

YOUTH WORK UP NORTH

New Life held its first community sports event in Woodlands on 5 September, which saw a heartwarming turnout of more than 100 participants, volunteers and supporters.

Some 80 youths from the Woodlands community participated in the New Life Sports Challenge 2009, pitting their skills in the under-17 categories of 3-on-3 Basketball Competition and the 4-A-Side Street Soccer Challenge.

Of the event, Mr Nelson Ong, New Life Youth Manager said, "This is our very first community sports event in Woodlands. We are very thankful for the positive turnout, especially the support from fellow social services providers here."

Crossroad Youth Centre (Care Corner Admiralty), Youth Guidance Outreach Services (YGOS) and YMCA Project Bridge supported the event by sending their youth delegations of 6 teams, 2 teams and 1 team respectively.

After a morning of intense competition at the Admiralty Sports Park, the young sportsmen and their supporters adjourned to *The Foyer*, located within the Woodlands Centre of Covenant Evangelical Free Church, for games of a different kind — Nintendo Wii games and board games.

The Foyer is an interim drop-in facility set up by New Life Youth to engage youths in Admiralty. On weekday afternoons, the large expanse of the CEFC foyer area will be transformed into a youth-friendly hangout.

According to Mr Benny Lim, New Life Youth Programme Coordinator, "While this is a temporary setup, we have the



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amenities for youths to study, play and socialise in a friendly environment."

The Foyer is equipped with wireless Internet, Nintendo Wii games, various board and card games, a library and a study area. Youths can also rent sports equipment from *The Foyer*.



Plans are also in the pipeline to build a Youth Hub at Block 540 Woodlands Drive 16 by 2010/11.

Basketball challenge participant, Kenny Soh, was one of the youths who had an enjoyable card game with his friends at *The Foyer*. The 15-year-old said he looked forward to visiting the Youth Hub when it opens.

"For sure, I will come to the Youth Hub because I'm very bored at home. I will bring my friends along to the youth hub also," said the student from Evergreen Secondary School.

YMCA Youth Counsellor Mr Melvyn Yee also welcomed the up-and-coming Youth Hub. "I think it is good. There are a lot of youths who do not know where to go after school hours," Mr Yee said.

He added that the proposed Youth Hub is well located with schools and sports parks nearby.

Mr Yee also expressed interest in future collaborations with New Life Youth to reach youths in Woodlands.



青少年事工向北发展



新生民众服务中心于9月5日在兀兰举办了第一个社区体育挑战活动,超过100名参加者、义工和支持者出席了这个活动。

兀兰社区的约80个青少年参加2009年新生体育挑战赛,在17岁以下的三人制篮球赛和四人制街头足球赛项目一较高低。

新生青少年服务经理王丁安先生说:“这是我们第一个在兀兰举行的社区体育活动。能获得如此良好的反应,尤其是社区服务供应者的支持,我们深表感激。”

Crossroad青少年中心(军港),青年指导 (Youth Guidance Outreach Services)和新加坡基督教青年会重搭桥梁计划(YMCA Project Bridge)分别派出6支、两支和一支青少年队伍,以示支持。

经过一个上午的激烈竞赛后,这些青少年和他们的支持者,从海军部公园移步到兀兰圣约播道会的前厅The Foyer,继续另类游戏——任天堂 (Nintendo) Wii游戏机和棋盘游戏。

The Foyer是新生青少年服务为青少年设立的暂时聚会处,供青少年建立密切关系。在周日下午,兀兰圣约播道会这个前厅,转变成一个青少年常去的地方。

新生青少年服务项目协调人林明辉先生

说:“虽然这只是个过渡性设施,但具备了方便青少年读书、玩乐和社交的设备。”

The Foyer装有无线互联网系统,还有任天堂 (Nintendo)Wii游戏机、不同棋盘和纸牌游戏、一个图书馆和阅读角落。青少年也可以在那里租用体育用品。

新生青少年服务计划在2010/11年之前,在兀兰16通道第540座组屋设立一个青少年聚会中心 (Youth Hub)。

在The Foyer与朋友玩纸牌游戏、玩得不亦乐乎的青少年肯尼(译音),是篮球参赛者之一。这名15岁少年说,他期待着青少年聚会中心的开幕。

“可以肯定的是,我会到青少年聚会中心,因为待在家里太闷了。我也会带我的朋友前往。”这名永青中学的学生说。

新加坡基督教青年会青少年辅导员俞集耀先生表示欢迎青少年聚会中心的设立。“我想这是好事。有许多青少年放学后,不知该何去何从。”

俞先生说,青少年聚会中心的位置良好,附近有学校和公园。

他也表示有兴趣与新生青少年服务合作,以便在未来伸援兀兰的青少年。

LOOKING BEYOND THEIR NEEDS, YOUTH SERVICE LEARNING

From initial shock and scepticism to fun and excitement, it was an eye-opener for youths who spent a morning with more than 50 senior citizens.

Nine New Life Youth Hub members participated in a service learning activity, organised by New Life Youth and students from the Singapore Management University (SMU). The activity was held in conjunction with 56 elderly folks from Care Corner Family Service Centre - Toa Payoh.

Youth Hub member Kenny Low recalled his initial reaction, "Shock! I've never been with so many elderly before. I thought they would be grumpy and naggy."

Many youths shared Kenny's apprehension. But they soon learnt otherwise. "The elderly were all so cheerful and happy and they played games with us!" said the 13-year-old.

New Life Youth Programme Coordinator Ms Shirley Lim explained that the activity aimed to help youths see beyond their own needs to serve the needs of others, in this case, the elderly.

"Very often youths are inward looking. Through such activities, we hope to teach the youths that they can make a difference in others, looking beyond themselves," she said.

The service learning activity was held at the East Coast Park in June. Each youth was assigned to 5 elderly members. Their



Smiles all around.



Still young at heart.



Kenny with his teammate.

responsibilities ranged from helping the elderly get about to explaining game rules in different dialects.

Ms Lee Meizhen, Care Corner FSC Social Worker said she was impressed with the youths. "At first, I thought they were typical youths, being nonchalant or even rowdy," she said.

"But I was quite impressed by them. What I saw most was their sincerity and joy. I saw them trying to engage the elderly despite their initial hesitation, probably due to their lack of interaction with elderly."

Kenny fondly recalled the warmth of the elderly, "They kept thanking me after the event. Some of them even wanted me to be their grandson!"

"In the past I don't talk to my own grandparents. Through this, I see the importance of spending time with them. Now, I chat with them everyday," Kenny added.

This was the second service learning activity co-organised by New Life Youth.

STUDENT MENTORING

Standing in the midst of 10 children, some running amok, while others engage in a shouting competition, Ms Dawn Ang mustered her inner strength to restore order.

Was her head throbbing? Most certainly. Was she going to give up?

"No, I will not stop mentoring these children. Over time, they will change and grow," said Ms Ang, New Life Children Senior Programme Executive.

She had reason for her optimism. Of the 8 primary school students she personally mentored in 2008, at least 3 had drastically improved and grown to become her friends.

Jonathan (not his real name), was one of them. His parents had left him since young and he lived with his grandmother. Jonathan was "trouble" to his teachers. He would get into fights, sprout vulgarities and fly into a rage easily.

Jonathan's teacher referred him to the New Life mentoring programme. It aims to mentor children who are at-risk of behavioural issues, helping them to adjust in school and deal with issues through mentoring and relationship building.

Ms Ang explained that these children generally have issues adjusting to a structured environment such as the classroom. They were typically "latch-key" children, with no one at home to watch



Group mentoring at a neighbourhood primary school.

them during after-school hours. Some of their behaviours included withdrawal, aggression and rebellion.

Of the importance of the programme, Ms Ang said, "Mentoring should start early. Young children need someone to walk them through life's transitions, from coping with peer pressure to studies."

The mentoring programme comprises 30 sessions of 8 to 12 students per session. The weekly sessions of an hour each are conducted over a period of 1 year.

During each session, the mentor would engage the students in "5F" – Friends, Family, Favourites, Feelings and Future. Together, they would explore the topics through group games, sports as well as goal setting activities.

"It's a joy to see these children improve over time," Ms Ang added.

Do you have a passion for impacting young lives? Join us as a mentor to mould and shape the children. For more information, call **6892 4353** or email to **volunteer@newlife.org.sg**.

NURTURING CHILDREN IN PARTNERSHIP WITH PARENTS



Learning responsibility at New Life Childcare.

A family of teachers, that was how a mother described the staff team at New Life Childcare.

Mrs Rebecca Wong was not referring to the few teachers who have taught her son since his enrolment at the childcare centre in 2007. She was referring to the entire staff team.

“The teachers work together as a team, not as individuals. They are warm, caring and nurturing toward children, regardless of classes or area of duty. They still care and take notice,” said Mrs Wong. “Even as a mother, they make me feel welcome.”

The mother of 2 boys related an incident that impressed her deeply. “My son was leaving the childcare centre one day. He was trailing behind my domestic helper. A teacher at the foyer witnessed it. She shared the incident with me the next day, highlighting that an adult should keep the child within view at all times.

“She was not my son’s teacher but she took notice. She could have just passed the message to the class form teacher. But she knew I was the mother and informed me quickly,” said the Primary School Teacher.

Another working mother, Mrs Florence Tan, concurred.

Mrs Tan, whose daughter graduated from New Life Childcare and is currently in Primary 3, said she was very assured of the care her son was getting.

“I’ve known the teachers here for a few years. They are very caring. They simply treat my son as a normal child and accept him,” said Mrs Tan.

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work together
as a team, not
as individuals.

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A Parent-Teacher-Meeting at New Life Childcare.

Her son, James, was diagnosed with Global Developmental Delay. He is slower in achieving developmental milestones such as learning to walk, speak or socialise.

Due to James' condition, regular feedback from the childcare teachers have been especially important in helping Mrs Tan track the development of her son, who also attends a special needs centre.

"I'm very appreciative of the teachers' efforts. Initially my son hardly talked about his day at the childcare. The teachers would update me on his progress and share with me the things he learnt in class," Mrs Tan said.

Mrs Tan was pleased with her son's progress. Through childcare, James has learnt self-help skills such as putting on his shoes, going to the toilet and taking a shower.

"One day, he announced to me that he no longer needed my company when he goes to the toilet. True enough, he managed on

his own very well," said Mrs Tan with a look of amazement.

"He also showered by himself. He showed me step-by-step, starting with testing the water temperature with his finger. The teachers must have taught him that for safety."

According to Mrs Tan, a Before-And-After-School Centre Teacher, James has been able to communicate more and has become more confident. "Even the teachers at Rainbow (special needs centre) has noticed his change."

Mrs Rebecca Wong also shared how the teachers have helped her son grow. She said that her son had little interaction with other children having spent his initial growing years as the only child.

"The teachers know that he is very shy. So they boost his confidence by encouraging him to speak up," she said.

She added that her son also learnt positive character traits such as responsibility. "My son used to switch on the television by himself. Nowadays, he would ask for permission before doing so," she said with a smile.

"It's from the little things that you see the caring efforts of the teachers. I know my son is being nurtured at this centre."

Mrs Wong has registered her younger son at New Life Childcare's Playgroup for the 2010 intake.

For.Your.Interest.



A Foretaste of Primary 1

K2 children of New Life Childcare were treated to an eye-opening tour of Greenridge Primary School on 6 Oct. The visit aimed to offer the K2 children a foretaste of life in primary school. They learnt to make tarts alongside Primary One students, visited the school's Science Hub and also bought their own food from the school canteen during recess time!

Drama Workshop for Kids

Bringing lessons alive! That's the aim of the drama workshop held on 9 September for children on the New Life Children Steady Readers Programme. The workshop aims to help children build confidence as well as expression and communication skills through role play.



Initial D Camp

More than 30 students participated in a 3-day-2-night Initial "D" evelopment Camp held at West Spring Secondary School from 9 – 11 Sept. The youths learnt valuable lessons about self, family, friends and teachers through fun and challenging games. The camp was part of a STEP-UP Programme that New Life Youth conducts at the school.

Pool Tournament 2009

The annual 8-Ball Pool Tournament 2009 took centre stage at the New Life Youth Hub on 26 September. Intermediate and amateur players brought their game to the table, exchanging cool tips and tricks with each other.

UPCOMING EVENTS

31 Oct, Childcare
Graduation Concert
9.30am, New Life Childcare

4 Nov, ACT 3 @ Childcare
Local children's theatre company ACT 3 Theatrics to perform interactive skit at New Life Childcare.

8 Nov & 15 Nov, New Life Day
Find out what New Life has in store for 2010. Call 6892 7191 for event details.

12 Dec, Badminton Tournament
Calling all under 17 Shuttlers!
For details or registration, call 6892 4419.

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New Life Childcare (Bukit Panjang)
*Nurturing Wholesome Children
In Partnership With Parents*

New Life Children (Bukit Panjang)
*Love Children by Mentoring them
to become Character Champions*

**New Life Youth
(Bukit Panjang & Woodlands)**
*Building Character &
Developing Resilience*

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