



ACS (INTERNATIONAL) NEWSLETTER

Dear Parents, Students and Friends

Recently I have had family from Australia visit Singapore for the first time. During the weekends and in the evenings we have been going out and exploring Singapore, doing a mix of the 'tourist' and 'local' hot-spots. It has been wonderful to have people visit again and it has been fun to go out and do all the activities that we used to do. However, they head back home to Australia shortly and I'm sure that there will be many tears as we say good-bye to them for an extended period again.

It is a season of farewells at the school as well, with the Year 4 and Year 6 students heading off for study leave prior to their end-of-year exams. For some of the Year 4s this will mark their end of their time at ACS (International) and for our Year 6s they complete their secondary school education before embarking on the next stage of their life. Over these weeks they, together with the rest of the school, reflect on the time they have spent at the school and remember the great times and the challenges.

In many churches and at Christian events there is often a Benediction given at the end of the service that asks for God for blessings for those who are departing. There are many variations of Benedictions, but they often make reference of Numbers 6:24-26:

"The Lord bless you and keep you; The Lord make His face shine upon you And be gracious to you; The Lord lift up His countenance upon you, and give you peace."

The passage speaks to us keeping close to God even when we have departed from those around us. It asks for God to continue to watch out for us wherever we may be, and give us peace regardless of the situations we find ourselves in.

As our Year 4 and Year 6 students start to complete their studies, and many look beyond ACS (International), I pray that they would keep these verses close to their hearts. They should keep their trust in God and know that they can always rely on Him to stay close to them.

Gavin Kinch Principal

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STAFF NEWS

Long Service Awards

On 26 August 2022, Mrs Tan Siew Hoon, Vice-Principal (Senior Division), and Mr Chang Weng Moon received their Long Service Awards at the Methodist Schools Long Service Awards Service. They each received their awards for 20 years' service at the ceremony at St Francis Methodist School.



We also celebrated our other fellow ACS (International) colleagues who received their Long Service Awards on 2 September.

- Olger Portilla 10 years
- Alice Wong 10 years
- Hong Ching Chong 10 years
- Joanne Cardoza 10 years

Our heartfelt gratitude to the Award recipients for their years of faithful service!

To God Be The Glory!





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2022 Leadership Colours Awards

Heartiest Congratulations to the Year 4 recipients of 2022 Leadership Colours Awards.

The awards will be presented during Speech Day.

GOLD

Natsuko Kawasumi	(CKS)
Wong Wei Zhi Johannes	(OLD)
Lee Adel	(OLD)
Kim Sunbin David	(SVM)
Darnesh Ramu	(SVM)
Chua Rui Jie Titus	(SVM)
Kim Nakyung	(SVM)
Aryan Asri	(TCT)
Hannah Yi Wen Lim	(THO)
Edelynn Rui Ern Ng	(THO)
Loh Kin-Shin Declan	(TKK)

SILVER

BRONZE

Teo Yu Ning Aglaia	(CKS)
Ariel Wong Su Ann	(CKS)
Aarna Sanjay Singh	(GHK)
Yuri Masuda	(GHK)
Kim Minju	(LSG)
Cho Yeeun Reina	(LSG)
Kim Mookwan	(SVM)
Han Seohee Chloe	(SVM)
Zhang Jiahao	(SVM)
Tan Wan Shih Bethany	(TCT)
Ashley Mya Gozali	(TCT)
Weeratunge Sarisha Dinandee Perera	(TCT)
Kim Amin	(TCT)
Choi Jiwoo	(THO)
He Yifan	(THO)
Kim Sanghee	(THO)
Tessa Nicole Teo Li En	(THO)
Evan Lim En Yew	(THO)
Lin Yuhan	(TKK)
Celine Lestari Bongso	(TKK)

Heartiest Congratulations to the Year 6 recipients of 2022 Leadership Colours Awards.

The awards will be presented during Graduation Ceremony.

GOLD

Vidhi	CKS	Kim Yerin	SVM
Kim Minjee	CKS	Natanya Abigail Mandagi	TCT
Tan Mu En Jenell	CKS	Wang Yujia	TCT
Sin Hau Nam	GHK	Crystell Phitoyo	THO
Tan Chong Hao Dominic	LSG	Dong Renguang	THO
Joschka Flynn Kalisch	LSG	Saya Ruchiev	THO
Shu Xinyi	LSG	Shreya Supriyakumar Sakhalkar	THO
Ryon Chan	LSG	Sun Lehan	THO
Aiko Yokota	OLD	Zheng Jiayi	THO
Dhaniesha Girish Jethnani	OLD	David Leong Kai En	TKK
Emmanuel Quintis Carter	OLD	Kim Nahyun	TKK
Foo Ming En	OLD	Nam Hyeonbin	TKK
Pongyada Sootthipong	OLD	Teo Zhi Hui Rain	TKK
Tay Yi Xuan Keira	OLD	Yamano Asumi	TKK
Kao Zhi Ying Celine	SVM	Yuki Kashiwagi	TKK
Zhou Run Kang Patrick	SVM		

SILVER

Bill Johnathan	CKS	Aditya Kumar Bhardwaj	OLD
Annabella Tiffany Princessa	CKS	Nishant Vats	OLD
Ashley Bodestyne Siow Jing Xi	GHK	Aarnav Anoop	SVM
Lee Jinsol	GHK	Joash Seah Jia Shun	TCT
Suramya Sood	GHK	Lee Hyunseok	THO
Li Jia	LSG	Jollene Ng Enxuan	TKK
Keira Lim Yi Xian	OLD		

BRONZE

Guo Yujin	CKS	Phoebe Elydia Tan	SVM
Aaliya Moiz Sithawalla	GHK	Chiang Pak Xiong Benjamin	TCT
Josh Lai Zhuo Xian	GHK	Kwan Hwang Kid Max	TCT
Nitika Dhar	GHK		

Singapore Junior Chemistry Olympiad 2022

Singapore Chemistry Junior Olympiad 2022 (SJChO 2022) was not simply just a competition for our students, but a learning journey that exposed them to new horizons of Chemistry. Thirty-eight students from both Year 3 and Year 4 participated in SJChO 2022. Although the competition was conducted via an online platform due to the COVID-19 restrictions, it was still a memorable experience for our students who trained rigorously to prepare for the competition. They came in early every Tuesday morning during whitespace for the training sessions with the teachers to go through concepts which they had not learnt in class. Several students showed the initiative to read up on higher level Chemistry materials on their own, clarifying their doubts with the teachers at their own time.

This Singapore Junior Chemistry Olympiad provided our students with an opportunity to discover more about Chemistry through their own readings and research. It helped our students become self-directed learners as many of the materials were beyond the syllabus that they learn in their classes. It was also heartening to know that the participants exhibited tenacity during the rigorous training, and did not give up even when the materials were too challenging for them. It was a journey of character building and we applaud our students for having the courage to explore what SJChO 2022 was all about.

We would like to extend our congratulations to the following students for their outstanding achievements at SJChO 2022:

Name of student	Award
Daiki Kashiwagi (4 TKK)	Gold
He Yifan (4 THO)	Bronze
Zhang Yuhan (4 CKS)	Bronze

We look forward to seeing more students challenge themselves in Chemistry at Singapore Junior Chemistry Olympiad 2023!







Singapore Mathematical Olympiad 2022

The Singapore Mathematical Olympiad (SMO) is the largest and oldest mathematics competition in Singapore. The top 35% of the participants will receive an Award Certificate (Gold for top 3%, Silver for next 12% and Bronze for next 20%).

On 1 June and 2 June 2022, 64 ACS (International) students from Years 1 to 6 took part in SMO 2022. The list of winners for ACS (International) is given below.

NAME	DIVISI	ON	CERTIFICATE
SMO (Junior) Results			
Lee Jaehoon	Year 2		Silver
Sung Geonwoo	Year 2		Silver
Qi Tianrui	Year 3		Silver
Lee Hyeonseong	Year 2		Bronze
Donghee Shin	Year 1	Hono	ourable Mention
Ziyuan Zou	Year 1	Hono	ourable Mention
Asher Tan Yi Hong	Year 1	Hono	ourable Mention
Maximus Hartanto	Year 2	Hono	ourable Mention
SMO	(Senior) Resu	ults	
Kim Minwoo	Year 4		Silver
Lee Adel	Year 4		Bronze
Conrad Trey Indradjaja	Year 5		Bronze
Haechan Kim	Year 4		Bronze
Sun Dingyuan	Year 3	Hono	ourable Mention
Youngjune Heo	Year 4	Hono	ourable Mention
Justin Matthew Tunaldi	Year 5	Hono	ourable Mention
SMC	(Open) Resu	ılts	
Ethelyn Huang Meici	Year 5		Silver
Shi Tianyi	Year 4		Bronze
Woonhyeong Jo	Year 5	Hono	ourable Mention
Conrad Trey Indradjaja	Year 5	Hono	ourable Mention
Li Yizhen	Year 5	Hono	ourable Mention
Du Yanzhang	Year 6	Hono	ourable Mention

Results Summary

	ltem	Junior	Senior	Open
1	Gold	0	0	0
2	Silver	3	1	1
3	Bronze	1	3	1
4	Honourable Mention	4	3	4

Congratulations to all the winners and participants for their efforts, and grateful thanks to the tutors and everyone else who came together to train the students for the event!

The Best Is Yet To Be.

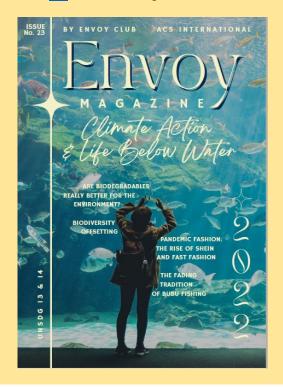
Envoy Club Magazine 2022

The IBDP students of ACS (international) have launched a magazine as their CAS project.

The theme of the magazine is Climate Action & Life Below Water, which are two of the United Nations' Sustainable Development Goals (SDG).

These issues are very important for us, and magazine was launched to raise awareness of these concerns.

Click this <u>link</u> to read the magazine.



NOTICES

Study Nights for Year 4 and Year 6 Students

Study nights will run between from 6pm to 8pm between 26 September to 8 November, every Tuesday and Thursday, at the school library. These extended study hours until 8pm are solely for Year 4 and Year 6 students. Other students will not be admitted to the library during these times in order to provide a conducive environment for the Year 4s and 6s to study.

A Head of Faculty or Assistant Head of Faculty will be on duty each session. Teachers on duty are available for consultation and the staff duty roster will be posted outside the school library. Dinner will be provided at 6pm for students staying for Study Nights, and students who want dinner can sign up at the library counter.

Students should be dressed in proper school attire (including shoes) when using the school library. School-related shirts such as the polo tee and House T-shirts are permitted and must be worn with the school pants or culottes. PE shorts are not allowed, and students wearing the wrong attire will be asked to change out before being allowed entry into the library.

School Policies

School policies relevant to Students and Parents can be found on the school's website under "Life at ACS – Community Policies".

This month the school draws your attention to our policies regarding Grading & Reports and the school's Progression Policy.

Report Grading Policy
Progression Policy

Bible Verses Around ACS (International)

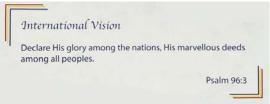
The school's Vision for its students is:

To develop future leaders with an international vision, moral character, intellectual ability, and a deep compassion for humanity based upon Christian beliefs and values.

Recently ACS (International) has placed Bible verses around the school premises in various locations that speak into each component of our school's vision. This project was initiated based upon feedback from the staff and parents, who stated that they would like to see more Bible verses around the school.

Here are some of the Bible verses and their locations where they can be found.





Library Block



Basketball Court Old Block

Besides serving to fulfil the school Vision for the students, the Bible verses will remind the students of God's constant presence, and that He is always close to them and will help them at their points of need. Do look out for these verses, and more besides, as you walk around the school premises in future!

To God Be The Glory!

EVENTS & ACTIVITIES

National Day & Malaysia Day

Friday 9 September 2022 was an unforgettable day for me, Summer Yew Min (5 GHK) and NTU student Maya Zainudin. That was the day the High Commission of Malaysia in Singapore hosted a state event 'National Day & Malaysia Day' at the Grand Hyatt of Singapore. The event was held to celebrate Singapore's National Day and Malaysia Day. Malaysia Day is celebrated on 16 September every year to commemorate the establishment of the Malaysian Federation on the same date in 1963.

Being chosen to sing Majulah Singapura was my proudest moment after the High Commissioner of Malaysia to Singapore concluded his speech with a toast to the President of the Republic of Singapore. I was accompanied by Summer on her guitar and Maya on her keyboard. This event also showcased Summer singing Negara Ku, Malaysia's national anthem, and Maya performing two well-known Malaysian songs.

It was a very honourable once-in-a-lifetime experience for me to be chosen as the singer and violinist for such an important state event. I had goosebumps and adrenaline throughout the performance, and I received praises from Minister of Health Ong Ye Kung, as well as from the MC. Through this experience, I learnt the importance of teamwork and musicianship, improved my vocal techniques and also gained a deeper knowledge of Malaysian culture.

Marisa Lee Renjia, 5 OLD



Marisa Lee, singing the national anthem of Singapore



Left to right

- Mr. Zainudin Bin Nordin, Member of Parliament 2001–2015 and Mayor of Central Singapore 2006–2011
- 2. Dato' Dr.Azfar Mohamad Mustafa, High Commissioner of Malaysia to Singapore
- 3. Mr. Ong Ye Kung, Minister of Health, Singapore
- 4. Maya Raisha Zainudin, Singer and Pianist
- 5. Summer Yew, Singer and Guitarist
- 6. Marisa Lee, Singer and Violinist
- 7. Lazmin Ibriam, Performance Coach & Talent Manager
- 3. Valerie Cheah ,Founder and Director of Jada Art Gallery



Left to Right

- 1. Emma Marina Zubir, Minister Counsellor, High Commision of Malaysia
- 2. Maya Raisha Zainudin (Singer, Pianist)
- 3. Marisa Renjia Lee (Singer, Violinist)
- 4. Summer Yew Min (Singer, Guitarist)

TEDx Youth @ ACS (International)

On 31 August, the Envoy CCA hosted an official TEDx Youth event in the Chapel of ACS (International). The theme of the event was From The Shadows, and it centred around stories of youths overcoming relatable struggles and inspiring others.

Seven speakers were featured from within and outside the school. Among the speakers, three were our Year 6 senior students — Emmanuel Carter, Kyren Lavan, and Vidhi — as well as 1 alumnus, Samuel Sianipar. Other speakers included Saikishan Subramanian from Nexus International School (Singapore), Piper Yu from British School Manila in the Philippines, and Marshaa Balani from C.L Gupta World School in India, who spoke virtually at the event. Emmanuel spoke about the weight of expectations, Kyren on overcoming challenges, and Vidhi on following your dreams. Samuel shared on social comparisons, Sai on perseverance, and Piper on toxic positivity, while Marshaa shared about searching for self-acceptance. The speakers spoke from the heart as they shared their personal stories and struggles they had overcome.

Overall, organising this event was a good learning experience and we thoroughly enjoyed the insightful talks presented by the speakers. We sincerely thank them for sharing at our event and we hope that the audience gained some inspiration and wisdom to consider when they take on their own personal struggles.

TEDx was organized as a CAS event. The team members were Sandhya Bhagwani, Teo Jie Shi Alarice, Saw Yone Shou @ Khin Lin Thet, Keiji Yamamoto, Jasper Tan, Michael Cheung, Hitesh Kishnani and Ethelyn Huang Meici.

Ethelyn Huang Meici









Emmanuel



Samuel



Vidhi



Marshaa Balani



Organising Team

Kyren

ESOL Faculty Research Skills Exhibition

The ACS (International) ESOL Faculty Research Skills Exhibition was held on 21 September.

In line with the IB Approaches to Teaching and Learning, our faculty has continued to implement the Research Skills Project and Presentation module for all Year 4 ESL and Pre-IB students.

For the fifth year running, this module aims to enable our students to develop research, critical thinking, language, analytical and self-management skills. Through the year-long module, our Year 4 and Pre-IB students learnt new research and referencing strategies, helping them to prepare effectively for the EE component of the IB in Year 5.

This year's project was led by three teachers — Ms Alicia Chan, Mr James Cope and Ms Caroline Heng.

For the Research Exhibition, our group of 68 Year 4 ESL and Pre-IB students each decorated their colourful booths to showcase their individual English Research Paper and creative presentation materials.

The staff and fellow students attended this delightful afternoon of impassioned presentations and vibrant exchange of ideas! Prizes were also awarded for the Best Presenter, Most Interesting Topic and Best Audience Outreach.

To find out more about the ESOL Faculty Research Skills Exhibition, please check our dedicated <u>Google Site</u>











Teachers' Week 2022

Teacher's Week this year consisted of a multitude of new events from the 5th Student Affairs. There was an event held every day of the week, one of which made sure to shout out the non-teaching staff in ACS (International).

The committee decorated message boards and put them on display in the Student Centre for students to express their gratitude for the Music technicians, Custodians and more!

Other events also involved a Kahoot! segment where students were shown baby photos of select teaching staff. That was accompanied by a combination of laughter and shock that was shared among teachers and students. All these efforts were worth it as they brought smiles on staff members' faces.

To end the week, Student Council and Student Affairs collaborated to hold Ctrl+C, Ctrl+V Day, where students were given the chance to wear matching outfits with their teachers and compete with other groups to win the grand prize. One of the winning entries can be seen below.

Vera Yong, 5 THO













Year 4 Graduation Tea

On 23 September, we bade farewell to our Year 4s for their study break before their International General Certificate of Secondary Education (IGCSE) exams. With their final school assembly, the 5th Student Affairs prepared a commemorative trip down memory lane for them and sent them out for their last day in celebration!

This year's Year 4 Graduation Tea was a great success with smiles, laughter, and last-minute photos.

There was a buffet spread and Student Affairs also provided entertainment through games and other events such as musical chairs, charades, tic tac (a cup flipping game in the style of tic tac toe) and popping balloons by throwing bean bags at them.

There was also Face the Cookie, where students attempted to move a cookie from their forehead to their mouths. Some of the students' attempts led to some interesting facial expressions.

These games could not have been possible without the help of members within Student Affairs but, the enthusiasm, energy, and engagement were certainly all Year 4. With photos taken with the "Y4 GRAD" balloons, uniforms drawn or signed, and well wishes from their teachers, we say goodbye to the Year 4 students and remind them to make good use of their study break!

Good luck to our Year 4s for their IGCSEs! We hope to see you again next year!











Choice To Run 2022

The Annual Choice To Run was held from 8am to noon at ACS (International) on the morning of Saturday 17 September 2022. This year's event was the first Choice To Run after a two-year hiatus, and there were 135 participants comprising the staff, students, Parent School Partners (PSP), and staff of Holland Village Methodist Church (HVMC).

The Choice to Run event was organised by the 12th Student Ambassadors, and is a partnership between ACS (International), PSP and HVMC. The money raised will go to the Singapore Children's Society, and HVMC matches the amount raised dollar for dollar.

We look forward to more of such events in the coming years.

Winners	s for Choice To Run 2022
Staff (Non-Obstacle) Fastest Runner	Olger Portila (23 laps)
Student (Non-Obstacle) Fastest Runner	Elliot Pan Zhengkai, 5 THO (24 laps)
Student (Obstacle) Fastest Runner	Vihaan Nandrajog, 2 SVM (22 laps)
Greatest Fundraiser (Non-Obstacle)	David Leong Kai En, 6 TKK (\$2535)
Greatest Fundraiser (Obstacle)	Aglaia Teo Yu Ning, 4 CKS (\$1980)









ACS Mooncakes Make A Comeback!

After last year's inaugural sale of ACS (International) mooncakes, the SVM prefects were very excited to kick off the sale of mooncakes this year with the selection of a new box and carrier design and also new mooncake flavours. This year, we decided on a mixture of four flavours — Rose Tea with Wolfberries, White Lotus Single Yolk, White Lotus with Macadamia Nuts and Azuki Red bean.

The mooncakes also had the letters ACS imprinted on them with the school's motto "The Best Is Yet To Be" in Chinese characters. We started taking orders at the end of June after putting up an eye-catching poster on social media and the various parent and student group chats. Orders filled up quickly and there were also several requests from alumni and even parents from other ACS schools to purchase our beautiful mooncake gift sets. Very soon, all 200 boxes were sold out! There were many enthusiastic new prefects in our Mooncake team this year and they quickly learnt how to contact buyers who placed orders via e-mail, update the payment received form, etc. When the mooncakes, boxes and carriers were delivered to school, all the team members worked together to pack the mooncakes properly and sort them according to the order list.

From 23 to 25 August, we waited at the driveway in the foyer for alumni and parents from other ACS schools to collect their mooncakes. Seeing the smiles on their faces when they received their mooncake gift sets really made our day. This project would not have been such a success if not for the generous support from our school community. On behalf of SVM House and the Children's Cancer Foundation, I would like to extend our heartfelt appreciation to everyone who supported us in this meaningful project.



Year 5 Geography Field Trip

On 2 and 5 September 2022, 20 Year 5 Geography students of ACS (International) investigated the changes in urban characteristics along the East-West MRT line as one moved away from the Central Business District (CBD) and collected primary data.

Students were split into groups of two and allocated to different MRT stations for data collection. Two teachers, Ms. Sreemati Sen, and Ms. Megha Singh, accompanied the students during the pilot study on 2 September. On 5 September, the teachers were on the field visiting different groups throughout the day.

The students took the traffic count, temperature readings, and passenger numbers in the bus stops during morning and evening peak hours, and in the afternoon. They also recorded the number and types of facilities at the allotted MRT stations, the number of buses serving the area, measured building densities and heights, recorded building rental costs, and conducted a perception survey of the green space.

Shi Yutong (5 GHK) said: "As a student, I felt that the fieldwork investigation had provided me an opportunity to apply and associate knowledge in real life. This data collection allowed me to realise how applicable the geography concepts are in our day to day lives and demonstrated how the theories we learn can be visually presented in an urban setting. As we investigated each of the 10 MRT stations thoroughly throughout the day, we could see the change in pattern as we moved away from the CBD."

Woonhyeong Jo (5 CKS) said; "Throughout the fieldwork investigation, I had a great opportunity to practise the knowledge of urbanisation. Measuring details such as building height, MRT facilities, and traffic count helped us to develop our knowledge of the relationship between facilities closer to the Central Business District and away from it and understand the concept of 'distance decay'. We also had a lesson on how difficult it is to measure the data precisely. It was a great chance to recall and practise what we had learnt in the beginning of this year. I improved my skills in data presentation and analysis as well."



Hochul Jeong (5 GHK) said: "In the process of data collection, I was able to see how the scenery of the city changes as we move away from the CBD. Especially, there were clear differences in green space and types of restaurants. About 60% of land near Redhill MRT station was green and restaurants were mostly selling local food like kaya toast and nasi lemak. It was great to see different urban features in real life and compare with data collected by other groups in other MRT stations."

Ayumi Sakaide (5 CKS) added: "Data collection required a lot of effort, as we precisely recorded the data for the assigned MRT station from 8am to 4pm. Data dealing with various aspects of urbanisation was collected to provide vibrant data for our IA fieldwork, such as the temperature of the area and the number of buses available at the bus stop. I was assigned to Joo Koon MRT station, which is in the west of the East-West line and was greatly surprised by the vivid change in the landscape such as the appearance of large factories and industries. This fieldwork greatly aids in my analysis of data and interpretation of findings."









Oldham Charity Project at Willing Hearts

On 27 August, several of us from Oldham House participated in a charity community event at Willing Hearts. The event was held at Willing Hearts' new Telok Kurau premises.

That day, we rolled up our sleeves and got our hands dirty doing various aspects of food preparation, from peeling potatoes to cleaving chicken to the cutting of meat and vegetables. In addition, I was tasked with opening a whopping 144 cans of mushrooms!

It had been three long years since Oldham House could organise large-scale charity events. So when the opportunity came to organise the Willing Hearts event, we jumped at the chance.

When we accepted sign-ups for the first visit, it was fully subscribed within a short time. As the Oldham motto goes: "Dauntlessly we serve, with spirit and pride we roar"

During the 4-hour event, I was deeply moved by the selfless spirit of the volunteers, who came from all walks of life, and gave of themselves to the service of the less fortunate in the community. The scale of Willing Heart's soup kitchen which serves up to 11,000 daily free meals astounded me. I am grateful for the opportunity to live out the Ignite values our school espouses, to impact lives in our society through this project.

As the adage goes "too many cooks spoil the broth", but this is certainly not the case at Willing Hearts. Every week, hundreds of volunteers cook, prepare and distribute food to numerous locations in Singapore, bringing cheer to fellow Singaporeans. I am glad we at ACS (International) can be part of this meaningful initiative."

Julian Tan, 5 OLD











West Coast Park Parkrun

On a Saturday morning on 27 August, 29 students and staff members of ACS (International) got together for the 5km Parkrun at the West Coast Park.

Initiated by Ms Laura Blunt, the Parkrun was the culmination of the rigorous nine-week training for the 'Covid to 5K' CCA, which commenced on Thursday 19 May and continued until Thursday 18 August. Each training session was held at different natural trails around Singapore including Green Corridor, the Botanic Gardens, Kent Ridge Park, and West Coast Park. Amidst the COVID-19 pandemic that has led to issues such as significant growth in inactivity, increased isolation, and problems with mental health, the regular weekly running activity in nature parks aimed to build not only our fitness ability to complete a 5km race but also our overall wellbeing.

The 'Covid to 5k' CCA formulated the training sessions in a unique way to embrace students with a range of running abilities. While taking up running may seem like a scary prospect, the 'NHS Couch to 5K' podcast, a 9-week plan involving 3 runs a week designed by Josh Clark who wanted to help his mother "get off the couch and start running" enabled the students to independently pace and train themselves at both inside and outside of the school.

Our sustained efforts paid off with the remarkable result of all the participants from ACS (International) successfully completing the 5km race. Elliot Pan (5 THO), Karik Cheng (4 TKK) and Yone Shou Saw (5 GHK) were among the fastest runners with their impressive time records 21:59, 22:26, and 22:48, respectively, but most notable was the number of students achieving personal bests in terms of longest distance ever run, and best time for a 5km distance.

We thank all the participants who arrived in school early Saturday morning and showed amazing perseverance to finish the race. We also heartily thank Ms Laura Blunt for organising the parkrun and training us to become better runners.

The PE Faculty plans to organise further Parkrun sessions in Term 4 and 2023. Look out for the notices!

Dayoun Moon, 5 CKS







HIGHER EDUCATION NEWS

Job Shadowing Programme

(5 to 9 September 2022)

The September holidays saw 27 students from ACS (International) Senior Division being attached to companies in industries ranging from the Architecture to Retail sectors.

The Job Shadowing programme helmed by the Higher Education department saw our students work alongside industry experts where they learnt the roles and responsibilities of their prospective professions. This experience allowed the students to better understand what is required to be successful in the professions. The knowledge gained will help our students be better informed about their future educational and career goals.

Our students certainly enjoyed themselves during their Job Shadowing experience which made their September term break a memorable one.

Student Reflection

"The 5-day experience at HILADT was really fascinating, exciting and eye-opening. I have learnt so much in the short period of time and this unforgettable experience really helped me to have deeper understanding of architecture and architect's role. Hopefully I will become part of this community in the future."

Yang Jiaqi, 6LSG



Yang Jiaqi and Mr. Lim Hseng Iu Published with permission from HILADT Architects LLP



Nira Pitiwiwat (5 TCT), Suen Ching Man (6 TKK), Mr. Daniel Tan Published with permission from BTE Consultants PL

"Spending 5 days at BTE Consultants PL was a great and insightful experience that I would not forget. I had the opportunity to observe their daily tasks and much advice was given. I am really glad to be able to participate in this programme. I would be forever thankful for this amazing opportunity.

This job shadowing experience has inspired me to decide on what I really want to do in the future."

Nira Pitiwiwat,5 TCT



Lauren Chye (5 THO), Rayna Hon (5 OLD), Mr. Daryll Ng Published with permission from Virtus Law LLP

"It was an extremely enriching experience that improved my understanding of the legal career path through talking to professionals in the industry, as well as reading relevant materials on topics and matters heavily relevant to the industry. Having a deeper insight to the sector's nature has strongly encouraged me to pursue it in the future."

Lauren Chye, (5 THO)

Industry Partners' Appreciation Dinner 2022

The tranquility of the Sitorius Library was transformed into a potpourri-scented, candlelit dining hall on the evening of 19 August 2022 for our Industry Partners' Appreciation 2022. All the guests and staff were excited about this dinner as it was the first in-person meeting since our last Industry Partners' Appreciation Dinner in 2019. Soft music from the rendition of musical pieces played by Michael Cheung, 5 TCT, filled the library and provided a wonderful ambience throughout the evening.

The Higher Education and Careers Department gave our industry partners an overview of how the Job Shadowing and Mentoring Programmes had fared during the past two years. Awards were also presented to our valuable partners in appreciation for their effort to collaborate with our school. Some of our students who had participated in the Job Shadowing Programme previously, namely Aden Chew (6 SVM), Ethan Yap (6 OLD), Suramya Sood (6 GHK), Hector Chia (5 LSG) and Matthias Banff Wong (5 OLD) also shared their gratitude with the industry partners.



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"The appreciation dinner made me have a feel of the working world, and also allowed me to present in front of a group of adults which was very nerve-wrecking, but definitely an achievement in my books."

Aden Chew, 6 SVM

"This was my first time speaking in front of so many influential entrepreneurs and CEOs of various companies and I was fortunate to establish personal connections with some of them. This has helped me advance in my thinking of my future career pursuit."

Matthias Banff Wong, 5 OLD

"As the emcee and one of the student presenters for the event, I enjoyed sharing my job shadowing experiences while listening to those of others. I found the discussion with the partners over dinner intriguing, and they have provided me with new insights into my future."

Hector Chia, 5 LSG

PSP NEWS

Teacher's Day 2022

After a 2-year hiatus from large celebratory gatherings due to COVID-19, the Parent School Partners (PSP) finally threw a big Teacher's Day bash at the Regent Hotel on 2 September with the theme of Superheroes and Villains.

With about 150 teachers and staff in attendance decked out in their best superhero or villain attire, the PSP organised its most ambitious event yet with a scrumptious four-course meal, more than 50 Lucky Draw prizes, fog and lighting effects, and a programme that was packed with exciting videos and fun-filled games such as a creative take on the popular Family Feud. The programme even showcased an amazing Wushu performance with breath-taking acrobatic stunts and a grand finale by our very own PSP supermoms.

This year's Teacher's Day programme was also the first to have special technical effects as well as the participation of former students. Chin Mun Kan, a former ACS (International) Head Boy from 2018, was the MC and he came dressed as "Supermun". Assisting him and the PSP was Victor Wan, who graduated last year.

Three former PSP exco members who hold the record as the longest serving PSP members — Debra Leong, Cecilia Chau and Josephine Wee — were invited to attend the event and serve as judges for the "Hero In-Style" awards. Twelve individual winners and three group winners were awarded for their creative and amazing attire. Our Principal Mr Gavin Kinch and Vice-Principal (Senior Division) Mrs Tan Siew Hoon wowed audiences as superhero Doctor Strange and villainess Cruella de Ville respectively. The event was met with compliments and rave reviews from teachers, staff and even hotel employees who witnessed it. A special thank you to the PSP Executive Committee members for their hard work and commitment, and all our parent sponsors, whose generous contributions made Teacher's Day truly memorable.

They say that teachers are real-life heroes without capes. To all teachers and staff of ACS International, thank you for your commitment, hard work and dedication! You have demonstrated heroism in the countless ways you have cared for, inspired and motivated our children to be the best that they can be!

Happy Teacher's Day! You are AMAZING!























































NEWSLETTER | September 2022 20

Care and Concern from PSP

The Parent School Partners (PSP) of ACS (International) has been a great pillar of strength and support for many of the school's initiatives, as well as a source of care and comfort for the students.

On 29 August, the PSP organised a Parenting Workshop titled "Mental Wellness" in conjunction with Wellness Week at ACS (International). Mr Galvin Sng of Touch Community Services was invited to share and provide insights about mental wellness, a topic currently of great concern in Singapore.

Mr Sng touched on many practical aspects of communication with teenagers, as well as the 3Es Model — Engage the heart, Enrich the Mind and Enable the Person. In this model, parents are encouraged to connect with their children with a more relational approach (Engage), instead of controlling them. It is important for parents to be the Thermostat of the home instead of the Thermometer. Parents need to also keep their calm when engaging the child.

The second part is to Enrich the mind by instilling good habits, instead of trying to modify behaviours on an ad-hoc basis. Parents should instead be intentional in correcting and coaching the child over time. It is not an overnight process, so parents need to empower and enable their children by mentoring and coaching, and not tormenting or encroaching on them.

Finally, it is particularly important for parents to "listen in" to their children — hearing them so that they know how their children are doing. Parents should try to focus less on grades, but more on the holistic development of the child.





Exam Care Packs

Besides the workshop, the PSP was also involved in distributing exam care packs for the Year 4 and Year 6 students. This initiative was started in 2021 as an expression of love, encouragement and support from the PSP to the Year 4 and 6 students sitting for the IGCSE and IB examinations. This year, the PSP prepared about 400 snack-filled pencil cases customised with the dual colour red and blue zipper (an ACS [International] exclusive). A prayer booklet was included to remind the students that God is with them every step of the way and He can be relied on for comfort and strength.

Best of luck to our Year 4 and Year 6 students! With love and prayers from the PSP!





UPCOMING EVENTS

October	Event
Octobel	Event
5	Year 6 Last Day
12	Year 5 Individual Orals
13	Start of Year 5 Exams
14	Middle Division Study Leave
17	Start of Middle Division Exams
24	Start of IBDP Exams Deepavali
25	Start of Junior Division Exams
25–26	Year 5 Language B Exams
26	End of Year 5 Exams
27–28	Year 5 Group 4 IA
28	End of Middle and Junior Division Exams





Graduation
* CLASS OF *



INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAMME

FRIDAY



NOVEMBER

4:30PM (Seated by 4:15pm)

at

UNIVERSITY CULTURAL CENTRE, HO BEE AUDITORIUM, NATIONAL UNIVERSITY OF SINGAPORE



RSVP and ticket request via https://forms.gle/mtDGDq7tcV35nWbE8 or QR Code by 4 November 2022. For enquiry, please contact the Principal's Secretary: stella.sim@acsinternational.edu.sg