

The Raffles Wave

RGS Parents and Alumni Newsletter

FEBRUARY 2013

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RGS wishes all parents and alumni a happy and prosperous Lunar New Year!



**RAFFLES
GIRLS' SCHOOL**

*Nurturing
Daughters of a Better Age*

Dear Parents and Alumni

"*Deep Roots, Strong Wings*" is the theme for the year. A firm foundation rooted in values will help RGS girls in mastering whatever they pursue in school, as well as in life. Our hope is for each and every RGS girl to constantly use good principles as her guiding light, before taking flight and soaring to her fullest potential.

RGS starts the year with a new Principal, Mrs Poh Mun See, at the helm. Prior to joining RGS, Mrs Poh was the Deputy Director at the Academy of Singapore Teachers.

Ms May Tan, former Director of Talent Development at RGS has been appointed as the fourth Deputy Principal at RGS with effect from January this year. Ms Tan takes up the portfolio of Academic Studies and Outreach.

Deputy Principal, Ms Chin Jen Fu, is currently on sabbatical for one year.

We look forward to working with RGS parents and alumni in 2013 and wish all a fruitful and blessed 2013.

Sincerely,
Raffles Girls' School

UPCOMING EVENTS

RGS Founder's Day

RGS Founder's Day will be on 2 March this year. Celebrating the fine traditions and rich history of RGS, we are pleased to have as our Guest-of-Honour Ms Mavis Chionh (Chief Prosecutor, Economic Crimes and Governance Division, Attorney-General's Chambers) who is herself an RGS alumnus.

PRGS 10th Anniversary Celebrations

Date : 2 March 2013
Time : 3pm to 5.30pm
Venue : N E Norris Hall, RGS

Formed in 2003, Parents for RGS (PRGS) Association's main objective has always been to connect parents, the school and the students. Through many sustained initiatives and activities for the past 10 years, PRGS has done an excellent job in fostering more meaningful and closer ties among key stakeholders focused on the total development of the RGS girl.

We thank PRGS for their continuous partnership in supporting the school's programmes, helping parents help their daughters adapt to the challenges of an RGS education, organising Parent Education Workshops and so much more. Congratulations on your 10th Anniversary!

Official Launch of the RGS Cookbook for the RGS Performing Arts Centre

With recipes contributed by RGS alumni, Consuming Passion: Memories From The Rafflesian Table will be officially launched on Saturday, 9 March 2013 at 3pm at a Tea at RGS. Programme highlights for the event include live music performed by The Jeremy Monteiro Trio as well as celebrity alumni artistes, Beatrice Chia-Richmond (artistic director of this Tea's programme) and Rani Singam, amongst other celebrity performers. Mr. S.R. Nathan will be our Guest-of-Honour.

From the proceeds of sale, donations and sponsorships at the Tea, we hope to raise funds for the building of the RGS Performing Arts Centre at our new campus planned for 2018. For more information on how you can contribute to the RGS Performing Arts Centre, do email may.kan@rgs.edu.sg

HIGHLIGHTS

PROJECT GOLD - COMMUNITY SERVICE PROJECT BY RGS STUDENTS:

Ragini Verma (405), Teo Wan Xin, Phionna (406), Lim Hui En Deborah Philippa (408), Jessica Goh Kai Ling (409), Chan Si En Esther (410), Fong Si Ying (410), Kassandra Ong (411)

In their own words:

The main focus of our project is to improve the overall well-being of the elderly, and to encourage them to lead non-sedentary lifestyles. We do so via regular sessions at the Senior Activity Centres (SACs).

All of these sessions follow different themes, and focus on improving the overall health of the elderly by focusing on three aspects: Physical, Intellectual and Social.

In each session, we conduct activities that aim to improve their health in at least one aspect.

For the physical,

- We conduct exercises at the start of every session
- We also brought in exercise bands and distributed them to different SACs in Singapore
- We worked with Physio Asia Therapy Centre to produce an exercise poster, with useful exercises for the elderly
- We arranged games of Wii Sports for them
- We will be requesting for a professional to give an instructional talk to the elderly in a few SACs on how to use the exercise bands.

For the intellectual, we conduct memory games, or we stimulate their creativity by conducting various activities such as scrapbooking or fruit tart making.

The social aspect is integrated in activities that involve interaction, for example, a jumping origami frog competition, or a "Build the Highest Straw Tower" competition, which is a group activity, and will get them to work together and get to know each other better.

We also organise activities that coincide with the festivals and other events like Lunar New Year and Christmas.

However, what we find crucial in a project like this, is sustainability, which we aim to achieve by:

1. Teaching the elderly exercises that they can do even without the sessions.
2. Forging stronger bonds amongst the elderly in each SAC, such that they will continue to interact well with one another, even after the sessions are over.

We are also currently working on extending our project by:

1. Compiling a GOLD Programme - This will be in the form of a booklet, which is basically a compilation of all our activities and session ideas, so that more volunteers can adopt other SACs, and use this booklet as a guide to what kind of activities they can conduct with the elderly. This is one of the main products of our project.
2. Encouraging volunteers to teach their grandparents basic exercises.

If you'd like to find out more about our project, please visit our website:

<http://projectgoldcmps.wix.com/gold>.

WORK EXPERIENCE PROGRAMME (WEP)

The inaugural WEP Biennial Appreciation Tea was held on 1 February 2013.

The purpose of the Tea was for the school to thank our organisational partners who have offered attachments and work experiences to many Year 3 and Year 4 RGS girls over the past two years. Organisational Partners that were present included Heartware Network, Changi General Hospital, Resorts World Sentosa, TP Healthcare, Soldgers, St Luke's Hospital, and Carpe Diem Young Hearts. Several RGS alumni work in these organisations and were great mentors to our girls.

Five Year 4 girls shared their experiences and learning points while attached to various partner organisations during the 2012 November – December holidays.

Sun JiaQian (412) - Changi General Hospital

JiaQian discovered that she needed to work on her precision and accuracy skills, while realising that her forte was in communication.

Mary Grace Yeo (413) - Carpe Diem Young Hearts

"This work stint has given me a realistic view of childcare education and has enabled me to become more patient and firm with children. As I plan to pursue pediatrics, this will benefit me greatly in the future as I will be able to communicate better with my patients."

Kristele Pan (409) - St Luke's Hospital, Finance Department

"I realised that just like school, there would be people you can't get along with. But I learned from one of the colleagues that while we may not like someone, we must put our differences aside to get the job done."

Isabel Tan (407) - Changi General Hospital

Isabel shared about the observations she made while being attached to five different departments during her attachment.

Grace Tern (403) - School Dental Centre, Health Promotion Board

"I observed that a good dentist is able to quickly earn his or her patient's trust and make the patient as comfortable as possible. A strategy I picked up from one of the dentists I was attached to is to talk in a calm and reassuring voice to the children throughout. Moreover, I learnt that making small talk with the young patients help to distract them from any discomfort or pain they may feel during the treatment."

ACTIVITIES

Outward Bound @ Pulau Ubin - Year 3 RGS girls - 7 to 11 January 2013



Inter-House Games Opening Ceremony - 5 February 2013



Lunar New Year celebrations - 8 February 2013

