

To The Max!



You could feel it. Hear it. See it. At every turn, you could savour the upbeat and heart-warming atmosphere. Excitement was palpable at every imaginable area – the stage, the carnival, and most certainly, the futsal court.

Over 250 energetic youths trooped to the Admiralty Sports Club in Woodlands with poise and enthusiasm to showcase their skills in a futsal tournament organised by New Life Community Services on 2 July dubbed *To The Max (TTM)*.



Ms Diana Ooi high fives a team minder.

Youths Dare to Dream

"When we asked them (the youths) what *To The Max* means, they said, 'reaching for our dreams', said Mr John Lim, Chairman of New Life Community Services. "We want them to go confidently in the direction of their dreams."

But even as youths brim with energy and passion, they will face inevitable challenges. Along the way, they will learn that holding strong to their

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Chief Editor

Diana Ooi

Editorial Team

Albert Go

Amy Tan

Victor Yeo

The New Life News is published quarterly by New Life Community Services.



10 Jelapang Road,
Singapore 677740
Mainline : 6892 7191
Fax : 6892 7181
Website : www.newlife.org.sg
Email : email@newlife.org.sg

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dreams may be a difficult journey that has its fair share of ups and downs.

According to Ms Diana Ooi, New Life Director, the development of emotional and physical intelligence among youths can be hampered by the environment they are surrounded with. They can turn to vices such as smoking due to peer pressure or be detached from reality due to the digital age.

"This is why the presence of team coaches or mentors (in a holistic learning environment) plays an integral role in guiding youths toward a realization of their strengths and potential," she stressed.

Coaching the Young

Just as world class sportsmen highly credit their role models for their triumphs, New Life mentors the young to develop positive characteristics such as confidence, resiliency, and a "can do" attitude in life.

"They prefer to know how much they have improved and what they should do to be better next time," said Mr Nelson Ong, New Life Youth Manager. "We have mentoring in sports such as futsal and tchoukball where we celebrate even the slightest progress."

“ The presence of team coaches or mentors plays an integral role in guiding youths. ”

Aside from the Futsal Tournament, TTM also showcased New Life

Ms Diana Ooi
New Life Director



MP Mr Vikram Nair and Chairman Mr John Lim with winners.



Youth's Magic and Tchoukball mentoring programmes. "These two initiatives are generating loads of interest among youths. We will continue to raise awareness and provide mentoring services through these activities," he added.

Team Minders Make a Difference

In keeping with its commitment to build the next generation, New Life introduced an interactive mentoring initiative called team minders. Two New Life volunteer team minders were assigned to each team. They offered assistance, encouragement and emotional support to the players.

Throughout the competition, the youths huddled and sought advice from team minders on adjustments they needed to make. Hardly would you see youths sneer or jeer at one another. Instead, you hear them utter words of encouragement such as "You can do it" or embracing each other after every match.



Youths in action.

Wengkit, a 15-year-old participant, was moved by the support showered on him by a team minder especially after he fractured his left wrist. To him, the TTM experience was much better than winning.

"I thought no one would bring me to the hospital. But Terri (team minder) accompanied me like a true friend would. She encouraged me to stay positive even when I was in great pain," he said.

Reflections from MP

Mr Vikram Nair, Member of Parliament for Sembawang GRC and Adviser to Admiralty Grassroots Organisations, was astounded to see youths display sportsmanship even when a lucrative prize was at stake.

In his closing message to youths, he said, "What you demonstrated is truly a reflection of what you can do in other areas in life."

Mr Nair has pledged to support New Life in its efforts to empower youths in Woodlands through its mentoring and character building programmes.



Youth performing a magic trick for Mr Vikram Nair.

Spectators enjoying the action.

To volunteer with New Life Youth, please call **6892 4366** or email **volunteer@newlife.org.sg**



Tchouk It Up!

It was another close encounter with a formidable team. Tied 11 apiece with a few seconds remaining, the opposing team executed a series of quick passes and scored an unbelievable point. The opponent celebrated but not this team. It marked their third consecutive defeat.

Tired of being trounced by competition, these 12 youths attended the "Tchouk It Up" camp organised by New Life Youth from 14 to 17 June. The camp for tchoukball enthusiasts is aimed to develop character traits and mind-sets that triumphant teams possess.

On top of the intense strategy and skills training programme, the 4-day tchoukball camp held at Sentosa Palawan Beach and Pasir Ris Holiday Flat immersed the youths in a series of fun and interactive workshops and team building activities.

According to Mr Eric Sng, New Life Youth Programme Coordinator, the losses revealed one missing quality — team chemistry. This was exemplified when the team buckled under pressure and failed to defend when the game was tied at 11 points each.



A youth crosses "the bridge".

Youths balancing a pail through team work.



"Although the youths see each other at the Youth Hub every week, they haven't gelled well enough to compete competitively," said the 26-year-old.

As such, the camp organisers intentionally added BBQ sessions and movie screenings to develop team chemistry by encouraging the youths to bond and interact with one another.

Nick, 16, was surprised when he learned that his teammates were upset because he often lost his composure during crucial moments.

"I didn't realise that I was compromising the team. I am so grateful that these issues were brought to my attention during the camp," he said.

Providing honest feedback was one of several character lessons emphasised during the camp. Ms Esther Mok, New Life Youth Programme Coordinator, stressed the importance of feedback.

"Successful teams win because they learn to give honest feedback no matter how difficult it is," said Ms Mok, a former Singapore Tchoukball National Team player.

"Just like Nick, youngsters must develop the courage to address issues and resolve them immediately."

Since the camp, the programme coordinators have noticed significant improvements in the team's overall dynamics. The Youth Hub also saw greater attendance and overall participation in its tchoukball mentoring programme.

"We see them patting each other on the backs and open-handedly giving feedback on each one's performance. They are developing a winning attitude," Mr Sng observed.

Since 2009, New Life has been promoting tchoukball to youths in Woodlands and Bukit Panjang. The sport allows players to develop character, increase their sense of self-confidence and inculcate good social behaviour.

Moving forward, the tchoukball mentoring team will be exposed to community outreach activities where they can share these lessons to other youths.

Youths negotiate a difficult maze.



“ Successful teams win because they learn to give honest feedback no matter how difficult it is. ”

Ms Mok
Former Singapore Tchoukball
National Team player



Youth shoots for a point.



Character Adventure

Her knees knocked together. Her legs trembled. She was 15 metres from the ground. There was no other way out but to walk across the thin rope to the other side.

Edith, 11, was one of the 23 children participants of the Character Adventure Camp organised by New Life Children on 4 June at the Dairy Farm Adventure Centre.

"When I looked down, my legs were shaky and it felt like jelly," Edith recounted. "But I heard everyone screaming words of encouragement. It inspired me to keep going." Edith had conquered not just a high element challenge, but also her own fears.

According to camp organiser Ms Faith Wong, Kids Champ Club Programme Coordinator, the Character Adventure Camp seeks to provide children opportunities to make wise character choices and to understand the consequences and benefits of such actions.

Such experiential learning approach is a powerful tool in character development. "Children not only learn faster but also draw meaning out of these outdoor adventure experiences," said Ms Wong.

Bursting with excitement, the children, aged 7 to 12, were awed when they saw the colossal zip line, high elements and difficult rope courses. While a handful were still confident of their chances, most of them



Darryl assists a kid climbing.

“Children not only learn faster but also draw meaning out of these outdoor adventure experiences.”

Ms Faith Wong, Kids
Champ Club Programme
Coordinator

realised that they were facing an uphill battle.

The challenging courses were intended to bring about an experience where they can put character traits such as courage, respect and trust in action.



Ms Faith Wong
(centre) with
KCC Kids.

Ms Wong added that when children are taken out of their comfort zone, they learn to trust and respect their mentors. In the case of Edith, once she stopped panicking, she quickly listened and followed the advice of her mentor, Darryl Lam.

The 33-year-old volunteer mentor was belaying (the action of securing the rope for the climber in the event the climber should fall) Edith when he was touched by her determination. Darryl then climbed up to Edith and showed his support by directing each step until she finally completed the challenge.

“Children learn to cope with fear through climbing,” said Ms Wong. “They develop inner confidence and learn to trust the belayer. Likewise, through belaying, children learn to take responsibility for others.”

Throughout the one-day camp, children were given opportunities to choose character and make their own decisions. Such processes of learning encourage the children to reflect on their actions.

The adventure ended in a mere five hours. But the camp is just the beginning for many more opportunities to mould and develop the children’s character.



New Life Children is a specialised service providing mentoring programmes and creative learning activities to children. It seeks to create character champions by affirming each child’s strengths, mentoring good character and unleashing their potential.

*The Kids Champ Club caters to children aged 7 to 12 and is conducted every fortnightly (Saturday) from 3 to 5 pm. For enquiries, please call **6892-8020**.*



For.Your.Interest.



Celebrating the Good Old Days

What does Piggybacking, gunnysack races, and hula-hoop competitions make you remember? It's the good old days, isn't it? Together with the bubbly and cute childcare kids, parents took part in the first New Life Childcare Sports Day on 13 Aug where they

bonded and interacted with one another in a fun-filled event.

Record-breaking figures

The 2nd run of Steady Readers (SR) Programme kick-started in Bukit Panjang and Woodlands on 18 & 19 July respectively, with a record 60 registered children and 42 volunteer-teachers. These children (Primary 1-4), who are reading below their academic levels, will go through 4 months of lessons using Fitzroy materials.



New Life's Friends Honoured

New Life celebrated its annual Friend's Day on 16 May with a theme "Sowing the Seeds of Love." For this year, apart from a hearty lunch, our guests also received a New Life mug as a thanksgiving token for their valuable contributions.

Ping Pong Action for Kids

New Life Children & Student Care received a professional table-tennis table from a generous donor. This timely contribution will keep the kids busy in a competitive but non-physical sport otherwise known as ping-pong.



UPCOMING EVENTS

2 October 2011

Children's Fest 2011

Is your child ready to have some serious carnival fun? Come and enjoy games such as Aesop fables, nursery rhymes and many more at New Life Children's Fest on Sunday, 2 Oct. Please call 6892 7249 for more details.

10 December 2011

New Life Childcare Graduation 2011

All the hard work and hours of training by children will be showcased in this year's concert cum graduation ceremony. Let the children amaze you.

OUR SERVICES

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 Children & Student Care (Bukit Panjang)
Mentor Children to become Disciplined and Confident Individuals

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

New Life Name Changed!

Our name, "New Life Community Services Centre" has been changed to "**New Life Community Services**" since July 2011. This change reflects the growing work of New Life as no longer a single centre but a multi-locale, multi-services agency. Kindly make your cheques payable to "**New Life Community Services**" henceforth.

All donations received are 2.5 time tax deductible. IRAS no longer accepts tax deduction claims for donations based on donation receipts. Thus all donors need to provide a tax reference number (NRIC, CRN, FIN) to qualify for tax deduction.

Make a difference today by supporting New Life!

For more information, call **6892 4366** or email to donate@newlife.org.sg

By Cheque: Payable to

New Life Community Services.

Please furnish your name, NRIC/FIN no., address and contact no. on the back of the cheque.

By Credit Card: Please go to

<http://www.newlife.org.sg/donate.htm>

By Interbank Transfer: Please transfer funds to
OCBC Current Account: 7339-581-473667001.
Please state your NRIC/FIN no. as payer name.

By Interbank GIRO: Please download a GIRO form from our website or call 6892 8127.

Please furnish your full name and NRIC/FIN number in order to enjoy tax deduction.