



## ACS (INTERNATIONAL) NEWSLETTER

### Dear Parents, Students and Friends

Welcome to the start of a new academic year. The staff of ACS (International) are excited about the new school year and to welcoming back our students as they commence another year of study. I would like to extend a special welcome to our new families. I hope that your child has enjoyed their first few weeks at school, settled in and made some friends.

ACS (International) congratulates the IBDP Graduating Class of 2021 on their outstanding results. For the first time in the school's history, the pass rate was 100% and the IBDP average score was 39.25, the highest ever. The school also offers its heartiest congratulations to the 8 students who received perfect scores of 45. In addition to the IB results, the school would like to congratulate Eliana Kwok who was accepted into Oxford University to read Mechanical Engineering.

The school also congratulates the IGCSE class of 2021 on their outstanding results, the best in the school's history. 78.5% of students received an A\* or A grade, with 64 students receiving straight A\* or A grades. The school is expecting a number of Top In The World awards to be given to our students, but this will be announced later in the year by Cambridge Assessment.

The school leadership offers its thanks and appreciation to all the staff of ACS (International) for the dedication and hard work they have put into nurturing the graduating students of 2021.

As we start the year, I would like to remind the community of the vision the school has for its students:

*ACS (International) develops future leaders with moral character, intellectual ability, international mindedness. and a deep compassion for humanity based upon Christian belief and values.*

This year, the school will be working on several initiatives that help implement this vision. These will be done in the context of Psalm 139:13-14 which says: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made, your works are wonderful, I know that full well". Some of the initiatives for 2022 include delving into issues such as social harmony, personal well-being and intercultural understanding within the school. The starting point for these initiatives is recognising that each person has the inherent value for who they are and as such everyone should be treated with dignity and respect. I look forward to exploring these issues throughout the year with students and developing their knowledge and understanding in these important areas.

I ask the school community for your continued prayers as we work together to develop the young people in our care as we seek to realise the vision we have for them.

**Gavin Kinch**  
Principal

## IN THIS ISSUE

[IBDP Examination Results 2021](#)

[IGCSE Results](#)

[SkillsFuture Fellowship Award](#)

[Staff Conference](#)

[Farewell](#)

[Welcome](#)

[Staff new Responsibilities](#)

[Baby Arrival](#)

[2022 Lunar New Year](#)

[Pupil Portal & Parent Portal](#)

[2022 ICT-Related Information](#)

[Year Groups to Take PEAKS Assessment](#)

[Planner/Handbook for Student](#)

[2022 Calendar & Term Dates](#)

[ACS \(International\) Merchandise for Sale](#)

[Facility Upgrades](#)

[Medicine & Surgery Specialised Workshop](#)

[Three Students to Perform at NXT – A Virtual](#)

[Music Event](#)

[Singapore Biology Olympiad 2021](#)

[Orientation 1](#)

[Catching Up with 8 Perfect Scorers](#)

[Boys' Brigade President Award Ceremony](#)

[Amy NSF of the Year 2021](#)

[Top UK University Undergraduate Offer](#)

[Interactor Wins Best Presentation Award](#)

[Winners of Summer Programmes](#)

[Counselling at ACS \(International\)](#)

[Upcoming Events](#)

# IBDP Examination Results 2021

For the sixth year out of the last seven, ACS (International) students have achieved the perfect score of 45 points in the International Baccalaureate Examination. There are 8 perfect scorers this year, the highest ever in the school's history.

The school offers its congratulations to the following students for their perfect scores:

- Rohan Arora
- Cheng Xirui
- Chantel Thora Chesney
- Natalie Chew Jiaxian
- Jeong Hyeonji
- Lenard Oh
- Son Yoona
- Jarell Tang

The average score was 39.25, which exceeds the previous school record of 36.1 which was set in 2018. This average is likely to be revised upwards after the appeal process is completed. 98% of students scored above the world average of 32.39, which is the best result in the school's history. 49.7% of students achieved a score of 40 or more. The overall pass rate was 100%.

As usual, a significant number of our students passed the IB Diploma, with English as their second language. This is particularly impressive as students firstly have to learn the English language, think in English, then write in the English academic style. Research usually suggests that it takes 7 years to become fully proficient in a second language, and most of these students achieved this in 3 to 6 years.

The top performing subjects, defined by over 50% of students achieving a grade 7, are as follows:

- Chinese A – Standard Level
- Japanese A – Standard Level
- Chinese B – Higher Level
- Chinese B – Standard Level
- French B – Standard Level
- Mandarin Ab Initio – Standard Level
- Business Management – Higher Level
- Psychology – Standard Level
- Chemistry – Higher Level
- Sports Science – Higher Level

ACS (International) extends its congratulations to the students for all that they have achieved. The school offers its thanks and appreciation to all the staff for the hard work they have put into these students during their time with the school.



## IGCSE Results

ACS (International) students in the November 2021 IGCSE examinations scored a 98.2% pass rate, the school’s best ever results. Distinction passes (A and A\*) were our highest ever at 78.5%.

There were 64 top performing students who each gained 100% Distinction passes:

Abhay Malik	Marc David Yuan Jun Olby
Ahn Chee Yoon	Marisa Renjia Lee
Airi Narita	Mars Ashton Podiono
Alexander Chi-Long Kuffel	Masuvathi Ramesh Chander Samstheetha
Alliot Lim An Jie	Matthew Wee Rui Jie
Ayumi Sakaide	Michael Cheung
Bhagwani Sandhya	Moon Dayoun
Bryan Sim Yu Heng	Muhtasin Fiyaz Rayan
Carter Luke Xavier	Mysore Mark Kartik
Chaiphanichapun Varalee	Natalie Heng Qiu Xuan
Chen Zai Shane Matthew	Natasha Wong Su Ann
Chong Hannah	Ng Hei Lam
Coelho Alison Marie	Nguyen An Minh
Conrad Trey Indradjaja	Nira Pitiwiwat
Diya Biswas	Rhena Gan Pei Ying
Edward Jefferson Tan	Rikomei Suzuki
Ethan Kee Kai En	Robert James Yang Ren-Jie
Ethelyn Huang Meici	Rowan Cumming
Freia Lara Bakhda	Saw Yone Shou @ Khin Lin Htet
Hayleigh Sim Ziqi	Shane Christopher Tan Wei Da
Hitesh Kishnani	Shravya Kishor Kacha
Ho Myra Meiyan	Soong Jae Shien
Hong Jeonghyun	Sota Morita
Iness Kuma	Supitchar Srirakarnont
Jasper Tan Jian Ping	Tabitha Kay Shen
Krishna Gehlot	Tan Jun Lin Elliot
Lai Hong Chang Jayden	Tay Jun Da Tyler
Larissa Chan Mei Huen	Teo Jie Shi Alarice
Lee May Ann Rachel	Tong Jing Ning
Li Yizhen	Vera Yong Ying Xuan
Lim Jun Le Waine	Vithanala Nanditha
Luke Xavier Ho Zheng Wei	Xachary Ng Jan Wei

Top performing subjects included Art, Business, International Mathematics, Drama, Economics, English, Global Perspectives, Literature, Physical Education and Physics, with 100% pass rates. The following subjects achieved a 100% Distinction rate: Art, Business Studies, International Mathematics, Drama, Economics, English, Global Perspectives, Hindi, Literature (English), Music, PE and Physics.

Top in the World results are released later in the year. The school has gained over 20 of these prestigious awards over the previous 10 years in English Literature, English Language, Economics, Mathematics, Additional Mathematics, Geography, Physical Education and Chinese. We anticipate to achieve at least three Top In the World awards for the November 2021 examination session as three students scored a perfect 100% in Additional Mathematics.

We congratulate both students and staff on the high quality IGCSE results.

STAFF NEWS

# SkillsFuture Fellowship Award

Mr Philip Tan was awarded the prestigious SkillsFuture Fellowships on 10 December 2021. This is the highest skills award for individuals presented by Singapore’s President, Mdm Halimah Yacob, honouring individuals as masters of skills, mentors of future talent and lifelong learning. Mr Tan’s 28-year creative and musical journey has seen him creating opening ceremonies and performances on both national and international stages in over 30 countries, and bagging multiple awards along the way. He continues to learn professionally and is currently in the final year of his Doctorate programme.

Mr Tan is equally devoted to cultivating the next generation of arts practitioners, having taught as an adjunct lecturer with the National Institute of Education (NIE-NTU), and conducts courses for MOE Music teachers from primary, secondary and junior college levels. He has also published a few books and he mentors aspiring individuals, with five of his former students winning the national Young Artist Awards. Congratulations, Mr Tan!



# Staff Conference

The school kicked started the new academic year with the annual two-day staff conference. Over 110 academic staff participated in the discussion on the strategic goals on Reflective Practice and Tackling Discrimination, as well as formed groups of three called Triad Learning Circle for teacher-driven observation and learning during the year.

## Teacher Reflections

The focus on Reflective Practice was a timely reminder of positive habits that we should cultivate in our students and in ourselves. We focus so much on students and student learning that teachers do forget about ourselves. Making reflective practice a part of my classroom culture will be one of my goals for the year. And while there may have been a lack of specific strategies discussed during the CPD on tackling discrimination, highlighting the issue really was a big step forward. A lack of time and resources may have pushed issues of race into the background. Now that the school is placing racial discrimination in the limelight, this is a hopeful start for positive change to be enforced. I’m also looking forward to working with my Triad Learning Circle, to learning from their experiences and their observation of my lessons, and hope that I can reciprocate their advice and suggestions. It should be an exciting journey and interesting year ahead!

*Celina Yang, Teacher of English*

As teachers, we continuously adapt and update our skills to effectively support our young learners. The workshops held on 12 and 13 January highlighted the power of reflective thinking that can serve as an excellent tool to improve our teaching as learning. Reflection is a key aspect of the International Baccalaureate programme. Giving thoughtful consideration to our teaching strategies and practices can significantly enhance the teaching-learning quality. The workshops also highlighted the importance of collaborative learning among peers. In addition to the reflective process of teaching and learning, the role of target-based peer observation feedback can be a valuable practice to support and assist one another. Overall, the workshops were focused, well structured, and successfully highlighted constructive ways to encourage, improve, support, and reinforce good teaching practices.

*Mamta Bashisth, Teacher of Psychology*





## Farewell

The school bade farewell to the following staff members in December 2021:

PE Faculty	Mrs Georgina Patterson
Humanities Faculty	Ms Ho Chia Yue (Geography)
	Ms Stacey Low (Integrated Humanities)
	Ms Stephanie Dawes (Psychology)
Mathematics Faculty	Mr Francis Bell
Higher Education & Careers Department	Ms Yap Lin Lin
Science Laboratory	Mdm Liew Woon Chan (Laboratory Assistant)

We thanked them for their dedication and service during their time with ACS (International) and wish them all the best in their future endeavours.

## Welcome

ACS (International) welcomes the following staff members and looks forward to working with them:

PE Faculty	Miss Eleanor Dent
	Mr Enrique Pascual
Humanities Faculty	Mrs Claudelia Audrey Koh (Geography)
	Mdm Mamta Bashisth (Psychology)
Pastoral Care	Ms Dorothea Yeo (Counsellor)
	Ms Kasturi Bai d/o Ramanathan Pannir Selvam (Learning Needs Specialist)
Science Laboratory	Mdm Ee Cheng Nai (Laboratory Assistant)

## Staff New Responsibilities

We congratulate the following staff on their appointments to the roles as shown below:

Ms Ivory Loy	Extended SLT, HR Manager
Mdm Koh Leng Leng	Head of House, Oldham
Ms Diana Heng	Assistant Head of Faculty, Languages
Mr Chia Choon Kiat	Formal Safety Officer
Rev Jeremy Ong	Chaplain in charge

## Baby Arrival

The school congratulates Mr David Fillary and his wife on the arrival of their baby boy in November 2021.

## NOTICES

### 2022 Lunar New Year

Parents and students are to take note of the following:

- Monday, 31 January to Wednesday, 2 February: SCHOOL CLOSED
- Thursday, 3 February: Normal classes resume

### Pupil Portal and Parent Portal

The Pupil Portal and Parent Portal are now available for access. The 2022 Timetable is published via the Pupil Portal.

### 2022 ICT-Related Information

ICT-related information for 2022 can be found [here](#). No login is required.

### Year Groups to Take PEAKS Assessment

In February, all Year 1 and 1B will be guided to take the PEAKS assessment during school hours. In March, all Year 4 IGCSE students and new Year 5 students (i.e. 2022 new admissions and 2021 internal Year 4 students who did not do the assessment) need to bring their laptop to do theirs in school. The assessment fee is \$481.50 (inclusive of GST).

### Planner/Handbook for Students

Often, we as adults forget that planning and organising is a learned skill and habit. We further forget that this skill needs to be taught and reinforced for the developing adolescent brain.

Organisation Skills are part of the IB Approaches to Learning (ATL) framework that we work to build into our House Tutor time along with class. This is specifically important for our Junior Division students who are learning about a new school and preparing to undertake the IGCSE and IB course work in the coming years. A solid foundation in learning to self-manage and organise often leads to future success in these demanding programmes.

As part of these efforts, a Planner/Handbook has been distributed to all junior students in their tutor class. Parents and teachers can help in these efforts by checking the student's planner and encouraging them to write down important dates in class.

Middle or Senior students who could benefit from a planner or Junior students who lose their planner can purchase one at the Reception for \$5.00.

# 2022 Calendar and Term Dates

The school and public holidays calendar for 2022 is appended for your reference.

2022	M	T	W	Th	F	WE	M	T	W	Th	F	WE	M	T	W	Th	F	WE	M	T	W	Th	F	WE	M	T	W	Th	F	WE
Jan	3	4	5	6	7		10	11	12	13	14		17	18	19	20	21		24	25	26	27	28		31					
Feb		1	2	3	4		7	8	9	10	11		14	15	16	17	18		21	22	23	24	25		28					
Mar			1	2	3	4	7	8	9	10	11		14	15	16	17	18		21	22	23	24	25		28	29	30	31		
Apr					1		4	5	6	7	8		11	12	13	14	15		18	19	20	21	22		25	26	27	28	29	
May	2	3	4	5	6		9	10	11	12	13		16	17	18	19	20		23	24	25	26	27		30	31				
June			1	2	3		6	7	8	9	10		13	14	15	16	17		20	21	22	23	24		27	28	29	30		
July					1		4	5	6	7	8		11	12	13	14	15		18	19	20	21	22		25	26	27	28	29	
Aug	1	2	3	4	5		8	9	10	11	12		15	16	17	18	19		22	23	24	25	26		29	30	31			
Sept				1	2		5	6	7	8	9		12	13	14	15	16		19	20	21	22	23		26	27	28	29	30	
Oct	3	4	5	6	7		10	11	12	13	14		17	18	19	20	21		24	25	26	27	28		31					
Nov			1	2	3	4	7	8	9	10	11		14	15	16	17	18		21	22	23	24	25		28	29	30			
Dec				1	2		5	6	7	8	9		12	13	14	15	16		19	20	21	22	23		26	27	28	29	30	

School holidays
Public holidays
Teacher Only Days & New Student Orientation
Friday 14 January: 9am all students except Year 5 non-DSA
Final School Day for Yrs 1 - 5 & Speech Day Prize Giving
Year 6 Graduation
Year 6 Prom (TBC)
Teacher Only Days

Singapore Public Holidays 2022		
New Year's Day	Saturday	1 January
Chinese New Year	Tuesday	1 February
	Wednesday	2 February
Good Friday	Friday	15 April
Labour Day	Sunday	1 May
Hari Raya Puasa	Tuesday	3 May
Labour Day (PH)	Tuesday	3 May
Vesak Day	Sunday	15 May
Vesak Day (PH)	Monday	16 May
Hari Raya Haji	Sunday	10 July
Hari Raya Haji (PH)	Monday	11 July
National Day	Tuesday	9 August
Deepavali	Monday	24 October
Christmas Day	Sunday	25 December
Christmas Day (PH)	Monday	26 December

## ACS (International) Merchandise for Sale

Suitable as gifts and for everyday use, the following merchandise are available for sale. Samples can be viewed at or items can be purchased from the Reception, General Office, during office hours. Only cash or cheque payments are accepted.



Cap - S\$5.00



3-Folded Umbrella - S\$12.00



Long Umbrella - S\$20.00



Drawstring Sport Bag - S\$10.00



Ball Pen - S\$12.00



64GB Flash Drive - S\$20.00



Stress Ball - S\$2.00



Travel Pouch - S\$10.00



Travel Adaptor - S\$15.00



CAMPUS NEWS

Facility Upgrades

Covered Walkways – Gate C

The walkways at Gate C have also been provided with additional cover to protect students and staff during rainy days.



Covered Walkways – Sports Hall

The exterior of the Sports Hall had a significant makeover to provide additional cover to students and staff during wet weather. The cover across the road was also made double in size and the drainage was upgraded to improve water disbursement.



Sports Hall – Floor

The Sports Hall floor was re-lacquered during the year-end break.



WORKSHOPS

Medicine and Surgery  
Specialised Workshop

The Science Faculty’s STEM programme has seen increasing student participation in the external enrichment opportunities.

In November/December 2021, a group of Year 5 pupils (Xu Xinwen, Lee Jinsol, Foo Ming En and Joash Seah) participated in the online science programmes conducted from NUS campus. This workshop allowed students to work with the professors and surgeons from the medical school and provided them with surgical skills and clinical knowledge to understand the developments in Medicine and Surgery. The workshop also aims to develop the thinking and collaborative skills of students through sessions in Medical Ethics, industry interaction, Group Projects and intellectually stimulating discussions with their peers from different regions.

Four-hour sessions were spread over four Saturdays in November. The whole programme covered different domains of medicine and provided the students with a wider range of understanding with details delivered through the lectures. Each week, a piece of homework was assigned (including group projects reading assignments) to enhance the learning outcome and benefit the students with more collaboration and research. Check out the report by [Xu Xinwen](#) and by [Lee Jinsol](#).



## STUDENT SUCCESSES

### Three Students to Perform at NXT – A Virtual Music Event

Singapore Street Festival (SFF) is a non-profit social and community project that was founded in 2002. This yearly festival has been in partnership with statutory agencies and corporate supporters to provide the youth in Singapore with a platform to showcase their talents, skills and capabilities in the performing and visual arts. For the 20<sup>th</sup> Anniversary celebration, NXT – A Virtual Music Event has commissioned three youth composers and nine professional mentors to help nurture youths in music.

The auditions for the NXT Virtual Music Event took place last August and our group, Passion Without Words, was chosen as one of the nine music groups nationwide to participate in this concert. Fahim, Hao Wei and I were pleasantly “surprised” as we only had three weeks to form our group, choose an audition piece, rehearse and shoot our music video, all this while preparing for our IGCSE/IB examinations! This would not have been possible without the kind help of our music teacher, Mr Philip Tan, who recorded our audition performance of B Rosette.

Many livestream dialogue sessions, workshops, masterclasses, rehearsals and recording sessions were held over the next 5 months. I learnt a lot from our music mentor, Mr Felix Phang, who guided and encouraged our group along the way. It was an eye-opening experience as I witnessed how musicians collaborated with one another on such a large scale project to create music which was both inspiring and uplifting. The composers’ masterclasses were very interesting and beneficial as they gave me invaluable advice on how to improve my skills as a composer. I was also greatly humbled by the experience as two of the three pieces we performed in the concert were specially written for us by youth composer, Syafiqah Sallehin, and veteran composer, Indra Ismail.



Photo credit: Mr Philip Tan

The final recording sessions took place in early January and though we were all exhausted, we were also elated that our months of hard work had culminated in such a meaningful music extravaganza. It was truly an honour to perform alongside such talented musicians in the industry including the legendary Dick Lee. Do catch us on 21 January on Sistic livestream at 8pm! The virtual concert will be available on demand on Sistic from 25 January to 28 February.

Larissa Chan, 5 SVM



Photo credit: NXT – A Virtual Music Event  
[ART tests (with negative results) taken prior to taking photo]



## EVENTS & ACTIVITIES

### Singapore Biology Olympiad 2021

In November 2021, 10 of our Year 5 Biology HL students represented our school to participate in the Singapore Biology Olympiad. Though there were some technical difficulties and the test was postponed once, our students persevered and came back for the re-test during the holidays. It was a gruelling three-hour online test with 80 tedious questions, which required knowledge that was beyond their syllabus. Our students tried their best though the questions were difficult.

We are pleased to announce that one of our students, Li Jia (5 LSG, 2021), was awarded with a certificate of merit, which is by no means an easy feat. Meticulous in her work, she was one of the last few students to complete the test, ensuring that she checked her work thoroughly. When asked about how she felt after the test, Li Jia shared that though it was challenging and there were many questions that she did not understand, she wanted to try her best to apply what she has learnt in school so that the opportunity would not go to waste. Congratulations Li Jia, and keep up the good work!



### Orientation 1

On 13 January, the Student Council organised Orientation 1 2022, where we welcomed 194 new incoming students to their very first day here at ACS (International). The theme we chose for this year's Orientation was mythical creatures, which created a magical atmosphere to welcome the new students.

The day started off with two comical videos: a welcome message and an introduction to the Orientation Group Leaders (OGLs). We then moved on to ice-breakers where the new students slowly eased up with their group members, and once that was over the OGLs brought them around the school campus for a tour. The games started shortly after and brought about much joy and laughter. The team-building games helped to strengthen the bond among the new students. We wrapped up the day by teaching the new students a dance choreographed to a medley of "Footloose" and "I Wanna Dance with Somebody". It was really great to see how the newly-formed friendships could come together through the dance finale. We also held a virtual orientation for some of the new students who were not able to attend the physical orientation, with various bonding games hosted by three of our student leaders.

With a total of 68 student leaders from the 17<sup>th</sup> Prefectorial Board and Year 5 volunteers, we made this Orientation an extremely successful and memorable event for everyone who was involved, especially the new students. We hope that we were able to give all the new students a wonderful start to their life in ACS (International) and that they will quickly adapt to their new environment together with their new friends.

*Yuki Kashiwagi, 6 TTK, on behalf of the 17<sup>th</sup> Student Council*




ALUMNI NEWS


Catching Up with 8 Perfect Scorers

The pleasing results of the November 2021 IB Diploma examinations on 4 January saw ACS (International) add eight 45 pointers to its accolades of perfect scorers, bringing the school’s total to 14.


The Communications Department caught up with the perfect scorers via an email interview. Click the name of each perfect scorer to find out more about their IBDP journey, their COVID-19 pandemic coping mechanisms, what they think of the school, among others.




[Rohan Arora](#)




[Cheng Xirui](#)




[Chantel Thora Chesney](#)




[Natalie Chew Jiaxian](#)




[Jeong Hyeonji](#)



[Lenard Oh](#)



[Son Yoona](#)



[Jarell Tang](#)

Boys’ Brigade President Award Ceremony

The much-awaited Boys’ Brigade (BB) President Award presentation ceremony was held on 14 December 2021. Our alumnus, Cheah Eu Jin, Ethan (Class of 2021, 6 SVM) was conferred the award by BB Patron, President Halimah Jacob. The momentous occasion was witnessed by the recipients’ families and friends via livestreaming. The President’s Award represents the epitome of a Primer’s training in The Boys’ Brigade in Singapore. It is the highest award in the Brigade, and is presented to Primers who have successfully completed the demanding requirements of leadership and service in the community, as well as within the BB.

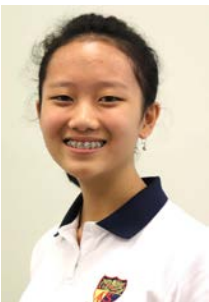


Army NSF of the Year 2021



Congratulations to our alumnus Om Maity (Class of 2018, 6 SVM) who has been awarded the Army NSF of the Year 2021 award. The annual award is presented to the most outstanding servicemen of the cohort who have demonstrated a strong commitment to defence and displayed exemplary qualities during their National Service. Alumnus Tan Hae San (Class of 2015, 6 GHK) received a similar award in 2018.

Top UK University Undergraduate Offer



The school congratulates Eliana Kwok (Class of 2021, 6 Thoburn) on her success in gaining offer from Exeter College, University of Oxford. She will read Mechanical Engineering.



CCA UPDATES

Interactor Wins Best Presentation Award

Congratulations to Jenell Tan (6 CKS) from our Interact Club for winning the Best Presentation Award at the recent Service Learning Summit. Held from 6 to 7 December 2021 via Zoom, the Service Learning Summit is a platform for Interact student leaders across Singapore schools to network with service learning professionals, attend focus group discussions and present community solutions on their chosen social cause.

Jenell was selected as one of the “Best Presenters” out of 148 Interact students from secondary schools and junior colleges in Singapore. She delivered her presentation on care-givers in Singapore with much passion and conviction, and impressed the distinguished panel of judges, including Member of Parliament Ms Carrie Tan and Chief Executive Officer of the National Youth Council Mr David Chua.

We are very proud of Jenell for representing ACS (International) and our Interact Club so well. And we are inspired to continue to create positive social change for our wider community.

Interact Club Teacher  
Ms Caroline Heng



Jenell representing our  
ACS (International) Interact Club

# Causes of Caregiver Burnout

### Caregiver stress

- Not enough rest ---> emotional and mental exhaustion
- Unrealistic expectation of meeting PWDs' needs and interests
- Feel the discrimination faced by PWDs they take care of
- Emotionally and mentally drained
- BURNOUT!!!

### Lack of support

- Lack of respect, support, and recognition in society
- Salary income issues
- Have to deal with multiple commitments ---> unrealistic demand

### Discrimination in the workplace

- Employees rights violated
- (E.g. employers deny caregiver employers leave or retaliate against them for taking leave.)
- (E.g.2. Employers terminate employees because of their caregiver status, assuming caregivers are less competent or committed.)

## Solution 1

### Social Events

Free counseling sessions, therapy sessions, or games help them relieve stress. This also bridges connections between volunteers and caregivers, allowing volunteers to better understand the plight of caregivers.

## Solution 2

### Avenue for caregivers to bond

Providing them with an avenue to bond with congenial caregivers allows them to make new friendships, which serves as their mental support, especially to those who are worried or emotionally drained.

## Solution 3

### Documentaries

Documentaries about caregivers and a typical day in their lives give the public a glimpse of the troubles they encounter, eliciting sympathy. Holding a documentary premiere can also make the documentary more impactful

Jenell’s presentation on “Care-givers in Singapore”



HIGHER EDUCATION NEWS

Winners of Summer Programmes



Congratulations to Nahyun Kim (Year 6) who took part in the **University of Bristol Management Essay Competition** in 2021 and won first prize, an Apple iPad. She also won third prize in **EHL Business Case Competition 2021**, an innovation competition across three regions (APAC, EMEA and Americas) of which students had to think outside the box to develop a business plan and explore the relation between business and hospitality.

Congratulations to Melody Lee Yun Shyan (Year 3) who participated in **Science Explorer Camp** conducted by **Science Centre Singapore and APCME, Singapore**, in October 2021. One of the winners of the final programme quiz, she received a special certificate issued by Science Centre Singapore.



WELLNESS TIPS

Counselling at ACS (International)

Our school counsellors support students at ACS (International) in their educational and developmental journey. We offer school-based counselling services to help students with social, emotional, and academic issues. This year, we warmly welcome our newest counsellor, Ms Dorothea Yeo.

Ms Dorothea has been working in the education sector in China and Singapore for more than 10 years, with the last six and half years counselling in schools. She is passionate about enabling and empowering students in the area of mental well-being and finding ways to help them achieve greater self-efficacy in managing their own social, emotional, psychological and physical needs. Ms Dorothea oversees students in Years 4, 5, and 6.

We hope students and families have enjoyed their holidays and are ready for the 2022 school year! We look forward to meeting and supporting you.

Making an Appointment

Ms Charlina Gozali (*oversees Years 1, 2, 3*)

Email:  
[charlina.gozali@acsinternational.edu.sg](mailto:charlina.gozali@acsinternational.edu.sg)

Appointment page:  
<https://calendly.com/charlina-gozali>

Ms Dorothea Yeo (*oversees Years 4, 5, 6*)

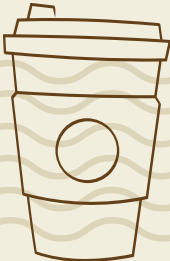
Email:  
[dorothea.yeo@acsinternational.edu.sg](mailto:dorothea.yeo@acsinternational.edu.sg)

Appointment page:  
<https://calendly.com/dorothea-yeo>



UPCOMING EVENTS

January	Event
26	Tutor & Parent Meetings 17:00–18:00
28	Normal Timetable, concluded with Lunar New Year Celebrations 14:00–15:00 International Students Orientation 15:00–17:00
February	Event
31 January to 2 February	Lunar New Year break – SCHOOL CLOSED
3	Normal Lessons resume
8	Safer Internet Day




# COFFEE MORNING WITH THE PRINCIPAL

AN ONLINE DIALOGUE SESSION  
FOR PARENTS & GUARDIANS  
HOSTED BY PSP

**TUESDAY 8 FEBRUARY**  
**9:30AM- 11:00AM**

*\*Zoom details will be sent out via email*



# ACS (International) Magician’s Club



*Have you ever fancied becoming a magician?  
If so, come over to OB201 from 3pm to 4pm  
every Friday to learn the skills from Mr Fillary!  
He will teach you how to perform close-up magic  
with cards, coins, and everyday objects so you  
can amaze your friends and family.*

For more information, contact Mr Fillary at  
[David.fillary@acsinternational.edu.sg](mailto:David.fillary@acsinternational.edu.sg)

*This is not a formal CCA and will not count  
towards your CCA requirements – it is intended  
as a regular club for those with a strong interest.*

Source: <https://pixabay.com/photos/card-trump-magician-magic-flourish-3528638/>