



Are you a Pre-Teen?

Imagine you are 11 again. Your definition of fun has just changed. The games and activities you used to enjoy now seemed boring. You would rather chat on Facebook. You are constantly told to study hard and do well for the PSLE examinations. You try to buck up but it never seems enough. To top it all, you are not exactly sure what you want or know where to seek advice.

Help is here. New Life Community Services launched a programme on 18 February that aims address this age group. The New Life Pre-Teens Club is a character building programme for children aged 11-12 years. Here, pre-teens will be exposed to a variety of interests in the presence of caring and

encouraging mentors who will offer advice to issues that beset them.

According to Ms Faith Wong, New Life Children Programme Coordinator, one of the objectives of the newly piloted programme is for pre-teens to discover their potentials through their interests.

"We plan to introduce activities ranging from street soccer and Frisbee for the more physical children to clock-making and photography for the more artistic. After 6 months of try outs, the intention is for them to choose a hobby they are more inclined in and pursue it as best they can," said Ms Wong.

As children reach their pre-teen years, they also begin to experience greater expectations and pressure from school, family and peers. If left unguided, pre-teens could potentially commit at-risk or delinquent behaviour.

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New Life Community Services is affiliated to Covenant Evangelical Free Church and a member of the National Council of Social Service (NCSS).



Children create their personalised clock.

"After listening to them more intently, we found that they are concerned about scoring low in PSLE and not meeting expectations from their family," said Mr Daniel Wong, Acting Head of New Life Children.

The 29 year-old Senior Programme Coordinator added, "To better manage stress, we also plan to hold talks in stress management and give practical tips on how they could handle their mounting responsibilities one step at a time."

Currently, New Life Pre-Teens Club has a pool of 6 volunteers ready to provide real-time advice to these pre-adolescents. One such volunteer is Ms Mary Low, who shares her observations on pre-teens.

"We learnt from parents that many 11-12 year olds are spending more time interacting in social media than through real life activities. At Pre-Teens Club, I am excited





to mentor and see them share their life and interact with fellow pre-teens through the fun activities we plan to carry out."

The club will also conduct workshops on how to practice personal responsibility in social media as well as boundaries between males and females in preparation for adolescent life.

New Life Pre-Teens Club takes place every Saturday from 2.00pm - 4.00pm at the New Life Youth Hub located at 419 Fajar Road.

*Interested parties may call New Life Children at **6892 8028** or email **children@newlife.org.sg***

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Ms Faith Wong
New Life Children
Programme Coordinator

A volunteer speaks to a group of children.





Practice
Makes
Perfect...

MAGIC

Learning magic is like learning mathematics. Whether it is a stage show or a math exam, a mental blackout will strike with reckless abandon when too little time is devoted to practice. The result is the much dreaded failure, making the target feel as if a vicious spell was cast by a wicked sorcerer.

The good news is this frightening scenario is preventable. In fact, the answer is right before our very eyes but we often neglect it. It's called practice.

Such is the case of Yida, an alumnus of New Life Youth's Magic Mentoring Programme. After dedicating countless hours practising the tricks he had learnt from his peers

and mentors, he gradually conquered his nerves.

"The more I attempted the trick and listened to my friends in the magic team, the less afraid I am of it and the better I become," said the now 23 year-old, who recently captivated over 300 residents from the Admiralty Zone 3 with a virtuoso performance at their zone's event dubbed Valentine's Day Musical Night.

Mr Seah, Magic Mentoring Programme Coordinator and Acting Head for Youth Services, is a staunch advocate of purposeful practice in magic mentoring. He said, "The key is how you practice, how you analyse

the results of your progress and learn from your mistakes."

The 30 year-old magic aficionado added that practices must be in a group mentoring setting because youths can get easily discouraged after going through failure. He explained, "At the Youth Hub, we provide encouragement on top of the practical training on how to execute tricks."

New Life's Magic Mentoring Programme was introduced in 2010 to youths as a platform to instil essential character traits as well as develop the resilience to go about the challenges in life. The programme takes 12 to 18 year olds to a hands-on apprenticeship with mentors that guide them every step of the way.

"I used to freeze when the stakes were high. I couldn't move because of the pressure and the thought of failing," said Ms Germaine Lee, 17, secondary 5 student. "I have since gained self-confidence by practising hard and getting feedback from my team."

Since 2010, 15 youths have graduated from the beginner's module and have reached the intermediate or advanced level. These young magicians have not only conquered their fears but also learned to thrive and even enjoy the limelight. Today, the team performs at schools, voluntary welfare organisations, and the grassroots community as part of service learning.

The Magic Mentoring Programme is conducted every Thursday from 7.30pm to 8.30pm (Beginner) and Friday from 3.30pm to 5.30pm (Advanced) at the Youth Hub in Bukit Panjang. The lessons range from street magic, stage magic, mentalism to illusions.



Youth mentor Mr Joel Seah in action.



Yida performing for Mr Vikram Nair, MP for Sembawang GRC (Admiralty).



Christmas Love



Christmas decorations, checked. Food and drinks, checked. Entertainment, checked. The Christmas party was all set. Moments later, the crowd trickled in.

New Life Children organized the Christmas party titled *Stars and Snowflakes* for children largely from rented flats along Jelapang Road (Bukit Panjang) and Champion's Way (Woodlands).

It was a wet Saturday afternoon on 17 December but staff and volunteers joined hands to warmly welcome the guests.

"We quickly saw the smiling people in green (referring to the supporters and staff of New Life) walking towards us," shared

a parent, who was ushered to her seat together with her daughter.

"They were friendly and hospitable."

"This is the reaction that we wanted to immediately draw," said Mr Daniel Wong, New Life Children Senior Programme Coordinator. "The purpose of *Stars and Snowflakes* is to spread love to the community."

Sharing the love in friendly contests

The children, guided by the volunteers, gamely navigated through 10 game stations. They won clues after successfully completing each station. Their goal was to solve the puzzles and eventually piece together the Christmas story.





"We had so much fun playing the games," said one jubilant child on the chartered bus on her way home. "I wish we can do this more often."

Indeed, these children would look back at this party fondly. They sang and danced, climbed over obstacles, snipped fanciful snowflakes designs using coloured paper and flexed their balance, blissfully oblivious to the downpour.

Sharing love through Christmas Songs

The choir from Covenant Evangelical Free Church also brought the house down with a vivid reenactment of the Christmas story, much to the delight of the children.

Soon after, the children danced to the beat of Christmas favourites such as Feliz Navidad and Jingle Bell Rocks. Parents, many who looked surprised, applauded for their children.

One parent could not hide his feelings after seeing his son singing along merrily. "He tends to shy away

from such activities. But today the choir was successful in drawing the children, especially my son, to learn the Christmas songs," he said.

Sharing Love through Giving

Christmas would not be complete without gifts.

At the end of *Stars and Snowflakes*, each child received a goodie bag containing stationeries, a water bottle and a kite. They also took home photos of the event as keepsakes.

These items may not amount to much but it is the purpose behind the gifts that truly mattered. "Christmas is the season of giving," said Mr Wong. "Not just gifts among friends, but among those who would truly need and appreciate it."

Ms Faith Wong, Programme Coordinator of New Life's Children Services, added, "Love is the most precious gift we can give to our family and community during Christmas season. Christmas is about love. And love is demonstrated through the act of sharing and giving."



For.Your.Interest.

Partnership reinforced at Parents Orientation

36 families turned up at New Life Childcare's *Parents' Orientation* on 18 March for a half-day overview about the centre's curriculum plan, nutritional practice, and planned events in store for children in 2012. Parents also got a glimpse about the centre's new parental involvement initiatives such as *Dad's for Life* and were personally invited to sign up for them.



Healthy eyesight promoted

80 children cheerfully watched *Crystal Clear*, a 30-minute educational show commissioned by the Health Promotion Board to raise awareness and share tips on good eye care habits. Children went home having learnt practical tips on how to prevent eye strain such as maintaining proper distance and getting ample rest

time when viewing television programmes.

Magic at Valentine's Day

A sea of magic streamed at Admiralty Zone 3 RC at their event dubbed Valentine's Day Musical Night on 11 February. 5 youths from the Magic Mentoring team confidently flaunted the tricks they have learnt from weekly practices at the Youth Hub (Bukit Panjang).



Steady Readers Gaining Steam in Woodlands

The residents in Woodlands are starting to hear about the positive impact of Steady Readers Programme to children. This semester, a record-breaking 17 children are enrolled to go through a 14 week programme in the presence of trained SR volunteers. Children who successfully complete the requirements will graduate in May.



UPCOMING EVENTS

May 2012

Steady Readers Graduation

A new bunch of children will march at the graduation ceremony of Steady Readers Programme in May. Aside from the short skits which Children would show-off, those who score high will also be given distinction.

20 May 2012

New Life Friends Day

New Life will pay tribute to its loyal and supportive friends who have shared their precious time and resources in building the next generation.

7 July 2012

To The Max Youth Event

Get ready for a high-octane fest for youths in Northwest District. On 7 July, see them show off their abilities in sports, performance and digital arts in the Northwest District. For inquiries on how you can participate, please call Edwin Wee at 6892 4419.

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>

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6892 4366 or email donate@newlife.org.sg

By Interbank GIRO: Please download a GIRO

form from our website or call 6892 4366.

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