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ACS (INTERNATIONAL) NEWSLETTER

Dear Parents, Students and Friends

Happy Founder's Day! This year, the ACS family of schools celebrated their 136th birthday. From humble beginnings in a small shophouse on Amoy Street serving 13 students, ACS schools now educate over 10,000 students in Singapore. ACS (International) celebrated Founder's Day on Tuesday, 1 March, with a formal assembly followed by ACS Spirit de Corps. Through these events, students had fun learning about the history of ACS and all that has been achieved throughout its history. ACS alumni from all around the world took time to meet with each other, both physically and virtually, to celebrate and reminisce.

One tradition of Founder's Day at ACS (International) is that Holland Village Methodist Church holds an ACS Sunday service, with the Principal delivering the sermon. This year's topic is "God of the Impossible Expectations versus the God of Compassion", which is the first topic of the church's sermon series on "Distorted Images of God". This series seeks to challenge incorrect perceptions that people might have of God and our relationship with Him. The God of impossible expectations implies that God has standards for humans that can never be lived up to and that whatever we do, it will never be enough for God.

Psalm 103 provides an insight into the real character of God and His love and compassion. The Psalm begins by praising God for all He has done, and then goes on to show God's inclusive love for humans. The Psalm makes use of the Hebrew word "hesed", which describes a steadfast or loyal love that inspires merciful and compassionate actions towards others. It is comforting to read through this Psalm that God is steadfast in His love and care, and that He will always support us.

As ACS remembered its 136 years history on Founder's Day, I saw alumni spanning multiple generations celebrating together. These alumni radiated a steadfast and loyal love towards ACS for the way they had been encouraged and supported during their time at the school. I believe that the alumni experienced *hesed* from their teachers and peers, and from this love and support they flourished. I pray that our students would experience *hesed* during their time at ACS (International) and in the years to come they will look back fondly of their time here with gratitude and thanks.

Gavin Kinch Principal **Christian Ministry News**

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CHRISTAIN MINISTRY NEWS

Weekly Bible Study

This Bible Study, facilitated by the school's Christian Ministry Staff, is open to all in the school. We will be studying Ecclesiastes, using a resource from Our Daily Bread Ministries – Journey Through Ecclesiastes. It will be conducted via Zoom from 4:30pm to 5:30pm. You may send an email to liankuanh@acsinternational.edu.sg to join the Monday, Tuesday or Wednesday group.

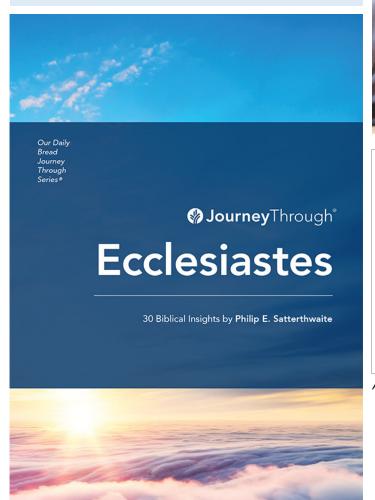
Weekly Prayer Points

The school's Christian Ministry has started to post weekly prayer points to guide the school's prayers at assembly. They can be accessed <u>here</u>. You are invited to unite in prayer with the school community.

Chapel Worship

We would like to acknowledge and thank Kaela Ng (4 GHK) and Hannah Sin (6 GHK) for their service in recording the worship songs for Chapel on 18 February and 25 February.

If you would like to serve in the worship team for Chapel, please email Mr Wee Lian Kuanh, Christian Ministry Staff, at liankuanh@acsinternational.edu.sg





Published with permission from alumnus John Yuen (top, left)



For The World

 Our Father in Heaven, we pray for the your mercy on the people in Ukraine; grant reason and reconciliation to the leaders and soldiers. Grant wisdom to the leaders of the many states involved and lead them to seek peace.

An example of the school's prayer points at assembly

NOTICES

Founder's Day Awards

The following students are the recipients of 2022 Founder's Day awards:

ACSOBA Medals: Best All Round Academic and Holistic Performance

- Year 6: Natalie Chew Jia Xian Gold medal
- Year 6: Son Yoona Silver medal
- Year 4: Ethelyn Huang Gold medal
- Year 4: Saw Yone Shou @ Khin Lin Htet Silver medal

ACS Integrity Award: Johannes Wong

ACS Primary Academic Award (Top in class): Joel Chan Ju Yau

Stay Home If Unwell

Students who feel unwell (e.g. having cough, fever, flu or stomach upset, feeling nausea) or suspect that they have COVID-19 symptoms prior to coming to school are advised to stay home to rest, self-test using an antigen rapid test (ART) kit or consult a doctor if necessary. Click here for information on the streamlined Protocols 1-2-3. When back to school, please submit your parent's/guardian's letter of excuse or medical certificate to your House Tutor.

Safe Distancing Observance in Public

We ask all students to continue keeping themselves safe by observing the safe distancing measures, group size limits and mask wearing while in the local community.

Digital Version for ACS Echo

From this year, ACS Echo also carries a digital version. The February–March 2022 issue of the magazine is now published and can be accessed via the school website's Beyond The Classroom -> Digital Echo. Click here and enjoy reading.



Term 1 Commendations Awards and Academic Report

The list of Term 1 Commendations awardees will be announced in Term 2, Week 1. The school will publish the Academic Report on Wednesday, 23 March, 9:00am.

School Break Matters

General Office and Library Hours

The General Office and the Library will be closed on 14 and 15 March. Both will open from 16 to 18 March, 9:00am to 4:00pm. Please note the Library is closed for lunch from 12:00pm to 1:00pm.

SafeEntry Check In

All staff, students and visitors are required to check in via TraceTogether token/app at the Main Gate. No walk-in visitors are allowed. Visitors to the school including admission enquiries, must make a prior appointment before being allowed entry into the school. Please call +65 6472 1477 for an appointment. We apologise for the inconvenience.

Student Dress Code

Full school uniform or school-related shirts, such as the polo tee and House T-shirts are permitted, and must be worn with the school pants/culottes and school shoes when visiting school. PE shorts are not allowed. Students in the wrong attire will not be allowed entry into the school.



PPG NEWS

ACS (International) Hosts the First 2022 ACS Combined Prayer Meeting

Our Parents' Prayer Group (PPG) hosted the first ACS Combined meeting of 2022 on 18 February. All six ACS schools (International, Primary, Junior, Barker, Independent and ACJC) gathered virtually in unity. We had 69 people attending the Zoom virtual prayer session.

Rev. Jeremy Ong shared a touching story and his message on Greater Love was from John 15:13. He encouraged the school community to love like Jesus by demonstrating love that is not self-seeking, love that is sacrificial and to show love that is committed. Mr Kinch shared the vision of ACS (International) and how we are each "fearfully & wonderfully made" (Psalms 139:13-14). Therefore, we each have our own intrinsic value. We were reminded of the importance to demonstrate dignity and respect to all those around us. After the sharing, a PPG parent, Mr Dinesh Dhillon prayed a powerful prayer for the Senior Leadership Team and the school. We ended the session with a closing prayer from Rev. Jeremy, and then proceeded to individual breakout Zoom rooms to pray for each respective ACS school.

All praise and glory to God for what He is doing and what He is going to do in all the ACS schools as we continue to trust in Him, and walk in His good and perfect will in Christ Jesus.

PPG looks forward to meeting you every first Thursday of the month to pray together for the school and our children. See you at our next meeting!

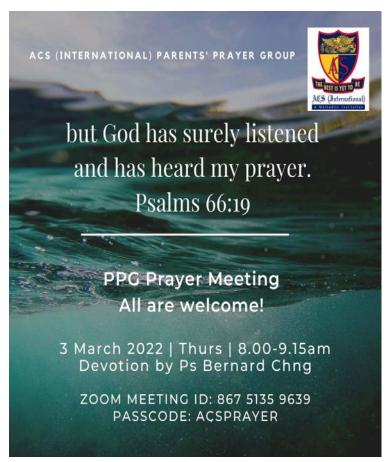




Image credit: HVMC

ACS (International)
Parents' Prayer Group (PPG)
Monthly Prayer Meeting on First Thursday

Dates

3 March, 7 April, 5 May, 7 July, 4 August, 1 September, 6 October and 3 November

Time 8:00am–9:15am

Contact Persons Evelyn (9488 9556) and Priscilla (9674 6167) NEWSLETTER | March 2022 5

PSP NEWS

Parenting Workshop: Social "ME"dia & Online Harms

The PSP held its first parenting workshop for the year on Thursday, 10 February. More than 100 parents joined us online for 2 hours to learn how to empower our children to navigate the thrills and spills of social media. This TOUCH parenting workshop tied in with Safer Internet Week and complemented several activities the school had conducted for the students during the week.

The workshop kicked off with a welcome message from PSP Exco, followed by an introduction by one of our school counsellors, Ms Charlina Gozali. The speaker from TOUCH Parenting Services, Mr Galvin Sng, then delivered an engaging and interactive session which covered important aspects such as potential social media risks. neural development, changes and self-concept in adolescence as well as the inside-out parenting model. This included practical advice and suggestions on parental strategies such as checking into the child's world, social media together, engaging understanding the various apps and communicating their potential risks, negotiating clear boundaries, working together towards an end, using monitoring and control software, and building and modelling positive values and behaviours. A lively question and answer segment helped clarify queries that some parents had regarding parenting strategies.

By the end of the session, we had learnt the importance of parenting intentionally, prioritising wisely and persevering fiercely in order to engage our children's hearts, enrich their minds and enable them to be the best versions of themselves every day. We are glad that this workshop was well received by the parents who attended it and we hope that they will be able to apply the strategies learnt to strengthen the bonds they share with their children. Do look out for more upcoming parenting workshops!

Virtual Coffee Morning

8 February 2022 marked the second year running that the PSP at ACS (International) hosted a Virtual Coffee Morning at the start of year with the Principal, Mr Gavin Kinch. It is amazing how far everyone has come in adapting to virtual platforms for almost everything over the past two years, and how we've been able to harness technology to include participation of overseas parents in school events.

The session proceeded seamlessly this year, with new and veteran parents joining from Singapore and beyond. Two of PSP co-chairs, Ms Alysia Ling and Ms Jessica Hung, began by explaining the aims and work of the PSP in organising events for the benefit of students during school celebrations such as ACSpirit de Corps on Founder's Day and International Day during National Day celebrations. The PSP has also organised fun Teachers' Day celebrations with a much-anticipated annual lucky draw to thank the staff at school for their hard work on behalf of all the parents and students. Do look out for any parenting talks and activities organised by the PSP from time to time throughout the year.

Ms Evelyn Lek from the Parents' Prayer Group (PPG) then elaborated on the aims and activities of the PPG and invited all parents to join in their many activities advertised throughout the year, including praying for the school community's health and well-being and success in the students' examinations. Parents who are interested in finding out more about the activities organised by the PPG may join the WhatsApp group by scanning the QR code shown in the image below.



- All PPG official notices will be shared in this group
- WE LOOK FORWARD TO MEETING YOU!

Mr Kinch then went through a very comprehensive list of School Objectives for 2022, details of which can be accessed via this <u>link</u>.

He highlighted the unprecedented outstanding IGCSE and IB results of our school last year, and the inclusion of all useful staff contacts in the school's website under "Contact Teachers", which will facilitate easier communication between parents and teachers. Do check out the school's website for all recent updates.

PSP Exco

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EVENTS & ACTIVITIES

Valentine's Day

Valentine's Day 2022 was one of the most unforgettable events in our school. It was a meaningful celebration to appreciate the love and happiness that our friends bring to us. To foster a more cohesive school spirit and encourage friendships within the school community, the 17th Student Council worked hard to put together this special event. This year, we introduced new and exciting gifts for students to purchase for their friends. Some of these gifts included bear roses and cookiegrams (cookies and cards).

There was a Valentine's Day photo booth decorated with pink streamers and props so students could come with their friends and take photos together, encapsulating the memories made. It was such a joy for us to see groups of friends laughing and smiling together as they took their photos, and we loved looking at all the photos the students took!

We also organised the annual pickup line competition, where students can submit their cheesiest, funniest, and most original pickup lines. We had a good laugh at the creative and witty lines students came up with. Our top top picks were as follows:

- The school's motto is "The Best is Yet to Be", but I know you are the best for me.
- Can IB your one?

These delightful activities collectively served to make 14 February a truly memorable day for the whole school community!

Dominic Tan, 6 LSG





Founder's Day and ACSpirit de Corps

On 1 March, our school celebrated its 136th Founder's Day. It is a day celebrated by all members of the ACS family. This day not only commemorates the founding of this institution by Bishop William Oldham but also acknowledges our motto and mission as a school and as a family. Due to the pandemic, celebrations were carried out virtually. However, this did not dampen our spirits as a school. The celebrations were still as grand as they were before and brought us together as a family. Furthermore, thanks to the PSP, students took home a special piece of ACS memorabilia to commemorate this memorable day.

This year's ACSpirit de Corps celebrations had to be done virtually from the classrooms as well. All activities carried out were done so with respect to Safe Management Measures. Live performances were substituted with pre-recorded performances and fun games found their way to each tutor group. Although virtual, the performances were nothing less than spectacular and were an absolute treat for the students and the games allowed the students to bond with one another within their tutor group.

Despite the challenges put forth by the pandemic, the whole event ran through smoothly – thanks to the grace of God, and the efforts by Year 6 student leaders, Year 5 prefect nominees, parents and teachers.







HOUSE HAPPENINGS

CKS House Camp

The CKS House Camp 2022 was conducted on 19 February. In compliance with the Safe Management Measures, the camp consisted of only students from Year 1, Year 2, Year 5 (the organisers) and a few Year 6 students.

From mid-January, 5 CKS brainstormed original game ideas. We devised nine games; a few of which were modified from Cooperative Drawing, Marshmallow Pasta Tower, and Blindfold Taste Test. Not only did the team-based games enable all participants to work with their peers, the teams also played competitively with much fun and laughter, contributing much to the House spirit! The winning team went home with a \$10 Starbucks gift card each, and all participants were presented with a small gift of appreciation for coming down on a Saturday morning.

Indeed, CKS became a more tight-knitted House after this wonderful experience. Everyone had fun and got to know each other better although we did miss the Year 3s and Year 4s. Even the teachers were exceptionally cheerful! Even though there were a few initial setbacks, the House camp fostered much teamwork, perseverance, and truly embodying the CKS motto of Spirit, Strength and Sanctity.

Alarice Teo and Aidan Lim (both from 5 CKS)



Preparing for station games



Tired but happy that the camp turned out well!





Jason George, 5 CKS (extreme left) facilitation the game for his group

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Rest and Recharge



01

SLEEP AND REST

Good quality sleep helps our bodies and minds recharge. When we are well-rested, we can handle stress better.



FΔT

Nourishing our bodies with a healthy and well-balanced diet ensures that our bodies are strong enough to handle the different challenges (mental and physical) during this ongoing pandemic.





KEEP MOVING

Staying physically active for just a few minutes a day does wonders for our body. Exercise and other physical activities improves our mood, ability to handle stress, and quality of sleep.



Enjoy the break!





From the Counselling Team

WELLNESS TIPS

Dear Students and Families,

As the March holidays are just around the corner, we hope you have planned sufficient time for yourselves to rest and recharge. We hope you can look back at Term 1 with a smile at the new friendships forged, new materials learned, and new skills learned. Term 2 will be another busy period for students and will go by very quickly. Use the break to catch up on activities that impact your health for the better – sleep, eat, and keep moving.

To learn more about staying healthy and caring for yourself, please make an appointment with one of the school counsellors once school is back in session:

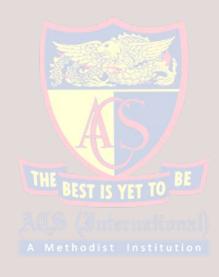
- Charlina Gozali (Years 1, 2 and 3) at charlina.gozali@acsinternational.edu.sg
- Dorothea Yeo (Years 4, 5 and 6) at dorothea.yeo@acsinternational.edu.sg

If you require critical support during the school holidays, please contact the following organisations:

- National Care Hotline | 1800-202-6868
- Institute of Mental Health Helpline | 6389-2222
- Samaritans of Singapore | 1800-221-4444
- TOUCHline(Counselling) | 1800-377-2252

Enjoy the break and we look forward to welcoming you back to school on 21 March!

Ms Charlina & Ms Dorothea
School Counsellors



CCA UPDATES

Science CCA and Green Roof: Compost Project

In collaboration with Science Club and Green Roof, some Year 5 students started a Compost Project. This project is funded by SG ECO Fund that was launched by the Ministry of Sustainability and the Environment to support the co-creation of solutions for a sustainable Singapore. This aims to empower everyone across the 3P sectors to take ownership of the environment.

Composting is a process where the fertiliser is made from organic waste and materials used as fertiliser to enrich soil and plants. The compost is a mixture of ingredients used to fertilise and improve the soil. It is commonly prepared by decomposing plant and food waste and recycling organic materials. There are two main components of compost: brown – items that make up the foundation for composting, and green – the food for worms.

The Science CCA and Green Roof initiative team requires certain materials for the progression of this project as they need at least 200kg of waste for the composting to be effective. The waste must be a joint composition of browns and greens.

The list of what is required is shown as follows:

Browns	Greens
Coffee/Tea groundsDried Leaves	 Stale bread Fruit peels Vegetable skins Uncooked vegetables Grass clippings Fresh leaves

The following factors would inhibit the composting process:

- No attached labels on the fruits peels
- No cooked food
- No rotted food

If you wish to contribute any of the abovementioned materials, please email the following student representatives to arrange for collection:

Irfaan: irfaan.eusuff@acsinternational.edu.sg
Evelyn: evelyn.goh@acsinternational.edu.sg

Thank you for your support.

Referencing source: https://en.wikipedia.org/wiki/Compost







