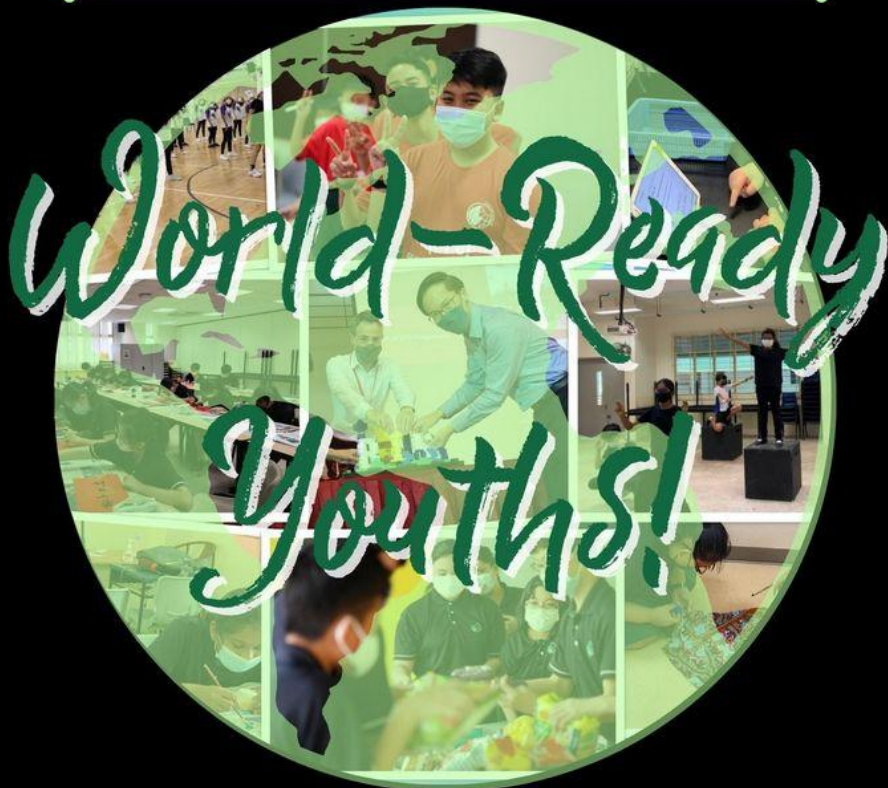




JURONGVILLE NEWSLETTER



An Interview
with our Vice-
Principal

Celebrations &
School Events

Mental Health &
Cyber Wellness

Preparing for the
Singapore Youth
Festival

Mr. Gideon Yong



Aurelia Sarah Ramli (3RP)



Neo Eng Jun (3DP)

On the 10th of March, 2021, two of our student reporters got the chance to sit down with Mr. Gideon Yong, our school's Vice-Principal, and chat with him about a variety of different topics. If you're curious about who the newest addition to our JVS family is, read on to find out more!

Good afternoon, Mr. Yong, and thank you for taking time out of your busy schedule to sit down for a chat with both of us. It's my pleasure.

What was your first impression of Jurongville when you first stepped into our school?

After having taken a walk around the school, I feel that the school is quite spacious. I personally liked the study spaces because of all the inspiring quotes from famous philosophers. It was refreshing to see that most parts of the school were already renovated!

Can you share with us your journey as an educator and school leader thus far?

I first started teaching at Jurong Junior College in 1994. I taught there for 10 years as Subject Head of Physics. Then, I was posted to North Vista, Teck Whye and New Town as Vice-Principal (VP) of each of those schools before coming to Jurongville. To date, I've been an educator for a total of 28 years.

My journey as a VP has taught me to be always humble, and to always be ready to learn. Having had the chance to work with many different principals, teachers, key personnel and other school staff has enabled me to contribute to each school in different areas like character development, teaching and many others.

What changes do you plan to initiate under your leadership here?

I feel that our methods of teaching and learning are important to look at, as technology is developing and we can't teach the same way that we did 10 years ago. Things have changed so much since then! So, that is something that we will have to think about moving forward.

Another thing that is close to my heart would be the character development of our students, as I feel that this is the most basic thing that I would seek to improve as an educator. If I were to choose between academics and character development, character development would always be my first priority. I feel that character values are truly learnt for life!

"My journey as a VP has taught me to be always humble, and to always be ready to learn."

- Mr. Yong





**"Personally,
I feel that
there is so
much more
potential
that has
yet to be
discovered
in
everyone."**

- Mr. Yong

What are your hobbies and interests?

I enjoy going on jogs a few times a week, either with my family or just by myself. I also enjoy going to the gym to exercise sometimes. Physical activities aside, I find pleasure in oil painting, an activity that was introduced to me by one of my colleagues in a previous school. I find oil painting therapeutic and it helps me to unwind after a tiring day.

What's one thing that you like about Jurongville?

I feel that it's still too early to say what is the one thing that I really like in Jurongville. But if I were to choose right now, it would be the teachers. The teachers here are truly very kind and caring.

I also feel that there is this sense of openness between our staff here in Jurongville, and that we are quite united in our purpose. I think that this trust and openness is precious, and it is the foundation on which we will build a better future.

Is there anything that you think can be done better or further improved in the school?

Students and staff alike should work to dream bigger, in order to achieve bigger goals. Personally, I feel that there is so much more potential that has yet to be discovered in everyone, and that we should all be daring enough to set our goals and find ways to reach them.

Lastly, any words of encouragement to our fellow JVNites?

Dare to dream. Dare to work on your goals now! This is something that I feel many students need to hear and act on. I feel that we should always be daring enough to try out whatever we desire.

Secondary One Orientation & CCA Exposure Programme



Sofia Olivia (3DP)



Neo Eng Jun (3DP)

It's 6.30 in the morning on 4 January 2021, when most students are still at home, and there're already students in school. What is the reason they'd wake up so early on the very first day of school, you may ask? They're preparing for the Secondary 1 Orientation Programme, of course!

These hardworking Student Councillors are here to make sure our new Sec 1s get to build strong friendships with their new friends and fit into the school environment without a hitch. Here are a few highlights from what went on during the Programme...

One of the first activities that the Sec 1s took part in was the Class Identity Activity, or CIA, where they created original and creative identities that would represent their classes. From these identities, they designed meaningful and distinctive class flags. They had the time of their lives trying to come up with ideas for this project, and tried their best to stand out from the rest of the classes!



Students from 1 Empathy hard at work painting their flag!

Another highlight was definitely the percussion performance that our Sec 1s pulled off, with lots of resilience and enthusiasm. In spite of all the tiring activities throughout the orientation, they still managed to muster the energy to perform their best! Using tables, chairs, claps and various body movements, our Sec 1s produced energetic and dynamic rhythms that shook the ground. We, as their facilitators, were gratified at the amount of effort they put in.



Students from 1 Passion preparing for their performance!

After experiencing the 2 events above, we felt like we had learnt so much about our Sec 1s! The next activity, CSI, was actually adapted from the television show, Crime Scene Investigation. This is a game that actually requires the Sec 1s to investigate a crime scene to find the perpetrator of the crime. During the whole investigation process, we gave out clues to help them in their investigation! I could still remember how well the Sec 1s bonded with each other throughout this game! As this game actually required the Sec 1s to communicate with each other, many of them were really eager to participate in the game and thus, got to know their classmates a lot better. Best of all, many classes guessed all the culprits for the different scenes correctly!



Some of our Sec 1s, about to embark on the Blind Course!

As Student Councillors, we were utterly satisfied with our Sec 1s' reactions to their Orientation Programme. Whether it was the Nerf War, the Blind Course, or the Treasure Hunt, we could see that all these activities helped them fit in, both among their classmates, and into the school as a whole. More than that, this Programme has definitely proven to be an unforgettable and wonderful experience for both the Student Councillors, as well as our Sec 1 students!



From JVS with Love



Nettiara Eldyna (2PE)



Nur Eliyana (2PE)



Rishi Vathul (2EM)

On the 15th of January 2021, the students of Jurongville Secondary School showed their appreciation, care and support to families in need by giving out hand-packed hampers! All classes of various levels were encouraged to bring their household equipment or food items, and our JVNites were more than happy to donate food and necessities ranging from instant noodles and toothbrushes to the nationwide favourite, Milo. After placing these items in the hampers, they also had to make sure that everything was well packed and wrapped properly. Then, they proceeded to decorate their hampers!

After the hampers were packed and decorated, our seniors from 4 Perseverance dedicated an afternoon to delivering the hampers to the collection point, a few blocks away from school. It wasn't easy, as that afternoon was sweltering and they had to walk quite a distance. They also ran into a few hiccups along the way, as some hamper wrappings came off as they were being delivered. Our seniors even had to make two trips, as there were a total of 76 hampers but only 30 seniors doing the delivery!

Nevertheless, they persevered as they knew they were doing it for the less fortunate. Though they spent an hour and a half in total under the hot sun, they still felt happy to help! For us, Project Love is a way to show everyone that we care and want to help them, especially the elderly or families in need. It is also a way to show our gratitude for the things we have, and to pay forward the kindness that others have shown us before.

The JVS Student Reporters would like to thank the students of 4 Perseverance for their contributions to this article.



CELEBRATING

CULTURE

MOTHER TONGUE LANGUAGE FORTNIGHT



Yuwana Yousuff
3EM



Foo Ming Fei, Ryan
2RP



Suzie Elyanie
2RP



This year's Mother Tongue Language (MTL) Fortnight gave JVNites opportunities to enjoy a diverse range of experiences and learn more about their own cultures! Let's hear from some of our schoolmates to find out what they enjoyed about the activities!

Drawing Upon Tradition



"My Tamil class learnt about the history of Henna drawing. We even learnt how to draw interesting patterns by ourselves! Seeing this traditional art come to life through hands-on activities really helped me understand the need to preserve the art form."

Shiva, 3 Respect

Brushing with the Greats

"I had the rare opportunity to learn about Chinese Calligraphy - namely the history and application of it. One memorable thing about this activity was when I learnt about the works of the past calligraphy by masters. The strokes were really elegant and beautiful which left me in awe."

Ryan, 3 Discipline



Being Creative with Traditional Fabrics



"What was fun for my friends and I was that we had the chance to eat and try different traditional Malay delicacies and play traditional Malay games such as Capteh, Batu Seremban, Gasing. Even though we did not manage to go for any learning journeys, we also learnt more about traditional fabric patterns and the significance of traditional clothing."

Suzie, 2 Perseverance



A New Spark for a New Year!



Yuvana Yousuff (3EM)



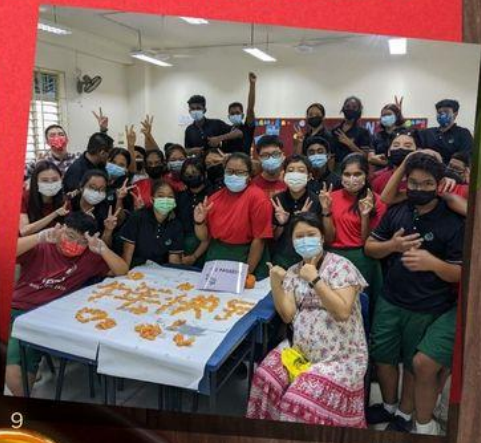
Ng Yun Zhi (2RP)

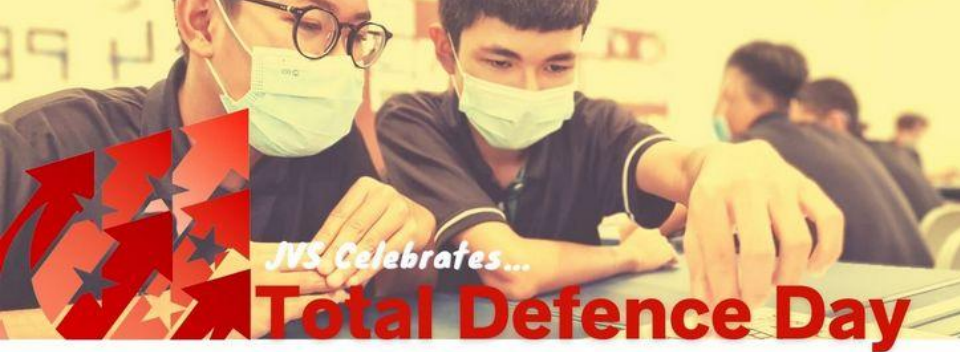
This year, the students of Jurongville Secondary School celebrated Chinese New Year amidst the Covid-19 pandemic. Despite that, though, we were still able to have much fun while restrictions were in place. We were truly determined to start the new year off on a good note. Come and let's Zoom in to the concert!

To start the ball rolling, the lovely emcees shared with us a story called "The Great Race", about a competition between the 12 animals of the Chinese Zodiac. After that, we were all treated to a rousing series of performances from our school's very own Performing Arts CCAs!

There was never a dull moment, as between every performance was a Kahoot quiz, with attractive prizes awaiting the classes that managed to win! Interspersed with these quizzes were tidbits of information about birthstones and zodiac signs of each batch of students currently studying at JVSS.

All in all, this year's Chinese New Year celebration was indeed a safe, splendid and memorable event!





Joel Chang (3DP)



Danish Aniq (3DP)

On the 15th of February, schools all over Singapore celebrated Total Defence Day (TDD), and Jurongville was no exception! Teachers and students alike gathered to commemorate this special day with a wide range of activities. From informative displays to inter-class games, Jurongville had it all!

Firstly, there was a special display put up outside the General Office. Students got the chance to learn more about how to observe Total Defence. Students learnt what they should do in the event of a terrorist attack, how to stop the spread of fake news, and what to do when they encounter suspicious items or persons. Students walked away with valuable knowledge from this informative yet interesting exhibit, now able to play their part in protecting their country.

Additionally, the school organised "Among Us"-themed inter-class games. Every morning during the week leading up to TDD, classes would complete activities and turn the completed activity sheets in as "tasks". The class that had the most surviving crewmates would then stand to win prizes. It was truly heartwarming to see both teachers and students rallying together to solve the unique puzzles presented to them!

Students also got the chance to play a special version of Snakes and Ladders, combined with a deck of cards made just for TDD. This fresh twist on an age-old classic provided much enjoyment for JVNites.

While we might observe Total Defence Day in a celebratory manner every year, we must nevertheless remember that it commemorates the day on which Singapore fell to Japanese rule. At the end of the day, we celebrate Total Defence Day as a reminder that we can all play a part in keeping ourselves, our loved ones and our nation safe.



Mr Ng Aik Song posing with the TDD exhibit in his Army uniform! Some of our teachers donned their National Service garb to commemorate Total Defence Day this year.

"The TDD game was a roller coaster of emotions, with every success celebrated with a cheer and every failure met with a groan. But no matter how we fared, it was fun being able to enjoy it with my close friends."

Hemanthraj, 3DP



JVS Run4Earth 2021



Parthasarathy Vaideghi Pavithran (3IN)



Shanmugavelu Velu (2DP)

"Run when you can, walk if you have to, crawl if you must; but never give up."

- Dean Karnazes

Imagine this...

The next lesson coming up is PE. You're happy about it, you think you're going to play some fun games, maybe badminton, basketball, or captain's ball. However, your PE teacher then mentions that you and your class are going to clock some distance for the JVS Run4Earth Programme! You get annoyed, and assume it's just another excuse to get you to run some ridiculously long distance. It's actually much more than that! Here's why.

The JVS Run4Earth Programme aims to encourage fitness and invoke a sense of love for our planet in our students. During our PE lessons, we'll all collectively run enough distance to encircle the Earth once, starting from Singapore and eventually coming back around to end in the same place.

Hopefully, this programme will get JVNites to come together to achieve the huge goal of running around the globe once! In the meantime, we can all look forward to an active and healthy lifestyle with our friends and classmates.

Did you know...

- The circumference of the Earth measures a whopping 40,075 kilometres! That means that each student will have to run 2.4km almost every PE lesson.
- At the time of writing, we've reached Myanmar. Soon, we'll be arriving at Dubai!
- Every month so far, we've collected 1,000km of distance. That's amazing!
- Running helps to build strong bones, strengthen muscles and even improve mental health!

"Since we couldn't have a mass running event because of COVID-19, we thought we would instead give each class their own run, facilitated by the PE teachers themselves. This way, we could still have something similar to the Annual Run, while also sticking to the COVID-19 guidelines."

- Mr Adriel Chia

"At first, I found all the running to be very tiring, but it did help me reduce my NAPFA 2.4km run timing from 15 minutes to 11 minutes."

- Shanjeev, 2DP



Preparing JVnites for Brighter Futures



Joel Chang (3DP)



Danish Aniq (3DP)

On 22 March 2021, Jurongville Secondary School had the amazing opportunity to launch the Johnson & Johnson Bridge To Employment (BTE) Programme. Launched in Singapore for the first time, BTE is working with local community partners, like Jurongville Secondary School (JVSS), to develop a 3-year programme focusing on academic and career advancements for students.

The principal of our school, Mr Chan, opened by delivering the Principal's Address and was very enthusiastic about our school's collaboration with our partners: Johnson & Johnson, and social services agency Trybe. He quipped, "Like all good marriages, we have to synergise our strengths and resources for the kids."

So what is exactly is BTE?

The BTE programme is positioned to complement the Applied Learning Programme (ALP) and Education Guidance Counselling (ECG) to help the students identify their interests and make more informed education and career choices. The student participants were selected based on their passion in the STEM2D field.



When interviewed, Mr Chan expressed his hope that the programme would help nurture students to develop into better leaders, communicators and team players who have a strong commitment to the programme.

Mr Guillermo Frydman, the Managing Director of J&J, also gave a short presentation about BTE and how it has grown from a local partnership to a global initiative over a period of 25 years. Besides explaining how this programme will strengthen the connection between the classroom and the real world, he also shared his hope that BTE can "inspire young students to be the catalysts of change and innovation".

This launch was merely the tip of the iceberg for the student participants. After pledging to give their best to the programme, they all looked to be excited to begin! One thing is for certain - this programme will be a memorable experience in their journey as students in Jurongville. They're surely raring to go!

What are the aims of BTE?

- 👉 Academic enrichment
- 👉 Career readiness and exploration
- 👉 Higher education exploration and preparation

"Like all good marriages, we have to synergise our strengths and resources for the kids."
- Mr Chan

Straining Your Brain?



C. Tharani
2PA



Ghoshal Adira
3IN



Adrienne Goh
2IN

Did you know?

Mental health issues are more common than you might think. In Singapore, an average of one in every seven people has experienced a mental illness at some point in their lives.

W

hen it comes to mental health, the things that often spring to mind are probably a person's well-being or state of mind. But that's not all mental health's about. In fact, those two aspects alone barely scratch the surface of the concept of mental health! There's so much more we need to learn about it, as it's become an important topic in our daily lives. In this article, we'll be discussing the various types of mental illnesses, why they occur and how we can respond if we are in poor mental health.

What are mental illnesses?

Mental illnesses are a group of illnesses that include symptoms that affect a person's thinking, perceptions, mood and behaviour. The types of mental illnesses can range from minor to severe, depending on whether they're given proper treatment or not.

On the right, you'll see examples of some of the more common forms of mental illness.

Why should we be concerned?

The number of people experiencing mental health issues has risen in recent years. In 2010, 12% of the Singapore population -- about 1 in every 8 people -- had experienced mental health issues at some point in their lifetime. By 2016, this figure had increased to 13.9%, or 1 in every 7 people.

Although not typically thought of as important, mental illnesses often have a big impact on the daily lives of those it affects, especially teenagers.

Anxiety disorders

refer to specific psychiatric disorders that involve extreme fear or worry. Ever had an irrational phobia of a thing or situation that you can't explain? That's one example.

Eating disorders

are illnesses in which people experience disturbances in their eating behaviours, as well as thoughts and emotions related to eating.

Depression

is a constant feeling of sadness and loss of interest, which prevents people from carrying on with normal daily activities. Victims of depression are often unable to feel any emotion other than sadness.

Attention Deficit Hyperactivity Disorder

is also known as ADHD. It is a mental health disorder that can cause hyperactive and impulsive behaviours.

Coping with Stress

Stress is one of the major causes of mental illness. Studies have shown that being in stressful situations is correlated with a higher likelihood of developing various mental illnesses later in life.

Below, you will find a few strategies we've put together that might be useful in managing stressful situations that students frequently face.

Sleep well

Maintain good sleeping habits. Set a bedtime and stick to it! For more information, check out our article on Page 20.

Take breaks!

Between study sessions, remember to take some time to unwind and decompress. Take a walk, play a game, or just spend some time relaxing. Doing this actually makes you more efficient even though you might spend less time actually studying.

Exercise regularly

Do you often feel trapped by all your responsibilities? Sometimes literally running away for a while can help. Exercising gives your mind and body something else to think about, which distances you from the problems that might be stressing you out. Exercising regularly also keeps you fit and healthy!

Now, as more light is being shed on mental health issues, questions are being asked about why mental illnesses occur, and how they can be prevented.

What causes mental illness?

There is no single cause for mental illness. A large number of factors can contribute to the risk for mental illness, such as:

- Genes and family history
- Life experiences, such as stress or a history of abuse, especially if they happen in childhood
- Biological factors such as chemical imbalances in the brain
- A traumatic brain injury
- A mother's exposure to viruses or toxic chemicals while pregnant
- Use of alcohol or recreational drugs
- Having a serious medical condition like cancer
- Having few friends, and feeling lonely or isolated

Although the above may seem like a laundry list of things that may happen throughout anyone's life, just two of the above factors are the ones that are responsible for the vast majority of mental illnesses in teenagers like us, today:

Life experiences, especially stress

Generally, many students will agree that school is a source of stress! No matter how good we are at our studies, there is always something about school that will stress us out and cause all sorts of different emotions to surface. Once these emotions get overwhelming, that's when mental illnesses make an appearance.

Having few, or even no friends

Many of us can't live without our friends. They're a source of support: helping us when we need help, comforting us when we're feeling down, and most of all giving us a sense of belonging to a group of people we feel comfortable with. But that's not all! Having friends to talk to can help to drive away feelings of loneliness and isolation, preventing the cycle of negative thoughts that often leads to mental health issues.

It's never too late to start making friends. People around you whom you interact with on a daily basis are a great place to start. Be genuine and be willing to connect with another person and you will be able to find new friends soon enough!

The Online Presence Report

How do our actions affect others?



Parthasarathy Valideghi Pavithran (3IN)



Ng Yun Zhi (2RP)

There are lots of things we can do online, but that doesn't mean that everything we do online is good. It also doesn't mean that our actions online don't have consequences. There are always consequences - sometimes these are positive, but sometimes they can be negative as well.

Furthermore, anything we do or say online can often be traced right back to us through the trail we leave behind us on the Internet. No matter the action - whether be it compliments, bullying, or harassment - it's impossible to hide one's digital footprints, which others can easily use to trace actions back to the person who's ultimately responsible for them.

Negative effects

- The things we do online can make people feel insecure about themselves, especially with the comments we make. Accumulated negative or hateful comments could bottle up and snowball, which can cause the person receiving them to take drastic measures.
- Many people take overly cruel and vicious actions against others who they think have wronged them. As many of us spend more time with our friends online than offline, imagine the negative impact this could have on the person!

However...

So far, all the consequences we've mentioned are the bad ones. Sometimes, our actions online can do good, either to others or to ourselves.

Positive effects

- It always feels good when we do something nice. If we are lucky, someone might even take notice of our action, and credit us for it. This will surely boost our confidence.
- People often share their expertise or opinions in the digital world and this helps broaden our horizons. Home-Based Learning (HBL) is a good example of this!

Remember, our actions online always have consequences! Even if we don't see the person face-to-face, everything we do or say eventually affects them. Learning to be more considerate online can only be a good thing.

The Online Presence Report

Influential or Influenza? The truth about influencers...



Martin Rezki (3PE)

Influencers play an important role in students' lives. Because students spend a large part of their time watching, viewing, liking, forwarding, and commenting on influencers' content, the level of involvement with influencer content seems high. Also, students tend to turn to these influencers not only for entertainment, but for information, advice, company and comfort too.

What's great!

Influencers can have a huge follower base. Some can even have follower numbers in the millions! Many use this to inspire others to be like them in a positive way - in beliefs, habits, or behaviour. Others use this as a way to get people to follow or donate to worthy causes like charities.

They are trusted by their audience. People tend to trust influencers more than other celebrities or brands, and they listen when influencers talk, as they are seen as passionate individuals who stand behind their beliefs and opinions.

Influencers can motivate others. Though many may find this hard to believe, becoming an influencer is a long and difficult process that takes a long time to yield results. It's not possible to become an influencer overnight. Therefore, many influencers have inspiring personal stories that could give youths the nudges they need to put in more effort.

What's not great...

Influencers can be irresponsible. Many influencers do not think deeply about their content before posting it. If their audiences are impressionable, they might follow in the footsteps of their favourite influencers without stopping to consider if something is wrong or right.

Fake followers are a thing. Some influencers are so desperate for fame that they fake follower counts to exaggerate their popularity and social reach. People may be tricked into thinking these influencers are more famous than they really are.

Many influencers use clickbait. Clickbait is a title or slogan that is designed to attract as many "clicks" as possible, without regard for truth or honesty. Many influencers are reliant on this, which may send the wrong message to their audience that it's okay to lie just to get attention from others.

The Online Presence Report

Cyberbullying and How to Deal with It



Keerthana D/O Mutharasu (4DP)



Jaiswarya Lakshmi Suriya (4DP)

What is cyberbullying?

Cyberbullying is defined as bullying that takes place over digital devices like cell phones, computers and tablets in the form of SMS, texts, or online comments and posts on social media.

Causes of cyberbullying

- Revenge for the bullies' peers
- For entertainment purposes
- To boost the bullies' ego
- To get a laugh from the bullies' peers
- To help bolster or remind people of the bullies' own social standing

Possible effects of cyberbullying on victims

- Suicidal thoughts or actions
- Loneliness and depression
- Not wanting to go to school or mix with peers
- Becoming distrustful of others
- Practising self-harm

What can we do when we are cyberbullied?

- We should first stay calm and not panic or spiral into negative thoughts.
- We should not retaliate since that's what many cyber bullies want. Bullies love challenges, and love getting reactions out of their victims.
- We should save the evidence of the online threats. Do take screenshots and save messages as evidence of the harm that has been done to us.
- We should report the bullying to a trusted adult and ask for advice.
- We should block the bully and stop all communication with them.
- We should make a police report if the bully makes a real-life threat, such as "I'm coming to kill you now". Such threats should be taken seriously as they involve actual bodily harm.

Students should always remember not to believe everything they read or see online and remember what schools have taught them about online trolls. They should then be able to step up and know what to do when facing a cyber bully. They will then be able overcome these online threats and help other victims.

UP CLOSE AT THE SINGAPORE YOUTH FESTIVAL



Adrienne Goh (2IN)



Sofia Olivia (3DP)



The New Normal

According to Mrs Clara Lim-Tan, Director for Arts Education at MOE, "The resumption of this year's SYF Arts Presentation (AP) represents the dawn of a new norm for the performing arts in schools."

Due to the current Safe Management Measures (SMM) and disruptions to performing arts CCAs, the SYF underwent some changes in order to enable as many students to participate as possible. For example, schools can send in more than one team for each category and thus, there are even more opportunities for CCA groups to involve their students as compared to previous years.

As student reporters, we are curious to find out how these changes have impacted Jurongville's two performing arts CCAs - the Concert Band and English Drama Club.

How have the changes affected our Performing Arts CCAs?

"This year's SYF requires no vocal projection and mandates the wearing of masks during performances. So, we need the actors to focus more on their body movements rather than their voices. This challenges the English Drama Club to be more expressive, and it's a different kind of acting this time round!"

- Ms Kathleen Tan, Teacher-in-Charge of English Drama Club

"Playing wind instruments could mean transmitting COVID virally as players are in the same room. Thus, members have to be more self-disciplined in following preventive measures, such as maintaining at least a one-metre distance from one another during combined practices (with the whole band) and cleaning their spit bowls more often than usual for certain instruments."

- Wei Xiang (4EM), Band Major of Concert Band

Do you think our CCA members have been adapting well to these changes?

"Definitely. It's quite new to me to be wearing something that completely covers my face throughout a performance. It was a challenge at first to make ourselves heard clearly but with many practices, we managed to achieve it. This experience has also helped me to better understand how drama evolved from past traditions when people used to wear masks for events like rituals, and to portray different characters in traditional performances."

- Pavi (3IN), English Drama Club

"It's not an easy journey especially for the current Secondary Two students who had to learn the instrument via online sessions. I'm glad that the members are understanding and cooperative in coming together again for SYF 2021."

- Mr Toh, conductor of Concert Band

"I think we coped well despite the challenges. Though we initially struggled to find an appropriate venue where we could make our recordings, we finally managed to record in the school hall with the help of teachers, especially Miss Pauline Fong. Next, members remained focused and positive even though the details to the day of our live performance were still unclear due to the COVID-19 restrictions."

- Ming Feng (3DP), Concert Band

"Making the masks was not easy as each actor needed at least 3 masks - all with different designs. Everyone (even non-cast members) had to pitch in and painstakingly hand paint and add accessory by accessory. It was a laborious process and they had to keep their masks on at all times which was quite uncomfortable. However, the members persisted and were rewarded with intricate and beautiful pieces of art."

- Louis (4RS), English Drama Club



Band members rehearsing in the Multi-Purpose Hall



Describe in one word how the preparation for SYF has been for you.

"Fun. I enjoy playing music as it relieves my stress from studying hard."

- Ming Feng (3DP), Concert Band

"Fulfilling. I've learnt many valuable lessons from band these past 4 years."

- Wei Xiang (4EM), Concert Band

"Tough. Working hard during COVID-19 is not an easy task."

- Zhen Yi (2RP), Concert Band

"Fruitful. I developed more confidence to speak on-stage and discovered I had a talent for performance."

- Irfan (2IN), English Drama Club

"Amazing. Everyone put in their best effort and we were rewarded with a Certificate of Accomplishment."

- Mukesh (2IN), English Drama Club

Sleep at Home Not in School!



Aurelia Sarah Ramli (3RP)

Ever been caught sleeping in class?

Getting proper sleep is crucial for teenagers like us, especially at our age when growth spurts are more likely to occur. Nevertheless, the quality of our sleep can get disrupted due to unhealthy habits or factors that may potentially prevent us from getting a good night's rest.

So, how can we clock in our recommended 7 to 9 hours of sleep with ease every night?

Certain activities interfere with the release of melatonin, a chemical that allows us to fall asleep and maintain a regular sleep routine. Avoiding such activities can go a long way towards helping us reach slumberland in a timely manner.



Nur Hannah (3RP)

Do...

Develop a sleep routine. Before sleeping, relax your mind by thinking about positive things. A warm shower may help in this regard.

Have a cup of tea! Drinking a cup of caffeine-free tea before bed helps as it can reduce anxiety and initiate sleep cycles. Some helpful teas include chamomile tea, peppermint tea and lavender tea.

Don't...

Use electronic devices before bedtime. Important though TikTok may be to many of us, this might interfere with melatonin production and cause wakefulness.

Consume caffeine late in the day. Caffeine stimulates the nervous system and stops you from naturally relaxing at night. It's best to stop drinking it by late afternoon.

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