpoint.—Julian





# Sound Maze @ Esplanade 26 May 2018

The students visited *Sound Maze* at the Esplanade. They experienced a 20-min demonstration of the Instruments by Paul Dresher and they interacted with the Instruments for the rest of the programme .





# Collaboration with communities



Chinese calligraphy with HCI



Straw Collage with CHIJI!



Clay moulding with Hotspot!





# Collaboration with communities



Paper dye art with SRJC



Keychain workshop with SRJC!



FOIL ART





# Centre Activities



Workshop for parents on "How to hug a porcupine" on 2 Mar 2018

The most important thing a father can do for his children is to love their mother.  
Theodore Hesburgh



## Flower Making & Balloon Sculpture



We are learning turn-taking!



# Students' artwork





# OUR TEAM



From Left to right: Mdm Chashma, Mdm Cynthia, Ms Evelyn, Ms Brenda, Mr John

## My Teaching Philosophy

Working in the preschool sector for 12 years whilst helping out primary and lower secondary school students in their academics for 13 years, I believe each child deserves an equal amount of opportunities to develop the right attitudes and life skills that are essentials for the current rapid social changes. With the right attitudes and the love for learning, that will determine your child's altitude in life. Let us all work closely to bring out the best in your child.



John Koh