



## Children's Olympic Fest

New Life's third Children Fest brought the spirit of the Olympic Games to the heartlands!

### Jumping for Joy

More than 4,000 children thronged the Children's Fest held concurrently at Jelapang Square in Bukit Panjang and Vista Park in Woodlands on 14 October.

Queuing up to play 14 sports-inspired stalls such as improvised fencing, javelin and golf, the energetic children were very ecstatic to win the games and redeem their tokens. On top of sports, educational booths on spelling and memory quizzes were also integrated.

Eight-year-old Children's Fest participant Resshma said, "I'm having so much fun! I can play, draw, and win prizes. I love Bunjee Basketball the most. I don't know how to play basketball but now I'm learning."

Even parents enjoyed the event exploring the various stalls with their children. One parent, Selamat Bin Abdullah, shared, "My children are enjoying a lot. The programmes are very nice and the games are really exciting at the same time educational. It's a good time for them to relax from school. Next year we will definitely be back. This occasion is very good for families!"

Games aside, participants were also treated to an enlightening play sponsored by Ministry of Social and Family Development (MSF) about children's rights, "Sweet Dreams" performed by Drama Arts Ltd.

### In this Issue

- Children's Olympic Fest
- Ex<sup>3</sup> Girls Club
- Children As Community Helpers!
- Think Before You Click.

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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).



**Shooting for the Goals**

While this year's Children's Fest had taken on "Olympic" proportions, the goals of the yearly carnival remained unchanged.

Said Ms Diana Ooi, Director of New Life Community Services, "Children's Fest is about '3 Cs'. First, it's to **Celebrate** Children's Day, recognising that beyond academic pursuits, there is real value in children just having fun with energy and zest. Secondly, we aim to **Connect** children away from the virtual world and back to the real world."

"Finally, New Life wants to **Continue** to follow-up on contacts from the Children's Fest to mentor lives and meet needs," she added.

**Running for Teamwork**

Children's Fest is the product of immense teamwork, with the support, collaboration and partnership of government bodies and agencies, schools and an army of volunteers.



*Volunteers at your service!*



The event in Woodlands was the result of a partnership between New Life and the Admiralty Zone 4 Residents' Community (RC). Grassroots Adviser, Mr Vikram Nair, MP for Sembawang GRC (Admiralty) said, "It's a fantastic event! I'm very touched to see children and parents having a good time. The theme of Olympics for children certainly engages this big crowd. This is the kind of spirit we would love to see in the community." Mr Nair has supported New Life Children's Fest for the third consecutive year.

The rousing success was also made possible with the support of over 450 New Life volunteers, majority from Covenant Evangelical Free Church and 10 first-time volunteers from Citibank. The youngest, 10-year-old Charil Chan Wan Ru, said, "My parents, who are also volunteering today, have inspired me to begin serving the community as early as now. I see the value and fulfillment of giving back."

"Giving my time to volunteer to see the smiles of children is priceless. It's very fulfilling that I can serve the community. This experience was so wonderful, I love to see the kids winning, and that's the best part of it," said second-time volunteer Sebastian Koh.

In addition, a total of six primary schools supported in promoting the event, namely, Greenridge, Zhenghua and West View in

Bukit Panjang and Innova, Woodgrove and Evergreen in Woodlands. The Children's Fest was also supported by Northwest Community Development Council, Neighbourhood Police Centre, and National Environment Agency.

For further inquiries about New Life Children, please call **6892 8028** or email [children@newlife.org.sg](mailto:children@newlife.org.sg)



“ It's a fantastic event! I'm very touched to see children and parents having a good time. This is the kind of spirit we would love to see in the community. ”

Mr Vikram Nair

# EX<sup>3</sup> Girls Club



A new club is in town. Far from another addition to the local night scene, EX<sup>3</sup> Girls Club is exclusively for teenage girls to EXperience, EXpress and get EXcited about being girls!

This newly launched programme seeks to provide a safe and engaging platform for girls to develop their identities and share their experiences through various theme-based activities.

## EXcite through Activities

The girls engage in a variety of activities from baking and scrapbooking, to badminton and basketball. These activities have been intentionally designed to guide the youths to discover their identities, build on their individual strengths and even explore their weaknesses.

EX<sup>3</sup> Girls Club member Gabby, 13, said, "I'm glad I had the opportunity to bake cookies for the first time. It's a fun bonding time for us and I got inspired to use this skill as business in the future."



*Girls learn how to bake cookies.*

## EXpress through Mentoring

Underneath all the excitement, mentoring runs across all activities. With the guidance and supervision of caring mentors, the girls are empowered to express themselves in a safe and loving environment. Through mentoring, the girls will also learn to build their resilience in tackling challenges and struggles they face.



"I had a conflict with my friends when they abandoned me from our WhatsApp group, without any idea why," shared Wei Ting, a 12-year-old club member.

"I'm thankful that my mentor, Melissa was there to hear and comfort me. She encouraged us to resolve our disagreements through open and honest communication. I'm glad that her coaching helped us reconcile our differences."

### EXperience Change

In addition to the relatively placid activities, the girls also engage in sports. More than just learning to dribble, pass and shoot the ball in their mini basketball competition, the girls also learnt to tap into each other's strengths working together as a team.

According to Melissa Peng, Youth Programme Coordinator, the basketball game was a first for most of them. "The girls find it exciting and liberating to try a new experience they've never done before," she said.

"We want our members to have a strong social support in working and bonding with each other despite their differences. Ultimately, the Youth Hub is a place where learning happens and real friendships are built," Melissa added.

A thankful Wei Ting said of her mentors, "If not for the mentors of New Life, I think I could possibly be mixing with the wrong company and even be engaging in vices like smoking and drinking."

The EX<sup>3</sup> Girls Club sessions are being conducted every Tuesday from 4.00pm to 5.30pm at the Bukit Panjang Youth Hub.

For inquiries about New Life Youth Services in Bukit Panjang, please call **6892 4419** or email [youth@newlife.org.sg](mailto:youth@newlife.org.sg).



*Mail 4 U! The girls exchange encouraging notes to each other in a handcrafted mailbox.*



New Life Childcare was transformed into a restaurant. One not to serve the children, but for the children to serve others!

From ushering and welcoming the guests, to taking their orders, serving the food, selling drinks as cashiers, even cleaning the tables - the children got a dose of what it meant to serve.

With the theme "Community Helpers", New Life Childcare celebrated Children's Day together with its annual open house on 5 October with a bunch of enjoyable games, activities and bonding time for parents and their children.

"It's so much fun observing the excited kids take charge in everything," said parent Lew Kum Wai. "It feels good being served by my own daughter. I know she is learning by experiencing these real life scenarios in a fun way."

The day was not complete without parents' participation. A Show and Tell activity showcased five parents in costumes who creatively shared their own professions.

Parent Leow Chee Siong said of the Show and Tell, "By learning about other jobs, the children can get to know the society more. "Overall the event helped them practice good values like respect to elders."



Through the acts of service, the children learnt the importance of good manners, social awareness and even motor skills.

"For example, we train them to always say 'Thank you' or 'Please' every time they serve," Ms Deborah Lim, Kindergarten 2 teacher explained.

Exciting activities, experiential learning and parental partnership all rolled into one. That's what it really means to nurture well-rounded children.



*Parent Mr Poh Seng Leong, presented his career as police Coast Guard in the Show and Tell activity.*



# THINK BEFORE YOU CLICK.

The Internet is a powerful tool but, as Spiderman would say, with great power comes great responsibility.

New Life Children's Pre-Teens Club held a *Social Media and Responsibility Workshop* on 11 August to educate its members on using social media the right way.

With over 900 million Facebook users in this fast-paced digital world, there is no denying that the virtual society has already become an extension of our identity and community.

While the pre-teens were no strangers to social media, their notion was usually rosy without full awareness of its power and reach.

Programme Coordinator Faith Wong said, "While our connection to social media could be very useful and convenient to keep us updated on the news, easily communicate and connect with friends because it bridges space and distance, a lot of threats and downsides are also linked to it."



*A pre-teen shows their group's presentation on examples wherein social media can be good or bad.*

The pre-teens discussed several impacts of interaction in cyberspace. They were given scenarios on how some people use social media sites as platforms to vent frustrations, sadness or even anger. For instance, a girl who got upset with her friend posted rude comments on Facebook. Her friend retaliated with equally insulting remarks. Their offensive exchanges resulted to a virtual fight, and worse, it even continued in school.



The workshop encouraged the pre-teens to stop, think and go. Rather than act on impulse, they should pause and reflect before posting anything online.

"I came to realize how important it is to be responsible when surfing the net," said Pre-Teen Club member Edith, 11. "In just one nasty Facebook post, my reputation could be damaged. I could also offend a friend, or even get addicted by spending too much time and affect my studies."

"Social media can be both good and bad at the same time. The outcome would really depend on the user's intention. Bottom line is, it's always better to think before you click," Ms Wong concluded.

**Victim of social media hazards  
or bullying? Help is here!**

**CRUSH by TOUCH Cyber Wellness**

**Call: 6273 5568 • [www.planetcrush.org](http://www.planetcrush.org)**

**Singapore Children's Society's  
Bully-Free Campaign**

**Call Tinkle Friend Helpline: 1800-2-744-788  
[www.bullyfreecampaign.sg](http://www.bullyfreecampaign.sg)**

## For Your Interest.

### Happy 45th Birthday Singapore!

All dressed in red and white, children from New Life Childcare celebrated the country's National Day through games, dancing and national anthem singing on 7 August.



### Bird Park Fun

Children from New Life Childcare feasted their eyes on the renowned bird paradise and Asia's largest bird park in Jurong on 14 August. They also learnt and gained awareness on the need of conservation of wildlife through exhibits.



### Say Goodbye to Stress

Stress for youngsters come from various sources such as exams or peer pressure. A Stress Management workshop held on 15 September saw members of the Pre-Teens Club learning practical tips on understanding and handling stress for instance eating healthy, time management, and positive thinking.



### Mentoring Lives. Fulfilling Aspirations.

With the theme "Mentoring Lives. Fulfilling Aspirations.", New Life Day celebration on 4 Nov at Bukit Panjang and Woodlands saw a total of 157 volunteer sign ups. The event showcased performances and testimonies of aspirations of youth hub members as well as highlights of New Life's achievements accomplishments and community events for the year.

## UPCOMING EVENTS

December 2012

### Ex<sup>3</sup> Girls Club Workshops

Time to relax and unwind from school! Ex<sup>3</sup> Girls Club members are all set to celebrate post exams by movie watching and workshops on stress and time management.

15 December 2012

### KCC Christmas Celebration

Kids Champ Club will celebrate the holiday season with the theme "Christmas is All About Giving". Children will have a puppet show presentation for their parents and friends. They will also prepare presents for the needy children of TOUCH Community Services Young Arrows.

## OUR SERVICES

### New Life Childcare (Bukit Panjang)

*Nurturing Wholesome Children in Partnership with Parents*

### New Life Children

**(Bukit Panjang & Woodlands)**

*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*

## Support New Life!

Your support allows young lives to be transformed, dreams to be realised and destinies to be changed!

New Life Community Services is a not-for-profit voluntary welfare organisation committed to Mentor the Young and Meet the Needs. Join us to Make the Difference!

Donations received by 31 December will be 2.5 times tax deductible the following year. Kindly provide your NRIC, FIN or CRN to enjoy tax benefits.

For more information, call **6892 4366** or email **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:** Kindly contact us at

6892 4366 or email [donate@newlife.org.sg](mailto: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.**