

# CIRCUIT BREAKER CONNECTOR

ISSUE 3

ACS (INTERNATIONAL) COMMUNITY NEWSLETTER

30 APRIL 2020



Singapore is now three weeks into the Circuit Breaker period, with a number of weeks still to come. In my house, there is myself, my wife who is a teacher running HBL classes and three children completing HBL.

It took us about two weeks to find routine that just about works in our house. With the five of us juggling shared spaces, headphones, wifi "hotspots", chairs, tables and power adapters it has been a challenge. Some days work well and on other days, it is more challenging as we all work in close confinement to each other. The initial novelty has worn off and everyone now feels as though they are just pushing through at the moment. While there have been some fun times together, there have been many times when we have felt sorry for ourselves and our current situation.

I was messaging a staff member this week as I "checked in" to see how they were doing. They sent me a photo of their son, who is a first-year doctor, working in the A&E department in a Singapore hospital. The caption that he wrote was "This is the face of someone who has worked non stop for 31 hours".

As he works on the frontline around confirmed COVID-19 cases, he has made the decision not to return to the family home in order to protect them from possible infection. The staff member reminisced to me of when her son took her out to a fancy restaurant with his first pay packet and how now in the current situation, she misses him so much. As we signed off from the chat, she wrote to me: "You are fortunate to have all 3 kids by your side, I am so envious".

That comment made me really stop and think that everyone has their own story to tell at the moment. There are those who are struggling with relatives on the front line, those who have challenges with so many family members being home, those who are on their own and those who are separated from their loved ones. Each of us at the moment has a different experience and set of circumstances that we are living in. As a community, let's make sure that we are staying in touch with each other, checking in on our friends, looking for the opportunities and reaching out to others when we need to.

Mr Gavin Kinch



\*Shared with permission

## UPDATES

- Please keep updated with the COVID-19 situation regarding travel using this link: <https://www.ica.gov.sg/covid-19>
- Friday, 8 May, is now a normal HBL day, not a school holiday.

Stay Safe  
Stay Home  
ACSians!

# LET'S MOVE!



During this stay-home month, you don't have to miss out on the opportunity to keep improving your health, fitness and physical well being! Here's one resource that you can use at home this week. All you need is a computer/laptop or mobile device! And you can do it as many times per day, per week!

## Fitness Blender YouTube Channel

The [channel](#) has 600 free full length workout videos and counting! Subscribe to never miss a new workout. Track your workouts and progress with their free customisable online workout calendar at [www.FitnessBlender.com](http://www.FitnessBlender.com)

Everything you see on this channel is created by a husband and wife team: Daniel and Kelli. They believe that smart workouts and healthy whole foods can improve one's health, quality of life, and body.

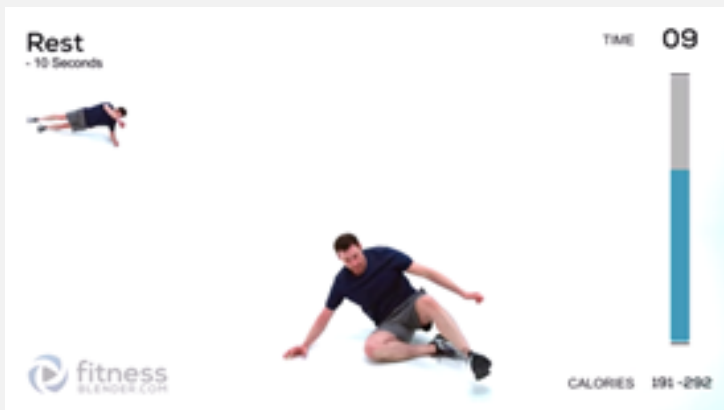
You are welcome to join the Teacher vs Student PE challenge, a weekly challenge where a PE teacher films themselves attempting a short physical or skill-based task and then challenges the PE class to "beat the teacher".

This week's challenge is Jumping Jacks.

Check out <https://youtu.be/LaLeG-CnBRk>

Submit your video to your PE teacher and see how you do. We look forward to seeing you in action!

*PE Department*



## 2.6 Challenge For Me And You

On Sunday, 26 April, the day that the London Marathon (the world's biggest fundraising event) should have taken place, I took part in my own "2.6 challenge", joining many other people in the UK and around the world doing their own individually designed challenges to raise money for some of the charities that would miss out on the vital funding the marathon would have provided.

Although I didn't run 26.2 miles – I did manage to complete 26 minutes of exercise, followed by 26 minutes of rest and repeated the two routines, from 9am to 9pm.

The Myton Hospice, a UK based charity that I was raising money for, is close to my family's heart and I have already had so many generous people sponsor me. If you would also like to sponsor me, please visit my "[justgiving](#)" page. I would be very appreciative as would this amazing charity.

*Ms Laura Blunt*

# Longer Loan Period



All library loans will  
be extended and  
renewed  
automatically.

**Email us  
for  
remote  
support !**



Scan QR Code  
Or Click  
to access [Library Catalogue](#)  
Or Email  
[Library@acsinternational.edu.sg](mailto:Library@acsinternational.edu.sg)



## LOAN FOR MORE

While you stay home during this circuit breaker period, don't worry about not returning your borrowed books on time!

If you need more books or resources, the NLB Mobile app <https://mobileapp.nlb.gov.sg> is your personal library, anywhere, anytime!

- Read eBooks and listen to audio books online
- Access eMagazines and eNewspapers
- Search for both online and physical resources to borrow
- Take online courses

*Library Team*



# Photo Challenge



Hey everyone, guess you must be busy with HBL and staying safe!

We are extending the submission deadline to **Sunday, 3 May, 12 noon**, so hurry and send in your winning photo today!

## Challenge details



*Take a photo of someone/something which you are most grateful for during this circuit breaker period – it can be your dog or your mom's home cooking!*

All entries to be submitted to  
Ms Chantal ([chantal.roux@acsinternational.edu.sg](mailto:chantal.roux@acsinternational.edu.sg)) or  
Ms Stacey ([stacey.low@acsinternational.edu.sg](mailto:stacey.low@acsinternational.edu.sg))

Photos will be posted to our school's Mental Well-Being Portal <https://www.acsinternationalschoolsingapore.com/> and there will be a vote for best photo. The lucky winner will have a special prize delivered to their doorstep. Check out the website using the link above for more details!

**Check out next  
week to see if you  
are the winner!**

*Ms Chantal Roux and Ms Stacey Low*

# FOCUS ON THE Family

Focus on the Family Singapore has specially curated content to help working parents thrive in this COVID situation, especially with the new stay-home measures. You can get daily resources by following them at FB: Focus on the family Singapore, IG: @thrivingfamilysg or website: [www.family.org.sg](http://www.family.org.sg)

## 5 Critical Conversations on COVID-19 Every Family Should Have

*Bringing life and death issues to the fore*

ELISA NG | 24 MARCH 2020

Before I sat down to write this article, I asked my children, “What do you think about COVID-19?”

“It’s deadly. I am a bit scared. But I don’t mind getting 5 days’ MC to stay at home, away from school.”

Upon hearing my son’s reply, I explained to him that he would have to stay in a hospital if he has COVID-19. He then asked, “There is Wi-Fi at the hospital right?”

The truth is, our lives are still relatively calm and peaceful here in Singapore. While many of us may know of family or friends who are confirmed or suspect cases, being at the receiving end of regular updates from the Ministry of Health (MOH), we still feel quite assured. In fact, in our family, we spend equal amounts of time talking seriously about the situation as laughing over COVID-related jokes and memes.

Undoubtedly, one silver lining in this COVID-19 crisis is that we now have an excellent opportunity to talk to our children about deeper issues like love, life and death.

That said, if your children are [teenagers like mine](#), there can be no long lectures or moralising. We will probably find conversations more effective if we start by asking for and listening to their opinions. Here are some ideas about how we can engage our children on five critical issues arising from COVID-19.

### 1. Let's talk about health and hygiene

I do my fair share of reminding my children to wash their hands and not touch their faces. The less mainstream thing I did was to send a [cute video](#) on how to fight COVID-19 with *Superhero Me* to the family chatgroup. I excitedly told them that the way to cough is to do a dab. They rolled their eyes, but they remembered.

Although our family is currently all clear of COVID-19, we faced other medical situations which could not be dealt with expediently because medical resources are prioritised for tackling COVID-19, and rightly so. Having to suffer pain and discomfort for longer periods now, we not only appreciate our usually prompt medical services but the all-round good health and fitness which we had often taken for granted.

*Ask: What do you think we can do more as a family to improve our health? Would you like to do something to help the family in this area?*

### 2. Let's share our fears and anxieties

The COVID-19 situation can cause fears and anxieties in different ways. One may fear catching the illness, or worry about loved ones dying.

As we watch COVID-19 spread across the world, it becomes apparent how fragile life is. All it takes is for someone to act irresponsibly or carelessly to trigger a chain of infections. People recovering from OCD might find reminders to wash their hands confusing as they struggle not to return to their previous habits. Others may find news about the spread and fatalities alarming and depressing.

On the other hand, it is suddenly a big deal to have an itchy or sore throat. Questions like these can overwhelm us: “Am I really sick?” “What if my colleagues think I just want to skip work?” “What if my boss doubts my capabilities because I fall ill at a critical time?” “What if I lose my job?”

While some people may dislike the changes in our daily routines or are irritated by the restrictions placed on their freedom, others are fearful that their absence at work or a social occasion would put them in bad light.

This is the case in South Korea where *Noonchi* (which means the ability to read and adjust to others’ moods) is highly valued and calling in sick is frowned upon. This culture of going to work sick was purported to be one of the causes of the initial sharp rise in COVID-19 cases in South Korea.

When we share such thoughts with our children, they learn that there are many facets to a situation, and fear can manifest in different ways. It is also a good way to check in on how they are coping with the situation and if need be, [find ways to relieve their stress and reassure them](#).

One possible way is to help them differentiate those worries that are within their control (that they can do something about), from those that are not. For example, if the news gets a bit overwhelming, can we set limits on when we tune into the news?

*Ask: What are some fears and anxieties that people might have in this COVID-19 situation? Why do you think they have such fears and anxieties? Can you relate to any of them?*

### 3. Let's discuss country and government responses

There is much to learn by studying how governments around the world are responding to the challenges posed by the rapidly-spreading disease.

Some questions to consider are: How does the Government meet both shorter-term healthcare and longer-term economic needs? How do we look out for our own nation’s interests yet maintain good diplomatic relationships with other countries?

Many countries have shut their borders and closed schools to slow down the spread. Singapore considers such measures with caution because they do not just have economic implications but would likely stress families further — with the change in routine and children cooped up at home with no outlet for their boundless energy. While some have joked that birth rates will increase nine months later, others have warned that divorce rates may go up.

We can teach our children that such delicate trade-offs apply at the personal level too. Letting children spend their time indoors on gadgets could keep them safe from viruses. On the flip side, the sedentary lifestyle may affect their health and result in a [dependency on gadgets](#).

Beyond trade-offs, we see the importance of having financial reserves for times of emergencies, and building up a strong healthcare system and social capital — all of which takes years of hard work and discipline.

*Ask: Where do you think Singapore has done well, or not so well, in tackling COVID-19? What are some personal lessons you can learn from what you have observed around the world?*

*Self-preservation is a natural instinct, but it is important that our children hear stories that go against the grain.*

#### 4. Let's talk about service and compassion for others

Amidst the doom and gloom, inspiring stories also abound. Doctors and nurses continue to care for patients although some of their colleagues have succumbed to the virus. In turn, people who were quarantined at home in Italy, Spain, France and Israel co-ordinated applause for medical professionals from their balconies.

Then there was the story from the early days of the virus about a man who delivered masks to a police station in Wuhan and then ran away, not wanting to be identified. Closer to home, a local community group organised shelter and basic provisions for Malaysians who were temporarily living in Singapore when daily commuting between the two states was disallowed.

Self-preservation is a natural instinct, and we see it in the form of hoarding and other inconsiderate social behaviours. It is important that our children hear stories that go against the grain, to [avoid apathy or a me-first mentality](#).

*Ask: How do you think COVID-19 has brought out the best or the worst in people? What are some stories which you have read about, that inspired you? Is there anything you think our family can do to help others?*

*Despite the stress and weariness of this season, it is good for us to remember that what we do have is our family.*

#### 5. Let's talk about life and death

At the beginning of the crisis in Wuhan, I read stories about children bringing their sick elderly parents from one hospital to another, seeking treatment. Many of them eventually died without having received treatment.

Another piece of difficult news that emerged was how medical professionals are no longer doctors but "sorters" — who need to decide who to save. In situations where there is a lack of medical facilities, and the number of people who need them exceed what is available, doctors are faced with the difficult decision of letting someone die.

There is a limit to what science and technology can do, just as there is a limit to how far human strength and resilience can bring us.

In spite of all the preventive and protective measures, anyone can fall ill at any time. No matter how healthy and fit someone is, no one is invulnerable. COVID-19 is just the latest crisis to remind us, once again, of the brevity of life.

Despite the stress and weariness of this season, it is good for us to remember that what we do have is our family. Let us show them our love today, while we can.

This is one of my favourite quotes:

*I shall pass through this world but once.  
Any good, therefore,  
that I can do or any kindness I can show to any human being,  
let me do it now.  
Let me not defer it or neglect it,  
for I shall not pass this way again.*

Life is short and uncertain. While we are alive, let our lives be a blessing and let us enjoy it as much as we can, in meaningful ways and with people whom we care about.

*Ask: What do you think of death? Why do you think it is difficult for doctors to decide who to save? How should we live our lives so there are no regrets?*

Source: [www.family.org.sg](http://www.family.org.sg)



House	Platform used and its link	House Tutor "Open Office" Time	HSM "Open Office" Time
CKS	Google Classroom	Monday to Friday 8:00am–8:30am	Monday to Friday 3:00pm–4:00pm
GHK	Firefly Classroom <a href="https://acs.fireflycloud.asia/ghk/notices-1">https://acs.fireflycloud.asia/ghk/notices-1</a>	Monday to Friday 8:00am–8:30am	Monday to Friday 3:00pm–4:00pm
LSG	Google Classroom <a href="https://classroom.google.com/c/NjQxMDgzMTgzNTha">https://classroom.google.com/c/NjQxMDgzMTgzNTha</a>	Monday to Friday 8:00am–8:30am	Monday, Thursday and Friday 3:00pm–3:30pm
OLD	Google Classroom and Google Site	Monday to Friday 8:00am–8:30am	Monday, Tuesday and Thursday 3:00pm–3:30pm
SVM	Google Classroom and Google Site	Monday to Friday 8:00am–8:30am	Monday, Wednesday and Friday 3:00pm–3:30pm
TCT	Google Site for some notices and Google Classroom for immediate contact <a href="https://sites.google.com/acsinternational.edu.sg/tct-house/home">https://sites.google.com/acsinternational.edu.sg/tct-house/home</a>	Monday to Friday 8:00am–8:30am	Monday, Wednesday and Thursday 3:00pm–3:30pm
THO	Google Classroom	Monday to Friday 8:00am–8:30am	Monday, Wednesday and Friday 3:00pm–3:30pm
TKK	Google Site and Google Classroom <a href="https://sites.google.com/acsinternational.edu.sg/tkk/home">https://sites.google.com/acsinternational.edu.sg/tkk/home</a>	Monday to Friday 8:00am–8:30am	Monday to Friday 3:00pm–3:30pm

### Who you gonna call?



Senior Division and IB Issues	siewhoon.tan@acsinternational.edu.sg
Middle Division and IGCSE Issues	gavin.kinch@acsinternational.edu.sg
Junior Division Issues	kris.achter@acsinternational.edu.sg
School Google	robert.icban@acsinternational.edu.sg
Firefly, Managebac	choongkiat.chia@acsinternational.edu.sg
Remote Access (staff), Email	harold.manalo@acsinternational.edu.sg
Teacher, Student and Parent Portals	rosdiawati@acsinternational.edu.sg