



ACS (INTERNATIONAL) NEWSLETTER

Dear Parents, Students and Friends

All of our students have been involved in either external or internal examinations over the past fortnight. For some, external examinations continue this coming month. We are sure that all students are taking these examinations seriously and are putting in significant extra effort to ensure that they achieve maximum benefit from the year. To succeed in any area of life, sacrifices have to be made. When studying for examinations, this involves, but is not restricted to, giving up social activities and other discretionary activities in order to create time for studies. For students, this should include the regulating and reduction of their social media activities over this examination period.

On a broader level, social media has been blamed for many ills. A recent 2019 research study by R M Viner et al published in *The Lancet Child and Adolescent Health* found that social media alone is not the cause of mental health issues in young people. The UK researchers found that increased levels of anxiety and unhappiness were linked most strongly to lack of sleep, lack of exercise and being cyberbullied. The effects were also more pronounced in 16 year olds compared to 13 year olds. They also found that checking social media on its own had no effect on mental well-being. By extension, it would seem that exercise and sleep are important factors in maintaining a healthy life style, particularly during examinations, and time spent on social media is time not available for exam study!

Next week, our teachers will complete marking, return scripts from internal examinations, and give follow up lessons. The final school reports will include feedback on the examinations and the whole year's work, and will be distributed at the end of the term. See another segment of this newsletter for end-of-term dates.

We look forward to celebrating the 2019 school year and acknowledging some of the many student successes this year at the final Speech Day Prize Giving and Year 6 Graduation ceremony to be held on Friday, 15 November and Friday, 22 November respectively.

There will be one more newsletter published after Year 6 Graduation which will feature prize winners, leaving staff and important dates of the new school year.

Best wishes

Rob Burrough Principal

IN THIS ISSUE

- Inter-School 'A' Division Staff Football Cup
- Study Nights
- Clearing Lockers
- End-of-Year Key Dates
- IB and IGCSE Examination Schedules
- Sitorus Library Returns
- ACS Echo
- Sale of Books and Uniform and Cut-Off Date for Formal Wear Orders
- Blazer Donations
- Lunar New Year 2020
- Year Groups to Take PEAKS Assessment in 2020
- Start of 2020 Arrangements
- Year 1 Student's Dancing Shoes
- Year 4 Graduation Ceremony and Tea
- The Singapore Bicentennial Conference
- ACS (International) Celebrates Wellness
- Visit by Health and Nutrition Expert
- Parent School Partners (PSP)
- Parenting Workshop
- Study Nights 2019
- NUS Giving Run BIG 2019
- Clifford Change Rugby Tournament
- **Upcoming Events**



STAFF NEWS

Inter-School 'A' Division Staff Football Cup

Congratulations to our staff football team for retaining the Inter-School 'A' Division Staff Football Cup. This is our third consecutive year being crowned Champions of Singapore and the fourth in the last five years.

14 schools from the various Ministry of Education (MOE) IP, IB and 'A' level schools competed for this year's title on Wednesday, 9 October. The weather was perfect that day, after initial concerns that we would be rained off again. ACS (International) will be hosting the tournament again in October 2020.







2015

2017

2018



2019

NOTICES

Study Nights

Study nights run from 3 October to 14 November, every Tuesday and Thursday, at the school library. The extended hours till 8:00 pm are solely for Years 4 and 6 students. No other students will be admitted so as to provide a conducive environment for the Years 4s and 6s.

Students are reminded to dress in school attire when using the library. School related shirts, such as the polo tee and House t-shirts are permitted, and must be worn with the school pants or skirt. PE shorts are not allowed. Students in the wrong attire will be asked to change out before being allowed entry into the library.

The PSP will sponsor dinner for the students in attendance and the staff on duty on the designated evenings.

Clearing Lockers

All students must empty their lockers by 14 November and leave their key in the locker. The locks in all lockers will be changed. Any gear left in the lockers will be removed and given to charity.

End-of-Year Key Dates

Please note the following key dates for Term 4:

November

1	Final day of Internal End-of-Year Exams
4	Normal classes resume
6, 7, 8	Year 5 English IOCs
13	Last day of lessons
.14	 Final Assembly Inter-House Tug of War Speech Day rehearsal and tidy up (starts 9:00am; ½ day for most students)
15	Speech DayLast school day for studentsStudent reports issued
22	 Final IBDP examination Year 6 Graduation Ceremony (see Poster on page 11 for details)
23	Year 6 Prom

IB and IGCSE Examination Schedules

The schedule of the 2019 IB and IGCSE Examinations can be found at https://acs.fireflycloud.asia/information-for-parents-public/examinations. No login is required.

Sitorus Library Returns

Years 1, 2, 3, 5 and Bridging Students

Please return all books by or before the DUE date stamped on the slip of paper issued with the Library book. You can borrow books for the holidays after settling your outstanding fines.

Years 4 and 6 Students

Please note that the last day to return any borrowed item(s) and pay outstanding fines is 8 November.

All Students

Unpaid fines/cost of the lost item(s) will be deducted from the Deposit.

Students who are leaving school

Any credit on EZ link / MRT / Passion cards must be claimed before 15 November by bringing the card to the Library Counter.

ACS Echo

The October–November 2019 issue of ACS Echo magazine has arrived. Parents and students who would like a copy may pick one up from the General Office reception.



Sale of Books and Uniform and Cut-Off Date for Formal Wear Orders

All students are to take note of the information as follows:

Popular Bookstore

Books

Date	Business Hours	Venue
17-20 December 2019 26-30 December 2019 2 January 2020	I ICINSER ON 23 24 and 31	School Bookshop

Bibi&Baba Pte Ltd

Uniform

Date	Business Hours	Venue
6, 7 and 17 January 2020	10am-4pm [Note: The shop at Far East Shopping Centre will be closed from 24 to 27 January for Lunar New Year break. Business resumes on 28 January.]	Outside School Bookshop

Formal Wear (Compulsory for Founder's Day on 1 March 2020)

Last Order Date	Contact Details
20 January 2020	Sandy/Pauline 6271 9248

Blazer Donations

Leaving students are requested to donate their old school blazers to the school for "recycling". They can deposit their blazer at the Reception, General Office for the school to dryclean and on-sell.

Lunar New Year 2020

To reduce disruption to curriculum time during the Lunar New Year period, the events/activities on the following dates are organised:

Wednesday, 22 January	Normal classes (Periods 1 to 5)
Thursday, 23 January to Tuesday, 28 January	Lunar New Year break – SCHOOL CLOSED
Wednesday, 29 January	Normal classes resume
Friday, 31 January	 Chapel Normal classes (Periods 1 and 2) Lunar New Year Assembly Staff Lunch

Year Groups to Take PEAKS Assessment in 2020

During Term 1 of 2020, Year 4 students are required to take the PEAKS assessment. Other year groups include all newly admitted Year 1, 1B and Year 5 students. The assessment fee is \$481.50 (inclusive of GST). Details in January 2020 issue.

Start of 2020 Arrangements

Year 5 IBDP

Due to the early timing of Lunar New Year and its potential effect on our IB Diploma Programme, the start date for our own Year 5 students who qualified for entry via DSA (based on their Year 4 preliminary examination results at the end of Term 3 in 2019) and 2019 Pre IB and FIB students who qualified, will be Wednesday, 8 January 2020.

New students from the 'O' levels track and our own students who did not qualify for entry via DSA will start as soon as they have been approved for entry. These students will be given some catch-up time.

The advantage of this earlier start is that students will have extra lessons to help mitigate the very large IBDP workload.

First Weeks

Friday, 3 January

2:30pm	IBDP results released at the Library	
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Monday, 6 January

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All Day	 Staff Training: IB and Non-IB Workshops "Investigating Inquiry" (for all teachers)
11:00am	 New Students Welcome by the Principal followed by lunch with new students and parents
1:00pm	IPC briefing for new international students
1:00pm- 5:00pm	Student subject consultations and changes with Divisional Coordinators

Tuesday, 7 January

All Day	Staff Training: IB Workshop "Investigating Inquiry" (for all teachers)
	 New Students Orientation I (excluding Year 5) with BBQ & Bonfire at 6pm

Wednesday, 8 January

10:00am	Whole School Assembly
10:45am- 11:20am	 Year 5 Tutor Group meetings to go over expectations, timetables, iSAMS personal details
10:45am- 12noon	Tutor Group meetings (all except Year 5) to go over expectations, timetables, iSAMS personal details
11:30am- 1:00pm	 Year 5 IBDP Introduction Other year groups released at 12noon unless required for subject options/timetable changes with Divisional Coordinators

Thursday, 9 January

8:00am	House Meetings
8:45am	Period 1 begins, followed by regular timetable



STUDENT SUCCESSES

Year 1 Student's Dancing Shoes

Congratulations to Lea Chong Wern Fang (1 SVM) who has reaped top placings for most of the dance categories in the "Get the Beat International Dance Competitions" and the "Commonwealth Society of Teachers of Dancing Regional Competition" that she took part in. Impressive results as follows:

Get The Beat International Dance Competitions, Singapore (4–13 June 2019)		
13 Years & Under Musical Theatre Solo	3 rd placing	
13 Years & Under Song & Dance Solo	4 th placing	
15 Years & Under Tap Troupe	1 st placing	
15 Years & Under Jazz Troupe 2 nd placing		
Open Age Tap Troupe	1 st placing	
Open Age Jazz Troupe	2 nd placing	
*15&U Groups Championships	Qualifier	
*Open Age Groups Championships	Qualifier	
Commonwealth Society Of Teachers		
Of Dancing Regional Competition, Singapore		
(5-8 September/10-12 September 2019)		
13 Years & Under Tap Solo Open	Honourable Mention	
15 Years & Under Jazz Troupe	1st placing	
15 Years & Under Freestyle Troupe	2 nd placing	
Open Age Freestyle Troupe	1 st placing	
Open Age Jazz & Hip Hop Troupe	1 st placing	
*Group Aggregate Award Winner		

Lea started her journey in dance since the age of four. She loves dancing as this is a language that she can express easily and confidently. Among all the dance genres, tap dancing stands out from the rest. She is always working out new rhythms with her magical steel-capped tap shoes.

"This year's competitions were especially challenging as I was competing in the open age categories. I am absolutely thrilled and so proud that our troupes managed to place first as the completion was really tough. I am always grateful to have many opportunities to compete and perform since I was 7 years old. Without my parents' support, I would not be able to pursue my passion in dance."—Lea

She has performed with many credits in many events, such as the National Kidney Foundation, Singapore Star Awards, etc. Her most memorable experience was performing with her dance group *Dance Trilogy*, where they competed in the grand finals for the very first "Asia's Got Talent" competition in 2015. Lea was then the youngest member of the team.

Lea also had the opportunity to perform in America's Universal Studios City Walk and the honour to lead the whole parade at Disneyland! Her most exciting experience was in Seoul, Korea, where she performed at the same concert event as Psy, the famous Korean singer behind the hit *Gangnam Style*.



First in Open Age Tap Troupe Category



First in Open Age Jazz Category







Very passionate about dancing, Lea enjoys especially the teamwork and camaraderie aspects. Just like any other sports and art forms, practice is a critical success factor. It is only through hard work and numerous practices that Lea is able to carry out each choreography close to perfection. She has now developed a strong sense of musicality, especially towards rhythms, melodies and musical phrases, and we look forward to continue helping Lea to hone her music skills further in class.

We wish Lea great success on her future endeavours in dance.



NEWSLETTER | November 2019

EVENTS & ACTIVITIES

Year 4 Graduation Ceremony and Tea

27 September was a heartwarming and emotional day for the Year 4 IGCSE students as it was their final day of school before the major examinations.



Following a meaningful assembly dedication in the school hall by Mr Gavin Kinch, Vice-Principal, Middle Division, the graduates ended their journey in ACS (International) with a memorable celebration in the chapel. Our peer leaders, Xavier Ng (4 SVM) and Jenell Tan (3 CKS) led the celebration with energy and spontaneity. Many of the graduates were surprised by a recollection of videos and pictures depicting their campus life in school, over the four years. It served as a heartfelt moment to remind our graduates about the friendships they have forged and the events they have shared with one another.



Seven graduates, Ronak Sanan of CKS, Manya Nahata of SVM, Cheng Yingfei of TKK, Stephanie Tsang of GHK, Nasha Amiesha Marican Bte Mohd Sadique of Thoburn, Gurnihal Singh of CKS, and Kai Ze from Oldham, went on stage to deliver touching speeches, and took the opportunity to show their gratitude to many teachers and peers.



The teachers also had the chance to give their well wishes to the Year 4s through a pre-recorded video. This served as an inspirational message for the graduates. They were then invited to a tea reception at the Student Centre and many took the opportunity to continue the unique culture of penning blessings for one another by writing on each other's shirts.

We wish the Year 4 graduates the very best of luck in their IGCSE examinations and to successfully sit for their papers with focus and resilience. We look forward to many of them returning back to ACS (International) for their IB diploma.

15th Student Council



NEWSLETTER | November 2019

The Singapore Bicentennial Conference

Organised by the Institute of Policy Studies, The Singapore Bicentennial Conference, was held at the Raffles City Convention Centre on 30 September and 1 October.

Deputy Prime Minister Mr Heng Swee Keat, Professor Tommy Koh, Ambassador Chan Heng Chee, world renowned historians Professor Wang Gungwu and Professor Peter Frankopan and thought leaders discussed the global context of Singapore's development before, during and after British colonialism, in plenary sessions such as Separation and Connections, Diversity and Identity, and Fighters and Builders.



Ms Ho Chia Yue and Ms Michelle Low accompanied four students to this prestigious event and three of them* fielded questions to the panellists. It was an enriching and fulfilling experience for our student representatives.



Student Reflections

Muzainy Shahiefisally*: Insightful and pertinent in informing what exactly should unite us when numerous external and internal forces seek to disrupt and sow seeds of discord in Singapore society.

Sunny Singh*: (The event) contributed significantly to the recharacterisation of Singapore's founding centuries and provided invaluable analysis of what is to come for the future of our generation in Singapore.

Wang Xin: A memorable event that provides a fantastic platform which connects (the) younger generation with experienced professors and pioneers...It allows us to think in a different way and changes our perspectives about history and the world.

Wang Xixian*: Very valuable. This is an unforgettable experience of not only listening but also exchanging ideas with people who also cared about Singapore and global issues.









NEWSLETTER | November 2019

ACS (International) Celebrates Wellness

During the week of 7 to 11 October, students and staff came together to celebrate, to learn more about and to participate in Wellness. In the three weeks leading up to this week, tutor time sessions saw Years 1, 2, 3 and 5 students learn about the four strands of wellness. We started with a general definition of each strand and learned how to balance the individual strands and how to keep them balanced. Students created informative posters and designed interactive activities that they used in week 4 to share their knowledge and help their peers learn more about wellness.

During school assembly, Megan Man and Loh Tarquin, both in Year 5, reminded us of the wellness definitions and the importance of keeping ourselves in a healthy state of well-being. They played a short video that showcased climate change activist Greta Thunberg's plea for the environment. This video helped to introduce our guest speaker, Mr Remi Cesari, Zero Waste Consultant, who talked about caring for the environment and how this is linked to wellness. He gave one example: Spending quality time with family nurtures our well-being and also reduces the impact on the environment. He also taught us a new campaign slogan – *reduce*, *refuse*, *reuse*.







The four strands of wellness we focused on are as follows:

Social: The way we live, work and play together helps to build a better quality of life. We should use language appropriately when we socialise, as it is a reflection of who we are.

Emotional: It's about being resilient. The ability to bounce back after a tragedy or a difficult experience. When we can do this, it helps us to lead a happier lifestyle.

Mental: It's about coping with stress, depression and anxiety and stopping the negative talk in our mind.

Physical: Regular exercise helps us to stay fit, sleep better, have a positive outlook, reduce stress and have a healthier appetite.

Visit by Health and Nutrition Expert

On 8 October, 36 Year 3 ESOL students enjoyed a visit from Ms Siti Hussein, a nutritionist and lecturer from Temasek Polytechnic during Wellness Week, to help them with their mini-research projects.



Students researched various fad diets to determine whether they were beneficial for health. A few boys wanted to know how to grow taller and Ms Siti was able to clear up a few misconceptions. She was also able to scare a few students into eating more vegetables. Students asked a lot of questions, took notes and practised using in-text citations for the first time. Quite a number of students stayed back afterwards to gather more information for their projects and to get some advice for themselves.

This was an excellent opportunity to discuss the dangers of fad dieting and the importance of nutrition for students who need to pass their end-of-year examinations. Here's to a healthy end of year!



PSP NEWS

Parent School Partners (PSP)

The Parent School Partners comprise the Exco that oversees a variety of events on behalf of the parents of ACS (International) students, which includes:

- Supporting various school events, e.g. Teachers' Day and ACSpirit de Corps
- Collaborating with student groups on PSP-sponsored events and student-initiative activities
- Organising parent-bonding activities and workshops, e.g. "Cyber wellness for your teen"
- Organising monthly prayer meeting for parents
- Attending a monthly meeting with the Principal and Vice-Principals to raise and discuss issues, and to act as a sound board for the school

Parent Volunteers (PV)

Join us in sharing your thoughts, experiences and concerns as your child journeys through their education. From involvement in school activities to engagement with the school, your participation makes our school family better and stronger. By volunteering with PV, you are able to put your skills and hobbies, as well as your ideas and experiences, to use for a worthy cause – for your child and all the students in the ACS (International) community. Activities with PV include:

- School events organised by the PSP
- Parent activities
- Parents' Prayer Club

To find out more about PSP or becoming a Parent Volunteer, or to raise an issue with the school's leadership on your behalf, email us at acspsp.net@gmail.com or psp@acsinternational.edu.sg









Parenting Workshop



On 12 October, we were pleased to have Ms Chantal Roux, our very own ACS (International) School Counsellor, conduct a parenting workshop on "Raising a 21st Century Kid". Approximately 30 parents attended the workshop and were actively engaged with Ms Chantal on the challenges faced by parents in raising teenagers in this digital age.

Ms Chantal spoke on various issues that teenagers face today, such as depression, bullying, cyber addiction, peer pressure, competition and stress. She shared the many ways parents could build a better relationship, trust and connection to bond with and nurture their children.

I personally liked her sharing on the 5 Love languages:

- Gifts
- Acts of services
- Words of affirmation
- Quality time
- Physical touch (Affection)



It was indeed heartwarming to see parents sharing and supporting each other during and after the workshop.

Ms Josephine Ooi



Study Nights 2019:

Exam Care in the Present Continuous Tense

Food is a silent language that comes in all shapes and sizes, colours and textures. Yet, it is also a language that we all speak, a metaphor for comfort and celebration. So it is that food takes primacy in the Parent Support Partners' (PSP) final act of service this year, providing not just physical but also spiritual nourishment to our Year 4 and 6 students as they prepare for their milestone IGCSE and IB examinations.



Through a well-stocked snacks counter in the library, catered dinners on Tuesdays and Thursdays from 3 October to 14 November, and prayer support from the Parents' Prayer Group and the Christian Ministry staff of Holland Village Methodist Church, the PSP is a quiet calming presence in these extremely anxious times in our students' lives. Our acts of 'doing' are really endeavours at just 'being' with our students and to bring respite as they momentarily let go of their detailed revision itineraries.





Study Nights is also an act of 'connecting' us to each other and reminding us that, whether through prayers, meals or moral support, we can respond with love and patience. It also connects us to the larger ACS family of schools which has a long tradition of care for its graduating classes. Through food for the hungry masses and prayers for the lost and the lonely, the ACS family has always kept a special place for these students who will soon leave us to live in the hearts of others to come.



A special word of thanks to the parents who have come forward with their contributions of time, provisions and prayers, and the librarians who have helped with the smooth running of Study Nights. We wish all Year 4 and 6 students the very best in the upcoming IGCSE and IB examinations.



SPORTS NEWS

NUS Giving Run BIG 2019

For the first time on 29 September, a group of us, together with Miss Laura Blunt and Mrs Georgina Patterson, participated in the NUS Giving Run BIG. This was NUS Giving's first non-profit run, with the theme of celebrating heroes — individuals and organisations that have made a positive impact on the lives of others, the event seeks to showcase how the spirit of gifting has benefited many.



Given the difficult route and hot weather that was certainly daunting, every one of us managed to complete the 5 km course, achieving a medal of participation. Although it was a non-competitive run, everyone set a goal for themselves and ran with great enthusiasm. It was certainly better to run as a team to motivate and encourage one another to continue, especially when we felt like giving up.

Overall, we really enjoyed this experience and we would definitely take part in more events like this in the future.

Michelle Choo, 5 CKS, and Hannah Kek, 5 CKS

Clifford Chance Rugby Tournament

Over the course of two days, 5 and 6 October, the U14 and U16 Touch Rugby team took part in the Clifford Chance Rugby tournament hosted by Tanglin Rugby Club. We played tough matches against clubs that have been training together for a long time. This gave us the opportunity to learn from more experienced players and to improve as a team for the upcoming ACSIS fixtures. We entered the competition knowing it would be a vigorous fight but we put on a brave face and took on the challenge.

Despite the heat and the intense competition, we stuck together as a team and motivated each other to keep going. Our parents provided excellent support and provided us with food and snacks to keep us going and pumped up with energy. Having said that, our tactics and awareness of the match not only improved, but our bonds as a team grew stronger.



U14 and U16 Teams

Now we feel we can tackle the ACSIS season with our heads held high. If I were given another opportunity to participate in a tournament like this, I would not hesitate.

Afreen Shaik, 2 TCT



UPCOMING EVENTS

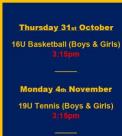
November	Event
4	 IB Exams begin Normal classes resume for all other year groups
6	Year 5 English IOCs
7	Year 5 English IOCsParents Prayer Group (08:00–09:00)
8	 Year 5 English IOCs Chapel (Years 1 and 2); Tutor Time (Year 3, Pre-IB, FIB and Year 5) (08:00–08:35)
13	Last day of lessonsEE Supervision Time (Year 5) (15:00–16:00)
14	 Final Assembly (08:00–09:00) Inter-House Tug of War (09:00–10:30) EE Supervision Time (Year 5) (10:30–11:30) Speech Day Rehearsal (13:00–14:30)
15	 Speech Day (09:00–11:00) Last school day for students Student reports issued
22	Final IBDP examinationYear 6 Graduation Ceremony (17:30)
23	• Year 6 Prom (19:00–22:30)



31st OCT - 6th NOV 2019 ACSIS SEASON 2 TRIALS WEEK

Trials for all ACSIS Season 2 Sports will be taking place from **Thursday 31st October to Wednesday 6th November**. All students who want to be part of a team must attend trials in order to be selected. The more students that attend the more teams we can enter! Students should ensure they are wearing the appropriate attire for each sport. Even if you did not sign up at the CCA fair you can still attend the trials, new students are of course welcome! GOOD LUCK!!!

ACSIS Season 2 Fixtures starts on 8th January 2020 to 15th February 2020.



Tuesday 5th November

14U Football 3:15pm

14U Netball 3:15pm

19U Basketball (Boys & Girls) 3:45pm

Wednesday 6th November

14U Volleyball (Boys & Girls) 3:15pm

19U/16U Touch 3:15pm

19U/16U Rugby 4:15pm

2019-2020 Age Group Cut Off

14U	1 _{st} June 2005
16U	On or after 1st June 2003
19U	On or after

ACS (INTERNATIONAL) DIPLOMA GRADUATION CEREMONY CLASS OF 2019

Friday 22 November 2019 | 5:30pm (Seated by 5:20pm) | University Cultural Centre Hall NUS Centre For the Arts, National University of Singapore, 50 Kent Ridge Crescent, Singapore 119279

GUEST OF HONOUR

PROFESSOR LILY KONG

PRESIDENT, SINGAPORE MANAGEMENT UNIVERSITY

22.445.179

Dinner will be served at the Atrium after the ceremony.

RSVP and ticket request via https://bit.ly/30jsQiT or QR Code by 8 November 2019

For enquiry, please contact the Principal's Secretary: stella.sim@acsinternational.edu.sg



