

# THE NEW LIFE NEWS

Issue 44 | July 2015



**P**ERSERVERANCE

**A**CTS OF LOVE

**E**NCOURAGEMENT

**D**ISCIPLINE

**A**CEPTING DIFFERENCES

When things get rough or if you feel like giving up, hearing the words "You can do it!" would certainly uplift one's spirit. Everyone needs encouragement, and learning to encourage one another is just one of the many character values that the programme P.A.N.D.A Champs aims to instil in the children.

It was the most anticipated time for primary school students once again — June holidays! 50 students from New Life Children & Student Care were engaged in four sessions of fun and purposeful activities of P.A.N.D.A Champs programme with the help of five volunteer mentors. P.A.N.D.A. is an acronym for Perseverance, Acts of Love, eNcouragement, Discipline and Accepting Differences.

The programme aims to promote character

## CHAMPS

building and impart good values in children between the ages of 7 and 10. They were able to apply the values they learnt through fun and intentionally designed games. For instance, perseverance was taught by getting them to move chips placed on their foreheads to their mouths without using their hands. Another example is learning about teamwork by working together on a difficult task such as building a tower out of paper and straws.

Aside from these games, the programme also aims to develop healthy relationships among their peers as well as their mentors. Small group coaching and reflection sessions were conducted after every lesson.

"I love coming to P.A.N.D.A. Champs because I like my teacher Jenn a lot. The games are also very fun and interesting!" shared Zakiah, 9 years old.

"It's absolutely fulfilling when we see the children's behaviours change positively and their characters being moulded at an early age. It's definitely not an instant occurrence but through the programme's curriculum, I believe that it can help cultivate the right habits and behaviours of the students to help them become better persons and character champions when they grow older," said Wendy Sim, Head of New Life Children Programmes & Support.

P.A.N.D.A. Champs will resume during the year-end school holidays. If you have the heart to be a volunteer to bless and be blessed, email us at [volunteer@newlife.org.sg](mailto:volunteer@newlife.org.sg) or call 6892 0979.

# CONGRATULATIONS STEADY READERS GRADUATES!



What a celebration! Ninety children from our Steady Readers Programme graduated in May after having completed the first run of the programme in a total of 24 sessions and an enrichment class. This achievement was possible because of their perseverance and the dedication of a team of 60 volunteer mentors.

Through this programme, children who are not reading at their academic age gain literacy skills from guided reading, educational games and interaction with volunteer mentors.

"My son Thaniel used to be very shy due to his speech difficulty. After attending the Steady Readers Programme, I've seen improvements in him and I am happy to see him on stage speak clearly with confidence. I am extremely proud of him," Mr Tony, one of the parents shared.

More than 700 students have benefitted from Steady Readers since 2007. Till date, there has been an increasing number of children who are in need of the programme.

*If you want to know more about the programme and how to be involved, email [children@newlife.org.sg](mailto:children@newlife.org.sg) or call 6892 8020.*

## STEADY READERS CAMP: LEARNING ENGLISH THE FUN WAY

Parents of children in our Steady Readers Programme have requested for a follow-up programme during the school holidays so that their children could be engaged meaningfully. As such, New Life Children Programmes and Support launched a pilot camp on 24 June with 30 children to further enhance their learning experience.

The camp was a full day programme of experiential learning filled with enjoyable games & interactions, team challenges, storytelling and art & crafts.

Special thanks to the 20 passionate & caring volunteers from Nanyang Technological University.



*Children learnt about teamwork through fun activities*

## MINISTRY PARTNER Q&A CORNER

Christine Yeo, a Masters student in Social Work at University of Melbourne decided to devote her time selflessly to serve the children at P.A.N.D.A Champs and Kids Champ Club (KCC). Get to know more of what she has to share about being a New Life Ministry Partner.

### **Q: What made you decide to volunteer?**

A: I always have a passion for children and since it was my school holiday, I wanted to spend my time productively.

### **Q: How was your volunteering experience?**

A: It's fantastic! I really enjoy serving as it helped me understand and manage children better. It is rewarding to see them enjoy the activities while learning to apply character values such as sharing and teamwork.

### **Q: What is your most memorable experience?**

A: In KCC, the children were given Care Cards wherein they are encouraged to do a list of caring acts such as saying 'Thank you' or offering a cup of water. It was heartwarming when one of the mothers happily shared with me that her son was diligently doing most of the caring acts. He even completed 40 acts in just two weeks! I was so impressed.

### **Q: What inspires you to serve?**

A: It motivates me to see positive behavioral changes in children. Some boys who used to bicker often eventually became good friends. It inspires me a lot to see the kids apply what they have learnt such as accepting differences and showing acts of love.

*You can be like Christine and invest in the lives of the young ones.  
Email [volunteer@newlife.org.sg](mailto:volunteer@newlife.org.sg) or call 6892 0979.*



*"Never underestimate the impact you can make. A small effort can make a big difference in someone else's life," Christine.*

## CHILDCARE SPORTS DAY

It was an exciting day of running, jumping and cheering with exhilaration for 70 children of New Life Childcare and their parents during the energy-packed annual Sports Day on 6 June.

"More than having fun and exercise, the main goal of Sports Day is to develop deeper bonds between children and their parents through spending quality time. We also hope to foster strong family structures within our community," said Ms Yvonne Lee, New Life Childcare Principal at Bukit Panjang.

Sports Day also encouraged building meaningful memories of the children with their parents. This is achieved when the parents participated and cheered together with their little ones throughout the games.

"My favorite part was when I witnessed my husband and daughter, Zelia worked together in the team challenge of the piggyback game. It was really a rare occasion to see her cheering at the top



*Studies show that quality parent time results to improved academic performance and emotional well-being of children.*



*"I'm glad to see my son Samuel learn to be patient as he waits for his turn during the games," - Ruth Ng.*

of her voice for her dad in the parent-child game. The moment was priceless!" Patricia Lok shared.

Another parent, Joyce Ang said, "I'm glad to have the chance know the teachers and observe the environment my child is in. They are very caring and always looking after the children's needs. I'm assured that the children in New Life are in very good hands."

## FUSION YOUTH LEADERSHIP CAMP



Olympic champion Wilma Rudolph once said, "When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome." This was almost the scenario for 20 youth leaders who trekked in a challenging hike as part of a three-day leadership camp. They weathered not only through the sun but also drizzles of rain.

The camp was intentionally designed to instill character values and develop skills such as teamwork, creativity, problem-solving and empathy.

The 14km hike started from Bukit Panjang all the way to Woodlands via connecting parks. Team challenges were also implemented along the hike journey to foster teamwork amongst the participants which was made tougher when the skies poured, and caused the grounds to be wet and muddy.

"Through the hike, the youths

developed resilience and perseverance in the midst of difficulties and extreme challenges. I'm glad every single youth was able to complete the entire journey," said Joel Seah, New Life Youth Manager.

"The hardest part of the hike was during the test of my endurance. I would have given up halfway if it wasn't for my friends and mentors who encouraged me along the way. I was inspired by their 'never give up' attitude," recalled Rafi, 19, who took part in the camp.

Youths also went through a series of activities and games such as touch rugby, blind soccer and treasure hunt. The camp also aimed to empower and equip the participants in leading the year-end community camps on their own.

*Find out more about New Life Youth. Email [youth@newlife.org.sg](mailto:youth@newlife.org.sg) or call 6892 7119.*

## NEW LIFE CHILDCARE @ WOODLANDS IS NOW OPEN!

Our new childcare centre at Woodlands started operations on 15 June. Located at Blk 580 Woodlands Dr 16 #01-582 S(730580), it provides both childcare and infant care services.

*For more details and enquiries, please contact Mrs Debbie Chua at 62195702 or enquiries.wdlcc@newlife.org.sg*



## NEW LIFE FRIENDS' DAY & WORKSHOP



New Life saluted and honoured its volunteers, partners and donors who selflessly offered their time, talents and treasures to mentor the next generation and serve the community.

Thank you to the 118 sign-ups during New Life Friends' Day on 17 May and 48 attendees at the New Life Workshop on 20 May.

You are all indeed blessed to be a blessing.

## YOU CAN BE A NEW LIFE MINISTRY PARTNER!

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 next generation and meet the needs of the community.

Donations received by 31 December will be 3 times tax deductible the following year. Kindly provide your NRIC, FIN or CRN to enjoy tax benefits.

*For more information, call 6892 4350 or email [donate@newlife.org.sg](mailto:donate@newlife.org.sg).*

## OUR SERVICES

### New Life Childcare

Nurturing wholesome children in partnership with families & the community

### New Life Children & Student Care

Mentoring children to become disciplined and confident individuals

### New Life Children Programmes and Support

Loving children by mentoring them to become character champions

### New Life Youth

Building character and developing resilience in youths through life-transforming purpose

### New Life Casework & Counselling

Promoting social change and empowerment to individuals to enhance their well-being

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