

南 中 风 采

GENERATION

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NANYANG GIRLS' HIGH SCHOOL NEWSLETTER 2016

02 issue





NYGH ADOPTS 6TH AVENUE MRT STATION

NYGH students have always been encouraged to use public transport. For class outings, our girls are often encouraged to commute by bus. With the opening of Downtown Line 2 (DTL2), our staff and students now have another option for commuting. To get the school started on DTL2, we decided to use the new MRT line for our staff outing on 28 Dec 2015. The journey was fast and comfortable, with the Sixth Avenue Station being about a seven-minute walk away.

We were thus very happy when we were approached to adopt the Sixth Avenue Station by SBS Transit Ltd. We hope that with this adoption, we can also raise our students' awareness of public transport and encourage them to take the train to school. As a school that offers both the Art Elective Programme and Higher Music Programme, we also hope that this will serve as a platform for our girls to bring the joy of appreciating the arts to members of the public. This is also why we decided that the first artwork to be showcased at the station should be interactive. The tape art which serves as a backdrop for taking fun pictures is thus meant to inject fun into the MRT Station.

Adopt-a-Station - Sixth Avenue Tape Art Project

Do you know that we have our very own Nanyang "Trick Eye Museum" at the Sixth Avenue MRT Station?

During the Vesak Day weekend, our student artists from the Secondary 1 and 3 General Art Programme (GAP) as well as the Secondary 3 Art Elective Programme (AEP) brought their artwork out of Nanyang to the Sixth Avenue MRT Station as part of the SBS Adopt-A-Station initiative.

These pieces of interactive tape art were created as an extension to the Sec 1 GAP lessons on drawing in 3D. Students were introduced to alternative mark-making materials in their study of drawing edges and spaces. While having fun learning how to use the unconventional drawing material of cloth tape, students were also introduced to the artwork of street artist, Aakash Nihalani. In response to Nihalani's work, our Sec 1 GAP artists created their own adaptations of his tape art illusions.

Our Sec 3 AEP and GAP seniors, however, levelled up their game by challenging themselves further to create original tape art pieces in response to the theme "CARES", inspired by CARES Kindness Day, which SBS Transit held to coincide with the Singapore Kindness Movement's Kindness Day in May 2016.

The next time you are at the Sixth Avenue MRT station, do interact with the work by posing and taking photos with them. Show us your interaction by posting your photos on Instagram with the hashtags #nyghtapeart #nyghstreetart #ltasg and #nygheco !

NYGH ADOPTS 6TH AVENUE MRT STATION

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LIFESKILLS CAMP 2016

Secondary 1

"The numerous activities during Lifeskills Camp (LSC) helped my class to bond, especially after our multiple rehearsals for Talent Night. Every one of us came together to make it a success. We learned how to work as a team - a skill that is very important in society. There were many instances when we supported each other, emerging stronger as one class and overcoming the obstacles that stood in our way. Looking back, it was amazing how we have transformed, in a short time, from mere classmates to best friends.

One of the highlights of LSC was the Heritage Trail, where we learned more about NYGH's heritage and the historical significance of certain parts of the school. This cultivated in us a sense of belonging and ensured a smoother transition to NYGH for us.

LSC was also a time for individual reflection. During SOLO Night, we had the opportunity to appreciate the silence and peace around us. I found this experience soothing and I actually enjoyed it! It gave me time to reflect on my experiences, not only in my academic life, but also my relationships with friends and family. This helped me appreciate people and things around me which I would have otherwise taken for granted.

LSC was certainly fruitful and I look forward to it next year!"

~ Tan Jing Xuan (103)



LIFESKILLS CAMP 2016

Secondary 2

Before experiencing the two days of Community Education during Lifeskills Camp Week this year, I definitely wasn't the only individual to feel a profound sense of dread upon hearing the word 'ComEd'. The images that came to mind were that of picking trash in our well-manicured parks, entertaining the elderly with our amateurish performances, and walking about pleading for donations for charity organisations. Essentially, I was looking at Community Education from a perspective so detached that it is only presently that I realise my ignorance of the purpose and intent of Community Education.

However, this ComEd experience has allowed for deeper understanding of much that would otherwise have had been hidden from us in the confines of the classroom. Real-world skills and application, insight on what it means to really connect with people of diverse backgrounds, and the importance of serving and giving back to society — these are only a few things among all we have gained from our individual ComEd involvement. 'Knowing' is not the same as experiencing and understanding; it is essential that this line is traversed when we engage in ComEd. Community Education has expanded our Nanyang Lives, and I'd like to believe that the insights we've gained and the human connections we've made will help form the people we become.

~ Lim Li Xin, Carina (208)



LIFESKILLS CAMP 2016

Secondary 3

"I regard it as the foremost task of education to ensure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial, and above all compassion."

~ Kurt Hahn, founder of Outward Bound

Perhaps when you think of Outward Bound (OBS), your mind automatically conjures horror stories of the pain and suffering your seniors have experienced. Perhaps you groan inwardly at the thought of what students have to endure on a distant island, far away from their comfort zones, and even further from their mobile phones. Or perhaps, like me, you will sigh, deep in reminiscence, missing the good times you spent challenging your limits with your friends, and trying to figure out when the complaints from that sarcastic little voice in your head were replaced by "Oh, I'm really going to miss this."

The idea of OBS was a welcome reprieve from the monotony of lessons and homework underlined by the frantic rhythm of school. But it wasn't until I'd arrived that I really asked myself, "What have I gotten myself into?" How was I, a sedentary teenager, supposed to survive three days of being in the sun, away from the comfort and conveniences of the city? I am no sportsperson. So how did I do it? The answer—sheer willpower.

OBS didn't make me stronger. OBS didn't miraculously give me the ability to kayak for 11 hours straight. It didn't suddenly enable me to trek 2 km on uneven terrain with a 5kg burden on my back. I had that ability all along. My teenage obstinacy was what pulled me through. I simply refused to let anyone down. OBS was the key that unlocked that potential and enabled me to see it for myself. It put me in situations where my team's wellbeing hinged on my completion of the seemingly impossible. It made me realise that I can do more than what I think. For that, I am eternally grateful.

~ Nicole Lim Sze Ting (301)



LIFESKILLS CAMP 2016

Secondary 4

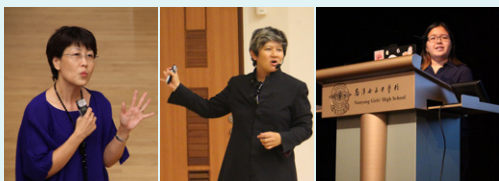
The Career Conference for Sec 4 students (as part of the Sec 4 LSC) that I helped organise this year was an extremely meaningful programme. I learned a lot not only from working with my team-mates who helped organise the event, but also from the various speakers at the conference including Inch Chua (singer), Jim Rogers (international investor), Dennis Tay (Naiise CEO), and Sudhir Vadaketh (writer).

I was particularly impressed by Mr Vadaketh's talk. Previously a writer with The Economist Group in Singapore and currently a full-time writer, Mr Vadaketh shared with us the various experiences he encountered and decisions he made in his career.

What struck me most was his decision to leave the Economist Group to become a full-time writer, which he said took much courage and self-assurance. Most of us would have the impression that the Economist is such a large corporation that leaving it would be a great mistake. However, Mr Vadaketh shared that by doing so, he was able to enjoy more freedom in publishing his own work, instead of being restricted by the organisation he worked for. This, he said, was a lot more meaningful and fulfilling, despite the drop in his income. Mr Vadaketh's courageous act of trying something new has inspired me to be more adventurous and to follow my heart's calling, instead of confining myself to conventional choices and staying within my comfort zone.

In addition, Mr Vadaketh shared with the audience some practical ways for improving one's writing, the most important being having the passion for reading. His advice was a timely reminder to us to read voraciously. It widens our knowledge, lets us appreciate literary beauty, and also aids us in becoming better writers, something our Language Arts teachers hope for all of us!

~ Stephanie Tan (412)



Planning an event involving many people from such different walks of life was definitely not easy. However with the pain came the joy—we had the opportunity to meet over 20 extremely inspiring and respected individuals. Out of all these amazing speakers, one struck me the most, and that was Ms Elim Chew, an influential entrepreneur in Singapore.

Ms Elim Chew had just returned from an ASEAN conference the day before her talk. It was a conference for and about female entrepreneurs. . On this fact alone, I was filled with admiration and respect for her, and her talk did not fail to amaze me further. Having worked with numerous youths and women for many years, she gave a sense of deep understanding and experience throughout the talk.

What made her talk the most memorable one for me was how clear and purposeful her message was. She examined the insecurity of youths; she spoke of talent, believing that talent isn't necessary to be successful, but commitment and hard work is. She used her own experience to prove her point, and referred to young local entrepreneurs to show how it is possible for anyone of us to do the same. This clarity in her strong message really hit me hard, and her message became etched in my mind that day.

~ Audrey Lim (410)

SIBU KAYAKING EXPEDITION 2016

Secondary 3 students who sign up for the Community Leadership Programme (CLP) participate in a six-day sea-kayaking expedition in Malaysia. Camping on mostly uninhabited islands, they plan everything and bring all the food and equipment they will need across the Causeway. Having learned about the currents and winds, they choose where to go, which direction to travel and when best to go. This is an invaluable trip because it presents many leadership moments for the girls. The challenges are real and the results are immediate. On days when the elements are against the kayakers, reaching an island after a long day of paddling brings forth high-fives, hugs and a deep sense of satisfaction. Simple joys are savoured deeply, but not for long as there are tents to be pitched, fire-wood to be collected, meals to be prepared—all completed, hopefully, before the light fades.

"This Sibu Kayaking Expedition was fun, but also tough. My experience was like the sea itself—at times, it was choppy and made me seasick, like how sometimes it got stressful and I felt unsure of what to do even though I was the leader. The weather could be so bad that we could not kayak and were brought by speedboats to the next island. At other times, things were blissful and I did not worry about anything; I could just play and have fun with my friends. When the sea was calm, it meant there were islands nearby protecting us from stronger currents and winds, just like how my friends protected me, gave me strength and support, and were my source of comfort and motivation to persevere. My group-mates kept me going when times got tough and were part of what made me want to lead them well. This trip has taught me so much, and I believe this invaluable experience will stay with me for a long time.

~ Yelani Sawithra Bopitiya (314), Sibu Batch 1





SIBU KAYAKING EXPEDITION 2016

"The Sibü trip was simply fantastic. And it was that simplicity which made it just so fantastic. The urban girls were in their element, completely thrown into the open with no phones for distraction or security. The days were filled with singing, sand, tents, water, snorkeling, giggles, fire, ever-following smoke, rock-scrambling, stars, the wind, the waterfall, the walking...simply stepping out of the busy-ness into active relaxation. I felt that the girls embraced being directed by the weather, not by the schedule. Minds were free to be in the present; minds were also free. Free to create fascinating food combinations, skits and song lyrics.

For me, being amongst nature, away from concrete, and able to hang out with the students was nourishing. I learned so much from the girls' stories, postulations and observations. I feel I was able to learn so much more than I would have within the confines of the classroom and school.

My takeaways have lasted much longer than the sand fly bites. The girls were more than able to survive in nature; they thrived. And I came back rejuvenated for being a part of it all.

~ Sarah Mangelsdorf , School Counsellor



NYGH PSG: SECONDARY 1 DUMPLING WRAPPING EVENT

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At 7 a.m. on 26 April 2016, the NYGH canteen was bustling with activity: 84 parent volunteers decked in red T-shirts were busy making final preparations for the annual Dumpling Wrapping Event, organized to teach Secondary One NYGH students the art of dumpling wrapping. The event ran in three sessions, each session comprising four Sec One classes. Mdm Heng was present to grace the event and address the girls. After a short briefing, our veteran trainer, Mr Tan Kim Soon, together with two other demonstrators, showed the girls how to wrap a traditional rice dumpling. After the demonstration, it was hands-on time! The girls went into their respective groups and under the guidance of parent supervisors, started wrapping their very own dumplings. For many of the girls, this was their first experience in dumpling wrapping. The girls put in their best effort and were delighted to see the final product. To give the girls a deeper understanding into the activity, display tables were set-up in which the raw ingredients commonly used in dumplings were shown. On display also were different types of dumplings such as the Black-Eye Beans dumpling, Hokkien Rice dumpling, and Chilli-Shrimps Rice dumpling. The activity ended with a Q&A session led by the PSG chairman. Questions such as the origin of the Dumpling Festival, activities involving the Festival and when it is usually held were asked. The girls participated enthusiastically and prizes were given out. By 11.15 a.m., all three sessions had ended on a joyous note and 400 students had participated in the dumpling wrapping activity. It was not over for the parent volunteers though. The dumplings were brought to the Boarding School kitchen to be steamed and were later distributed to the girls. The girls tucked into them happily in the canteen. Perhaps the dumplings tasted especially nice because they were wrapped by them. What a great way to celebrate the Dumpling Festival for the Sec Ones, each student enjoying the sweet taste of success!



2016 华文大比拼 南中蝉联冠军

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4月22日，南洋女中代表队在华文大比拼的决赛中击败多支劲旅，荣膺第三届华文大比拼冠军，这也是我校第二次赢得该项赛事的桂冠。

蔡心蕊、梁瑄玲、叶宇彤和林祉慧四位同学在初赛中脱颖而出，代表我校出征大决赛。大决赛之前的两个星期是备赛期，在华文部黄学明博士与吴广智老师的指导下，代表队进行了积极的准备与勤奋的练习，内容涵盖了文学、文化、成语、方言、翻译等各个方面。

半决赛中我校代表队与对手打成平手，不得不通过加赛一题的方式决出胜负。关键时刻，队员们沉着冷静地赢得加赛题，涉险闯入决赛。决赛的内容和形式更加丰富多样，也更加考验团队的整体实力与默契配合。我校代表队凭借优异的表现，一路领先，拿到总冠军。那一刻，秀梅大会堂欢声雷动！

今年的华文大比拼已是第三届，并增加小学组比赛。本届比赛由新加坡报业控股与南洋女子中学校主办，全国翻译委员会、通商中国、推广华文学习委员会及推广华语理事会联合呈献。

2016 华文大比拼 南中蝉联冠军

参赛队员感想

华文大比拼是一项很特别的比赛，团队的默契和凝聚力是得胜的关键。比赛内容也是新颖独特，让我学到不仅限于书本上的华文知识，更能将其融入到日常生活里的点点滴滴。我们这年轻一代，掌握了多语言多文化的同时，也可能会局限了我们专攻某种语言。参加了这项比赛后，我常常留心学习许多事物的华语名词，可见这个比赛对我的影响力。华文大比拼是一个很难得的学习华语、认识新加坡本地文化的平台，希望大家明年继续踊跃参加，以学习的心态去比拼。

蔡心蕊 (401)

我终于如愿以偿地参加了今年的华文大比拼。这次比赛让我获益匪浅，因为它不仅仅是在考我们的华文程度，它也考验了我们的反应力以及队员之间的合作能力。这次的比赛经验给了我启发：我们现在所学到的华文知识，仅仅是冰山一角。我开始发觉到华文历史的精髓，类似古代文学、思想，继而演变到现代的华文。在接下来的日子里，我会更多接触、欣赏华文文学。我也十分开心能结识热爱华文的新朋友，也要感谢指导老师费尽心思帮助我们准备比赛。

梁瑄玲 (407)

这次比赛真的很有意义，因为它检验了我们自己平时对中华文化学习、认识的程度与方式，而且我们也在学习与背诵中培养了对华文与文化的兴趣。组员们抽出时间训练，一起培养默契，完美合作。赛后，我感觉获益匪浅，比赛中积累的认知与经验，给我带来充分的满足感。

叶宇彤 (406)

一开始，我并没有想到自己会进校队，毕竟参加比赛中四学姐很多，我对自己不是很有信心。知道了自己有这个机会代表学校，我告诉自己一定要全力以赴。虽然最后我作为替补队员并没有上台参赛，但我也和学姐们一起准备半决赛和决赛，学到了以前很多从来没接触过的知识，开拓了自己的视野，比如文学方面的常识。我也开始对文学产生了兴趣，以后有机会自己要去读一读。非常感谢学校给我这个难得的机会参加华文大比拼。我希望明年可以再次参赛，为学校争光。

林祉慧 (308)



2016年南洋女中母语双周活动



南洋女中母语双周活动在三月如期举行。今年的活动保留了往年的华文文化常识以及趣味性活动，例如迷你文化营、文化常识比赛及故事擂台等，更增加了以华文之“美”为主题的多项活动，例如新谣的分享与欣赏活动等。两周的活动紧锣密鼓，内容丰富精彩，让同学们学在其中，乐在其中。

硬笔书法

书法是华文文字之美的艺术表现，书法其实对于同学们来说并不是高不可攀，在平时写字的一笔一画中，我们都能体验书法的意蕴。为了帮助同学们体验书法之美，把字写得更秀丽端正，华文部吴广智老师准备了硬笔书法练习的辅导视频，并设计了相应的练习字帖，让全校学生利用华文课时间练习硬笔书法。最后，每个同学还会完成一幅小小的作品，各班还推选优秀作品进行评比。

作家分享

本次母语双周，华文部特别邀请了绘本艺术家阿果为同学们分享写作和画画心得。阿果是本地绘本作家，他有自己的丰果绘本工作室。在分享会上，他向同学们分享了他的创作历程，让大家对绘本的内涵与创作有了更深入的了解与认识。而安梓苏是本地一名非常年轻的作家，她热爱写作，曾定期在《早报现在·字食族》发表文章，她也曾在好几项写作比赛中得奖。最近，她出版了一本新书《痕上月光》，借母语双周期间，她也来到我校进行新书分享会，同我校在文学、写作方面有兴趣的同学交流写作心得。

校园书香日导读

为鼓励同学们热爱阅读，母语双周活动利用晨会时间安排了师生的阅读分享。例如张博老师分享了古诗《清明》的文化涵，并带出美国华裔作家刘宇昆短篇小说《折纸》关于东西方文化交融的阅读体验。之后同学们相继在晨会分享了《城南旧事》、《蓝鲸的眼睛》、《刮痧》等多部作品的阅读感言，营造了浓浓的阅读氛围。

新谣赏析

提起本地创作，很多人会想到新谣，细腻动听的新谣听来令人意犹未尽。母语双周期间，华文部在晨会前为师生们广播了一系列的新谣歌曲，例如梁文福的《细水长流》、《我们的歌在哪里》、《麻雀衔竹枝》等。清新的乐曲配上同学的赏析说明，带出一个时代的美好印记。同学们在欣赏之余，也对新谣有了更多的认识。在周会的时候，去年获得第一届全国新谣歌唱比赛合唱组冠军的何鎔廷与李佳颖同学更为师生们献唱自己创作的新谣，为母语双周的新谣赏析活动画上圆满句号。

今年的母语双周活动以欣赏、体验、追求美为主题，并进而让大家体会到中华文化的博大精深之美，是又一次体现趣味性、实用性、艺术性的非常有意义的活动。



DOUBLE TEAM CHAMPIONS IN NATIONAL INTER-SCHOOL ARTISTIC GYMNASTICS

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It has been some ten years since Nanyang's B division of Artistic Gymnastics achieved first place in the team competition. We are also extremely proud of our C division gymnasts as they managed to clinch the championship title at the Inter-school Trampoline Competition for the fourth year. Gymnasts train at least three to four times a week to prepare for that one moment of glory at the competitions. It was definitely worth our sweat, blood and tears that we shed during training. At times, we felt like giving up but the challenge trophies that we would bring back to NYGH motivated us to persevere. It gave us the strength to continue training, so that we could do Nanyang proud once again. Nanyang Gymnastics believes that with "a little chalk and determination, anything is possible"!

Having participated in this year's inter-school competitions, we feel that it has been yet another fulfilling year and we are honoured to have had the opportunity to represent Nanyang. This is our first year competing in the B division for both trampoline and artistic gymnastics inter-school competitions. In the National Inter-school B division Trampoline competition, we managed to attain second place in the team event. We were elated when we achieved first place for the team competition in the 2016 National Inter-school Artistic Gymnastics B Division Championship for the first time in 10 years! This experience has, indeed, motivated us to work even harder, encouraging us to strive for great results in both B and C divisions championships next year. NYAG, 加油!

~ Claudia Chia Hui Yun (306) & Athena Chua Xuan (312)



NYGH IN FULL FORCE AT THE SINGAPORE SPORTS HUB TO SUPPORT TRACK & FIELD TEAM

Entering the finals of the National Inter-school Track and Field championships, NYGH team was trailing Cedar Girls' Secondary School by 4 points for the C division title. With the events—100m, 4x100m and 4x400m—lined up for the final day on 29 April, NYGH was in a strong position to overtake Cedar Girls and win the C division title. The last time Nanyang Girls won the title was in 2012; all the NYGH athletes competing that day understood they had a mission to accomplish and the stakes were high. After the first race of 100m finals, NYGH athletes displayed composure and confidence on the big stage at sports hub to secure first, third and fifth positions. With that, NYGH had overtaken Cedar Girls by 14 points. With the perfect execution of exchanges of baton in the two relays, the team sealed the C division title with 166 points, 19 points ahead of Cedar Girls. The B division team came in 3rd, behind Cedar Girls and Singapore Sports School.

TWO ATHLETES ESTABLISHED NEW NATIONAL SCHOOLS' RECORDS:

- 1) Elizabeth-Ann Tan Shee Ru (108) 80m Hurdles, 12.07s
- 2) Evian Chua Hui Min (405) Javelin, 36.67m

RESULTS ON FINAL DAY

Event	Name of Athletes	Position
100m C Girls	Elizabeth-Ann Tan Shee Ru	1st
	Bernice Liew	3rd
	Yau Jia Hui, Tiffany	5th
800m B Girls	Arissa Rashid	2nd
	Evangeline Goh En Lin	9th
4x100m C Girls	Elaine Guan, Yau Tiffany, Bernice Liew, Elizabeth-Ann	2nd
4x400m C Girls	Jayne Ngoh, Elsie Woo, Elizabeth-Ann, Wu Shu Han	1st
4x100m B Girls	Emily Sin, Alyssa Goh, Tan Rou Ann, Amanda Woo	3rd
4x400m B Girls	Regine Ng, Tan Rou Ann, Arissa Rashid, Amanda Woo	3rd



Read about two athletes' experiences:

"Competing at the Sports Hub turned out to be a truly surreal experience. The atmosphere was electric, and the energy in the air was almost tangible. It was thrilling and comforting to see so many familiar faces in the crowd. Besides seeing the people I know as CCA teammates, classmates and friends, I also saw my seniors and juniors. While we may not have won every single race, it was amazing to see the entire school cheering us on. Whether they were shouting "Nanyang Ke Atas" in unison or just unintelligible shouts of support, it really didn't matter; it was an honour to know that there were so many people cheering for us. I'm so thankful that I was given this opportunity to run for the school. We couldn't have done it without the support of the school and when Nanyang unites, it is then that everyone else can really see how much we can achieve together."

~ Amanda Ashley Woo Jia Min (302)



"With more than 15,000 fans in different school colours filling the entire Grandstand on two levels, all shouting thunderous cheers, the atmosphere was electrifying. As I stood at the starting line for the 100m sprint, I could see the entire NYGH contingent. They cheered loudly and pride swelled up in me for having the opportunity to represent the school. But there was also tremendous pressure. After acknowledging the crowd, I started to execute what I have been trained to do – shut out everything and focus only on the race. In a little less than 13 seconds, I emerged champion with a personal best time of 12.86s. It was an awesome feeling to win, but more significantly, it was a thrill to help the school inch closer to the division title. By the start of the 4x400m race, NYGH was already leading Cedar Girls by 15 points. We knew we had secured the C division title but we were still going all-out to win the Gold medal. One of the most memorable things about this 4x400m race was that the leader of the race changed 3 times. In the first 3 rounds, our girls kept close to the leaders. On the home stretch of the 3rd round, I started pulling away and opened a 10m gap between NYGH and Sports School. Once our fourth runner, Shu Han, received the baton, she further widened the gap to about 30m. We had won! To our principal, Mdm Heng, teachers and fellow students who made the trip to the stadium to support us, we want to say a big thank you. We would also like to thank our coaches who not only trained us but prepared us well mentally and emotionally."

~ Elizabeth-Ann Tan Shee Ru (108)

Two student supporters share their thoughts:

"Life's treasures are often found in the unlikelyst of places. In retrospect, this has been especially true during our Track & Field Finals. Standing with Nanyang students and staff who vigorously cheered and applauded for the athletes, I was admittedly overly focused on strategizing how best to get the students on both levels of the Sports Hub to cheer together. It was only when I stopped to take it all in, as the crowds cheered for our final runner passing the finishing line, that I felt a rush of immense joy and fulfillment. Through all the challenges that we have overcome, it was extremely heartening to witness the crowd rallying together as one Nanyang."

In a span of 5 hours, I have received one of life's little treasures, being part of the Nanyang spirit that has shown in its might."

~ Wong Zi Ling (314)

"I will never forget the roaring of voices that swelled as our Nanyang athlete pulled ahead of the rest of the runners. The student leaders, unheard over the noise, had finally and successfully, roused an ocean of enthusiasm out of us. I remember standing up and shouting till I could hear my own voice over the rest, any previous inhibitions gone. Embarrassment at my loud display of support was the last thing on my mind as Nanyang snatched the gold with a full three seconds lead and the stands around me burst into a song of victory."

~ Teo Kate-Lyn (305)



NOTES ON NANYANG: HENG YI XIN'S THOUGHTS ON HER ALMA MATER

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top left : Theatre front-of-house – Theatre Club Nanyang (TCN) is a huge part of my NY life and has been one of the shapers of my character, thanks to Mr Nick Ng no less :.)

top right 1st : Photo with the NYSC Teachers and presidents - It reminds me of continuity, mentorship and the significance of being an NYGH alumni. Once a Nanyang girl, always a Nanyang girl :) and that my dearest NY teachers are always here for me.

top right 3rd : Surfing! NY has taught me a lot about the outdoors through experiential learning. It is the very reason I decided to choose NZ for undergrad studies, because I want to have a strong connection with nature. NY has taught me that Mother Nature heals and teaches. And NY has taught me to constantly go out of my comfort zone and seek meaningful adventures!

top right 4th : Photo of me in blue NY shirt - This was taken in my hall of residence, Whitaker Hall, in Auckland. It is the place I call home now. And I regularly wear my NY shirts because I'm so super proud of NY and still identify very strongly as a Nanyang girl.



In 2015, Heng Yi Xin (class of 2012), was one of 75 recipients of the Public Service Commission (PSC) scholarship. She was lauded as the first PSC scholar to head to New Zealand in 20 years for her university education. Today, she is studying social work at the University of Auckland, where she hopes to learn much about the country's environmental and social welfare policies. Read how she feels about NYGH:

"For the past six years, I have been receiving testimonials affirming who I am. Now, it is my turn to write one for my alma mater, Nanyang Girls' High School – the school that has the greatest impact on who I am today.

Nanyang is a safe space that welcomes many possibilities. There were always events and programs in all areas – the arts, humanities, sciences, service – to keep us engaged. Amid the busy schedule, Nanyang also balances this with an emphasis on personal space. For example, journaling and facilitated reflections are the norm in Nanyang. What I like most is how Nanyang emphasizes so much on leadership and service. The entire school puts in an effort to carry out service learning in the most sincere way and encourages experimentation with radical ideas. Through such a process, I grew

intellectually and holistically.

Nanyang is the place where I met many mentors. Nanyang teachers are incredibly warm and a journey together along the corridor sometimes ends up in a five to ten minute-long conversation. Your CCA teachers know you inside-out by the end of your four years here while the Council teachers end up as your lunch buddies and expedition partners. And I find such interactions important because those were my most critical adolescent years. I was beside inspirational figures every single day. Their thought-provoking questions made me relook how I want to live my life and have shaped my values.

The relationships forged with my juniors and teachers continue to last, and this is especially so when I step into the role of a Nanyang alumni member. Nanyang remains committed to developing her alumni, and in the same spirit, her alumni give back as earnestly as they can. I can testify to this because Nanyang welcomed me back when I requested to observe the work done by teachers behind-the-scenes after I graduated from junior college. It is an amazing relationship that I enjoy with my alma mater.

Once a Nanyang girl, always a Nanyang girl."



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