

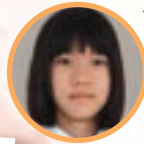


THE CANBERRAN HEARTBEAT

CANBERRA SECONDARY SCHOOL

2024 | Issue 1

Sec 1 Camp



The Sec 1 Camp this year was held at the Dairy Farm. The whole idea of a stay-in camp made me nervous because I had never been to one before.

During high-altitude activities, like climbing, I struggled to trust the safety ropes. However, I encouraged myself to summon the courage to give it a try. Being away from my family at night was tough, but I learned to rely on myself. Despite the challenges, I am proud that I made it through the four days of the camp. The encouragement from my friends kept me going.

To the juniors next year, my advice is not to worry excessively. The camp may appear intimidating initially, but you will realise that it can be enjoyable. Your friends, teachers, and instructors will be there to support you throughout.

By Angellyn Tan (1 Resilience)



Sec 3 Camp



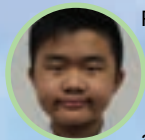
Initially, I was extremely hesitant about attending the camp because I was not comfortable around strangers and being outdoors.

Despite my fears, the camp taught me invaluable lessons. I realised the importance of time management—juggling preparation, sleep, and hygiene within tight schedules. Moreover, I learned the power of communication. Though introverted initially, a supportive friend encouraged me to voice my concerns and seek help when needed. Teamwork was another skill I came to appreciate. I took the initiative to engage with my teammates, eventually fostering closer bonds. I also had the opportunity to experience many unique activities that improved my resilience and tenacity. This adventure would be etched in mind forever!

By Lau He Wei (3 Honour)



Sec 4 and 5 Motivational Camp



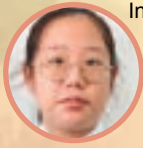
Participating in the 3-day workshop conducted by the High Achiever Academy and the subsequent Course Advising attachment at Nanyang Polytechnic (NYP) was an enlightening and empowering experience for me as a graduating student. The practical strategies and techniques to enhance my revision were extremely helpful. Not only that, being exposed to the diverse range of courses offered by the different schools opened my eyes to the myriad of opportunities available after O levels.

Overall, the workshop and Course Advising attachment have not only broadened my horizons but also instilled in me a sense of confidence and determination to pursue my goals relentlessly. I am grateful for the school's effort in organising such enriching experiences, and I am eager to apply the knowledge and skills gained to excel in my academic and personal endeavours.

By Ambrosius Lee Hong Yi (5 Integrity)



LNY Celebrations



In Term 1, our school celebrated the Lunar New Year and Mother Tongue Fortnight, showcasing our dedication to cultural appreciation and diversity.

The Mother Tongue Fortnight featured a week of fun-filled activities designed to deepen students' understanding and appreciation of Chinese culture. These activities include Chinese Calligraphy, Cultural Booths such as clay making, fan painting and lantern making. Students also got to experience Traditional Games like Pitching Pots (投壶) and Spinning Top (陀螺).

To usher in the Lunar New Year, the school was abuzz with the Classroom Decoration Competition. Students used recycled materials to decorate their classrooms for the Year of Dragon, fostering a spirit of sustainability alongside cultural celebration. The creativity displayed by each class brought our school to life in a display of colours!

Students and staff gathered in the school hall on 9th February for the Lunar New Year Concert. The concert was a culmination of our festivities, with stunning performances from our very own Performing Arts CCA groups - Band, Choir, Guzheng Ensemble and Modern Dance. Students were also treated to an enchanting magic show along with the lion dance and wushu performances.

Through these activities, we were able to foster a deeper understanding of cultural roots, the importance of gratitude and community spirit while uniting as one Canberran family!

By Zoey Seah Xin Yi (3 Resilience)



Pengalaman ini ialah sebuah pengalaman yang bermakna bagi saya. Ini kerana saya dapat menjadi apabila mendapat watak Ahmad kerana itu kali pertama saya berlakon di depan penonton yang ramai.

By Muhammad Nazri Bin Muhammad Afendi (3 Diligence)

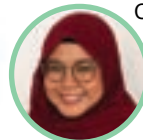


Sebagai ahli pembantu pentas, pengalaman ini amat bermakna dan menyeronokkan. Melalui tugas-tugas yang harus dilakukan, saya dapat melihat betapa pentingnya kerjasama dan komunikasi dalam menjayakan setiap persembahan. Saya berasa amat bangga melihat semua para pelakon, pengacara dan kumpulan ahli pembantu pentas menyumbangkan tenaga dan kemahiran mereka demi mencipta pengalaman yang indah untuk seluruh warga sekolah!

By Puteri Binte Md Rizal (3 Resilience)



Hari Raya Celebrations



Canberra Secondary School's Hari Raya Aidilfitri celebration on April 24, 2024, captured the essence of the night before Hari Raya, emphasizing empathy, compassion, and love.

The event unfolded with a skit performed by students, capturing the essence of family bonds and the importance of understanding and forgiveness during the festive season. This heartwarming portrayal sets the tone for an afternoon filled with cultural richness and togetherness. Adding to the festivities, the hall resonated with melodious tunes as the choir delivered a captivating performance. The Teachers' Band also took the stage, infusing energy and joy into the celebration with their musical talents. An interactive and engaging game segment "Do-It Raya" also allowed students to enthusiastically participate, testing their hands-on skills under a time crunch. This segment not only entertained but also value-added to educating and fostering a deeper connection with the cultural aspects of the celebration.

The highlight of the afternoon was the screening of our annual Hari Raya Music Video, featuring the school's staff and students embodying the spirit of Hari Raya. Moreover, the music video brought a surprising and humorous element - students saw their teachers and peers in a different light as they danced and sang, adding a delightful twist to the celebration and creating memorable moments for everyone present.

By Miss Siti Rezkih, Teacher



Sports Festival 2024



The Sports Festival at Canberra Secondary School is an eagerly anticipated event that not only brings fun but also showcases the skills learned in Physical Education (PE) classes. This year, our class's triumph in the Captain Ball's tournament made the event particularly memorable.

The tournament was fiercely competitive from the start. While the initial games were enjoyable, the semi-final proved to be a real challenge. Despite sustaining a sprained ankle injury in the final minutes of the game due to a tough tackle, I pushed through the pain and continued playing. With determination and teamwork, we secured our spot in the grand finale.

The final match was nerve-wrecking, but with encouragement from our PE teacher and the shooting skills acquired from our school's netball module, we emerged victorious. Our class's win not only showcased our physical abilities but also taught us the values of teamwork and compassion. Together, we worked towards our common goal and celebrated our triumph as overall champions.

This Sports Festival was truly memorable, not just for the victory, but for the lessons learned and the bonds strengthened as a class.

By Jovin Lee Jia Min (2 Diligence)



National School Games (NSG) Volleyball 2024

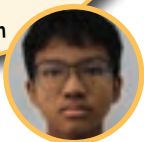
Led by passionate coaches and fueled by unwavering determination, our B Division volleyball players have showcased hard work, talent and resilience throughout their journey in the National School Games. Whether in practice sessions or intense matches, they had exhibited a persistent pursuit of excellence, constantly pushing their limits to reach new heights.

Beyond our abilities on the court, our volleyball teams have also exemplified the true spirit of camaraderie. We celebrated victories together, supported each other in times of defeat, and forged bonds that extended far beyond the court.

To us, success is not measured solely in wins and losses. It is reflected in the lessons learned, the friendships formed, and the memories created. Our volleyball teams will continue to embody the values of perseverance, discipline, and sportsmanship.

I want to take a moment to express my heartfelt appreciation to each and every member of our team. Though we may not have made it into the top 4 for North Zone, I am incredibly proud of the effort, dedication, and sportsmanship displayed by each player throughout our journey. I am thankful for the privilege of leading such a dedicated group of individuals, and I look forward to seeing where our collective determination takes us in the future. Let's hold our heads high, cherish the moments we've shared, and continue to strive for excellence both on and off the court. Thank you, team, for your hard work and your passion. You have made me proud to be your captain.

By Ryan Isma Bin Ramlan, B Division (Boys) Team Captain



National School Games (NSG) Badminton 2024



The Badminton Team's vision is to cultivate gratitude, compassion, and tenacity in our players, preparing us to face life's challenges with confidence. Over the years, our team has made significant strides, consistently performing well in the National Schools Games at the Zonal Level. Despite obstacles such as the inability to hold our annual training camp, we have kept our players sharp through friendly games and dedicated practice sessions. Our achievements speak for themselves, with our teams bringing pride and glory to our school in various competitions. But beyond the victories, what truly defines us is our commitment to teamwork, discipline, and the camaraderie that flourishes among our members. We strive to embody the Olympic values of friendship, respect, and excellence in everything we do, both on and off the court. Together, we continue to push the boundaries of our capabilities, knowing that with hard work and dedication, we can achieve greatness.

By Bryan Heng Kai Kiat, B Division (Boys) Team Captain



Netball

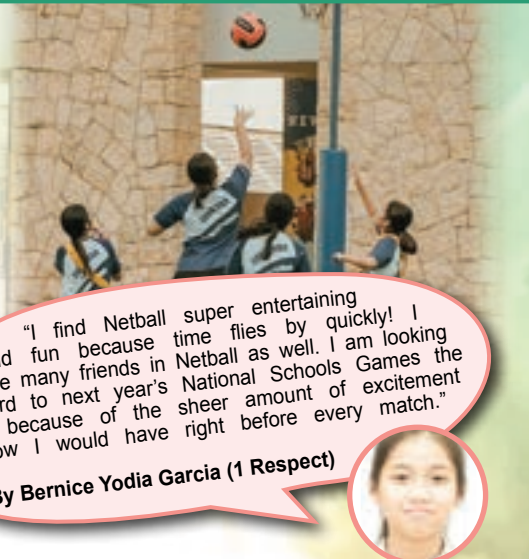


We are thrilled to announce the reopening of Netball as a CCA at Canberra Secondary School. This year, we welcomed 11 energetic Secondary One students, forming the first batch of netballers. The team is gearing up for an exciting journey ahead.

Our training sessions focus on skill development, teamwork and strategy, ensuring that every player reaches their full potential. We are committed to fostering growth both on and off the court.

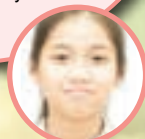
Looking ahead, the CCA has its sights set on the National School Games and external competitions next year. These events will provide a platform for showcasing their hard work and determination. We hope our Netballers will continue to focus on growth, teamwork, and seizing opportunities.

The reopening of Netball as one of the newest sports CCAs in Canberra promises an exciting journey ahead for all involved, setting the stage for future successes in school sports.

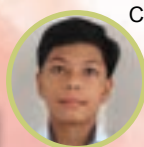
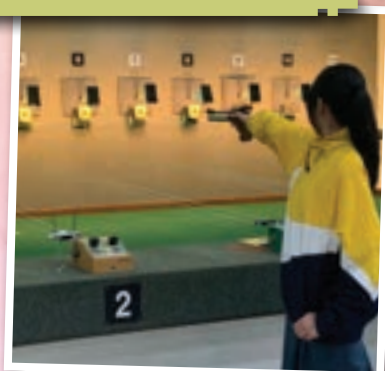


"I find Netball super entertaining and fun because time flies by quickly! I made many friends in Netball as well. I am looking forward to next year's National Schools Games the most because of the sheer amount of excitement I know I would have right before every match."

By Bernice Yodia Garcia (1 Respect)



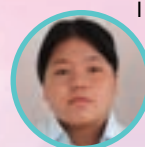
Air Pistol



Canberra Secondary School is thrilled to introduce a new Co-curricular Activity (CCA) that promises to be a bullseye hit – Shooting! Launched in 2024, this exciting addition has already attracted six pioneering students from Secondary 1 and 2 who are eager to master the art of air pistol shooting. With their sights set on excellence, these young marksmen are training every Monday and Wednesday at the Indoor Air Weapon Range at SAFRA Yishun, honing their skills and unleashing their competitive spirit.

The air pistol discipline is a captivating sport that demands unwavering focus, steady hands, and razor-sharp precision. As July approaches, our shooters will have the opportunity to showcase their skills at the National School Games. I have learnt that Air Pistol is not just aiming and shooting, there is a lot of focus, dedication and skill in every shot that I take. I am looking forward to more exciting moments in my CCA!

By Elijah Mirza Khaled (1 Honour)



I chose Taekwondo as my Co-Curricular Activity (CCA) because I wanted to learn how to defend myself if I ever found myself in danger, and to boost my self-confidence. My dad, who also practises martial arts, encouraged me to choose Taekwondo for its fitness benefits. I also find it enjoyable because it's dynamic and engaging, and it requires a high level of physical fitness. Through Taekwondo, I can improve my speed and flexibility.

Initially, I was worried about keeping up with the fitness level required for Taekwondo. I feared experiencing body aches from intense training and that it might take me longer to catch up due to my lower fitness level. Additionally, I was concerned about the possibility of injuring myself during training, as well as accidentally hurting a friend during sparring. However, through consistent practice, I've

Taekwondo

learned valuable lessons in flexibility, discipline, and self-defence. Taekwondo has helped me build stamina and boosted my self-confidence. I've also mastered the correct techniques for punching and kicking, and I enjoy training with my schoolmates.

In the future, I hope to share my Taekwondo journey and experiences with others, especially my schoolmates. I aspire to be a supportive senior who can pass on skills to juniors and inspire them to excel. Ultimately, my dream is to become a coach and guide my fellow juniors to success in competitions.

By Ellina Puteri Mohamad Johan (1 Diligence)

Our school's Guitar Ensemble CCA participated in the 16th Guitar Ensemble Festival, organised by Music Impact Global. The festival aims to bring together the Guitar Ensembles in various schools across Singapore, serving as a platform to showcase their hard work and share good ensemble practices with one another. This year, the festival also served as a fundraiser for the World Central Kitchen, with proceeds going towards humanitarian efforts worldwide.

Through the festival, our students learnt a lot and gained insights which are particularly valuable to a young and budding CCA like ours.

"I learned that everyone has to cooperate together and play as an ensemble in order for music to be made. Learning an instrument definitely requires lots of patience as well. Fun fact - I also learned from the festival that playing an instrument will help us improve in our studies!"

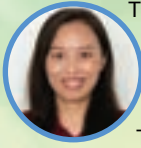
By Neo John Luis Doroy (2 Harmony)



Guitar Club



Total Defence Day



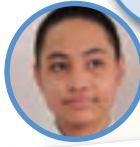
This year marked a significant milestone as Singapore commemorated 40 years of Total Defence, highlighting our nation's resilience and unity. To deepen our students' understanding of Total Defence, our school participated in the Food Resilience Experience on 15th February. Through the CCE lesson and a ready-to-eat meal provided by the Singapore Food Agency, students learned about food disruption and the importance of food resilience in times of crisis.

The theme for this year's campaign, "Together We Keep Singapore Strong," emphasised the role of every Singaporean in putting Total Defence into action in our everyday lives. The exercise also raised awareness about ready-to-eat meals as an alternative form of food in emergencies, encouraging flexibility in food choices during crises.

The ready-to-eat meals, including options like baked fish with chunky tomato, vegetable ragout, and makhani chicken with biryani rice, were designed to provide quick and convenient access to sustenance in emergencies, serving as a reminder of the importance of preparedness in times of need.

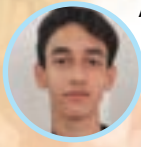
As students reflect on this experience, they are reminded of the lessons learned and the significance of adaptability and resilience, both as individuals and as a community. Together, we contribute to Singapore's strength and readiness to face any challenges that may arise.

By Ms Goh Shu Hui Subject Head (CCE)



Total Defence Day is important because it marks the day Singapore fell to the Japanese in 1942 during World War II and honours those who defend the nation. It is a day to appreciate the people who keep us safe and make our lives better. The festivities remind us of the sacrifices made in the past and the progress we have achieved. It is also a day filled with excitement and gratitude. I pledge to do my part in making Singapore a peaceful and safe place for everyone. Together, as Singaporeans, we can continue to build a better future for our nation.

By Pacayra Pruss Nathaniel Legaspi (1 Resilience)



Awards Day in Canberra Secondary School is a culmination of hard work, dedication, and achievement celebrated in a grand manner. It's a day when students, teachers, and parents gather together to honor excellence in academics, sports, arts, and various other fields. The atmosphere is filled with anticipation and excitement as students eagerly await.

In addition to individual awards, there are often special awards such as the 'Eagles' award presented to students who exemplify certain values or characteristics, such as integrity, perseverance, or kindness. These awards serve to highlight the importance of character and moral development alongside academic success to see their efforts recognized and rewarded.

As a student emcee reflecting on Awards Day, I cannot help but feel a mix of excitement, pride, and gratitude. Being on stage, guiding the ceremony, and witnessing the achievements of my peers has been an incredibly fulfilling experience.

By Adam Jeremy Didonato (3 Integrity)



Student Council Investiture



On 3rd April 2024, we commemorated our Student Leaders Investiture, a momentous occasion where we ushered in the 23rd Student Council and our new student leaders into their roles, all while expressing sincere gratitude to the outgoing 22nd Student Council and our dedicated Secondary Four student leaders. This event resonated deeply with me, as I reflected on the close bonds forged with the previous executive committee and the cherished memories we created together. My aspiration to serve as a councillor traces back to my earliest school days, making the opportunity to contribute to the student council executive committee a truly humbling experience. I extend my heartfelt gratitude to Mr Tan Qi Guang, Ms Siti Reziah, all my teachers, peers, and seniors whose unwavering support has been indispensable on my journey towards personal and collective success.

By Kuan Lee Xuan (3 Kindness)



Parent Support Group Welcome Party 2024



On 16th February, the Parent Support Group organized a unique Welcome Party aimed at sharing insights with parents whose children are entering Secondary One, guiding them on how to smoothly transit to secondary school life.

Our principal, Mr. Leong, and PSG Exco chairperson, Mr. Steven Yeoh, delivered speeches during the session.

Coinciding with the seventh day of the Chinese Lunar New Year, known as "Ren Ri," members from various backgrounds came together for a joyous traditional Chinese New Year activity, the "Lo Hei," fostering an atmosphere of harmony.

PSG members led entertaining interactive games, encouraging interaction between attending parents and their children. The school's Parent Support Group committee and members shared experiences on how children can achieve significant academic progress and character development during their time at the school. Additionally, PSG Exco members shared their reasons for joining the Parent Support Group, as well as various activities organized by the group, such as parent-child badminton events and baking classes.

Moreover, the Parent Support Group highlighted the most crucial support activity, the "Positive Parenting Program" course. The course facilitator introduced the content and objectives of the Triple P program, emphasizing the Parent Support Group's support for all parents.

This evening served as a delightful gathering, where one connected and collaborated in creating a supportive and nurturing environment. We look forward to other parents joining this organization, offering mutual support and accompanying their children on the journey of growth.

By Ms Lau Sou Fong, Senior Teacher

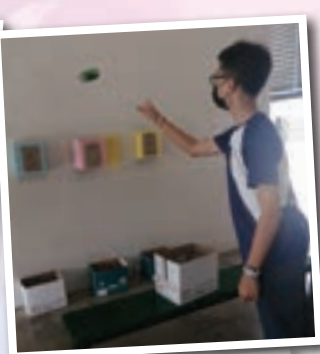


Eco-Stewardship

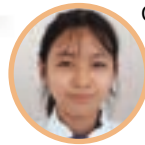


Global Recycling Day was commemorated from 18-22 March with a myriad of games and activities. As an NE green leader, I had the opportunity to witness and host one of the activities — bowling, and I was intrigued to see people dropping by to knock down plastic bottles serving as bowling pins, with balls made from scotch tape. From bowling, bottle flips, hopscotch to sort-and-toss, I was glad to see Canberrans participating and playing the games. Overall, it was meaningful seeing people learning a thing or two about incorporating recycling into our daily lives.

By Lim Yi Xuan (4 Resilience)



Experience ITE Programme



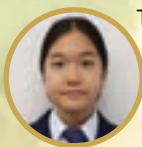
Canberrans from 2 Respect and 2 Kindness had an enriching experience participating in the 'Experience ITE' programme at ITE College Central. We had the opportunity to immerse ourselves in authentic learning environments and engage in a variety of fun and practical projects. The programme not only encouraged us to explore and develop skills but also played a crucial role in offering valuable Education and Career Guidance (ECG) advice. It was a day filled with exciting activities that aimed to instill a passion for skills education while guiding us to make informed choices about our future academic and career paths. Overall, not only was the programme fun and enriching, it has expanded my knowledge of what I will be learning and experiencing when I eventually progress onto ITE.

By Loh Sherlyn (2 Respect)





Sec 2 Oratorical Programme



The Secondary Two students had an opportunity to participate in an Oratorical Programme to hone our articulation and creative writing skills. The programme was an incredible journey. It enhanced my confidence, refined my public speaking skills, and fostered my creativity. Engaging with peers in games and performances was both fun and challenging. Overall, it was a transformative experience that significantly shaped my communication abilities and passion for the arts.

By Christabel Lim Jin Yu (2 Diligence)



Sec 2 Museum Learning Journey



In March, our Secondary 2 students embarked on a memorable learning journey to the National Museum of Singapore. Guided by specially-trained museum educators, students were immersed in a museum-based learning experience designed to deepen their appreciation for Singapore's history and heritage.

Titled "Artefactually Speaking," the programme encouraged students to explore various artefacts in the museum, interact with museum educators, and learn about the connections between different groups and individuals in Singapore's history. During the programme, students had the opportunity to engage with museum educators, who shared fascinating stories about the artefacts. This interactive approach not only made the learning experience more engaging but also allowed students to gain a deeper understanding of Singapore's history.

The learning journey culminated in a meaningful exploration of Singapore's past, from the colonial period through the Japanese Occupation to post-independence. Students were captivated by the exhibits and deeply engaged in the stories of Singapore as they made personal connections with the country through its people, places, and experiences.

While the learning journey has concluded, the memories and insights gained will continue to resonate with the students, enriching their understanding of Singapore's heritage and inspiring them to cherish and preserve it for future generations.

By Cabrera Paula Margaret Manibo (2 Honour)

Musical Experience



48 Secondary 3 Pure Literature students embarked on a memorable journey on May 27th, attending a captivating musical presented by Checkpoint Theatre at the Victoria Theatre. This theatrical masterpiece, which has garnered resounding acclaim from teachers, students, and the wider community, stirred the depths of our souls and resonated deeply with our shared experiences about secondary school.

The afternoon began with eager anticipation as we gathered for a pre-show dialogue with the acclaimed director, Huzir Sulaiman, whose insights illuminated the narrative's nuances, thematic richness and a peek behind the curtain about staging a theatrical production. As the curtains rose and the melodies filled the air, we were transported into a world where the struggles and triumphs of adolescence unfolded before our eyes.

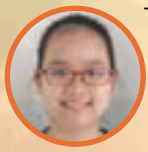
Through poignant lyrics, catchy melodies, and expressive dance moves, the musical resonated deeply with each member of our cohort, evoking a tapestry of emotions ranging from nostalgia to hope. We saw ourselves reflected in the struggles and triumphs of the characters, finding solace in the shared journey of growth and self-discovery.

As we reflect on our own parallel experiences, we are reminded of the profound impact that art can have in fostering empathy, understanding, and connection. The musical served as a poignant reminder that our efforts and relationships, though sometimes unnoticed, hold immeasurable value and deserve recognition in a society that often measures success through narrow metrics.

By Krystal Tang Min Er (3 Honour)



Chingay National Education Show



The secondary 1 and 2 international students, along with their Singaporean classmates, had an incredible time at the 2024 Chingay National Education Show last Saturday. Despite an earlier downpour, the students' spirits remained undaunted as they delved into the rich tapestry of Singapore's multiculturalism. The event served as an engaging platform for our students to deepen their understanding of the diverse cultural fabric that makes Singapore unique. The experience not only fostered a sense of unity and camaraderie among the students but also provided valuable insights into the shared values that drive the nation forward. It was a day filled with cultural appreciation, friendship, and a strengthened bond that will undoubtedly contribute to the positive and inclusive atmosphere within our school community. The memories of the show will always be etched in my mind and I recommend it highly!

By Lee Ming Xi Rachel (2 Honour)



MTL Tea Appreciation Learning Journey



Tea Appreciation @ Tea Chapter

The Chinese Language Unit has organised a learning journey for all Secondary Three Express students studying Chinese language in March this year. The course aimed to immerse students in the world of Chinese tea, prioritizing interactivity and relevance to deepen their connection with Chinese culture and heritage. Through hands-on experiences in tea making and handicraft, students explored the intricacies of tea culture under the guidance of qualified instructors. From delving into the history of tea to mastering the art of brewing, students engaged in tea art demonstrations, appreciation sessions, and immersive experiences, relishing every moment of this enriching 1.5-hour learning journey.

Coffee Appreciation @ Nanyang Old Coffee

The Chinese Language Unit curated an enriching learning journey for Secondary Three Normal Academic students in March, aimed at deepening their understanding and appreciation of Chinese culture through the exploration of coffee art and tradition. With a focus on the historical importance of coffee in Singapore, students delved into the unique heritage of Singapore Traditional Coffee. This hand-brewed beverage boasts a rich history spanning over a hundred years, encapsulating Singapore's distinct coffee culture. Through hands-on experiences, students not only enjoyed traditional snacks and delicacies but also honed their skills in crafting their desired cup of Singapore Traditional Coffee, fostering a deeper connection with the country's cultural heritage.

Cultural Performance Exposure Scheme (CPES)

For this year's Cultural Performance Exposure Scheme (CPES) in 2024, the CL Unit brought the Secondary Two students who are taking G3 & G2 Chinese to the Singapore Chinese Cultural Centre to watch the "Crosstalk is Here". The students had a fruitful and enjoyable time there while watching the artists perform Crosstalk, which is a form of traditional performing arts with great history. Rich in puns and allusions, Crosstalk is delivered in a rapid, bantering style which brings laughter to the audience. Performed by renowned veterans, the performance was very well received and inspired the students to find out more about the Chinese culture.

By Ms Teo Qi Wen, Teacher



Chinese New Year Dance Performance



On 23rd of February, the dancers were honored to showcase our dance at the Canberra Community Centre's CNY Dinner 2024. It was a privilege to participate in such a distinguished gathering, where we had the opportunity to perform in the presence of the esteemed Guest of Honor, Dr. Lim Wee Kiak, Grassroot Adviser to Canberra GROs.

Performing in this dance showcase was exhilarating. It boosted my confidence, improved my coordination, and deepened my passion for dance. The rehearsals taught me discipline and teamwork, while the performance itself was a thrilling experience. Overall, it was a rewarding journey that enhanced my skills and created unforgettable memories with my fellow dancers.

By Isabel Teoh Wen Xuan (4 Empathy)

