

# CIRCUIT BREAKER CONNECTOR

ISSUE 6

ACS (INTERNATIONAL) COMMUNITY NEWSLETTER

22 MAY 2020



The circuit breaker period ends at the beginning of June as Singapore commences a three-phase process of moving towards the “new normal” in a careful and calibrated manner.

Since COVID-19 first started to spread, it has changed what has been “normal” and challenged all of us in different ways. At school, we have introduced social distancing measures, changed seating plans, implemented additional cleaning procedures, introduced staggered dismissal times and prepared for Home Based Learning (HBL). Homes have become home offices, people are separate from friends and family, and restrictions are being applied to every aspect of daily life. For some, there may have been additional pressures such as sickness and financial loss.

The Circuit Breaker Connector has sought to provide help in some of these areas including physical and mental challenges, important information, well-being tips and articles addressing family needs at this time.

In addition to this, lessons moved from traditional classroom-based learning to full-time HBL. While there have been some challenges to overcome along the way, the school has been very impressed with and thankful to the community’s response to this change. Attendance during HBL has been the same as regular school as teachers and students continue to work through the various curricula together. We look forward to welcoming our staff and students back for the start of Term 3 to resume classroom-based learning that follows MOH and MOE guidelines.

ACS (International) wishes you a safe and healthy June holidays and hopes you will continue to connect with friends and family as we enjoy the break and look forward to re-gathering for the start of Term 3.

*Mr Gavin Kinch*

Stay Safe  
**Stay Home**  
ACSians!

## UPDATES

- Term 3 commences on Monday, 29 June, on campus with all students reporting to their House Tutor Group.
- All students will need to complete a health and travel declaration prior to their return to school. The link for this will be sent out the week before school starts.

*Wishing all an enjoyable school break!  
See you back on school campus on  
Monday 29 June!*



## Travel Advisory

Dear Parents, Students and Guardians,

This letter is to address issues surrounding ACS (International) students leaving Singapore for another country at this time. While this information is mostly relevant to our international students, it is also relevant for Singaporeans who might be considering overseas travel over the next few months. Here are important points to be aware of:

- The Singapore government currently advises all Singapore residents to “Defer All Travel”.
- Public information about returning to Singapore can be found in the following link:  
<https://www.mfa.gov.sg/Overseas-Mission/London/Announcements/Frequently-Asked-Questions-for-Travellers-to-Singapore>
- Students on a Student Pass need to receive approval from ICA and MOE prior to booking their return. There is currently little information about the process including issues such as length of time for processing, likelihood of success, appeal processes or if there are quotas for the numbers returning.
- Currently all persons re-entering Singapore are having to serve a 14-day self- isolation period at a dedicated Stay-Home Notice facility. The self-isolation cannot be carried out elsewhere, including at Boarding Houses, homestay or hotels.
- Students who have left Singapore and return may experience difficulties in finding Homestay providers who will accept them in.
- When face-to-face teaching resumes at ACS (International) the current Home Based Learning online learning will cease. This means that any students who have a delayed return to Singapore will only have access to classroom work, not teaching.
- There will be no refund in regard to fees from ACS (International) for a student who misses any part of the academic year.

We hope that this letter clearly outlines the risks associated with a departure from Singapore at this time. Should you wish to discuss this further please feel free to contact me.

For our records, we ask that you advise the school if you do decide to leave Singapore at this time.

We wish all of our students and families safety and health at this time.

Yours sincerely,

Gavin Kinch

Vice-Principal (Middle Division)

# Inter-House Short Film Competition

Congratulations to all who participated in the Inter-House Short Film competition.

Many students, teachers and family members made appearances in the Well-Being videos. Arranged by our new Head of House Natalie Chew and House Captains, the short videos conveyed a message about keeping well during home based learning. Well done, all!

Overall top three

- 1 LSG
- 2 SVM & GHK

Senior Division

- 1 LSG
- 2 SVM
- 3 GHK

Middle Division

- 1 LSG
- 2 TCT
- 3 Oldham

Junior Division

- 1 Thoburn
- 2 CKS
- 3 LSG



# Survival Kit Challenge Results

Here's the winners of last week's survival kit challenge:

**Winner: Aidan Ethan Auyok, 1 Oldham**

Staying at home during the circuit breaker period could have been very boring. Luckily, I have my best friend, Bentley, at home with me. 🐾 We play ball, have photo shoots, play games and of course, what would life be without Coke and snacks. 😊 Bentley isn't so keen on the reading though.



**Runner-up: Elizabeth Chia Kay Yan, 5 TCT**

One stress reliever to take your mind off work is cooking or baking. I think it's loads of fun and you'll get to try many different recipes. This photo is just a little collage I put together of the things that my brother and I have made during the circuit breaker period. Not only is cooking/baking easy to do, it ends up being a tasty experience for me. Some of the meals and dishes my brother and I have prepared include: lemon pie, bubble tea with boba, lava cake, cream cheese cakes and steak.



**Runner-up: Natasha Tan Rae, 1 Oldham**

What you see on the upper left of the picture represents family games, the one with the ballet shoes represents stay healthy, and the paintings are my interest. I definitely cannot survive without them! The lower section shows my dog, some cleaning detergents because I find it therapeutic to clean, and the three giraffes represent family [including the love and support that they shower me with].



*Love these moments*



*Guest Judge: Mr Gavin Kinch*

Aidan will receive his prize at his doorstep while Natasha and Elizabeth can redeem their prizes from Ms Chantal's office when Term 3 starts.



## TikTok Challenge

For this week, create a video of your favourite song or spoken word that has given you great joy during this circuit breaker period. Get creative as you share with us the tune, words, or dance that has inspired you or lifted your spirit during this time of social isolation.

Videos will be posted to our school's Well-Being Portal <https://www.acsinternationalschoolsingapore.com> and there will be a vote for best video. 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](mailto:chantal.roux@acsinternational.edu.sg)) or  
 Ms Stacey ([stacey.low@acsinternational.edu.sg](mailto:stacey.low@acsinternational.edu.sg))  
 by Sunday, 24 May, 12 noon.

*Ms Chantal and Ms Stacey*

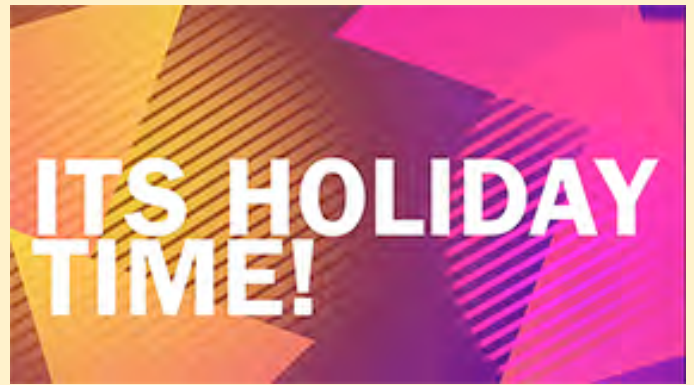
# HOLIDAY

## VIDEO

Normally, when school is out, students (and teachers) are leaping with joy! Excited about the prospect of travelling overseas to explore a new country, going for dinner and a movie with friends, trying out the new rides at Universal Studios or spending the day with friends shopping on Orchard Road. However, this year, things are different...

Instead of the usual anticipation about all the exciting things that you have planned, you may be thinking: *"What am I going to do with my time if I cannot go out AND I don't have school every day to keep me occupied? I'm going to be sooooo bored this holiday!"*

Well, fear not! I have put together a long list of fun activities that you can do during the holidays with the current COVID-19 restrictions in place. There is so much you can still do to have fun and enjoy yourself this holiday.



**Don't focus on all the things you can't do; instead focus on the new and exciting activities you can do!**

Click on the link

[https://drive.google.com/file/d/1GQJrVq4wdNqWxGlXu\\_taN3MXMPDw50/view?usp=sharing](https://drive.google.com/file/d/1GQJrVq4wdNqWxGlXu_taN3MXMPDw50/view?usp=sharing) and enjoy your school break!

*Ms Kerry Sibson*

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](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*



# LET'S MOVE!

We hope that during this stay-home period, you have enjoyed the weekly workout resource that we have shared to keep you improving your health, fitness and physical well being! Here's a recap of all the resources highlighted in the past six weeks:

- [PE with Joe on YouTube](#)
- [Les Mills Free At Home Workouts](#)
- [Just Dance YouTube Channel](#)
- [Fitness Blender YouTube Channel](#)
- SWORKIT, Fitness Buddy and Nike Training Club
- [Darebee.com](#)



Do continue doing the workouts! All you need is a computer/laptop or mobile device! And you can do it as many times per day, per week!

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 Planks.



Check out <https://youtu.be/pKzcpd1oywc>

Share your video with your friends and fellow students! We look forward to seeing a fitter you in school!

# 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)

## The 3 Cs of Work-Life Excellence

JOANNA KOH-HOE | 6 APRIL 2020

**Stay home.** This has raised many different responses, ranging from people seizing the opportunity to quickly do that one last meet-up or run that one last errand, to those who are trying to treat everyday the same and minimise disruptions to daily living, to those who have already begun their private lockdowns for their entire family and gone totally online. The world-wide-web has also provided interesting (and some, humorous) insights into how entire communities and whole nations respond to such a mandate.

I'd like to share a few perspectives I've learnt about staying home as a working professional on-the-go, gained through my 8.5 weeks (and counting...) of "forced stay-home leave", aka medical/hospitalisation leave. Hopefully this provides some tips for ensuring your stay-home period in 2 days' time becomes one that you treasure rather than one that terrorises!

In our [work-life excellence training for individuals](#), we address the 3 C's for successful work-life (we use "satisfaction" so that we don't get hung up over whether it's a "balance" or "harmony" or "integration" or... since different people approach work-life differently): *Choice, Control and Change*. This is true even in the midst of the COVID-19 crisis.

### Work-from-home as a necessary Choice

Yes, I know, COVID-19 has forced it upon us; we didn't get to choose! But as common wisdom goes - *We may not be able to choose what happens in life, but we can choose how we respond to it.*

I have to admit that I was miserable when subject to the confines of my home after my fall. Some days I'd ask my husband to take me along on the car-ride to pick our son from school, just so I could get out of the house. Despite doing close to nothing, I felt listless and tired - tired of standing on one leg, tired of sitting for too long, and tired from not being to sleep due to the pain and discomfort. I reminded myself of the many people who had overcome adversity and those with permanent disabilities who rose above their situation, which made me feel worse.

Finally, the turning point was a decision - a *choice* that only *I* could make, that enough was enough. It was between making the best of the circumstances or wallowing in self-pity for days on end. I might have saved myself some trouble had I made that choice much earlier...

As a psychology major who used to conduct professional counselling, I believe it's absolutely necessary to address our feelings and manage our emotional state. We might need to grieve about the imminent loss of physical freedom, lament over cutting off our social activities, grumble about having to learn how to work digitally, express our angst that home and work are colliding against our better judgment... but given that there is no other choice, we could (ironically) *choose* to grab the bull by its horns and, as it's said in Management, "own the problem"!

*We may not be able to choose what happens in life,  
but we can choose how we respond to it.*

### Work-from-home as a necessary Control

Once we've embraced the idea of "staying home" instead of fighting it, we might suddenly find that there are actually more things we can control than we thought. Instead of trying to find ways and means to get around the situation, we can spend our mental and emotional resources on how to get our family organised around the house for both work, personal and family matters.

How many of us have felt as if life was reeling out of control? Does the end of each week mark a relief from the past week's work or a dread of the week to come? Are you tired of constantly doing a juggling act or keeping the many plates you manage spinning? Have you been spent just running the regular drop-offs and pick-ups each day? Do you feel that you have been tirelessly working the work-wheel, perhaps at the expense of health, family and the things that really matter to you? Do your children feel similarly?

Now that most things outside of the home are cancelled, it is opportune time to simplify lifestyles, take stock of our priorities, and take back *control* over our work and our home. To pose the question I suggested [here](#): What's really *essential* for you, and for your spouse/family? In the present circumstances, this could boil down simply to being with the ones we love and staying healthy. Everything else is either a bonus or a distraction.

Having been certified as a work-life consultant for over 10 years now, I have witnessed the apprehension over flexible work arrangements. FlexCareers co-founder Joel McInnes reflected on the current situation: "What COVID-19 has done is that it's massively accelerated the adoption of *flexibility albeit in an inflexible way*...in that everyone is now mandated to do it." The debate has now moved to whether it's more productive to work from home. For the individual employee and particularly the working parent, a period of staying home might be just what we need to evaluate our pace, priorities and purpose - so that we can regain some sense of control over our life!

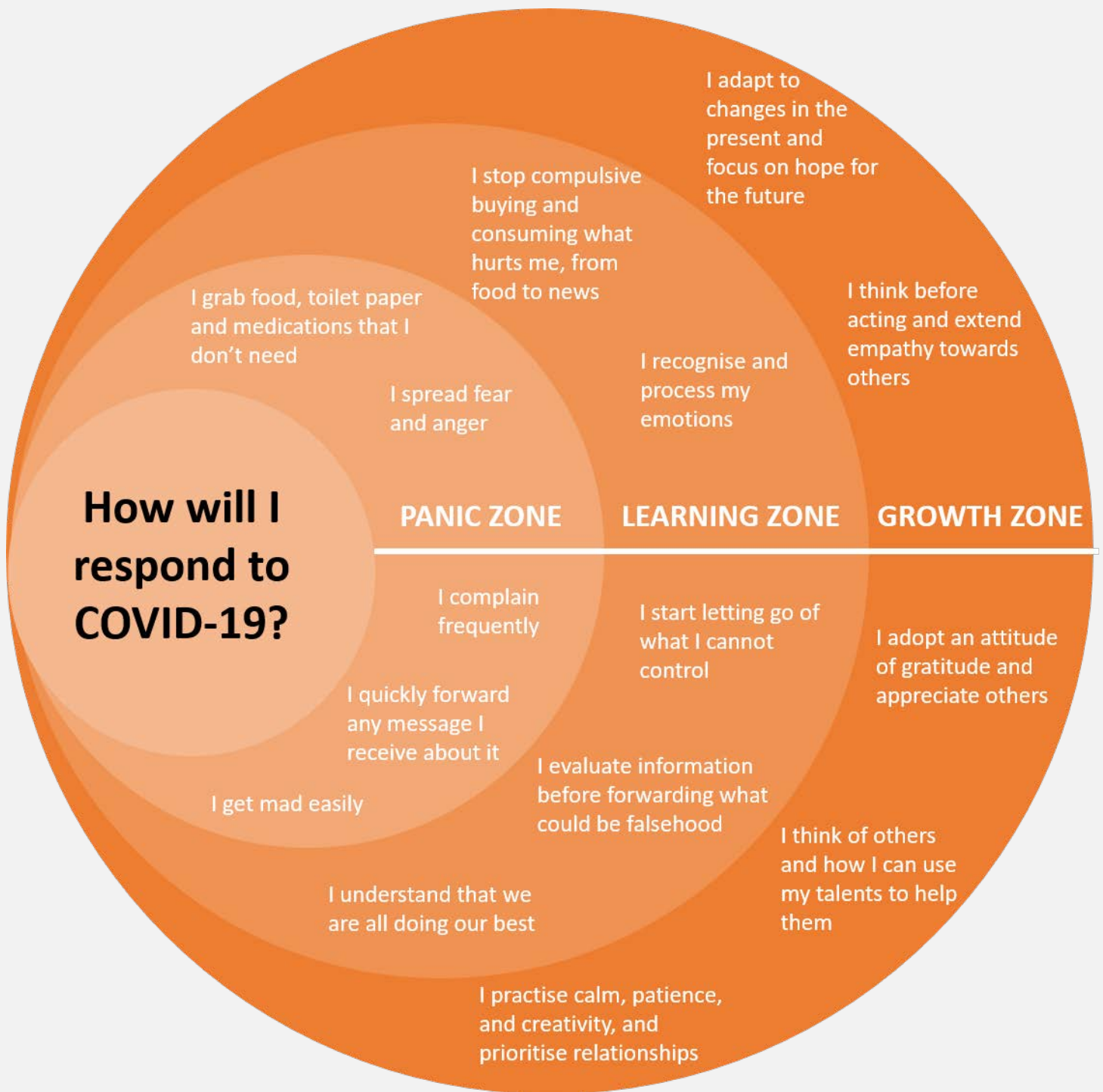
### Work-from-home as a necessary Change

This new norm would require us to *change* things up, starting with putting in place physical, mental and emotional structures that may not have existed before. It may even require a job redesign - both on the work and home fronts. On-ground and frontline personnel may find ourselves moved to more backend work. If you are a dual-income couple with kids, you would likely have to renegotiate who does what and when, so that you and your spouse can manage the shared household and parenting responsibilities amidst your respective work demands.

*Now's the time to have that critical conversation with  
our spouse to work things out.*

Far too often in my role as a Family Coach and Family Life Trainer-Educator, working parents would share the stresses of work as well as the demands of home, with an intuitive, acute recognition that the state of affairs at work correlates with the wellbeing of the family. What's interesting is that I've never come across anyone who's concluded that they needed more time for work, but almost all wish they'd more time for the family.

My husband wisely noted that COVID-19 is offering us a chance to hit the reset button on various aspects of life, all at once. If we've been feeling torn in many different directions with multiple demands, now's the time to have that critical conversation with our spouse to work things out. If we've been frustrated with where we're going with work, now's the time to review our strengths and fit, and discuss how we can contribute more effectively to the organisation's goals (in the new scheme of things). If work and home have been at odds with each other, we now have the time to invest in our relationships with our family to make things better.



Adapted from The Comfort Zone, [www.thewealthhike.com](http://www.thewealthhike.com), based on the Learning Zone Model

The above diagram has been circulating in my chat groups, which I think spells out how we can turn this trying period into a time of personal *learning* and even *growth*. To quote Dr Viktor Frankl, an Austrian neurologist, psychiatrist and Holocaust survivor, "When we are no longer able to change a situation, we are challenged to change ourselves."

Working from home will change us - let's make sure it's for the better.  
**Embrace the Choice. Take Control. Make the Change.**

*Working parents, we can do this!* And we - ourselves, our organisations, and our families - will all come out of this better and stronger, to the satisfaction of everyone.

This was Part 2 of 3 in a series on work-life excellence at home during COVID-19 and was first published on Joanna's [LinkedIn page](#).

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