

CIRCUIT BREAKER CONNECTOR

ISSUE 5

ACS (INTERNATIONAL) COMMUNITY NEWSLETTER

15 MAY 2020



My past month of HBL has included a daily dose of watching Daniel Tiger, a Mr Rogers spin off, with my two year-old, and it brought back many of my childhood memories.

It's amazing how songs such as *Won't You Be My Neighbor* and *What Do You Do With The Mad That You Feel* are forever etched in my memory. The important lessons of a loving neighbour taking the time to talk about events, fears, and life with those that we trust stand the test of time.

Fred Rogers said: "At many times throughout their lives, children will feel the world has turned topsy-turvy. It's not the ever-present smile that will help them feel secure. It's knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again."

Thank you to all our teachers, support staff, and parents for the love that you have poured out on our students and community during this circuit breaker period. You have all lived out the words of 1 John 4:7-8: "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love."

At times, it does feel like we are living in a Neighborhood of Make-Believe land. This is why it is good to remind each other, as Mr Rogers did at the close of every show: "You always make each day a special day. You know how: by just being you. There's only one person in the whole world like you, and people can like you exactly how you are."

When waking up and facing another day of HBL and Gov.sg texts, it can be hard to say much more than simply it is good to be alive. We can chose to make it "a snappy new day" or be stuck in what we can't control. We can sing along with Daniel Tiger: "when something seems bad turn it around and find something good", as many in our community have as they have learned new technology, a new way to learn, picked up a new skill or hobby, or just enjoyed the time with family.

I look forward to the time we will all be back in our Holland Village neighbourhood and we will all have plenty of ideas and things to talk about.

Dr Kris Achter

Stay Safe
Stay Home
ACSians!

UPDATES

- Friday, 22 May, is a normal HBL day.
- We will return to school for lessons in Term 3 from Monday, 29 June.
- Prelim exams will commence on Monday, 13 July, and conclude on Friday, 24 July.
- Bibi & Baba are now accepting online orders for school uniform. To place your order, visit <https://www.schooluniforms.sg/acs-international>

Quote Challenge Results

Here's the winners of last week's most original inspiring quotes:

First Prize

*We don't grow when things are easy.
We grow when we face challenges.*

Son Yoona (Iris), 5 Oldham

Second Prize

*Sometimes, the worst thing about the situation
is more in your head than in reality.*

Isabella Tan, 5 Thoburn

Third Prize

Remember that you have loved ones around you.

Alyssa Kastono, 3 TKK

Guest Judge: Mrs Tan Siew Hoon, Vice Principal (Senior Division)

Congratulations to all three students!

Iris will receive her prize at her doorstep while Isabella and Alyssa can redeem their prizes from Ms Chantal's office when Term 3 starts.

Ms Chantal Roux and Ms Stacey Low

Survival Kit Challenge

For this week, create a photo collage of your own personal Circuit Breaker Survival Kit. Get creative as you showcase the most essential and most loved items you simply cannot do CB and HBL without – can be cans of condensed milk (I can't live without this one), your favourite book or the latest scented mosquito repellent (another must-have for me) 😊

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

All entries to be submitted to
Ms Chantal (chantal.roux@acsinternational.edu.sg) or
Ms Stacey (stacey.low@acsinternational.edu.sg)
by Sunday, 17 May, 12 noon.

SITORUS LIBRARY

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



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





LET'S MOVE!

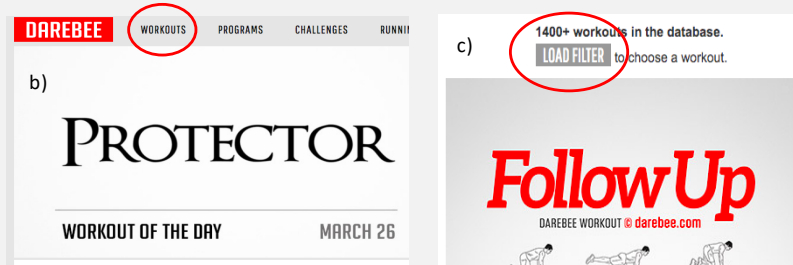
DAREBEE

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!

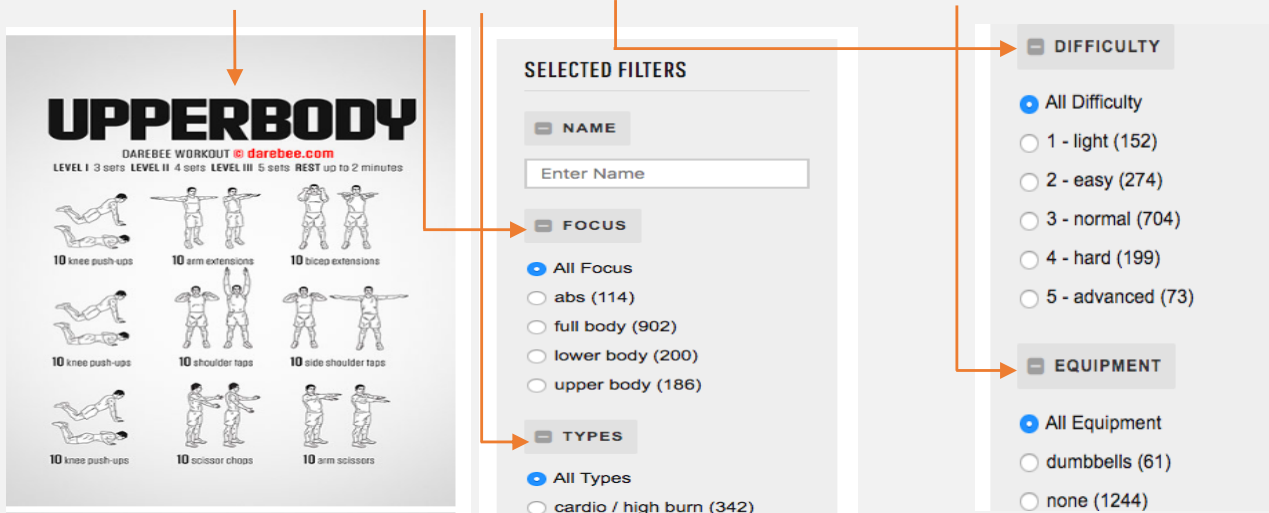
Darebee

For those of you who want to choose what type of exercise and workout to do, including the parts of the body you want to exercise, plus the difficulty level, [Darebee.com](https://darebee.com) provides you with hundreds of different workouts that you can choose from!

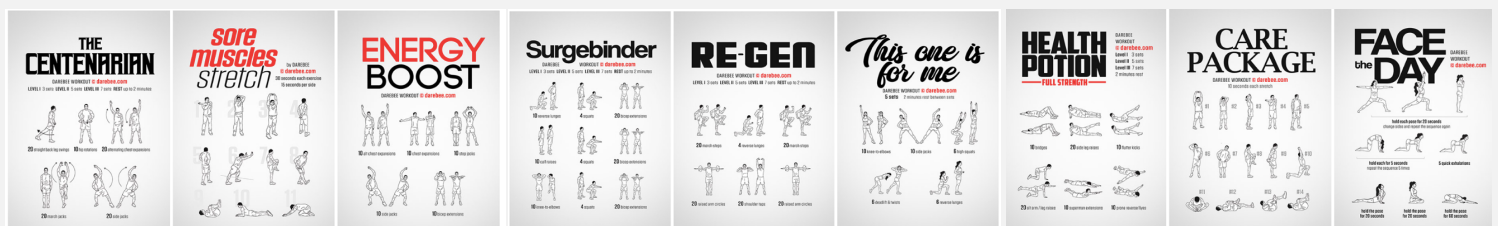
- a) Go to <https://darebee.com/>
- b) Click on **workouts**
- c) Select the **Load Filter** tab.



- d) You can now **select a workout** based on **focus, type, difficulty level** or whether you want to use **equipment** or not.

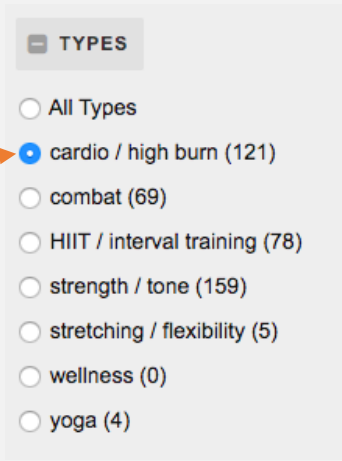


For example, if you select a "full body" focus, with "light effort" and no equipment, you are given lots of options like the ones shown below:



We all like doing different types of exercise, and so the type of exercise feature is particularly useful!

Let's say, for example, you like to do cardiovascular energetic exercises, then select the "cardio/high burn" option. Below are some examples of the workouts you can do.



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 Tuck Jumps.

Check out <https://youtu.be/ywFLNrFpUQg>

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

PE Department

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

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

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

Social Camaraderie in a Season of Uncertainties

Social distancing does not mean social isolation

JOSHUA LIONG | 29 APRIL 2020

Today, being physically close to someone can be considered a crime and “social distancing” is the mantra of the day. While this is necessary for our long fight against the COVID-19 pandemic, we could be distancing ourselves from important connections, and forget the needs of those outside our social circle.

After all, no man is an island and we inherently need connection. Scientist Matthew Lieberman, in *Why We Are Wired To Connect*, suggests that “we are profoundly shaped by our social environment and that we suffer greatly when our social bonds are threatened or severed... we may not like the fact that we are wired such that our well-being depends on our connections with others, but the facts are the facts”.

An unexpected “lock down”

I experienced my own season of uncertainties four years ago when I was diagnosed with Stage Three Thyroid Cancer. I was in despair at being stricken with a critical illness when my children were at a tender age. I grieved at the thought of possible death and it left me feeling helpless and hopeless. My natural reaction was to retreat and isolate myself from the world. Thoughts like “no one would understand” “no one cares” and “everyone has their own problems” plagued my mind. Maybe it was simply my own pride that prevented me from asking for help.

Amanda Palmer, author of *The Art of Asking*, says it best: “From what I've seen, it isn't so much the act of asking that paralyses us - it's what lies beneath: the fear of being vulnerable, the fear of rejection, the fear of looking needy or weak. The fear of being seen as a burdensome member of the community instead of a productive one”.

One of the lessons I have learned from this cancer experience is this — all of us can thrive in difficult times when we embrace the power of social camaraderie.

Alone, but not lonely

As part of my cancer treatment of radioactive iodine therapy, I was required to be quarantined for two weeks, away from my family and any human contact. A family friend, who was staying in the same area, offered to gather a group of her friends to support me by cooking meals and delivering them to my place. I was reluctant at first because I did not want to be a burden but eventually accepted the help.

The “Nourish Joshua” team was given strict instructions to simply leave the food at my door, ring the doorbell and leave. However, we communicated through WhatsApp and with every meal, the WhatsApp group became an exchange of daily conversations, of gratitude and descriptions (a review, of sorts) of the different cuisines I received. I was blessed to be a food traveler... from the comfort of my living room.

During those two weeks, these daily “distractions” became my source of encouragement and enlightenment of what social camaraderie can do for a person in distress. I did not have the chance to see their faces, or thank them in person, so I sent them these words of [gratitude](#):

“The past two weeks have been quite the adventure, living the life of Quasimodo but feeling the enormous hospitality and care from all of you... Amazing food not only nourishes the body but it nourishes the soul. My soul has truly been nourished because with every bite, I am reminded of the goodness and faithfulness of God, demonstrated through each and every one of you. My soul is also filled because I know that every meal was prepared from a place of kindness and thoughtfulness. All of you are the epitome of true hospitality and love.”

The ripple effect from a small act

This experience has taught my family and me [the power of small deeds](#). We started a new family tradition of Hospitality Sundays, where a guest will be invited to dine with us. Just as we have been blessed by the kindness of others, we in turn, wanted to invest our time and effort in building meaningful connections with others through simple dinners.

This became such a norm in our family life that my children continue with it even when I am on overseas assignments. Although we provide only simple meals of pastas and salads, it brings warmth to our guests and goes a long way to inculcate in my children the value of hospitality and service towards others. In fact, our kids started to occasionally pack an extra portion of snacks for recess, to give a friend in need. The joy is evident in them as they share.

While our news have been dominated by statistics and sad reports, there's also been heartwarming stories of regular folks choosing to step out of their comfort zones to help others.

I have a friend, whose family came together to bless the homeless with hand sanitisers and surgical masks. His wife helped to get small bottles, his young daughter helped to pour the sanitising solution into them, he was the chauffeur, while his teenage son delivered the items by hand to the homeless.

Blessed to be a blessing

We were never meant to live life in isolation. We need to overcome our fear of being vulnerable and ask for help. Meaningful connections with families and friends help us to thrive and become better people. Even in difficult times, we can find meaning in showing and receiving kindness and hospitality.

PM Lee Hsien Loong encouraged us all in his recent address on the COVID-19 situation in Singapore on 3 April 2020: “It will be a long fight. But if any country can see this through, it is Singapore. We have the resources. We have the determination. We are united. By helping one another through this, we will prevail, and emerge stronger.”

In these times of stricter “circuit breaker” measures, how can we band even closer together (sans the physical interactions) to reach out and be a blessing to the families around us?

Source: www.family.org.sg

