



JURONGVILLE NEWSLETTER



#JVSSpeaks! Our Students' Voices

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Sec 1 Orientation *and* CCA Exposure



Sophia Alvarez (3E1)



Ruth Martinez Villegas (3E1)

This year's Secondary One Orientation started on 2 January. It was an event that was planned and organised by our Student Council members.

This event aimed to welcome the new students and make them feel comfortable in the new environment. We were not quite sure as to what to expect, as this was the first time we, the student leaders, had ever facilitated a Secondary One Orientation Programme.

While it was a learning experience for the Secondary One students, the Student Councillors also learned just as much as they did. This event helped us hone our leadership skills and empathise with them better.

Meeting Our Juniors for the First Time

When we first met the new Secondary One students, most of them were quite shy and hesitant to open up to us, which was fairly reasonable considering they were in a new environment, surrounded by people they did not know.

We understood how they felt because we had been in the same situation when we were in Secondary One. Just like what we had done in the past, our new students mingled and worked with their new classmates. Initially, we found them to be a little intimidated, but they eventually got the hang of it!

As their facilitators, we had to ensure that every Secondary One student was participating in the activities, and tried to make the activities as enjoyable for them as possible. At times, we would have to be firm and strict, but overall, we ensured they had fun in the hope that the event would become a lasting and poignant memory.

The CCA Exposure Programme

Another experience the Secondary One students went through was the Co-Curricular Activities (CCA) Exposure Programme which was an exhilarating process for them as they got to explore all the CCAs that Jurongville has to offer.

This enabled them to have a better idea as to which co-curricular activity they would like to join, ensuring that they chose one which they have a genuine passion for.

While the exposure sessions with each CCA were meant to be short, some of the students had so much fun that they even asked for a time extension!

The CCA Exposure Programme lasted two days. We felt that it was a fruitful time for the Secondary One students to experience the various CCAs in Jurongville, and it was definitely a delightful and eye-opening experience for them!



Waiting excitedly for the games to begin...

"The Sec I Orientation helped me make more friends. Through the activities we participated in together, I got to know my classmates better."

-Shanjeev, IE2



A demonstration by the seniors!

"I enjoyed the icebreaker session so much. I wish it was longer."

-Adrienne, IE1

A SPARKLING START TO THE NEW YEAR!



Neo Eng Jun (2E2)



Wong Jun Yuan (3E1)



On the 24th of January, all JV-nites gathered in the school hall to celebrate Chinese New Year together! Mr Chan's opening speech marked the start of the concert. Following that, we had our very own Chinese Orchestra who performed a pleasing piece titled 《新年歌儿大家唱》("Let's Sing the New Year Song")!

Immediately after, the International Dance members performed to a vibrant and catchy song which quickly caught the attention of many in the crowd. Their amazing dance moves and choreography were breath-taking, and the dancers received a thunderous round of applause from the audience.

The Angklung Ensemble gave us a cheerful performance to create a light-hearted atmosphere, while the Batucada group played a more upbeat number which had everyone tapping and clapping along. Then came the Symphonic Band which treated us to a mesmerising succession of harmonies. Finally, our Choir sang popular traditional songs which enlivened the atmosphere for us all!

In between performances, our two student emcees conducted a quiz about Chinese New Year traditions. Cute soft toys were given out to JV-nites as a reward for answering the questions correctly! Besides the quizzes, the school also invited a contortionist with superb flexibility to perform on stage for everyone. It was truly an amazing and awe-inspiring show!



MTL FORTNIGHT



Sofia Olivia
2E1



Danish Aniq
2E1



Nadda Naz Aqila
3E3



Kayshini Shunmugum
3E3

During the Mother Tongue Language (MTL) Fortnight, JV-Nites were given the opportunity to enjoy a gratifying annual programme that allowed them to learn about their different cultures! Students enthusiastically engaged in various activities with their Mother Tongue classes.

Wau! What an Experience!

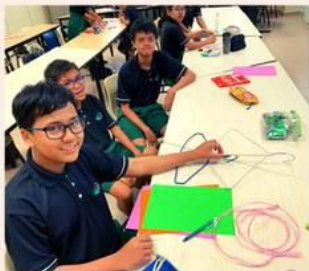
The Secondary Two (Express) Malay Language students learnt how to create a traditional kite called the Wau.

With the help of Mdm Shafizah, the students used many types of materials to create the kites. They worked like well-oiled machines to create compelling masterpieces!

The finished works featured many unique and vibrant designs. Some were more traditional with flowers and Batik designs, while others were a riot of colour! At the end of the day, every group got to take home a beautiful masterpiece that represents the Malay culture.

Tradition is not the worship of ashes, but the preservation of fire.

-Gustav Mahler



Back to Our Roots

On 30 January 2020, the Secondary Three Malay Language students went to the Malay Heritage Centre (Taman Warisan Melayu) to learn about Malay history and tradition. Each group of students was given a booklet that was to be filled with information from the exhibits at the Malay Heritage Centre.

Although the activities the students took part in were quite challenging, students from other groups did not mind pitching in to assist in filling in the booklet. In doing so, our fellow JV-Nites definitely displayed the PRIDE values of perseverance, empathy, and respect!



Leave It To Art

On 4 February 2020, the Secondary Three Tamil Language students learnt how to make traditional decorations called Thoranam, which are hanging fronds of tree leaves that grace the entryways of homes and temples.

While some of us were initially intimidated by the prospect of making Thoranam as we thought it was really difficult, we realised soon enough that it was actually a rather straightforward process. By the end of the activity, we had mastered the art of making beautiful decorations from coconut leaves!



Embarking On A Culinary Journey

The Secondary Two Chinese Language students went on a delightful escapade that celebrated the uniqueness of the Chinese cuisine.

Some classes took the sweeter route, learning to make Tanghulu (糖葫芦, or candied fruits). Students boiled their own candy and dipped all kinds of fruits into it before letting it cool into a hard, crunchy shell.

Other classes tried their hand at cooking a wide range of foods, learning to make dumplings from sheets of dough and filling, or cooking rice balls in boiling water. No matter which food was being made, one thing was evident: all of us had great fun!





PROJECT *Love*

GIVING AND SHARING WITH THE COMMUNITY



Keerthana D/O Mutharasu (3E2)



Jaiaiswarya Lakshmi Suriyah (3E2)

On Saturday, 18 January 2020, our two 4N(T) classes took a little trip down to the blocks of flats near the old Hong Kah Secondary School. These students went there for their Values in Action (VIA) project called 'Project Love'. The objective of the project is to bring people of different ages and races together for a common cause—to touch and improve the lives of disadvantaged families.

Many of our seniors had a great time there! However, the work was not without its challenges. One of the challenges they faced was not being able to distribute some hampers as the owners of the flats were not home, so they had to bring the hampers back to the main base. One student from 4T1 cited the language barrier with the residents as his main challenge. However, with the help of the volunteers in his team, the gifting went smoothly even though some residents did not understand English.

Our fellow schoolmates definitely remained enthusiastic in carrying out their task as most of them mentioned how happy and relieved they were when they saw the beautiful, priceless smiles on the residents' faces. One student from 4T1 said that he believed the hampers would certainly help them and ease their burden, and was more than happy to help in any way possible.



A Rousing RENDITION



Sandi Noe Noe Htet (3E1)



Nisha Phrakas (3E3)



On 17 January 2020, our school's Choir and Angklung CCAs performed at Limbang Shopping Centre to celebrate Chinese New Year. We performed a variety of songs for people of all ages. Our Choir engaged the audience with a sing-along session, performing songs like 贺新年 ("Celebrating the New Year"), 迎春花 ("Let's Welcome Spring!"), and 大地回春 ("The Return of Spring"). The Angklung Ensemble then serenaded listeners with the songs 恭喜恭喜 ("Happiness to You") and Believer, by Imagine Dragons, which put everyone in a lively mood.

Despite some last-minute changes, we managed to put on a good show for our audience. It was gratifying to see the crowd gradually respond to our playing and singing. As the performances went on, we became more relaxed and confident on stage. Both CCAs put in tremendous effort to ensure the performances went smoothly and they definitely did our school proud!



ARE WE KIND ENOUGH?

by Lenny Cheong (3E1) & Ang Wei Xiang (3E1)



Lenny

During the Covid-19 outbreak, there were many heartwarming acts carried out by fellow Singaporeans. Click or tap on the links below to learn more!

- Ms Connie Ng, who [placed masks in the lift for her neighbours](#).
- Singaporeans from all walks of life coming together to [give out free masks on Carousell](#).
- Social worker Tong Yee and his daughters who [surprised healthcare workers with free breakfast](#).

Even though we are physically apart from each other during the Circuit Breaker, it is gratifying to see how people from different walks of life have come together to show appreciation and gratitude to our healthcare workers, as well as to provide emotional support for one other.

From these inspiring stories, the generosity and kindness of some Singaporeans shine through.

**"NO ACT OF KINDNESS, NO MATTER
HOW SMALL, IS EVER WASTED."**

This oft-repeated adage encapsulates perfectly the importance of kindness—it can be a simple thing, but can nevertheless have an incredible impact on those who receive it. In this opinion piece, our two student writers examine current trends of behaviour, and discuss the key question: Are Singaporeans kind people?



Wei Xiang

The recent Covid-19 situation has actually made many Singaporeans more socially aware and responsible. However, this does not mean that ungracious acts have disappeared completely.

During the outbreak of Covid-19, Singaporeans were largely compliant with the government's countermeasures. However, the spread of fake news about the possible lack of food supplies led to selfish acts, such as the panic buying of goods from supermarkets. This died down promptly after our [Prime Minister's address to the nation](#) in February.

Despite the unusual situation we find ourselves in during these times, one must admit that there is some kindness to be had. Recently, Singaporeans celebrated our healthcare heroes by [organising a round of applause to all workers in the healthcare sector](#), to demonstrate appreciation for their continued willingness to fight on the front lines against Covid-19.



Foreign workers on their break, using umbrellas to shield those alighting from buses amidst a torrential downpour (tap video to play).

Lenny

Other than during the Covid-19 situation, there have also been many other acts of kindness in Singapore. Click or tap on the links below to find out more!

- [Foreign workers sacrificing their break time to shelter bus commuters from heavy rain](#) (video linked above)
- [A man sharing food with an uncle who barged his way to his table at Old Airport Hawker Centre.](#)
- [A motorcyclist getting off his bike to help an elderly man cross the road at a pedestrian crossing.](#)

All these examples just go to show that Singaporeans do not need a crisis to care for those around them—many of our fellow citizens are already going out of their way to show kindness to strangers!

Wei Xiang

Beyond our response to Covid-19, it is less apparent whether Singaporeans' behaviour can be considered truly altruistic, or whether we are still largely individualistic in our mindsets.

Nowhere is this more obvious than the act of "chope"-ing tables and seats. This often means leaving behind a packet of tissue paper or a personal belonging to indicate one's "official" reservation of a public space. Though initially ridiculed as something only done by the older generation, the use of packets of tissue paper to reserve seats or tables is still extremely common at hawker centres around Singapore.



A giant tissue paper packet, used to reserve a parking lot. This turned out to be a publicity stunt by the now-defunct private-hire car company Uber.

Many foreigners have made negative comments about those making tissue paper reservations, as such acts deprive other patrons of seats. However, many Singaporeans view this simply as a matter of practicality, as this behaviour assures them of a seat once they have obtained their food.

While both points of view may have merit, let us try and remember that public spaces and facilities are meant to be shared. "Chope" culture may be here to stay, but we can definitely exercise more consideration for others when making "reservations" in this manner.

Dealing with TOXICITY



Lee Siyun (3E2)

Definition of **toxicity** (noun):

1. the degree to which a substance can harm humans or animals
2. the extent to which a relationship is abusive, manipulative, or obsessive

What is a toxic friendship?

A toxic friendship or relationship is one where:

- Your friend constantly puts you down
- Your conversations are all about your friend
- Your friend is never happy for you
- Your friend is always competing with you
- Your friend bad-mouths you behind your back
- Your friend uses your secrets against you

Do you have toxic friends? At the same time, have you behaved in a toxic manner towards your friends before?

A real-life experience

"Back when I used to dance a lot, I had a friend called Jessica (name changed to protect identity) who always talked about herself whenever we hung out, and was never, ever interested in whatever I said. Whenever I talked about myself, especially about good things that had happened, such as when I told her I had won a dance competition, she would always put me down by saying awful things like, 'No offense, but your dancing kinda sucks. You won because you got lucky.' She did not make me feel comfortable and confident around her as a true friend should, quite the opposite in fact. The day that I finally walked away from her, felt as if a heavy weight had been lifted off my shoulders."

How do I deal with a toxic friendship?

Letting go of a friend is always easier said than done. If you really have to, choose one of the following methods:

1. Handle things when they happen

It can feel pretty hard to call someone out for their behaviour. However, if you do it politely and respectfully, this can be a super-effective way to establish boundaries and maybe even improve your friendship. For example, if they:

- Send you a hurtful text or post—tell them: *'That was uncalled-for.'*
- Talk about you behind your back or spread rumours—say: *'You don't have to like me all the time, but it's not nice to talk about me behind my back.'*
- Ask you to do something you don't want to—say: *'No, I'm not comfortable with that.'*

2. Have a conversation

If speaking up when specific things happen doesn't work, or you think that there's a bigger issue, try having a conversation with your friend. While it can be scary, having a direct and open discussion can let you air things out with your friend and express your thoughts. Being open and honest will also help to avoid involving other people and escalating matters.

3. Slowly distance yourself from them and eventually cut off contact completely

If the above strategies don't work, and if they still aren't respecting what you've told them, or they refuse to have a direct conversation, then it could be time to think about ending this toxic friendship.

4. Speak to a trusted adult, teacher or counsellor for advice

It is always better to talk things out. Not only does this have the best chance of salvaging the friendship, but it also presents an opportunity for your friend to learn from their mistakes and become a better friend to you in the future.

Adapted from: <https://au.reachout.com/articles/dealing-with-a-toxic-friendship>

What do our peers think?



Audrey Tan (2N1)



Jeslyn Moo (2N1)

We asked JV-Nites for their thoughts about making friends in this day and age.

Read on for their responses!

What qualities do you look for in a friend, and why?

I look for a friend who is able to communicate well with me. My friends should also preferably be adventurous so that we can explore many places and have a wide variety of activities that we can do together!

- Audrey (3E2)

My friends should be respectful and kind. They should offer help whenever I need it, whether it's for school work or other things.

- Zhi Yan (1T1)

I look for trustworthy friends, because if your friends happen to leak the secrets you tell them, the consequences could be disastrous!

- Min Khan (2E2)

I look for respectful people to befriend, as I believe that everyone is worthy of respect no matter who they might be.

- Crystal (1E1)

I look for trustworthiness in a friend as it is very important to me. My friends should be honest and let me know if I'm doing something wrong so that I learn from my mistakes and change.

- Sandi (3E2)

I look for people who are encouraging and optimistic, as I need people who can keep me standing strong in my hardest times and help me recover after a setback.

- Felina (1E2)

I look for friends who are compassionate and understanding. They should always be there if I need them. My friends should never betray my trust.

- Keshini (2E2)

How has social media changed the way you make friends?

Social media has created unhealthy stereotypes as generally the people with more followers are seen as more worthy of being friends with, regardless of their personality.

- Andre (3N1)

Social media has changed how we make friends by making it easier to interact with others as compared to face-to-face interactions. Some people find it difficult to make friends in real life, but you can easily text a person about anything on a social media platform.

- Hazel (2E3)

- Social media has changed the way we make friends in the past people could only make friends in real life, but now people can make friends by just texting strangers online and becoming friends just like that.

- Noah (2E2)

Social media has changed the way we make friends as it reduces face-to-face interaction and people start to develop a habit of texting rather than speaking in real life. This gives people far less practice at socialising in real life.

- Queenie (2N1)

- Social media has changed how we make friends as it has brought us closer to the rest of the world. It is a good thing as you are able to make friends worldwide, and learn more about different languages, cultures and lifestyles.

- Yuki (1E1)

Social media has both positive and negative effects. It can be good as we don't have to meet people face-to-face in order to talk to them. One danger though is that it can be hard to verify if the person you are talking to online is really who you think he or she is as scamming and spoofing are very common.

- Elysa (2E1)

Social media has changed how we make friends as it is now easier to communicate and make friends online without it feeling awkward or sounding boring.

- Jasper (2E3)

About Bullying



Ghoshal Adira (2E2)



What exactly is bullying?

Bullying is defined as an ongoing and deliberate misuse of power in relationships through repeated verbal, physical, or social behaviour that causes someone mental or physical harm. If it takes place continuously and repeatedly, and causes hurt to someone, then it is considered bullying.

How do people get bullied?

There are many ways in which people can experience bullying. Some are obvious and easy to spot, while others may be more subtle and remain unnoticed unless the victim speaks out.

Physical bullying

Examples: Hitting, kicking, tripping, pinching, pushing or damaging the property of the victim. May also include other actions that physically hurt the victim.

How to deal with it: Walk away, and do not fight back, or notify the relevant authorities if you are threatened.

Verbal bullying

Examples: Name-calling, insults, teasing, intimidation, racist remarks, or other forms of verbal abuse.

How to deal with it: Ignore it and do not react to it. Walk away if possible. Do inform a teacher or mature adult if the verbal bullying does not stop.

Social bullying

Examples: Lying and spreading rumours, negative facial or physical gestures, mimicking unkindly, playing nasty jokes to embarrass and humiliate, or encouraging others to socially exclude someone.

How to deal with it: Ignore the bullies and look for other people to socialise with. These bullies may not be ones whom you would like to form a lasting friendship with.

Cyber bullying

Examples: Sending abusive or hurtful texts, emails, posts, images or videos, spreading nasty gossip or rumours, deliberately excluding others from an online social circle, or sending threats of physical or emotional harm.

How to deal with it: Block senders and malicious accounts, report fake accounts. Do not engage with bullies online. Find someone to talk to in real life about these incidents.

When dealing with bullying of any sort, remember that you don't have to deal with it alone! Notify a trusted adult and do not simply give in to any sort of threats or harassment.

The Ins and Outs of Peer Pressure



Nisha Phrakas (3E3)

Everyone has experienced peer pressure at some point during their lives. Whenever a person receives any kind of influence from members of their peer group, we can say that they are experiencing peer pressure. While most people would be familiar with the negative implications of the term, did you know that there is also such a thing as positive peer pressure? That's right, a little bit of influence from your friends can be a good thing!

Why it's good

- **Peer pressure can encourage one to achieve more.** We as teenagers tend to follow the crowd—for example, following the latest trends or the same viral videos and memes that our friend group does. Many people think that peer pressure is all bad. However, for many teenagers peer pressure helps to define one's identity, and belonging to a close-knit group of friends definitely brings with it its own benefits!
- **Peer pressure provides us with positive competition.** Ever been motivated to study because your friends were getting good grades and you wanted to as well? This is how peer pressure reinforces positive competition. This type of pressure does not only apply to grades, but also to our physical health and our motivation to accomplish something. If properly harnessed, peer pressure can motivate individuals to stay focused and work hard towards achieving their goals.

Why it's dangerous

- **Peer pressure can cause someone to have low self-esteem.** This happens when people feel bad about themselves for not being able to fit into a group's norms and expectations.
- **Peer pressure can cause teenagers to adopt self-destructive habits.** While teenagers might know that they are bad habits, they are motivated by the need to feel accepted so they engage in them.
- **Peer pressure can cause shame among those of lower socio-economic backgrounds.** Many of these teenagers end up feeling ashamed about themselves, because in the eyes of their peers, they are somehow 'lesser' individuals for not being able to afford certain luxuries.
- **Peer pressure can cause suicidal thoughts.** Sometimes the impact of peer pressure on teenagers is so bad that they can become depressed and anxious, which can lead to a downward spiral of negative emotions.

MYTHBUSTERS



The Uniformed Groups (UG) Edition



Berlyn Koh
3E1



Sandi Noe Noe Htet
3E2



Hany Nayli
2E4



Ryan Foo
2E1

Uniformed Groups (UGs) play an important part in our school. There are five UGs in Jurongville Secondary, namely, the Boys' Brigade (BB), Girl Guides (GG), National Cadet Corps (NCC), National Police Cadet Corps (NPCC), and Scouts.

You might remember UG members participating in parades for school events such as National Day. You might have seen them learning to pitch tents at the grass patch near the amphitheatre, or heard them practising their drills and cheers around the school campus.

However, these are just some of the things the UGs do. In this section, our student writers will shed more light on the Uniformed Groups, and determine whether some of the most common preconceived notions people have about them are true or false!

Notion #1: UG activities are uncool and boring

Many may be under the impression that UGs are only for those who like being punished and doing menial work day in and day out. Where's the fun in having to wear a uniform all day? However, UGs also have many other exciting activities, such as archery for Boys Brigade and overseas jungle training courses for NCC, some of which you would have seen during CCA Exposure! These activities are important as they allow members to spend more time bonding with each other and picking up amazing experiences along the way.

FALSE

Notion #2: UGs require lots of teamwork

While it is true that UGs members are trained to be independent and think for themselves, most challenges will require teamwork to overcome. Not every assigned task can be done alone. Without good teamwork, tasks cannot be completed on time and we will face many unnecessary problems. Teamwork helps as it increases efficiency and our ability to all focus on a problem at the same time. Therefore, the task will be done on time and be of better quality.

TRUE!

● Notion #3: UG members only
● ever do drills and physical training

Yes, UG members participate in drills and physical activities which improve our stamina and hand-eye coordination. However, UG members also practise valuable lifeskills that can benefit us in the future. One example would be the Girl Guides who sell cookies to raise funds, which enables them to develop life values, such as responsibility and teamwork, as well as problem-solving and decision-making skills. Our CCAs, in fact, encourage us to learn all kinds of new things so that we can collect and amass more and more proficiency badges!

FALSE

Notion #4: UG members have to
be very serious and disciplined

It is true that UGs are disciplined and serious as there are strict teachers and seniors who will often give orders for different important tasks to be executed. Failure to complete these tasks in a timely manner will often result in unpleasant consequences!

While training may be hard sometimes, these things help improve the UG members' self-discipline and their willingness to put in their best effort for every activity.

TRUE!

Notion #5: UG members have to
be willing to help the community

Many UGs participate in activities involving the public. For example, Scouts have Job Week during which they will help a selected community with chores. NPCC has the Police Youth Ambassador programme in which cadets disseminate crime prevention messages to the community. These community outreach activities instill important values in members and also benefit those who are on the receiving end.

TRUE!

Notion #6: There are fewer
leadership opportunities in UGs

This is actually the exact opposite of what is true, as many UGs groom their entire batch of seniors for leadership positions! That means that no matter what your style of leadership, you will be given ample opportunity to discover and realise your full potential.

FALSE



STAYING FIT AND HEALTHY



Lim Hui Wen (2N2)



Phoon Shi Ting (2N2)

Staying fit is part of a healthy lifestyle and will help you avoid a variety of chronic diseases. Unfortunately, not everyone is making an effort to do so, despite the numerous benefits. More than **90%** of teenagers globally do not get at least one hour of daily exercise, and only **9%** meet current exercise recommendations. How can we fix this? Read on to find out...



EXERCISE REGULARLY

Get at least 150 minutes per week of moderate aerobic activity, or 75 minutes per week of strenuous aerobic activity. You can even combine the two! Make a schedule and spread this out over 3 to 4 sessions a week for best results.



DRINK LOTS OF WATER

By the time you feel thirsty, you are already dehydrated. Do not wait for your body to remind you that you need water! To avoid becoming dehydrated, aim to drink between 8 and 10 glasses of fluid a day—and also, stick to water instead of sugared drinks.



EAT HEALTHILY

Avoid taking too much fast food, as it tends to be high in fat and contains other undesirable substances. If you really have to, go for healthier options like salads or corn cups. Make sure also to always maintain a balanced diet.

REST AND REFRESH YOURSELF

All the dieting and exercise will not be enough to keep you fit and healthy if you do not also make the effort to sleep enough. Always go to bed at a regular time that will allow you to get up without feeling tired. If you have difficulty falling asleep, allow yourself some time to unwind and relax before bed, instead of looking at your phone or laptop.

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