

Staff News



Passionate about youths, joining New Life on 5 March 2007 as a Programme Assistant (Youth Centre) was an answered prayer for **Ivan Chew**. Ivan worships at Marine Parade Christian Centre and is also a volunteer youth befriender with Covenant Family Service Centre. Young, energetic and vibrant, Ivan enjoys travelling, reading, picking up new skill sets and meeting new friends.

A Diploma in Early Childhood Care and Education and more than 10 years of childcare experience in tow, **Amy Koh** joined New Life as a Childcare Teacher on 4 June 2007. Amy is a member of Covenant EFC and serves in the Worship Ministry as a Chorale member.



Previously a Programme Co-ordinator with New Life Family Life Centre, **Ivy Chan** has been redeployed to Corporate Services as a Corporate Communications Executive from 1 June 2007. Her portfolio includes event and donor management, sales and marketing, community and donor relations.



We bid farewell to **Gladys Tan** who left New Life on 28 February 2007, **Adeline Ang** who left on 15 June 2007 and **Mdm Wong Lai Chan** who retired and left on 30 June 2007.

How Can I Give in Support of New Life?

BY CHEQUE Payable to "New Life Community Services Centre". Please furnish your name, FIN/NRIC number, address, and contact number.

BY CREDIT CARD Follow on-line instructions at www.donation.org.sg/call_newlife_frame.html (requires credit card number)

Donations received in current year are eligible for tax deduction in the following year. Until further notice, tax deduction will be twice the value of donations made. Individual donors need not claim tax deductions if they have furnished their full name and FIN/NRIC number, as New Life will submit details directly to IRAS.

For more help, contact **6892-0849** or simmuliang@newlife.org.sg

Our Programmes & Services

CHILDCARE CENTRE

Playgroup
Nursery
Kindergarten

YOUTH CENTRE

New Life Youth Hub
(Youth Drop-In Centre)
S.U.P.E.R. Kidz Club
STEP-UP Programme
(Zhenghua Primary School)
(Zhenghua Secondary School)
(West Spring Secondary School)

FAMILY LIFE CENTRE

Counselling
Legal Advice
Family Assistance
Family Life Enrichment

COMMUNITY HEALTH CENTRE

Home Care
Health Care

New Life Community Services Centre is
affiliated to



Mastering
Life's
Transitions

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The new life news

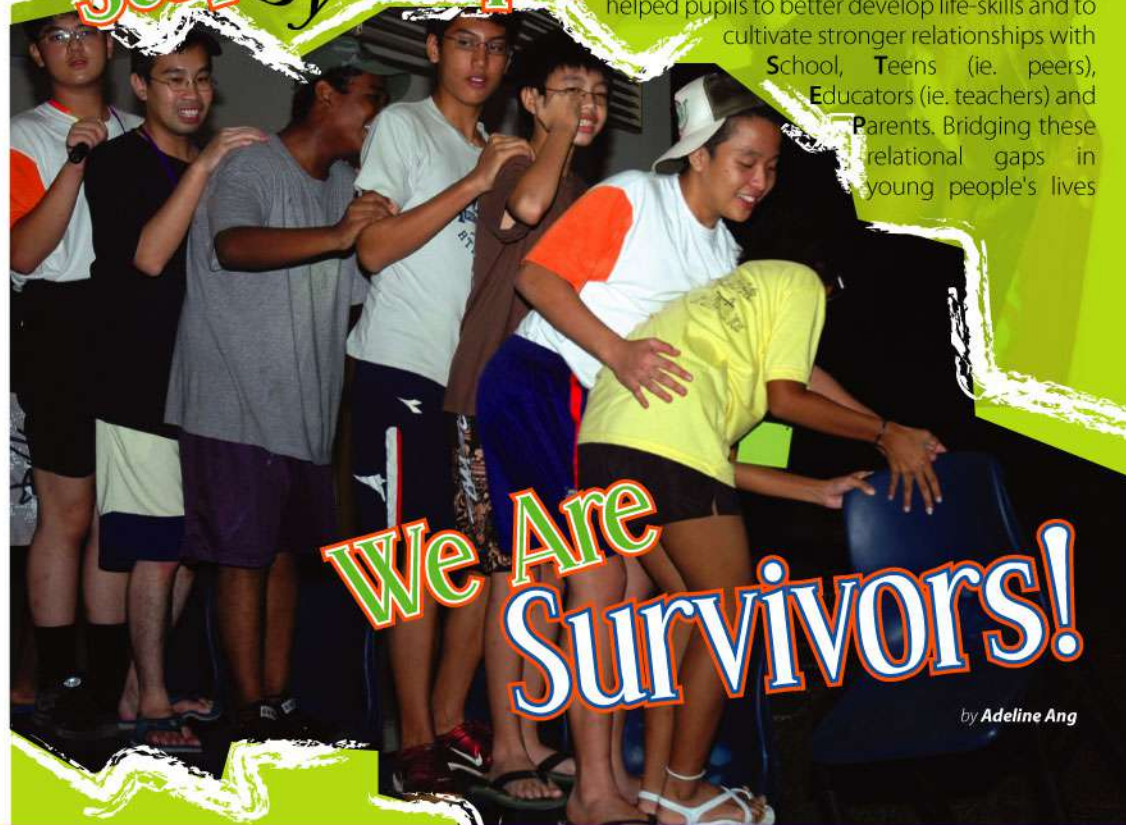
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The highpoint (pun intended) of the Survival S.T.E.P. Camp must surely have been the hike up Bukit Timah Hill. The anticipation seemed to send a faint whistle through the air of dawn, a prickling sensation ringing in the ears of the campers. The nagging doubt of surviving the ascent hanged mid-way in the slightly overcast sky in the early hours of the morning on the Camp's 3rd and final day.

The **Survival S.T.E.P.** camp was another innovative programme by the New Life Youth Team, specially concocted in response to the needs of **West Spring Secondary School** (WSSS) since New Life partnered with the School in January 2007 in the MCYS-funded STEP-UP initiative.

This 3-day 2-night intensive experiential-learning camp, pitched at the serene grounds of WSSS, helped pupils to better develop life-skills and to cultivate stronger relationships with School, Teens (ie. peers), Educators (ie. teachers) and Parents. Bridging these relational gaps in young people's lives

Step By Step...



We Are Survivors!

by Adeline Ang

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builds character and develops resilience, moulding them to be Survivors in life. And that fateful hike up the only hill on our little red dot – perhaps the most memorable object lesson used – was a powerful allegory of the ups and downs of life.

20 pupils were handpicked to attend this first-ever Survival S.T.E.P. camp, which ran from 6 to 8 June 2007.

"Through this camp, we hope that pupils are able to better understand their peers, teachers, and parents, and view the school through a different lens. We want our pupils to really know "When We Discipline, We Care" philosophy in our school. This philosophy embodies the care and concern the teachers of WSSS have towards their pupils, desiring to impact them through the school's mission of Shaping Characters, Engaging Learners and Touching Lives." opined Mr Seet Tiat Hee, Principal of WSSS.

For Mr Khoo Tse Horng, it was the candlelight dinner for parents and pupils on Parents' Night that was the Camp's epitome. "It was moving to see father and son sitting together on the same table, chatting and enjoying a

conversation without any distraction from the TV or newspapers. One father actually rushed down to the school just to be there for his son," marvelled the School's Pupil Welfare Department Head, who was himself present throughout the Camp. Apparently, some teachers reportedly murmured if a similar grand dinner could be set up for student-teacher bonding too.

Indeed, what greater joy would teachers have than to see disengaged pupils gradually turning around to show signs of enjoying school and building strong, meaningful relationships?

One pupil who, before the camp, was irregular in school attendance and academically-disinclined, pleasantly surprised Mr Khoo. "I see this pupil as possibly being nominated as 'Best Camper' because I can see he is more engaged, forthcoming and responsible during this camp."

Mr Seet probably sums it up best. "Pupils learn best when they find meaning in school. In essence, that is what the Survival S.T.E.P. camp is about – building relationships."



步步迈向成功路

Translated by Charlotte Choo

伟源中学的20名同学在六月初参加了由学校联同新生青年中心共同举办的学习营。这名为 Survival S.T.E.P 的学习营为期三天两夜。同学们除了在学校露营，体验团体生活，在第三天还尝试清晨攀爬武吉知马山的乐趣，从而体会到人生“有起有落”的时候。家长们也被邀请来参加其中一晚的“家长之夜”，与孩子在没有电视和报纸干扰的情况下共进烛光晚餐，增进亲子关系。除此之外，学生们也通过不同的游戏和工作坊建立起他们的品格以及学习如何与其他同学相处。

这学习营的目的在于帮助同学们提升生活技能，加强他们与学校，老师，家长以及朋友的关系。校长薛哲禧受访时表示，学习营让同学与老师们彼此更加了解。借着师生关系的增进，同学们将更能体会处罚

背后的苦心。学习营着重帮助同学们培养良好的人际关系。通过关系的提升，他们更能融入校园生活，这对他们的课业学习也会有所帮助。



In This School, How You Feel Matters

by Mark Lim

In *The Poison Tree*, William Blake poetically mused of how his deep feelings anger against his enemy, cultivated daily, grew each day to become a venomous tree, and the toxicity of its fruit eventually killed his enemy.

Earlier this year, a troubled 23-year-old went on a shooting rampage in Virginia Tech, killing 33 people including himself in the worst high school killing in US history. The perpetrator's emotional stability – or the apparent lack thereof – has been deemed as a major cause of this tragedy.

While nothing of this sort has occurred in schools in Singapore, Zhenghua Primary School, nevertheless, recognises the gravity of helping its pupils to manage their emotions well. In its STEP-UP Programme with New Life Community Services Centre, **Zhenghua Primary School** has undertaken to support its pupils to be better in touch with their emotions, particularly strong emotions such as anger. The 6-session programme weaved together by New Life helped selected pupils to know their entire gamut of feelings, to

better articulate their feelings and to express them most appropriately.

Said Zhi Yong¹, "I learnt expressions such as 'glad', 'sad', 'mad' and 'scared'". Before the course when I got angry I used to shout and ignore others and walk away." The 11-year-old pupil had learnt that one of the physiological symptoms that he can recognise whenever he got angry is his rising body temperature. "Now after the course," he continued, "if I'm in the classroom I will ask permission from my teacher to go to the toilet to wash my face; if not, when I'm angry at home I will eat ice cream to cool down."

Kai Ming¹, Primary Four, agreed: "I learnt how to be a good person and not to fight others when angry. I also learnt how my body reacts when I'm angry and how not to hurt myself or other people. Last time, when someone did something bad to me, I used to fight with them, but I no longer do that now."

Aptly named "**In Touch with Your Emotions**", the programme also includes sessions with the pupils' teachers and parents, so as to address issues systemically and more

holistically. In the final session, Mrs Jayaram Selve, the School's Vice-Principal, presented certificates to participants for dutifully completing the course. She had this piece of advice for them: "It's very important for you to remember that next time, when (you get angry), you need to stop and think about what you have learnt and how you're going to apply what you have learnt. That is more important than receiving any certificate."

Well, if Zhi Yong and Kai Ming live up to their word, then Mrs Jayaram will have at least two pupils less to worry about.

¹ Names of pupils changed to protect confidentiality of participants.





Three-On-Three, Three Years On by Jack Lee

The sun blazed on the basketball court at Block 419 Fajar Road, even before the first ball was tossed at 8.30am on 10 March 2007. Three volunteer referees, under whose watchful eyes fair gameplay was to be ensured, briefed the players. Some were returning veterans, and others, first-time participants. But all 60 players – playing 5 minute matches in a “round-robin” system – eagerly pit their skills against one another. And their supporters came in droves to cheer them on, ready to soak in the on-court drama while players crossed swords in friendly rivalry.

A hot favourite of the community youth, **New Life Youth Centre's Annual 3-on-3 Basketball Challenge** – organised for the 3rd consecutive year now – saw 20 participating team vying for the trophies and to have their names etched onto the challenge shield.

Back for the third time, Qi Cai, 19, Sing Dai, 19, and Yi Xiang, 18, of Team “857”, didn’t warm up

much, practice hard, nor rest well the night before, but they were there to have fun. Formerly the champion team in New Life’s inaugural 3-on-3 Basketball Challenge in 2005, they played a few good games before succumbing to fatigue of physical exertion.

“MacDonald Boy” Aron, 15, of the Tong An (Red) Team, together with teammates Alvin, 15, and Swee Kiat, 15, cut through the competition, beating even their compatriots of the Tong An (White) Team, not only to seize the Under-16 Championship but also to set an impressive record with the highest score – 30 points – in a match. The Under-19 Champs were Kah Wei, 18, Zhi Wei and Yee Loong, 18, of the “All Star” Team.

One thing was conspicuously missing, though. While female supporters abounded in the crowd, there was, regrettably, no girls’ participating teams this year. Maybe next year? Carpe diem – seize the day!



In Seventh Heaven by Adeline Ang

“SEVEN things for you to enjoy today... ” the DeeJay proposed enticingly to the already responsive crowd who were enjoying New Life’s anniversary treats.

A flurry of fun-filled activities followed thereafter, as church-goers streamed in, inhaling the air of celebration in its entirety.

It has been 7 years since New Life’s inception in March 2000. Since then, 7 departments have been set up. These trivia, among others, were dished out by the DeeJay over the PA system to further engage the crowd and deepen their awareness of New Life’s programmes and services. But even so, this party was a first for New Life – celebrating its anniversary with a big bash, and meticulously

timing it too, to coincide with its Annual General Meeting on Sunday 22 April 2007.

And what a buzz it was that Sunday; as balloons, games, popcorn, cotton candy and ice-cream galore thrilled both adults and children alike! For the elderly and the health-conscious, they too found respite in the free health screening and geriatric consultations offered.

“And this next song,” rang the DeeJay’s announcement, “goes out to ...”

62 adults and children @ Secret Seven Hunt • 30 Geriatric Consultations

- 1 The Secret Seven Hunt
 - 2 Free Health Screening and Geriatric Consultation
 - 3 Quality Resources
 - 4 Balloon Sculpturing and Tattooing
 - 5 Ice-Cream, Popcorn, Cotton Candy & Kacang Puteh Treats
 - 6 Song Dedications
 - 7 New Life’s AGM
- Over 200 pieces of New Life Memorabilia given out • Over 300 balloons & pumps given out • 84 Health Screenings

Annual General Meeting 2007

New Life’s AGM 2007 saw the election of the New Life Board for the term of 2007-2008, comprising:



New Life gratefully acknowledges Rev Tan Kay Kiong, who has served as New Life’s Vice-Chairman (previously termed Vice-President) since its founding, and Mr Loh Ngai Seng, who has served one term as the Board’s Secretary, both of whom stepped down from the New Life Board at the AGM.

New Life also welcomes Mr Raja Segran as the Board’s new Vice-Chairman and Ms Seong-Koon Wah Sun as a new board member, as well as new society members Mr George Lee, Mr Bob Goh, Mr Kelvin Tay and Ms Choy Wai Yin.