



ACS (INTERNATIONAL) NEWSLETTER

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Dear Parents, Students and Friends,

As we approach the crucial season of exams, it's vital to equip our students with effective study skills to navigate the upcoming journey successfully. It is also important for our students to remember that while exams and assessments are important, it is not the be all and end all of life.

Proverbs 3:5-6 tells us "Trust in the Lord with all your heart and lean not on your own understanding but in all your ways submit to him, and he will make your paths straight." In this verse, we find wisdom that reminds us that we should trust in God with all our heart. This is the most important lesson in life and one that will set all of us on the right path, regardless of exam performance!

As a school, we want to support and encourage our students in all aspects of their life. In the coming month or so, exams will be a large part of our students thinking, and so as they approach their exams here are some practical tips that can be incorporated into their preparation:

Set Clear Goals

Knowing what they want to achieve will help them stay focused and motivated. Study goals should be set that are realistic and cover the full range of topics and subjects that are required.

Effective Time Management

Time should be used wisely. Prioritise study sessions to be in parts of the day where the students know they are most effective. Break the time down into manageable chunks, and be sure to include short breaks for rejuvenation. For Year 4 and 6 students, the school offers supervised study nights in the Library on Tuesday and Thursday evenings.

Active Learning

Engage actively with the study materials. Instead of passively reading, students should take the time to take notes, summarise their learning, discuss concepts, and even teach the content to others to reinforce understanding.

Self-Assessment

Regularly evaluate their progress with practice tests and past papers. Identify areas where improvement is needed and adjust the study plan accordingly.

Stay Positive

Maintain a positive mindset. Students should trust in their abilities, stay persistent, and not be discouraged by setbacks. Learning from mistakes is a valuable part of the journey.

Balance

Students should find time to balance their studies with other activities they enjoy, particularly ones which are outdoors or where they can connect with others. Clearing their minds and getting active will benefit them when they get back to studying.

On behalf of all the staff at ACS (International) we wish all our students the very best for their IGCSE, IBDP and End of Year exams. I trust that you will work diligently with the support of your teachers, friends and family.

Gavin Kinch
Principal

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STAFF NEWS

2023 Long Service Award

The following staff received their Long Service Award on 1 Sep 2023 during the Teachers' Day Celebrations. All have served 10 years' service.

1. Ms Alka Hingle
2. Mr Kent Kor Su Why
3. Ms Sia Ee Mien
4. Ms Jasmine Teo
5. Ms Stella Sim
6. Madam Dua Siew Kee



Term 3 Commendation Awards

Congratulations to the following students who have been awarded the Principal’s List for Achievement and Effort, Distinction for Achievement and Effort, Commendation for Effort and Achievement, and Commendation for Effort:

Principal's List for Effort and Achievement			
NO	NAME	YEAR	HOUSE
1	ACHAREKAR OM NITIN	5	CHEONG KOON SENG
2	ADVIKA KARTHIK IYER	5	CHEONG KOON SENG
3	TOMOMASA MASUDA	3	GOH HOOD KENG
4	SUNG GEONWOO	3	LEE SENG GEE
5	HUANG YONG SHIN	3	LEE SENG GEE
6	LEE YULWON	3	LEE SENG GEE
7	NISHYA SUBASH PRABU	3	LEE SENG GEE
8	EKEESHA ATRE	2	OLDHAM
9	KIM KYUNGEUN	PRE IGCSE	OLDHAM
10	HYUN MINSUNG	3	OLDHAM
11	YUTO SAKAMOTO	PRE IB	OLDHAM
12	LEE ADEL	5	OLDHAM
13	PARK YOONHA	2	SHAW VEE MENG
14	YANG BINGYI	3	SHAW VEE MENG
15	NATHAN ALEXANDRO TJHE	3	SHAW VEE MENG
16	SOPHIE BEH JIAXUAN	3	SHAW VEE MENG
17	KIM SUNBIN	5	SHAW VEE MENG
18	NEILSON ALEXANDRO TJHE	5	SHAW VEE MENG
19	KIM DOYEON	PRE IGCSE	TAN CHIN TUAN
20	JU SIHYUN	5	TAN CHIN TUAN
21	WU SIYU	PRE IB	TAN KAH KEE
22	NAISSHA MAKHIJA	2	TAN KAH KEE
23	AUBREY ROSE MC CLUNG JIANZI MEISHI	2	TAN KAH KEE
24	CHENG TIN WING	3	TAN KAH KEE
25	CHUNG DAYON	3	TAN KAH KEE
26	JIN ZIXUAN	3	TAN KAH KEE
27	ELOISE LAETITIA LAKSMONO	5	TAN KAH KEE
28	KHAIR SIYA KETAN	2	THOBURN
29	AMANDA LIM HUIMIN	3	THOBURN
30	KENSEI TSUKAMOTO	3	THOBURN
31	HE YIFAN	5	THOBURN

Distinction for Effort and Achievement			
NO	NAME	YEAR	HOUSE
1	HARSHNI SIVASUBRAMANIAN	1	CHEONG KOON SENG
2	KIMBERLY ANN HENDROFF	1	CHEONG KOON SENG
3	WEE KANG QING	1	CHEONG KOON SENG
4	YANG WANZHOU	PRE IGCSE	CHEONG KOON SENG
5	KIM CHAEWON	2	CHEONG KOON SENG
6	PHOEBE NG EN HWEE	2	CHEONG KOON SENG
7	ZHOU CHENGYI	2	CHEONG KOON SENG
8	AOI HASEGAWA	3	CHEONG KOON SENG
9	LIN ZITING	3	CHEONG KOON SENG
10	VICTOR SEAT YONG SIM	5	CHEONG KOON SENG
11	SHI YUTING	5	CHEONG KOON SENG
12	ZHANG YUNAN	5	CHEONG KOON SENG
13	NATSUKO KAWASUMI	5	CHEONG KOON SENG
14	ZHEN JINGTONG	PRE IGCSE	GOH HOOD KENG
15	KAITLYN WONG QIYI	2	GOH HOOD KENG
16	CLAYTON OLIVER WIBOWO	2	GOH HOOD KENG
17	RIN MIYASAKA	3	GOH HOOD KENG
18	TIAN RUOMENG	3	GOH HOOD KENG
19	LIM YUCHAN	PRE IB	GOH HOOD KENG
20	TIFFANY RUSLI	5	GOH HOOD KENG
21	LOH JUNYAN JERRY	5	GOH HOOD KENG
22	LUKE LAI WEN LE	5	GOH HOOD KENG
23	SANJITA PARASHAR	5	GOH HOOD KENG
24	NOH HAJU	1B	LEE SENG GEE
25	KANON TAMIYA	2	LEE SENG GEE
26	ZOU ZIYUAN	2	LEE SENG GEE
27	SEONG YUMIN	3	LEE SENG GEE
28	YU HAOXUAN	3	LEE SENG GEE
29	HUANG YONG ROU	3	LEE SENG GEE
30	MIKAYLA ALYSON TOH	5	LEE SENG GEE
31	CARTESIA CHO JIA WEN	1	OLDHAM
32	TANG ZIYI	PRE IB	OLDHAM
33	KAYLA GOH JIA EN	2	SHAW VEE MENG
34	JACOB CHRISTOPHER BUDIMAN	2	SHAW VEE MENG
35	JAYDEN CHRISTIAN BUDIMAN	3	SHAW VEE MENG
36	UNO KATAYAMA	3	SHAW VEE MENG
37	LAU SIN CHING JOSIE	1B	TAN CHIN TUAN
38	VANYA GUPTA	1	TAN CHIN TUAN
39	MIA MIDORI SHANNON	1	TAN CHIN TUAN
40	WANG ANQI	2	TAN CHIN TUAN
41	WU YOUCHEN	3	TAN CHIN TUAN
42	LIM KAY AN	3	TAN CHIN TUAN
43	SIM AHJEONG	PRE IB	TAN CHIN TUAN
44	ASHLEY MYA GOZALI	5	TAN CHIN TUAN
45	SAYORI SHIMADA	5	TAN CHIN TUAN
46	WONG JULES TSU	1	TAN KAH KEE
47	YUGO ENDO	3	TAN KAH KEE
48	CHOI YANGCHAE	3	TAN KAH KEE
49	LEE SOLHEE	FOUNDATION IB	TAN KAH KEE
50	WU YOU	FOUNDATION IB	TAN KAH KEE
51	DAIKI KASHIWAGI	5	TAN KAH KEE
52	LOH KIN-SHIN DECLAN	5	TAN KAH KEE
53	LIM WENG XIANG AIDAN CHESTER HERNANDEZ	5	TAN KAH KEE
54	YU YAT TIN BENETTA	5	TAN KAH KEE
55	ZHANG HANYI	5	TAN KAH KEE
56	KIM YEWON	1	THOBURN
57	LO CHEUK CHUN	2	THOBURN
58	KAZUKI TSUKAMOTO	3	THOBURN
59	HANNAH LIM YI WEN	5	THOBURN
60	ZHANG QINGYAN	5	THOBURN

Commendation for Effort and Achievement			
NO	NAME	YEAR	HOUSE
1	ABE TOH ZE HAN	1	CHEONG KOON SENG
2	LENCI GOH PEI YUAN	2	CHEONG KOON SENG
3	REGAN TIAN JIN	5	CHEONG KOON SENG
4	EMILY TIAN GETTEN	1	GOH HOOD KENG
5	AMELIA SHI-MIN ADETOLA OLOPADE	2	GOH HOOD KENG
6	RYUSEI NAKATSU	2	GOH HOOD KENG
7	HE SIJIA	PRE IGCSE	GOH HOOD KENG
8	SEO YUNA	3	GOH HOOD KENG
9	LIM YEJOO	FOUNDATION IB	GOH HOOD KENG
10	YURI MASUDA	5	GOH HOOD KENG
11	AARNA SANJAY SINGH	5	GOH HOOD KENG
12	ROBERT ELIOT MING-YU SMITH	1	LEE SENG GEE
13	ESTELLE LIM EN XUAN	1	LEE SENG GEE
14	MADHAV NAIR	1	LEE SENG GEE
15	REYANNE TAN RI EN	1	LEE SENG GEE
16	REBECCA LIM SIYU	2	LEE SENG GEE
17	HIBIKI MURATA	2	LEE SENG GEE
18	LEE HYEONJOON	3	LEE SENG GEE
19	CAITLIN TAN RI NING	3	LEE SENG GEE
20	PATCHARAMEE ONKCHAREON	3	LEE SENG GEE
21	AYSHA MINHAS	FOUNDATION IB	LEE SENG GEE
22	LEE NAYEONG	PRE IB	LEE SENG GEE
23	ZHANG XIAOYU	5	LEE SENG GEE
24	CHOW YU YING	1	OLDHAM
25	BENJAMIN DARMAWAN	3	OLDHAM
26	QIN XUAN	3	OLDHAM
27	WONG WEI ZHE	3	OLDHAM
28	SOPHIA SNG YEN LYN	5	OLDHAM
29	SHI TIANYI	5	OLDHAM
30	AYANA KAPOOR	1	SHAW VEE MENG
31	THAN JUN HAO	2	SHAW VEE MENG
32	KIM YEJIN	2	SHAW VEE MENG
33	LYNNELLE MARGARETTA	PRE IGCSE	SHAW VEE MENG
34	JENNIFER MAY UTAMA	3	SHAW VEE MENG
35	RISHI KAMARAJ	3	SHAW VEE MENG
36	KHOO KAH YING BELLE	3	SHAW VEE MENG
37	RINTARO SUGIMOTO	PRE IB	SHAW VEE MENG
38	NAINA KUMARI GIRI	5	SHAW VEE MENG
39	KIM NAKYUNG	5	SHAW VEE MENG
40	LIN ZIYING	5	SHAW VEE MENG
41	LEE RUI EN AERYN	5	SHAW VEE MENG
42	ISAAC LIM TAI XI	5	SHAW VEE MENG
43	KANG MINSEO	1B	TAN CHIN TUAN
44	ASHTON MIKAEL GOZALI	2	TAN CHIN TUAN
45	ANNA INDIRA MANIPUR	2	TAN CHIN TUAN
46	LIU WEIZHENG	3	TAN CHIN TUAN
47	MAREK HASHIMOTO	3	TAN CHIN TUAN
48	JOANN MARIA JACOB	3	TAN CHIN TUAN
49	RYOJI YAMAMOTO	3	TAN CHIN TUAN
50	KIM AMIN	5	TAN CHIN TUAN
51	KIM SEOJUNG	5	TAN CHIN TUAN
52	HYVELLI JINGYI WANGSA	1	TAN KAH KEE
53	AARAV PRAKASH	1	TAN KAH KEE
54	ZOE SUPRAPTO	1	TAN KAH KEE
55	ANDERSON TAN	1	TAN KAH KEE
56	DANIEL TAY YEE JYE	FOUNDATION IB	TAN KAH KEE
57	CELINE LESTARI BONGSO	5	TAN KAH KEE
58	XING YUXIN	5	TAN KAH KEE
59	PARIYAKORN SHAVALIKUL	1	THOBURN
60	CHARLOTTE ANG RUOXUAN	1	THOBURN
61	YUN SEOJEONG	2	THOBURN
62	WEN YIFAN	2	THOBURN
63	CHEN YANYI	5	THOBURN
64	CHELSEA W TAN	5	THOBURN
65	KIM HAECHAN	5	THOBURN

Commendation for Effort			
NO	NAME	YEAR	HOUSE
1	MEIA YI XIAN LEMASTER	1	CHEONG KOON SENG
2	CHOI SEONGWON	1	GOH HOOD KENG
3	ZHU RUO TONG	2	GOH HOOD KENG
4	CHARLESTON TAN	3	GOH HOOD KENG
5	TAN SHI NING MEREDITH	3	GOH HOOD KENG
6	ELIZABETH ANN-MARIE HOWE WEN YU	1	OLDHAM
7	TRAN MINH TRI	3	OLDHAM
8	LE BANG BANG	3	OLDHAM
9	SHUNSEI MIYASAKA	3	OLDHAM
10	FAN YIJIA ISABELLA	1	SHAW VEE MENG
11	VIHAAN NANDRAJOG	3	SHAW VEE MENG
12	DIANE GOO	1	TAN CHIN TUAN
13	ALESSI LEE LE CIER	1	TAN CHIN TUAN
14	CHAN JUN-EN ETHAN	2	TAN CHIN TUAN
15	KIMBERLEY RAEANNE NG	3	TAN CHIN TUAN
16	KIM DONGHA	1	TAN KAH KEE
17	YOHANN K THAVENDRAN	1	TAN KAH KEE
18	TEO KAI XUAN HECTOR	3	TAN KAH KEE



Australian Mathematics Competition 2023

The Australian Mathematics Competition (AMC) sponsored by the Commonwealth Bank has been held annually since 1978. One of the largest annual events on the Australian education calendar, the AMC is one of the largest of its type in the world. More than 40 countries participate each year. The competition aims to be accessible to all students from Years 1 to 6, not just the mathematically gifted. There is an emphasis on problem solving, a valuable life skill, and the questions are designed to be fun for the student. The AMC consists of three separate papers, each with 30 questions in the Junior (ACS Years 1 and 2, Australian Year 7 and 8), Intermediate (ACS Years 3 and 4, Australian Year 9 and 10) and Senior (ACS Years 5 and 6, Australian Year 11 and 12) divisions. Time allowed is 75 minutes. Over 1,000 students share the prizes and around 50 percent of participants receive a Certificate of High Distinction, Distinction or Credit. All other entrants in the competition receive a Certificate of Participation or a Proficiency Certificate. All students are also provided with a detailed report showing how they performed on each problem with wider statistical rankings.

On 2 August 2023, 107 students (Years 1 to 6) from ACS (International) took part in AMC 2023. The list shows High Distinction and Distinction award recipients for ACS (International).

Australian Mathematics Competition (AMC) 2023 Results		
ACS (International) Singapore		
NAME	DIVISION	AWARD
Minwoo Kim	SENIOR	HIGH DISTINCTION & BEST IN SCHOOL AWARD WINNER
Sungjun Ji	SENIOR	HIGH DISTINCTION
Tianyi Shi	SENIOR	HIGH DISTINCTION
Yuxin Xing	SENIOR	HIGH DISTINCTION
Geonwoo Sung	INTERMEDIATE	HIGH DISTINCTION
Linda Chien Ru Chew	JUNIOR	DISTINCTION
Yuehan Wang	JUNIOR	DISTINCTION
Yejin Kim	JUNIOR	DISTINCTION
Shawn Danielson Lee	JUNIOR	DISTINCTION
Hanrong Luo	JUNIOR	DISTINCTION
Hanwen Qian	JUNIOR	DISTINCTION
Ka Yi Vanessa Cheung	INTERMEDIATE	DISTINCTION
Jiwan Choi	INTERMEDIATE	DISTINCTION
Jiaqi Li	INTERMEDIATE	DISTINCTION
Pasquale Wei Zhe Wong	INTERMEDIATE	DISTINCTION
Youchen Wu	INTERMEDIATE	DISTINCTION
Tianrui Qi	INTERMEDIATE	DISTINCTION
Ahjeong SIM	INTERMEDIATE	DISTINCTION
Dingyuan Sun	INTERMEDIATE	DISTINCTION
Ziyi Tang	INTERMEDIATE	DISTINCTION
Yufei Wu	INTERMEDIATE	DISTINCTION
Yifan He	SENIOR	DISTINCTION
Junyeong Hong	SENIOR	DISTINCTION
Jihwan Lee	SENIOR	DISTINCTION
Kazuki Baba	SENIOR	DISTINCTION
Eunwoo Jung	SENIOR	DISTINCTION
Dayoun Moon	SENIOR	DISTINCTION

ACS (International) AMC Results							
Category / Year	2017	2018	2019	2020	2021	2022	2023
Number of participants	105	38	107	73	91	118	107
High Distinction	2	1	1	1	4	2	5
Distinction	20	9	17	11	28	27	22

2023 Leadership Colours Awards

Heartiest Congratulations to the Year 4 recipients of 2023 Leadership Colours Awards. The awards will be presented during Speech Day.

GOLD

Ashley Chan Jia En (CKS)
 Luke Wayne Calver (CKS)
 Aryav Bhesania (CKS)
 Morgan Alexander Toon (CKS)
 Zee Yuet Yi Audrey (GHK)
 Yutika Dhar (GHK)
 Du Yingjia (LSG)
 Kaylee Victoria Ng (LSG)
 Ong Zi Yi (LSG)
 Govind Anurupa Ajeet Wagle (LSG)
 Natasha Tan Rae (OLD)
 Sara Attal (OLD)
 Soh Huiya Melody (SVM)
 Sarah Tan Ee-Jae (SVM)
 Roy Kwan Kay Tjin (SVM)
 Nicole Molenberg (TCT)
 Yun Seojin (THO)
 Athena Peh (TKK)

SILVER

Song Yu (CKS)
 Bono Jakub Gajdek (CKS)
 Kelly Ng (GHK)
 Lee Yeseo (OLD)
 Nishka Birmi (OLD)
 Shaik Aqeel (TCT)
 Rachel Choo Ying Hsuan (THO)
 Eldon Joel Kwan (TKK)
 Jiang Luxi (TKK)

BRONZE

Wu Yufei (CKS)
 Kam Kay Trinh (GHK)
 Tejaswini Jayakumar (GHK)
 Aaryan Hussein Siddiqi (GHK)
 Wan Hoi Yan (SVM)
 Nathan Keenan Widjaja (SVM)
 Mahika Singh (TKK)

Singapore Junior Chemistry Olympiad (SJChO) 2023



On 23 May, I had the amazing opportunity of competing in SJChO 2023, a nationwide Chemistry Olympiad for students of Years 3, 4, and 5. There were many Tuesday mornings where I had to wake up early to attend training sessions with my classmates, which introduced me to many essential concepts tested in the Olympiad.

When I first attempted SJChO last year, I did not experience much success, but it gave me an idea of some of the concepts which turned out to be especially useful this year. Along with last year's experience and this year's training sessions, I also watched some videos and clarified questions with my teachers which helped me to gain a good understanding of the concepts, especially for the second round of the Olympiad. I found the questions of the Olympiad to be very demanding as they challenged me to apply the concepts we learnt during training in unconventional situations.

For any juniors who would like to compete in SJChO 2024 next year, I would advise them to watch videos and do some independent research to understand the concepts taught more clearly.

Overall, I am very proud and honoured to have achieved bronze in this competition and it was a very fascinating learning experience. I am especially thankful to my teachers, Ms Hilda Toh and Ms Carmen Choong, as well as my friends who competed with me, and supported me through this journey.

Bono Jakub Gajdek (4 CKS)



Barrett Music Competition 2023

This annual event, named in honour of ACS (International)'s first principal, Rev. Dr. John Barrett, aims to foster an appreciation for classical music among young and aspiring musicians.

We were honoured to have Associate Professor Dr. Eudenice Palaruan, as this year's esteemed judge. Dr. Palaruan is the choral director of the Singapore Symphony Chorus, a beacon of choral excellence in Singapore and educator at the Singapore Bible College. Dr. Eudenice Palaruan's perceptive feedback provided our gifted musicians with invaluable direction, thereby fostering their continuous growth and development. The winners for this year are:



2023 Artist of the Year: Lee Donghun (3 CKS)

Piano

First Place: Crystal Huang (3 LSG)
 Runner-up: Viola Huang (3 LSG)
 Third Place: Wong Hai Ning (5 SVM)

Vocal

First Place: Violet Ong (5 LSG)
 Runner-up: Riley Foo (2 SVM)
 Third Place: Rhea John (3 THO)

String

First Place: Lee Donghun (3 CKS)
 Runner-up: Wong Hai Ning (5 SVM)
 Third Place: Emilia Yip (3 OLD)



As part of their learning journey, Year 5 IB Music students played a crucial role in organising and performing at the competition. Their commitment and participation added a special touch to this extraordinary event. The Barrett Music Competition remains a symbol of our dedication to fostering musical talent and advancing the community's appreciation of classical music. We extend our heartfelt congratulations to all of the winners and participants, and we eagerly anticipate another year of musical excellence in 2024.

Reflections of Cookery CCA

During our time in the Cookery CCA, we had the chance to prepare and create a wide array of dishes, ranging from delightful Nutella cookies and flavourful cola chicken to traditional okonomiyaki, delectable egg tarts, and satisfying burgers. Engaging in cookery has been incredibly enjoyable and significantly elevated our culinary prowess. Our heartfelt appreciation goes out to the parent volunteers who generously shared their time and expertise, imparting the secrets of crafting delicious dishes from diverse cultures. Their dedication has been instrumental in our learning journey.

The Cookery CCA provided us with an exceptional platform to forge connections with individuals from different academic years. Through collaborative cooking in groups, we honed our cooking skills and internalised the significance of teamwork. This shared experience of learning and growing together forged strong bonds and meaningful friendships. We found immense pleasure in exchanging culinary insights and techniques, creating an atmosphere of mutual growth and discovery. Our teachers also provided unwavering encouragement during the initial challenges of cooking, by allowing us to independently explore our culinary creations. They guided us through mishaps and moments of uncertainty, fostering our self-assurance in both cooking and baking. As a result of their guidance and our dedication, we now approach culinary endeavours with confidence. The memories we have crafted and the friendships we have cultivated during our time in the Cookery CCA will forever remain with us. These experiences have enriched our lives, equipping us with cooking skills as well lessons in camaraderie, teamwork, and perseverance.



Riya Shinghal (1 LSG) and Nysha Birmi (1 OLD)

The Contemporary Music-Maker

On 25 August, the Music department hosted a captivating music event showcasing the talent and creativity of the Higher Level IB music students Larissa Chan and Summer Yew. The event was a culmination of their collaborative efforts and experimentation in composition, dance, videography, and lighting to create immersive performances, in line with the IB HL music course.

Larissa Chan presented her composition titled Taiga, drawing inspiration from the Siberian group Otyken, and blending traditional Siberian elements with modern arrangements. The composition conveyed the vast landscape of Siberia and narrated a short tribal story using traditional instruments like the morinkhur and bawu flute. Larissa embraced risk-taking and a spirit of inquiry, venturing into a new music genre. She incorporated artistic directing and explored composition techniques from different cultures, collaborating across art disciplines with dancers and a light/video director. The dance style incorporated lyrical and freestyle techniques, enriching the performance with varied emotions and themes. Props such as palm leaves and a stick added to the ambience, and the lighting transition from colder to warmer tones enhanced the storytelling. Collaborating with fellow IB students enriched Larissa's understanding of various art forms and taught her to be open to new ideas. Sara Kwok, Lauren Chye, Samstheetha Masuvathi Ramesh Chander, and Rowan Cumming were instrumental in this creative endeavour.

Summer Yew's composition, Still You, was crafted for the short film "Shantih, Shantih, Shantih," directed by Ng Hei Lam. The film featured poignant visuals of Hong Kong and a heartfelt voicemail narration, portraying the loss of a significant relationship. Summer's music aimed to capture a melancholic, bittersweet atmosphere, emphasizing resilience and staying true to oneself amidst life's challenges. The Dizi (a traditional Chinese flute) and Music Box played pivotal roles in "Still You," and technology, particularly Logic Pro, enhanced the composition process, offering flexibility in instrumentation and sound modification. Summer's exploration of Sibelius and Logic Pro revealed the vital role of technology in film music production.

This experience illuminated the collaboration between composers, musicians, and movie directors, emphasising the role of technology, specifically the Digital Audio Workstation: Logic Pro. The live performance on the cello by Matthew Yeung created a multi-dimensional, evocative piece that resonated with the themes and emotions portrayed in the accompanying film. This collaborative effort also expanded Summer's opportunities in music creation, particularly within the realm of film music. The music event exemplified the core principles of the Contemporary Music Maker component, reflecting the IB's commitment to promoting creativity, collaboration, and integration of real-world practices into academic learning.

Larissa Chan (6 SVM) and Summer Yew (6GHK)



Contemporary Music Maker: Collaboration to compose music for a short film



STILL YOU

ACS (International) Triumph in Inter-School Team Chess Championship

The 64th National Inter-School Team Chess Championship 2023 was held at Rulang Primary School from 6 September to 8 September 2023. It was organised by the Singapore Chess Federation and brought together young chess enthusiasts from all over the country. ACS (International) team clinched the coveted First Place in the International Schools category. Led by the remarkable leadership of team captain Tay Yi Xiang, the chess team comprised of Siew Kai Kit Basil, Lucas Alexander Bock, and Joshua Wudijono Tuck Jen Ng, all competing in the U20 category. Our team faced opponents who were generally older and more experienced. However, this did not deter our students' determination and resilience. Team captain Yi Xiang said: "I would like to thank my teammates for all the dedication and effort they put into this. Although we were playing in the Under 20 division against opponents much older than us, my teammates were not intimidated. Lucas Bock and Basil Siew performed much better than I expected. Our youngest teammate Joshua, played his part as well.

"Basil defeated many strong opponents which helped our total score. Lucas helped secure a crucial victory against NPS International, which was a definitive moment as NPS was close to overtaking us. It was our hard work and tenacity that allowed this team to clinch a well-deserved 1st place out of all International Schools in Singapore. On behalf of the team, we would like to thank the school, Ms. Analiza Garcia, and most importantly, our parents who supported us." This victory not only demonstrates the exceptional talent and determination of our students but also reflects the dedicated support provided by Ms. Analiza Garcia, our Chess CCA teacher-in-charge. We are immensely proud of our chess team's outstanding performance, and this achievement inspires us all. It highlights the spirit of ACS (International) — one that values hard work, determination, and teamwork.

Congratulations to the chess team once again for this remarkable accomplishment. Your dedication and resilience have made us proud, and we look forward to celebrating many more successes in the future.



Launch of SWENext Singapore

“In the future, there will be no female leaders. There will just be leaders.” These were the words we had in mind when we initiated SWENext Singapore, the Singapore chapter of the Society of Women Engineers. Through this club, we aim to provide greater access to information and resources regarding (Science, Technology, Engineering and Mathematics (STEM) pathways and careers, as well as to encourage and empower more students, especially girls, to venture into STEM fields.

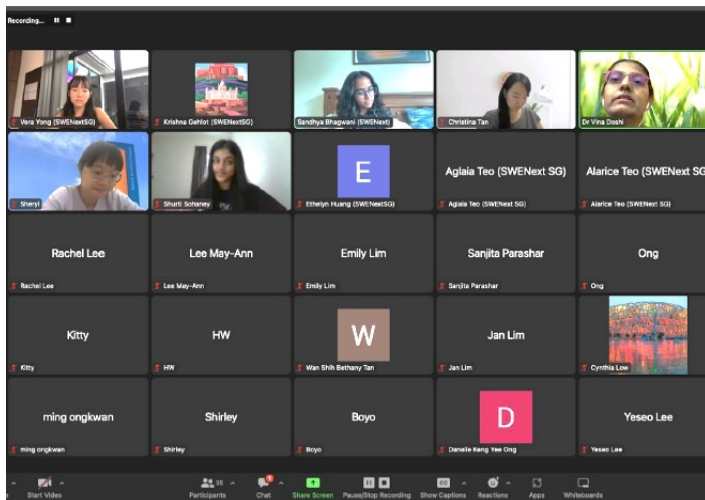
Our first event, ‘STEMatrix: Learn, Empower, Network’ was an online panel session featuring Dr Vina Doshi, Ms Christina Tan, Ms Shurti Sohaney and our alumnus Ms Sheryl Tan, who are currently working or studying in STEM fields including medicine, data science, and engineering. They shared their insights and experiences in STEM fields, as well as tips on choosing the right career path with our students and community members.

Our team conducted a science workshop at St. Joseph’s Home, which cares for children from troubled family backgrounds, by introducing basic science concepts to the children via interactive experiments and models. Through this event, the children were able to learn different science concepts in an engaging manner, from understanding chemical reactions through our model volcano to playing with non-Newtonian fluids in the form of DIY slime. It was a truly enjoyable experience to be able to interact with the children and witness their excitement for science.

Not only have our activities been meaningful in sharing STEM knowledge with our community, but we have also found them to be highly rewarding in allowing us to gain insight into the various STEM fields from women professionals and being able to share our knowledge with the children. We would like to sincerely thank our club counsellors, Mdm Susan Ong, and Ms Manjari Sreedharan, for their guidance and support in making these events a success. Stay tuned and follow our Instagram @swenextsg to learn more about our activities and women in STEM!

Aglaia Teo on behalf of the SWENext team

Ethelyn Huang (6 THO), Alarice Teo (6 CKS), Aglaia Teo (5 CKS), Vera Yong (6 THO), Sandhya Bhagwani (6 TTK), and Krishna Gehlot.



ESOL Faculty Research Skills Exhibition

The annual ESOL Faculty Research Skills Exhibition was held on 30 August. In line with the IB Approaches to Teaching and Learning, our ESOL faculty has continued to implement the Research Skills Project and Presentation module for all Year 3 ESL and Pre-IB students.

For the sixth year running, this module aims to enable our language learners to develop research, critical thinking, language, analytical and self-management skills. Through the year-long module, our Year 3 and Pre-IB students learnt new research and referencing strategies that would help them to prepare effectively for the EE component of the IB in Year 5.

This year's project was led by four teachers — Ms Talo Rooke, Mr James Cope, Ms Amanda Woo and Ms Caroline Heng. For the Research Exhibition, our group of 61 Year 3 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 Interactive Booth and Most In-depth Research.

To find out more about the ESOL Faculty Research Skills Exhibition, please check out our dedicated [Google Site](#).



Interact Club – Needy Homes Outreach 2023

On 21 September, our Interact Club students visited our Needy Families under our care in the wider Commonwealth community.

This was our last Needy Homes Outreach for the year, as the Interact Club takes a break for our students to prepare for their End-of-Year Exams.

Prior to our outreach, our passionate Interactors packed individual Care Packages for our families. There was a slight difference with this last visit's Care Packages, as each of the bags for the Care Packages were hand-sewn lovingly by our Thai brothers, Punyawat and Punyawit Tangkaravakoon. The beneficiaries appreciated this personal touch by our students.

In addition, our Interact Club CAS Project Group, "Hunger Heros", also contributed the food products that they had collected through their Food Donation Drive over the past few months. Thus, each Care Package for our beneficiaries was enriched with additional food products, tailored to the dietary requirements of each family. The Care Package also contained \$100 NTUC vouchers, generously sponsored by the ACS Foundation.

Seeing the smiles on each of our families' faces as we delivered the Care Packages made all our efforts worthwhile!

We look forward to continuing our Needy Homes Outreach for the thirteenth year in 2024!



Interact Club Wins 2 Rotary Awards

Good news everyone! Our ACS (International) Interact Club has picked up 2 distinguished honours at the Rotary Club District Awards 2022/2023:

1. Merit Award in Singapore (Junior College) section – Awarded for “Vaccine Victory” (A CAS Project in partnership with the World Health Organisation)
2. Merit Award in Singapore (Junior College) section – Awarded for “Alzheimer’s Awareness” (A CAS Project in partnership with Dementia Singapore)

In recognition of our hard work and student success, our Interact Club was invited to meet with the District Governor of the Rotary once again.

The Rotary Networking Dinner was held on 23 August at Serangoon Gardens Country Club, and our Interact Student EXCO presented our club’s Service Projects this year to the District Governor and the board of Rotarians.

The presentation was a success, and the Rotarians commended our students for their passion and conviction in sharing about their Service experiences. The feedback from our Interactors was very positive as well, as they appreciated the opportunity to represent our school to network with Rotary Singapore and share ideas about the service sector, both in Singapore and within the region.

We look forward to continually do our best for Service with our Interact Club Projects moving forward.



Darren Loh Cup VIII

Back after a 4-year absence, this year's Darren Loh Cup (DLC) VIII on 29 July was the biggest ever, with 34 teams competing across 4 categories. The teams comprised of current and past ACS students and their friends. Many of the students who played came from our sister schools, continuing to make this tournament an ACS family one. We also welcomed a host of old boys for the Veterans category.

CKS teachers and students worked tirelessly to ensure the day went without any hitches. For many, this was their first experience of such a big event, with almost 700 people coming by to play, watch or help.

The DLC has always been about remembering Darren Loh, his love for football and his charitable nature. All three objectives were met and, through everyone's efforts, \$8,000 was raised for The Rainbow Centre. Thanks to the Tote Board Enhanced Fundraising Grant's dollar-for-dollar matching scheme as part of their Building Good Lives campaign, our donation was doubled to \$16,000! Aside from the donation, DLC VIII received almost \$7,000 in restaurant vouchers and snacks, which were used as prizes for the 1st and 2nd placed teams in each category.

As ever, the event would not have been a success without our main sponsor Mrs Angela Loh. The other event sponsors were Hot Pot Upin, Mr & Mrs Sivanesan, Tiong Bahru Bakery, Fatboys the Burger Bar, Serious Pig, Co+Nut+ink and our ever-supportive PSP. The event had a late sponsor in the form of a former student and one of Darren's best friends, Pravin Singh Khaira. He brought along his FIZZ hydration tablets for everyone to sample and buy, with half the proceeds being donated to our fund.

Thanks also to all CKS teachers and students who were in school from 7am until 7:30pm on 29 July, helping manage the event and doing whatever had to be done to make the day a successful one. Thanks also to Advika Karthik Iyer, Nigel Seow, Abirami d/o Murti and Cao Fangru, all from 5 CKS, who planned, executed and managed the event. Without their amazing leadership, the day would not have run as smoothly as it did. The final thanks goes to Rayen Shanmugam and his 6 CKS team for creating and designing all the publicity material.

Results of DLC VIII:

- U19 champions: DLF FC 0-0 GOAT FC (DLF FC won 5-4 on penalties)
- Open champions: Teachers 3-0 FIZZ
- Mixed champions: Team Caribbean @ Keppel Bay 1-1 Teachers (Team Caribbean @ Keppel Bay won 2-1 on penalties)
- Veterans' champions: Pep's Shampoo 2-0 Co+Nut+ink

Thank you again to all participants and volunteers. See you all next year for DLC IX!

The CKS DLC Team



Mixed Champions



Open Champions



U19 Champions



Veterans Champions



Rainbow Centre, Singapore

Rainbow Centre Singapore serves infants, children and youths with a diverse range of developmental and learning needs. This includes autism spectrum disorder (ASD) and other multiple disabilities, which may involve physical, visual and/or hearing impairments.

Established in 1987, Rainbow Centre currently runs two Special Education (SPED) schools for students aged 7–18 years and two Early Intervention Programme (EIP) centres for children aged 2 months to 6 years, at three campuses – Margaret Drive, Yishun Park and Admiral Hill.

Rainbow Centre is a registered charity with the Registry of Societies and an Institution of a Public Character under the Charities Act.

Learn more about Rainbow Centre at <https://rainbowcentre.org.sg/>

Study Nights for Year 4 (IGCSE) and Year 6 Students

Study nights will run from 6pm to 8pm between 26 September to 9 November, every Tuesday and Thursday, at the school library. These extended study hours until 8pm are solely for Year 4 (IGCSE) and Year 6 students. Other students will not be admitted to the library during these times 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.

PSP sponsors the dinner at 5.30pm at the canteen. The last collection for dinner orders is at 5.40pm. Please sign up for dinner orders before 1pm at the library counter for each session. Students are advised not to cancel the dinner without valid reasons.

Students should wear proper school attire (including shoes) when using the library. School-related shirts such as polo and House T-shirts are permitted and must be worn with school pants or culottes. Students wearing the wrong attire will be asked to change out before entering the library.

Preparation of Exam Care Packs

Coming back from the September school holidays also means that the IGCSE and IB exams are just around the corner! As our students prepare for the exams, ACS (International), the school Parent Support Partners, and Holland Village Methodist Church looked for ways to offer our support. One of the ways was through packing and distributing exam care packs for our Year 4 and 6 students. Each pack contained a clear pencil case useful for exam days, and some light snacks to sustain the students while they are studying. Just as food sustains us, even more does the Word of God. We all pray that the students may find comfort in the prayer booklet and 'God Is With You' card, designed by Mr Benjamin Quek from HVMC, in the care packs.

To all students — please know that we fully support you during this period and appreciate the hard work you are doing. We are rallying behind you and believe in you!

Many thanks to our parent volunteers and HVMC representatives for helping us pack 400 pieces of care packs. We also appreciate the ACS (International) principal, Mr Gavin Kinch, for showing up every time to support our activities.

We look forward to seeing our Year 4 & 6 students on study nights! We will offer light dinner after a long day of studying in the library. Our HVMC representatives will also be supporting this event and offering strength through prayers.

Cherry Bodestyne Siow
Parent Support Partners



Job Shadowing Programme

(29 May – 30 June 2023)

It was an eventful school holiday period for 36 of our Senior Division students who actively participated in the Job Shadowing programme. The participating students got first hand experiences in their chosen fields that was eye-opening and immersive. For many of them, this was the first time being up and close in their respective industries of choice. They had the opportunity to observe the industry professionals and learn about the demands of the role and working environment. Many of the students affirmed their interest in their chosen pathways which was definitely a major highlight of the Job Shadowing programme.

This experience has solidified my commitment to pursuing a career as a physician and has deepened my appreciation for the importance of ongoing learning and patient-centred care in the medical profession.

Sarisha Perera (5 TCT)



Published with permission from Tan Tock Seng Hospital
L-R: Sarisha Perera (5TCT) and Dr. Alimi

It is a great opportunity to learn how the company actually works, how to communicate with people working in that industry and what qualities I need to develop to be successful in the future.

Kim Jibin (5 SVM)



Published with permission from PKF Singapore
L-R: Mr. Ethan Lam, Cheng Tin Yui (5 TKK), Kim Jibin, and Mr. Alvin Tan

Despite only having done my job shadowing at HARTING Singapore for three days, I have learned a lot. It enabled me to understand more about corporate employment and culture. I was able to learn about the various departments in Human Resources, particularly the training and planning department. My time there proved to be extremely beneficial in terms of finding a suitable job that I would enjoy in the future. I had a great time there, and this job shadowing opportunity has broadened my perspectives on careers in the Human Resources department.

Chelsea Sin (6 LSG)



Published with permission from Harting Singapore
L-R: Ms. May Bong, Mr. Elston Lum, Mr. Norman Teng & Chelsea Sin

My 5 days of Job Shadowing at In.Corp Global was one of the most fruitful experiences I have ever had. My supervisors were extremely patient and guided me with collecting and tracking the finances for many different companies. Through this opportunity, I am more inspired to be an accountant in the future and wish to be able to help companies analyse accounting data, as well as help businesses make critical financial decisions. This job shadowing programme also allowed me to have a deeper understanding of accountancy and an accountant's role in businesses.

Marisa Renjia Lee (6 OLD)



Published with permission from In.Corp Global Pte Ltd
L-R: Mr Prescott Kang, Marisa Renjia Lee, and Ms. Gladys Liu

Teachers' Day Celebrations

On 8 August, ACS (International) witnessed an unforgettable Teachers' Day celebration that was a true testament to the dedication and creativity of our school community. The celebration began with a heart-warming tribute video to our teachers, followed by a dance by the Prefectorial Board and some entertaining games. The atmosphere was filled with warmth and appreciation for the tireless efforts of our teachers.

The highlight of the morning, however, was the surprise dance put on by our teachers. In an unexpected twist, our teachers gathered in the centre of the sports hall to showcase their hidden dance talents. The event was a resounding success, bringing together students, teachers, and staff to celebrate the remarkable individuals who shape our academic journey. It was a heartfelt and memorable occasion that highlighted the strong bonds within our school community and left everyone with a deep sense of appreciation for our teachers.



International ACS Got Talent

ACS (International) recently showcased an extraordinary treasure trove of student talent, through the inaugural International-themed ACS Got Talent! Hosted by the 6th Student Affairs. The show took place at the Student Centre on 8 August during International Day celebrations, held after the annual National Day assembly.

ACS Got Talent became a stage for creativity and innovation. With performances ranging from K-Pop dances to Bollywood music songs, the talent show brilliantly portrayed the rich diversity of cultures present at our school. The event attracted a vast audience comprising both students and faculty, who were all mesmerised by the stunning talents on display. The first-ever International ACS Got Talent not only provided a platform for students to express their unique singing, dancing, artistic, and musical abilities, but also fostered a greater appreciation for global cultures within our school community, aligning well with the 6th Student Affairs' motto of "embracing diversity, sailing dreams." A Movie Recreation Competition (MovRecCo) was also held during this time, where students were given the opportunity to select iconic scenes from culturally significant films and reinterpret them using their own creative vision! This competition not only provided a unique way to delve into the world of cinema but also allowed students to explore and celebrate diverse cultural narratives through the medium of film.



Term 3 Birthday Celebration at Oldham Hall

The Term 3 Birthday Celebration at Oldham Hall on 28 August was a delightful treat! We savoured cake, delicious pizzas, and an array of snacks that satisfied every craving. This special date brought us together to celebrate birthdays, fostering deeper connections among our fellow boarders at Oldham Hall.

A big thank you to all who made this celebration a success, from our dedicated teachers to the incredible boarders who make our community shine. As we continue through Term 4, let's carry this spirit of togetherness with us, creating more cherished memories ahead. Stay tuned for the upcoming Term 4 Celebration!

Nathan Alexandro Tjhe (3 SVM)



Oldham Hall Thanksgiving Dinner

The recent Thanksgiving Dinner hosted at ACS Oldham Hall was a heartwarming and communal affair that brought together borders, staff and guests from diverse backgrounds for a memorable celebration. On the evening of 23 September, ACS Oldham Hall hosted the annual Thanksgiving Dinner.

This event was a memorable experience for the Oldham Hall borders as we enjoyed a delicious dinner and enthralling performances by the borders. From ACS (International), Hei Lam Ng, Afreen Abbas, Aqeel Shaik, Wu Siyu and Haju Noh performed their inspiring talents during the event. This year, Rikomei Suzuki (6 THO) who led the event by emceeing with Yulwon Lee (3 LSG), has won the Boarder Of The Year 2023 which is a prestigious award for boarders selected by the staff of ACS Oldham Hall.

Yuri Masuda (5 GHK)



Choice To Run 2023

On the morning of 26 August, the 13th Student Ambassadors proudly hosted Choice To Run 2023: Miles for Smiles, Run for Humanity, and it exceeded all expectations as a resounding success. With over three hundred enthusiastic participants in attendance, it marked our largest turnout to date.

We were fortunate to be graced with beautiful weather, which created a heartwarming atmosphere as everyone gathered for this noble cause. All proceeds from this event will be dedicated to the beneficiary, Habitat For Humanity Singapore.

The event kicked off with an invigorating warm-up session led by Ms. Erica from the Parent Support Partners (PSP), whose positivity set the tone for the exciting day ahead. Subsequently, the participants embarked on a day filled with running, conquering challenging obstacle courses and non-obstacle routes. In addition to the run, a lively carnival featuring food booths and games provided continuous entertainment for participants throughout the day. The grand finale was the much-anticipated Colour Fiesta, where participants joyously played with coloured powder.

We extend our heartfelt gratitude to all the participants who joined us for this thrilling and purposeful event. Their enthusiasm, energy, and positivity truly transformed it into a remarkable day. We also wish to express our deep appreciation to our generous sponsors: Holland Village Methodist Church, Parent Support Partners, and AllforU. Without their support, Choice To Run 2023 would not have been possible.

To everyone who contributed to making this event a memorable success, thank you. We eagerly anticipate sharing the total funds raised in the next newsletter once we complete the collection.



Teachers' Day 2023 Forever Young

On Friday, 31 August 2023, ACS (International) held its Teachers' Day Celebration Lunch at Carlton Hotel.

The ballroom door opened, and the emcee announced 'Today, we are Forever Young! Join me as we journey back in time!' A towering glorious Optimus Prime robotically marches to the beat of the music, closely followed by Ken from Barbie movie dressed in pink collared shirt and blond wavy hair. Together with a sporty cheerful baseball player, a youthful RGS alumni in her uniform, a blonde-haired man totally rocking all-black Metallica outfit, a tall cool guy dressed in life-size Happy Artsy Family card and the Chairman of the Board Mr. Tan Wah Thong, they moved to occupy the Senior Leadership Team (SLT) table. With vivid display of diversity, dazzling costumes and a fun attitude to get on board this year's theme, it is a start of exciting things unravelling at this year's Teacher's Day themed Forever Young!

The music transitioned to Meet the Flintstones in anticipation of the groups' grand entrances. The Flintstones family worn by the PE department wowed in their cavemen costumes which showed off their athletic physiques. Then the music changed to a suspenseful tone as the drama of Alice in Wonderland unfolded, represented by the Language Department. A vibrantly coloured Mad Hatter duo led the group, walking in mischievous catlike slow motion with the dramatic Red Queens, Knave of Hearts, pure White Queen and the rest of the cast following suit, each character perfectly portraying suitable actions and mannerisms.

The next group was the Science Department marching and dancing to the tune of Super Mario Brothers led by its dainty and sweet Pink Princess, active Marios and Luigis in full jumpsuit, cap and dark moustache costumes and cute Yoshi, their Dinosaur friend.

Not to be outdone, the Math Department recreated The Muppets. Oscar the Grouch, Cookie Monster, Big Bird, The Swedish chef, Miss Piggy, Beaker, The Amazing Mumford Magician and the gang paraded in colourful costumes as they danced to the beat!

The Arts Department put their creative art talent on display. Coming out in life-size cards, they portrayed our local childhood favourite, the Happy Family card game. Accompanying them was Robin Hood whose entire outfit, including bow and arrows, was very well put together and all made from recycled materials, no less.

The groups' grand entrance end with a magical finish as Tinker Bell and the Fairies from the English department sprinkled magic fairy dust to tables as they circle the ballroom. They look exquisite in their carefully hand-sewn sequin tops, pretty green wings and cute tutu skirts. The fairy men were all in green and some even adorned loosely wrapped vine leaves to complete the look. There were also Teletubbies and a group wearing DIY uniquely-named Favourite Drinks. Aladdin and His Magic Carpet, Princesses in tutu skirts and accessories. The ballroom look is completed with beautifully arranged centre pieces comprised of giant clay lollipops and sweets and huggable Care Bears stuff toys.

Emcee Wayne Chan got everybody on their feet with lively warm-up exercises setting the mood for fun games and entertaining dance-off challenges to come.



The lunch event opened with a heartfelt appreciation speech from PSP co-chair Ms. Alysia Ling for all our teachers' and staff's dedication to our children's growth and well-being. Rev Jeremy Ong, Pastor-in-charge of Holland Village Methodist Church, then prayed and blessed the food.

As the Carpenters' song Yesterday Once More plays, a video of Teacher's Childhood Photos keeps everyone engaged, garnering cheers for beautifully taken photos and capturing precious moments!

Some teachers then gave special performances. Arts Faculty head Madam Chang Hung Tho sang and danced to Crazy Rich Asian's Wo Yao Ni De Ai ('I Want Your Love'), and Mr Rob Ross' medley of parody songs generated lots of laughter and approving cheers. Mr S. Sivarajan sang Faith by George Michael while ESOL Faculty head Caroline Heng served as his back-up. It was a treat to see the teachers showcase their talent and enjoy themselves. But the cohesive and incredible team spirit of ACS (International) was best seen during the Dance-off challenge when everyone was divided into two big teams. The leaders of both teams danced energetically and eventually formed 2 human trains happily dancing and singing Uptown Girl!



We ended our Forever Young event with a well-choreographed dance number by our PSP princesses dancing first to a slow song, The Time of My Life and Dancing Queen and increasing the tempo as the song eventually switched to I'd Like to Move It from Madagascar.



With a thank you speech from our principal, Mr. Gavin Kinch, we bid farewell to Carlton hotel ballroom with joyful hearts and full appreciation of our teachers' hard work, talent and dedication.

On the way out, everyone glanced fondly at the Wall of Childhood memories, the shiny golden Photo Booth where we captured fun moments with friends and colleagues, the festive balloons and flowers decorating our reception area, and wish that this year's Teachers' Day event made your day as it did ours.



Please enjoy photos of Teachers' Day 2023 celebration found on this [link](#).

Cherry Bodestyne Siow, PSP



Wellness Week 2023

This year, ACS (International) celebrated Wellness Week from 21 to 25 August. A variety of activities were organised to encourage students to engage in the 'nutrients' on the Healthy Mind Platter. Formulated by Dr. Daniel Siegel and Dr. David Rock, The Healthy Mind Platter asserts that there are seven essential mental activities that our brains need to function at its best. By engaging every day in each of these servings, you enable your brain to coordinate and balance its activities, which strengthens your brain's internal connections and your connections with other people. Activities this week included a Nutrition Talk by UFIT Nutritionist Ellesse Cheale, Shrink Art Workshop by Petit Atelier, and Chocolate Lava Cake Class by Dr. Kris Achter.

Sleep Time – When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day. A consistent sleep schedule will not only help our bodies stay healthy, but also help solidify all the amazing efforts we put into integrating balance for our brains during the day. Teenagers should get about 8-10 hours of sleep each day, while adults need around 7-9 hours of sleep.

Physical Time – Exercise and being physically active is important because when we move our bodies, we strengthen our brains. Teenagers should be getting around 60 minutes of moderate-to-vigorous physical activity each day.

Focus Time – Being focused for a period of time helps us make deep connections in our brains. To approach tasks in a goal-oriented way, try setting a dedicated time and space for doing some work (e.g., studying, homework, art project) and remove distractions.

Play Time – Enjoying novel experiences enables us to make new connections in the brain. We all need time to be creative and playful daily! Science has shown that play helps children build new connections in their brains, express their ideas, and process major emotions.

Connecting Time – We activate the brain's relational circuitry when we connect with other people and take time to appreciate our connection to the natural world. Taking time to connect with others in real life is an important part of maintaining our well-being.

Down Time – When we are non-focused and let our minds wander and relax, we help the brain recharge. This is the time to give ourselves permission to let go. It's so restorative for our brains to turn off the productivity switch and allow ourselves an opportunity to be open and relax. Not only are we letting our brains recharge when we give ourselves down time, but we are also allowing our own creativity, ingenuity, and imaginations freely flow.

Time-In – When we quietly reflect, we help to better integrate the brain. Prioritising reflection and mindfulness time, as well as time to express our fears, doubts, disappointments, and frustrations, will better equip us to handle the challenges we face. Practicing gratitude has also been shown to enhance well-being.

A whole-school survey was conducted during Assembly to see how our school community fared in each of these seven essential mental nutrients. It was encouraging to find that most of our staff and students reported having sufficient playtime, connecting time, down time, and time-in. On the other hand, the majority of our community indicated that they were not getting enough sleep, exercise, and focus time.

Here are a few recommendations to help your teen (and maybe yourself) get more sleep time, physical time, and focus time:

Sleep Time

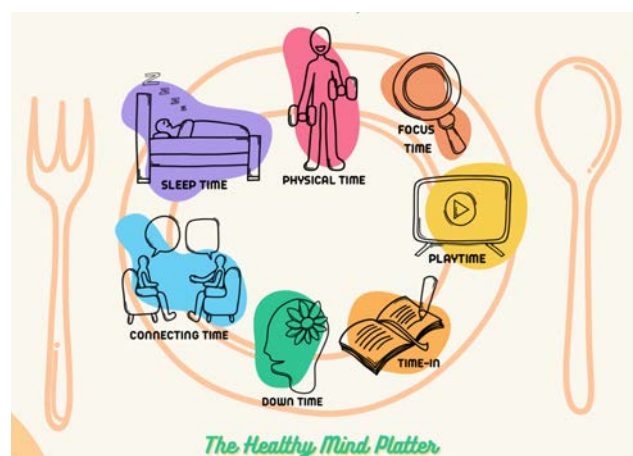
- Ensure that the bedroom is quiet, dark, and at a comfortable temperature
- Put away devices at least an hour before bedtime as the blue light and stimulation can make falling asleep harder
- Charge devices outside the bedroom to prevent getting distracted by notifications, buzzing, and the temptation to mindlessly scroll for hours
- Avoid large meals and caffeine, especially close to bedtime

Physical Time

- If you're new to exercising, start small. You can try to follow simple aerobic exercises on YouTube or take a walk at a nearby park
- Make it fun by inviting friends and family members
- Join a Sports CCA in school or clubs/teams outside of school
- Sign-up for a 5km or 10km marathon – having a goal to aspire to can help to keep you motivated

Focus Time

- Find out when and where you work best – block out that time in your calendar and reserve it for doing your most important (and maybe most challenging) work
- Use apps (e.g. Forest) or timers to help you stay focused for a period of time
- Remove distractions (e.g. devices, TV, snacks)
- Be accountable to a friend or family member



UPCOMING EVENTS

October	Event
4	Year 6 last day
6	Partners Appreciation Dinner
16	Middle Division End of Year Exams begin
	Year 5 IOs
18	Year 5 End of Year exams begin
	Junior Division Study Leave begins
19	Junior Division End of Year Exams begin
23	Year 5 Study Leave begins
24 & 25	Year 5 Language B Paper Anticipated (Chinese/Malay/Tamil)
26	Junior and Middle Division regular classes resume



GRADUATION CEREMONY



10 NOVEMBER
2023

FRIDAY
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/qLKHYCVX5amWhj2z9>
or QR Code by 4 November 2023.
For enquiry, please contact the Principal's Secretary: stella.sim@acsinternational.edu.sg