

CIRCUIT BREAKER CONNECTOR

ISSUE 1

ACS (INTERNATIONAL) COMMUNITY NEWSLETTER

17 APRIL 2020



Last week was Holy Week in the Christian calendar. The Cross and Empty Tomb represent two of the very important events in Christian faith – Crucifixion (Good Friday) and Resurrection (Easter) respectively. Jesus Christ died on the cross, undergoing immense suffering as a sacrificial lamb to atone the sins of mankind. On the third day, Jesus was raised from death; He resurrected, proving that He is indeed the Son of GOD. Through the resurrection of Jesus Christ, those who believe in Jesus are guaranteed a living hope of eternal life.

COVID-19 pandemic has caused many of us to be anxious and even fearful, we come face to face with our vulnerability and we ask questions about GOD. Where or on whom can we place our hope?

“Where is God in a Coronavirus World?”

John Lennox, Emeritus Professor of Mathematics at Oxford University and Christian author, answers that question many are asking in his new book (recently released) with the question as title.

I highly recommend that you watch the recorded interview of Professor John Lennox that took place on 8 April. Michael Ramsden collected questions from the public for the session at <https://www.youtube.com/watch?v=WvLfuMIAi18>

Questions discussed are:

1. Isn't atheism the easiest and most straight forward response to this situation?
2. Is there some kind of cosmic karma at work here?
3. Can we respond to this crisis with intellectual answers?
4. What kind of GOD would design a world afflicted with viruses?
5. How do we wrestle with feelings of despair and fear?

Professor John Lennox also shares Jesus' encounter with a family – Martha, Mary and Lazarus (written in Bible John 11:1-45) and his view of what we can learn about GOD/Jesus from that.

A pertinent quote in his book reads: “God is too good to be unkind, too wise to be mistaken; and when you cannot trace His hand, you can trust His heart.”
— Charles H. Spurgeon

There is HOPE in the resurrected Saviour, Jesus Christ.

Mrs Tan Siew Hoon

Every Day's a Great Day



Part of online learning and telecommuting is getting up and dressing for success each day. One of the top requests of SLT throughout the year is having theme days. Let's have some fun next week and dress up for your online learning. Teachers, send in your best dressed students (email to Dr Kris Achter) in each area for recognition in the next Circuit Breaker Connector. As always, remember to don respectful attire in keeping with our code of conduct.

- Monday – Hat Day
- Tuesday – School Uniform Day
- Wednesday – Dress for Success Day
- Thursday – Creative Background Day
- Friday – Fun Hair Day



UPDATES

The school will notify you if your child has not registered each day for HBL through the iSAMS Parent Portal App. In order for you to receive these notifications, you need to **enable** the notifications, through your preferred browser, not the Parent Portal app.

Higher Education & Careers

Please see the following links to the latest development in higher education:

- [UC to ease admission requirements: No SAT, no letter grades due to coronavirus](#)
- [University of East Anglia graduation ceremonies cancelled](#)
- [University World News](#)

Students and parents are welcome to email any enquiry regarding higher education to:

Ms Rita Kaur – rita.kaur@acsinternational.edu.sg
Mr Nicholas Chia – nicholas.chia@acsinternational.edu.sg

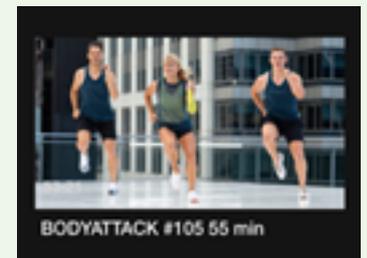
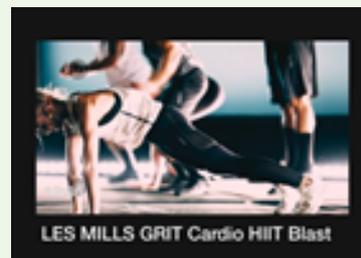
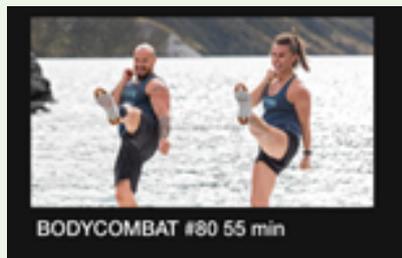
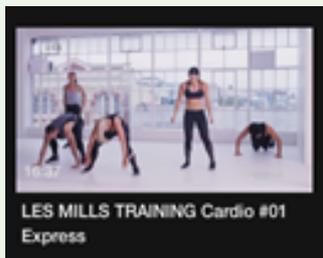
LET'S MOVE!

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!

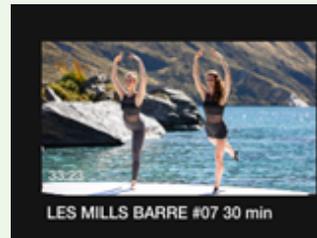
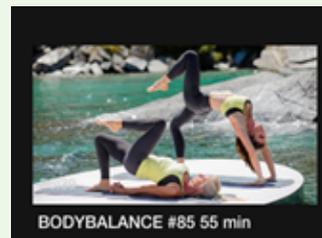
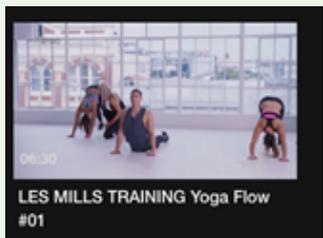
Les Mills

Les Mills produces a variety of workouts that are usually taught in gyms around the world. They also have a great website that is now offering a range of free "At Home Workouts" that are challenging, engaging but easy to follow. There are so many different types of workout to choose from. Some require specialist equipment which you may not have at home, but the following shows some that you could do without any equipment in your home:

For those who like a **high energy cardio workout**, you could try these:



For those who like a workout to improve your **muscular strength** and **endurance** or to **relax/de-stress**, you could try these:



To access all of the above, just follow this [Les Mills Free At Home Workouts](#) link.



In line with the recent handstand challenges going around the web, the PE department is also issuing a challenge to students.

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 Wall Sit.

Check out https://youtu.be/i-00rnG_go

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

PE Department



Happy New Year to All Our Foreign Workers!

Our international students wrote New Year greetings in different languages and would like to offer their words of comfort, encouragement, and even laughter!

எங்கள் வெளிநாட்டு தொழிலாளர்கள் அனைவருக்கும் தமிழ் புத்தாண்டு வாழ்த்துக்கள்! 🎉🎊
எங்கள் சர்வதேச மாணவர்கள் புத்தாண்டு வாழ்த்து வார்த்தைகளை வெவ்வேறு மொழிகளில்,
அவர்கள் தங்கள் ஆறுதல், ஊக்கம் மற்றும் சிரிப்பு வார்த்தைகளை வழங்க விரும்புகிறார்கள்!

আমাদের সকল বিদেশী কর্মী তামিল নববর্ষের শুভেচ্ছা! 🎉🎊 আমাদের আন্তর্জাতিক শিক্ষার্থীরা নববর্ষকে বিভিন্ন ভাষায়
শুভেচ্ছা জানায়, তারা তাদের সাধনা, উত্সাহ এবং এমনকি হাসির শব্দটি উপহার দিতে চায়!

全体外籍员工！我们的国际学生新年问候语使用不同的语言，他们希望提供安慰，鼓励甚至欢笑的话

สุขสันต์วันสงกรานต์! 🎉🎊 นักเรียนต่างชาติของเราทั้งหมดต่างพูดในภาษาต่างๆ พวกเขาคาดหวังการเสนอคำปลอบโยนกำลังใจและแม้แต่เสียงหัวเราะ!

Student Dormitory Reaching Out to Foreign Workers' Dormitory

Over the Easter weekend, 20 ACS (International) students who stay at ACS (Independent) Boarding School wanted to engage in something meaningful during this Covid-19 circuit breaker period. We reached out to Westlite Toh Guan, one of the dormitories gazetted as an isolation dormitory, and did a recording of new year and well-wishes greetings in Bengali, Tamil, Thai, Burmese and Mandarin. Compiled together with songs in the respective languages, the video was sent out via whatsapp to the 7,000 workers isolated in the dormitory on Tuesday, 14 April, New Year Day for the Bengalis, Indians and Myanmar, and Songkran Festival for the Thais. It is our little way of saying that we, the "villagers" [as ACS (International) students are affectionately known as in the boarding school], care and remember them.

I am very honoured to be part of this meaningful project. I hope our video have brought positivity in this difficult time.

So Wan In Ian, 4 SVM, Hong Kong

싱가포르를 위해 열심히 노력해주시는 외국인 노동자분들께 감사의 말씀을드립니다. 저희가 외국 노동자분들을 위해 비디옌을 만들었습니다. 이 힘든 시기를 잘 극복하시기를 바랍니다!

Jiwon Yang, 6 Oldham; Johnson Yang, 5 Oldham, Korea

我很荣幸能够参加这次活动 为在新加坡的工人朋友尽一份我力所能及的力量 来改善他们的生活状态 这次活动也让我们意识到了生活的不容易 从今以后我们更要学会去关心这个群体的生活状态

Liu Yanxi, 5 GHK, China

मुझे उस अवसर पर गर्व है जो हमें संकट के इस समय में समुदाय की सेवा करने में सक्षम होने के लिए मिला।

Vansh Romesh Goel, 6 CKS, India

Em cảm giác rất vinh dự và vui là em có thể đem được sự hạnh phúc và nụ cười trong những thời kì tối tăm như bây giờ

Le Quoc Thai, 5 SVM, Vietnam

Sewaktu kita membuat video untuk pekerja asing di Singapura, saya merasa puas dan kita masih bisa berkontribusi ke komunitas meskipun covid-19 sedang terjadi.

Treshia Siotama Tan (Tracy), 6 Oldham, Indonesia



HBL House Contact Information and HSM Availability

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 https://acs.fireflycloud.asia/ghk/notices-1	Monday to Friday 8:00am–8:30am	Monday to Friday 3:00pm–4:00pm
LSG	Google Classroom https://classroom.google.com/c/NjQxMDgzMTgzNTha	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 https://sites.google.com/acsinternational.edu.sg/tct-house/home	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 https://sites.google.com/acsinternational.edu.sg/tkk/home	Monday to Friday 8:00am–8:30am	Monday to Friday 3:00pm–3:30pm

Photo Challenge

The Counselling Department will be running a photo challenge for the next few weeks. Each week, there will be a specific topic and everyone is welcome to submit a photo that they have taken that best reflects or describes the directive.

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!

Details for this week's challenge:

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 or Ms Stacey stacey.low@acsinternational.edu.sg by Tuesday, 21 April, 12 noon.

Let the photo games begin!



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

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

Working from Home with Kids

6 Rs to a new rhythm for the family

What first comes to your mind when you think about working from home? Do you imagine it will be more difficult to get work done or do you think it will be a less pressurising way of working? While telecommuting has its perks, like time saved from travelling, it definitely has its own set of challenges as well.

To limit the spread of COVID-19, many working parents are now working from home. With students doing home-based learning, our school-going kids are home at the very same time we are figuring out this new work arrangement. Distractions and interruptions can come more easily, potentially impacting our productivity.

As you work towards a new norm with work and family life, consider how these 6 Rs could help you create a more successful and less stressful environment for everyone in the family!

1. Ritual

Before the new measure of working from home was implemented, the “ritual” of getting ready for the day and commuting helps us to shift to “work mode” by the time we get to our workplaces. It would be helpful to create something similar even when we work from home—stick to a standard waking up time for everyone, continue to do the usual morning rituals of showering and breakfast with the kids.

Some people find it helpful to change into clothing that’s slightly more like their usual work wear. Pro-tip: wearing pajamas won’t help you feel productive!

Others mentally prepare themselves for work while doing some exercises or having a cup of coffee before they start the work day. Continue these morning rituals, set a time for work or school to start and keep to it every day as well as you can.

2. Room

There are those who can get productive work done when propped up in bed, but for most of us, that may not be conducive—especially when the kids or work kept us up late the night before!

Set up a well-lit designated workspace in your home that allows you to have good sitting posture and minimal distractions. Try to avoid spaces that might draw you toward doing something else, like the bedroom or kitchen. Parents of younger children may need to work near their children, so as to keep an eye on them as they play or nap, while parents of older kids can use a separate room as their “office”.

In the same way, we can set up a space for home-based learning for our kids. Make sure they understand that it’s a space for them to focus on online classes and homework, and not for playing or other activities.

As you consistently utilise these designated spaces every day, you will be drawing “boundaries” for your kids and they will understand that’s Daddy’s or Mummy’s work room or this is where I sit for school time. This adds a sense of our third “R” to their lives.

3. Routine

Just as it is useful to us to know what’s ahead in our work day by planning a schedule that includes time for work, breaks, and meals, our kids would also benefit from having such a routine.

For older children, plan each day’s schedule with or for them. Tell them that just as they have a set of school tasks to finish, Daddy and Mummy also have work tasks to complete, so everyone will have to work together as a family to get our work done. Think of ways you can increase your kids’ ownership over this schedule, say, by letting them write/type or decorate it. Then put it up where it can be easily seen, and follow it as closely as possible.

For toddlers, printing out visual cue cards can be a great way to communicate schedule. You can print out photos of what you want to fill their day with—whether playing, reading, eating, sleeping—and stick it somewhere prominently. Every time you move on to the next slot, remove the former card and make a big deal about the new card. You can even put a timer on if you like and every time the timer goes off, it signals the time for the next activity.

If you have children who are too young to keep themselves engaged while you’re working, you may need to plan your schedule around their routine, say, naps, meals, playtimes, and baths. This may mean starting work earlier before they wake, taking breaks during the moments when they need you most, and returning to work after they have gone to bed.

There’s no perfect routine—take time to experiment with different approaches before settling into a rhythm that works for your family.

4. Restraint

Self-discipline has been found to be key for those who work well from home. After we’ve planned our schedule, we need to stick to it to concentrate on our goals for the day. That means not doing lots of housework or heading out for a long trip in the middle of the work day!

When we practise self-discipline, we are also [setting an example for our children on how to set limits on themselves](#). It’s important for parents to explain to their kids that when Daddy and Mummy are in their workspaces, they need to be able to focus, and so they cannot be interrupted frequently, unless it’s an emergency (and communicate what constitutes one)!

If you find that they are interrupting your work too often, you can give them a quota on the number of requests they can make when you are at work. Through this, they can learn some self-discipline by deciding which requests or questions they really need to ask and which ones can wait until later.

5. Rest

Let your children know that throughout the day, you’re going to take regular breaks and stick to them. During break times, engage with them—and be present! At the end of each break, remind them that you’ll be going back to work and will join them again at your next break.

Kids who are old enough to work independently can usually concentrate for about 30–45 minutes at a time, with 5–15 minute breaks in between. You may like to use a timer to help you and your kids keep track of time.

Give them permission to have [more active indoor activities](#) to release the energy that builds up when they’ve been sitting for long periods of time.

Remember that you need to get away from your desk from time to time, too—a good break does wonders for productivity!

6. Rewards

Finally, remember that this arrangement is new for your children. So be intentional in affirming your children when they have put in effort to stick to their schedule and the limits you’ve set.

Older children are able to understand the principle of delayed gratification: that doing their learning and homework first will have benefits later. Help them to understand the importance of sticking to a schedule to get a reward later on. Then, plan a surprise and spring it on them sometime during the week when they’re least expecting it. This will better reinforce their positive behaviour, which you will hopefully see more of with time.

You can also have a reward system where they get points for age-appropriate good behaviour and they get to redeem rewards (bubble tea, fast food meals, more TV time, etc.) with the points.

And don’t forget to affirm and reward yourself, too! This arrangement is a learning journey for you as well, and there would be tough spots along the way as you figure out what is best for you and your kids. When you hit upon something that works well for the whole family, that’s worth celebrating!

As we work on these aspects of Ritual, Room, Routine, Restraint, Rest, and Rewards, may we also discover the joy in connecting with our children in new ways!

Adapted from Staying Sane while Working from Home with Kids by Joannie Debrito ©2020 All rights reserved. Used with permission from Focus on the Family.

Source: www.family.org.sg

