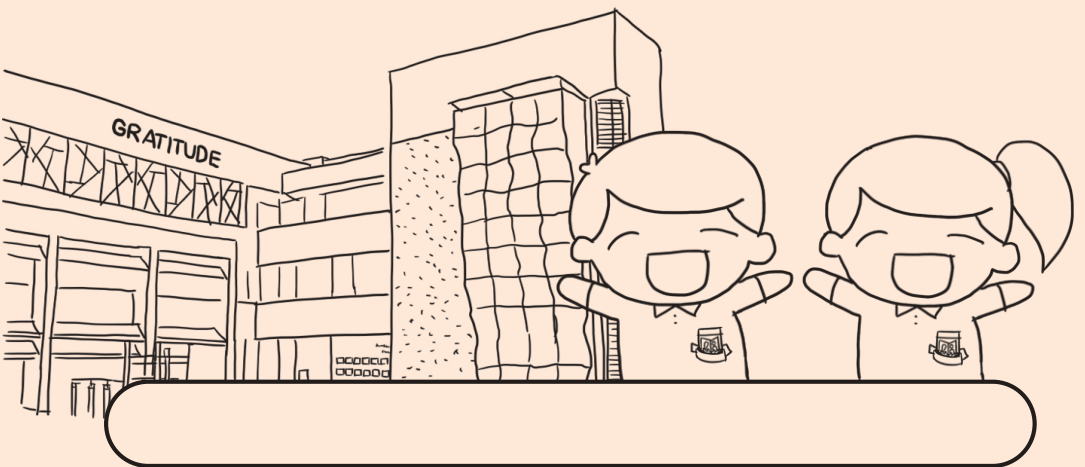


STUDENT DIARY 2024



SCHOOL PHILOSOPHY (OYSTER)

"Oysters are known for their ability to draw sediments, nutrients and algae in and over their gills to create shiny, beautiful pearls. Likewise, we wish for Juying to be our students' oyster.

We are a nurturing family for students of all abilities and backgrounds as we believe that every student is unique and every student can learn. We aspire to enhance and amplify the individual talents of all students, and develop them to be persons with strength of character, such that they may, like pearls, shine and illuminate any organisation they may enter in the future."

Opportunities for all (home for students of all abilities and backgrounds)

Yearning for lifelong learning (every student can learn)

Student Centred (every student is unique)

Talent development (enhance and amplify the individual talents of all students)

Empowerment (the students, like pearls, shine & illuminate any organisation they may enter in future)

R²**I****G****H****T** values inculcation (develop them to be persons with strength of character)

VISION

A gracious community of lifelong learners with strength of character

MISSION

Inspiring Learning • Inculcating Values • Impacting Lives

To prepare JYians to be future-ready and useful citizens by inculcating values and inspiring in them a passion for learning.

SCHOOL CREST

THE KEY

stands for the letter J and symbolises the key for success

**THE BOOK
SPINE EDGE**

stands for the letter Y and symbolises knowledge

THE GEARS

stands for the letter S and symbolises technology and harmony

SCHOOL COLOURS

YELLOW symbolises brightness, hope and success

BLUE symbolises confidence, loyalty and stability

SCHOOL MOTTO

Together We Will Succeed

MINI WHITE BOARD

33 Jurong West Street 91
Singapore 649038
Tel: 6308 9898
Fax: 6793 2835
www.juyingsec.moe.edu.sg



JU^{AND}YING
Together
We Will
Succeed

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PERSONAL DATA

Name : _____

Class : _____

E-mail Address : _____

Home Telephone : _____ Mobile Phone : _____

CCA(s) : _____

My Blood Group : _____

Allergies/Health Concerns : _____

IN CASE OF EMERGENCY, PLEASE NOTIFY :

Name : _____

Relationship : _____

Address : _____

Contact No. : _____

Juying Secondary School

33 Jurong West St. 91, Singapore 649038

Tel: (65) 63089898

Fax: (65) 67932835

E-mail: juying_ss@moe.edu.sg

Website: www.juyingsec.moe.edu.sg

The School reserves the right to use students' photos/images in our school publications/website for official purposes, unless otherwise informed by parents. If you do not wish to have these photographs and images published, you may write to the school at juying_ss@moe.edu.sg.

THE SINGAPORE FLAG

The National Flag is Singapore's most visible symbol of statehood, symbolising our sovereignty, pride and honour. It reflects the ideals, beliefs and values that we stand by as a nation amidst our rich and diverse make-up. It forms a crucial element of our national identity. As such, the National Flag is to be treated with dignity and honour.



The National Flag was unveiled on 3 December 1959, together with the state crest and the national anthem, at the installation of the new Head of State, the Yang di-Pertuan Negara. It was created by a committee led by the then Deputy Prime Minister Dr Toh Chin Chye. It replaced the Union Jack, which had flown over Singapore for 140 years (1819-1959). Upon Singapore's independence in 1965, it was adopted as Singapore's national flag.

The flag consists of two equal horizontal sections, red above white. In the upper left section are a white crescent moon and five white stars forming a circle. Each feature of the flag has its own distinctive meaning and significance. Red symbolises universal brotherhood and equality of man. White signifies pervading and everlasting purity and virtue. The five stars stand for the nation's ideals of democracy, peace, progress, justice and equality.

THE NATIONAL COAT OF ARMS (STATE CREST)



The National Coat of Arms or State Crest consists of a shield emblazoned with a white crescent moon and five white stars against a red background. Red is symbolic of universal brotherhood and equality of man, and white signifies pervading and everlasting purity and virtue. The five stars stand for the nation's ideals of democracy, peace, progress, justice and equality. Supporting the shield are a

lion on the left and a tiger on the right. Below the shield is a banner inscribed with the Republic's motto, *Majulah Singapura*. The lion represents Singapore itself and the tiger, the island's historical links with Malaysia.

THE NATIONAL ANTHEM

The National Anthem, together with the National Flag and the State Crest, reflects Singapore's identity as a nation. The anthem echoes the enduring hope and spirit of Singaporeans to make progress. It rallies us together to succeed.

The National Anthem was written in the wake of nationalism during 1956-57. Its composer, the late Encik Zubir Said, had written it on the basis of two words, "*Majulah Singapura*", which means "Onward Singapore". It was launched on 3 December 1959 together with the National Flag and the State Crest, at the installation of the new Head of State, Yang di-Pertuan Negara. Upon Singapore's independence in 1965, "*Majulah Singapura*" was adopted as the republic's national anthem.

OUR NATIONAL ANTHEM (SONG)

Majulah Singapura
Onward Singapore

Mari kita rakyat Singapura
Come, fellow Singaporeans

Sama-sama menuju bahagia
Let us progress towards happiness together

Cita-cita kita yang mulia
May our noble aspiration bring

Berjaya Singapura
Singapore success

Marilah kita bersatu
Come, let us unite

Dengan semangat yang baru
In a new spirit

Semua kita berseru
Together we proclaim

Majulah Singapura
Onward Singapore

Majulah Singapura
Onward Singapore

OUR PLEDGE

We, the citizens of Singapore,
pledge ourselves as one united people,
regardless of race, language or religion,
to build a democratic society
based on justice and equality
so as to achieve happiness, prosperity,
and progress for our nation.

HISTORY OF THE SCHOOL

Juying Secondary School (JYSS) was founded in December 1994 with the appointment of Mrs Lee Yin Ling as its pioneer principal. With an initial Secondary One cohort on 12 June 1995, the students and teachers moved into the present premises, then a partially retrofitted building, formerly occupied by Jurong Institute.

During the first few years, our emphasis was on setting up working systems that were effective and clear to the staff. At the same time, teachers strived to build up instructional programmes that catered to the students' abilities and to add value to their academic achievements. This was strongly supported by strict discipline and a responsive care programme. The school was officially opened by Mr Peter Chen, Senior Minister of State for Education and MP for Hong Kah GRC, on 18 July 1997.

In June 1999, a building extension project gave the school additional structures of a new classroom block and an IT block with two computer laboratories and three IT resource rooms. This made it possible for the school to go single session. JYSS also went through Repairs and Repainting Programme in June 2000 and November 2004.

The school underwent the Programme for Rebuilding and IMproving Existing schools (PRIME) project from December 2009 to July 2012. Among its upgraded and modern facilities are the spectacular Dance Studio with floor to ceiling glass windows, an Indoor Sports Hall, a synthetic Soccer Field and an amphitheatre.

In 2015, the school celebrated its 20th Anniversary and in conjunction with the celebration of SG50, ex-staff from the pioneer generation was also invited to the special event.

Ms Grace Ng served as the second principal of Juying Secondary School (1999 - 2004), followed by Mr Abdul Harris (2005 - 2012), Mr Seet Tiat Hee (Dec 2012 - Dec 2017) and Mdm Soh Beng Mui (from Dec 2017).

Juying Secondary School is now into its 29th year and is proud to make a difference in our students' educational experience through a holistic and enriching curriculum that strives to bring out the best in every JYian.

SCHOOL SONG

As children of the Juying family,
Joyous and youthful,
We are zealous to learn, determined to succeed,
We forge forward with an iron will
To establish a gracious community, and to support others.

Heroes of virtue and of strength,
we meet and we uphold the motto of our school:
Together we will succeed.

As members of our nation Singapore,
Honest and faithful,
We are eager to serve, and ready to give,
We team up as a group of heroes,
To strengthen ourselves to be the best,
And to support others.

Heroes of virtue and of strength,
we meet and we uphold the motto of our school:
Together we will succeed.

SCHOOL CURRICULUM

Lower Secondary Curriculum

Express	Normal Academic	Normal Technical
Examinable Subjects	Examinable Subjects	Examinable Subjects
English Language	English Language	English Language
Mother Tongue Language	Mother Tongue Language	Mother Tongue Language
Mathematics	Mathematics	Mathematics
Science	Science	Science
Geography	Geography	Computer Applications
History	History	Design & Technology
Literature in English	Literature in English	Food & Consumer Education
Design & Technology	Design & Technology	
Food & Consumer Education	Food & Consumer Education	
Art	Art	
Non Examinable Subjects	Non Examinable Subjects	Non Examinable Subjects
Character & Citizenship Education	Character & Citizenship Education	Character & Citizenship Education
Physical Education	Physical Education	Physical Education
Music	Music	Music
Passion Programme	Passion Programme	Social Studies
		Art
		Passion Programme

Upper Secondary Curriculum

Express	Normal Academic	Normal Technical
Examinable Subjects	Examinable Subjects	Examinable Subjects
English Language	English Language	English Language
Mother Tongue Language	Mother Tongue Language	Mother Tongue Language
Mathematics	Mathematics	Mathematics
Combined Humanities (Social Studies & Geography) or (Social Studies & History) Or (Social Studies & Literature in English)	Combined Humanities (Social Studies & Geography) or (Social Studies & History)	Computer Applications
Combined Science (Physics & Chemistry) or (Chemistry & Biology)	Combined Science (Physics & Chemistry) or (Chemistry & Biology)	Science
Elective Examinable Subjects	Elective Examinable Subjects	Elective Examinable Subjects
Approved Foreign Language	Approved Foreign Language	Elements of Business Studies
Art	Art	Mobile Robotics
Principles of Accounts	Principles of Accounts	
Design & Technology	Design & Technology	
Nutrition & Food Science	Nutrition & Food Science	
Additional Mathematics	Additional Mathematics	
Pure Geography		
Non Examinable Subjects	Non Examinable Subjects	Non Examinable Subjects
Character & Citizenship Education	Character & Citizenship Education	Character & Citizenship Education
Physical Education	Physical Education	Physical Education
Passion - VIA Programme	Passion - VIA Programme	Social Studies
Passion Programme	Passion Programme	Social Studies
		Passion - VIA Programme

INFORMATION TECHNOLOGY

Cyber-Wellness Rules

All JYians should own a personal learning device (PLD) which will be used to facilitate an environment that encourages personalised learning.

The use of the PLD for teaching and learning aims to:

- support the development of Digital Literacies
- support self-directed and collaborative learning, enhancing Teaching and Learning

The school has the following facilities for teaching and learning:

- Computer Labs 1 to 4
- IT Resource Rooms

All computer labs and IT rooms are equipped with the latest software and high-speed internet connection to ensure the best educational experience possible.

Rules for Computer Labs

1. JYians are not allowed to enter or work in the lab/room unless a teacher is present.
2. All bags are to be placed at the front of the lab/room.
3. JYians should report any vandalism discovered at the start of the lesson immediately to the teacher.
4. Unless told otherwise, students should log in using their own windows account and they are not to share their password with anyone.
5. JYians are not allowed to surf the internet, play games, install programmes or do any printing unless instructed or permitted by the teacher.
6. JYians are not to bring or consume food in the lab/room.
7. JYians are to take care of the lab/room by doing the following:
 - Keep the workstation neat and tidy at all times
 - Scan external media (Memory Cards, Thumbdrives, etc) for viruses before using them
 - Not remove any equipment from its original position
 - Turn off the main power at the end of the lesson
 - Neatly arrange computer keyboard, mouse and chair before leaving the lab/room.

SCHOOL BASED ASSESSMENT AND EXAMINATION

Assessment of Students

Marks Computation

Level	Term 1	Term 2	Term 3	Term 4	Total
Sec 1	10%	15%	15%	60%	100%
Sec 2	10%	15%	15%	60%	100%
Sec 3	10%	15%	15%	60%	100%
Sec 4-5	15%	15%	70 %	N.A.	100%

Sec 1-4 G3 / Sec 5 Normal Academic Stream

Level	Term 1	Term 2
A1 A2	≥ 75 70 - 74	Demonstrates very good understanding of the subject
B3 B4	65 - 69 60 - 64	Demonstrates good understanding of the subject
C5 C6	55 - 59 50 - 54	Demonstrates adequate understanding of the subject
D7 E8	45 - 49 40 - 44	Demonstrates elementary understanding of the subject
F9	≤ 39	Has not met minimum requirements for the subject

Sec 1 - 4 G2(Normal Academic) / G1(Normal Technical) Stream

Grades		Marks (%)	Descriptors
NA	NT		
1	A	≥ 75	Demonstrates very good understanding of the subject
2	B	70 - 74	
3	C	65 - 69	Demonstrates good understanding of the subject
4		60 - 64	
5	D	50-59	Demonstrates adequate understanding of the subject
U (Ungraded)		≤ 49	Has not met minimum requirements for the subject

PREPARATION FOR EXAMINATION

Important Study Principles

- Take good notes - jot down key ideas and phrases.
- Allocate study time regularly for each subject. Do not do last-minute work.
- Do all assignments given to you. This is a good practice for examinations and good reinforcement of lessons that are taught.
- Ask for help if you face difficulties. Consult your teachers and friends. Do not leave any doubts or question on lessons unanswered. Lessons are conducted in progressive steps. If you do not understand an earlier concept, you will most likely not be able to cope with the next chapter. Ask questions when in doubt before it is too late.
- Form study groups. Discuss your lessons and help one another. However, do not turn this session into a chit-chat session.
- Exercise regularly, have sufficient sleep, eat wisely and put aside time for relaxation. A healthy mind and body help you to concentrate better and study more effectively.
- Do not study continuously without a break. For every one hour of study, give yourself fifteen minutes of rest. In this way, your mind will stay fresh and you will study better.

Effective Study Methods and Habits

Below are some points to help you study more effectively.

- **Place Habit**
 - Always have a fixed place to study so that your mind is conditioned to start work immediately. A study table with a comfortable chair is ideal.
 - Do not lie on the bed to study.
- **Time Habit**
 - You should choose wisely the most quiet and conducive hours to study.
 - If you have fixed your hours to study, all other activities should revolve around the study time and not replace it.
- **Personal Timetable**
 - You should develop a personal timetable. When planning one, bear in mind the need to balance work, recreation and rest.
- **Making The Most Out Of Your Reading**
 - Study the title carefully.
 - Look out for words in italics or in bold print.
 - Circle or underline key words or facts.
 - Try to give your own title to each paragraph.
 - Pause to absorb and reflect on what you have read.
 - Try to formulate questions on what you have just read.
 - Read different books on the same topic.
 - Memorise key points [visualise, draw pictures, use mnemonics and mind maps to help you memorise].
 - Check glossary and index for references.

PREPARATION FOR EXAMINATION

- Scan through to see the 'Big Picture', followed by a more detailed reading for indepth study, i.e. use SQ3R method [Scan, Question, Read, Recall and Review].
- Review occasionally with one or more friends.
- Write your own notes/summaries on study cards [See below].
- **Study Cards**
 - Just reading is not enough. You will recall very little later on. It is important to make it visual and jot down points and notes as you read.
 - Write your points on Study Cards. This is useful when you revise for your examinations as you can carry them around with you during 'waiting time'.

Examinations Rules and Regulations

1. The desks and chairs in the classroom must be arranged in single columns and rows.
2. All students must report to the hall/classroom 20 minutes before the start of each paper. They are to leave their pencil cases open for teachers to check before being allowed to enter the hall or classroom. Translucent pencil case is preferred.
3. Students are warned NOT to bring in unauthorised materials (eg. Notes, handphones, electronic devices etc.) into the examination venue.
4. No student is allowed to sit for any paper if he/she reports for the examination more than 30 minutes later than the start of the paper, unless permission is obtained from the Principal.
5. Students must bring necessary materials such as pens, pencils, rulers, erasers, geometrical instruments, MOE-approved calculation, MOE-approved dictionary, calculators, etc. Borrowing of materials is not allowed.
6. The use of correction fluid or correction tape is not allowed.
7. Students must write their name, register number and class clearly on the cover page as well as on every sheet of paper used. The question number must be clearly indicated on the left hand margin.
8. Students must read the instructions carefully before answering the questions.
9. Students must write answers on both sides of the writing paper.
10. When in the examination venue, students are NOT allowed to communicate with one another.
11. Students must spend the full duration of the time set for the papers. They will not be allowed to leave the hall / classroom until all papers are collected at the end of the paper.
12. Students must stop writing when the instruction to stop writing is given. All students must be seated and maintain silence whilst the invigilators collect the scripts.
13. Students may go home at the end of the last paper of the day.
14. Cheating is a serious offence. Any student caught cheating or conspiring to cheat will be severely dealt with by the school.

CRITERIA FOR END OF YEAR PROMOTION

Course & Level	MET STATED MINIMUM ATTAINMENT LEVEL	
	Promoted to next higher level in same course	Laterally transferred to a more academically demanding course
Sec 1G3	Pass in English Language and a pass percentage in the average for all subjects	
Sec 1G2	Grade 5 or better in (a) English Language and 2 other subjects or (b) 4 subjects	Minimum of 70% in the overall percentage of all subjects combined. Only in exceptional cases. (Not earlier than mid-year)
Sec 1G1	Grade D or better in 2 subjects, one of which should be English Language or Mathematics	Minimum of 70% in the overall percentage of all subjects combined. Only in exceptional cases. (Not earlier than mid-year)
Sec 2G3	Pass in English Language and a pass percentage in the average for all subjects	
Sec 2G2	Grade 5 or better in (a) English Language and 2 other subjects or (b) 4 subjects	Minimum of 70% in the overall percentage of all subjects combined. Only in exceptional cases. (Not earlier than mid-year)
Sec 2G1	Grade D or better in 2 subjects, one of which should be English Language or Mathematics	
Sec 3G3	Grade 6 or better in English Language and 2 other subjects	
Sec 3G2	Grade 5 or better in (a) English Language and 2 other subjects or (b) 4 subjects	
Sec 3G1	Grade D or better in 2 subjects, one of which should be English Language or Mathematics	
Sec 4NA	Grade 5 or better in English Language AND aggregate of 19 points or less in English Language, Mathematics and best 3 subjects	

CRITERIA FOR ENTRY TO TERTIARY EDUCATION

The admission criteria for Junior Colleges, Centralised Institutes and Polytechnics are provided below:

Junior Colleges

To qualify for entry to JC the Aggregate for L1R5 must be less than 20 points

L1	First Language	English / Higher Mother Tongue
R5	Relevant Subject 1	Humanities
	Relevant Subject 2	Mathematics / Science
	Relevant Subject 3	Humanities / Mathematics / Science
	Relevant Subject 4	Humanities / Mathematics / Science / Other GCE O-Level subjects excluding CCA & Religious Knowledge
	Relevant Subject 5	Humanities / Mathematics / Science / Other GCE O-Level subjects excluding CCA & Religious Knowledge

Centralised Institute

To qualify for entry to CI the Aggregate for L1R4 must be less than 20 points

L1	First Language	English / Higher Mother Tongue
R5	Relevant Subject 1	Humanities
	Relevant Subject 2	Mathematics / Science
	Relevant Subject 3	Humanities / Mathematics / Science
	Relevant Subject 4	Humanities / Mathematics / Science / Other GCE O-Level subjects excluding CCA & Religious Knowledge

Polytechnic

Course Group	Architectural Technology Course L1R2B2	Business Related Course L1R2B2	Science- Based Course L1R2B2	Technology Course L1R2B2
L1	English			
1 st group of relevant subjects R2	Elementary Mathematics Additional Mathematics			
2 nd group of relevant subjects R2	<ul style="list-style-type: none"> • Art • Biology • Combined Science • Design & Technology • Physics 	<ul style="list-style-type: none"> • Combined Humanities • Geography • History • English Literature • Principles of Accounts 	<ul style="list-style-type: none"> • Food & Nutrition • Biology • Combined Science • Chemistry • Physics 	<ul style="list-style-type: none"> • Chemistry • Combined Science • Design & Technology • Physics
B2	Best 2 other subjects excluding CCA			

* Refer to the Joint Admissions Exercise Booklet for more details regarding course requirements

Early Admission Exercise (EAE)

All final year secondary school students in Express and Normal Academic Streams can apply through EAE.

Eligibility criteria for Early Admission Exercise (EAE):

- * The EAE is an aptitude-based admission exercise that allows students to apply and receive conditional offers for admission to the polytechnics based on their aptitudes and interests, prior to receiving their final grades. It gives the polytechnics greater flexibility to select and admit students based on criteria other than their academic grades, thus allowing a wider range of talents to be recognised.
- * All final year students who have registered to sit for the GCE O-level Examination, may apply for EAE.

Eligibility criteria for 'O' level holders:

- * A net ELR2B2 aggregate score of 26 points or better for the GCE O-level Examination; and
- * Minimum entry requirements (MER) for their respective polytechnic courses. The MER for each polytechnic course can be found on the polytechnics' websites.

Institute of Technical Education

Course Group	Applied & Health Sciences	Engineering	Electronics & Info-Com Technology	Business & Services	Design & Media	Hospitality
Minimum Pre-requisites*	3 GCE 'N' passes (Grade A-D or Grade 1-5) in Mathematics, Science and one other subject or 2 GCE 'O' Grades (Grade 1-8) in Mathematics and Science	3 GCE 'N' passes (Grade A-D or Grade 1-5) in Mathematics and two other subjects or 2 GCE 'O' Grades (Grade 1-8) in any two subjects	3 GCE 'N' passes (Grade A-D or Grade 1-5) in English Language and two other subjects or 2 GCE 'O' Grades (Grade 1-8) in any two subjects	3 GCE 'N' Passes (Grade A-D or Grade 1-5) in Mathematics or Science and two other subjects or 2 GCE 'O' Grades (Grade 1-8) in any two subjects	3 GCE 'N' Passes (Grade A-D or Grade 1-5) in Mathematics or Science and two other subjects or 2 GCE 'O' Grades (Grade 1-8) in any two subjects	3 GCE 'N' passes (Grade A-D or Grade 1-5) in English Language and two other subjects or 2 GCE 'O' Grades (Grade 1-8) in any two subjects
Entry Requirements	A total of 19 points or less for English Language, Mathematics and 3 other subjects (ELMAB3) in the GCE 'N' (A) examinations. For the ELMAB3 aggregate score, you must get: <ul style="list-style-type: none">- Grade 1-4 in English Language- Grade 1-4 in Mathematics- Grade 1-5 in the 3 other subjects			A total of 19 points or less for English Language, Mathematics and 3 other subjects (ELMAB3) in the GCE 'N' (A) examinations. For the ELMAB3 aggregate score, you must get: <ul style="list-style-type: none">- Grade 1-3 in English Language- Grade 1-4 in Mathematics- Grade 1-5 in the 3 other subjects		

* Refer to the Admission Booklet for more details regarding course requirements

OUR SCHOOL VALUES

RESPECT

BEING COURTEOUS AND SENSITIVE TO THE FEELINGS OF OTHERS

RESPONSIBILITY

BEING ACCOUNTABLE FOR MY ACTIONS

INTEGRITY

BEING HONEST AND TRUTHFUL

GRATITUDE

BEING GRATEFUL FOR WHAT I HAVE

HUMILITY

BEING KIND AND BEING MODEST

TENACITY

HAVING THE GRIT AND DETERMINATION TO SUCCEED

SCHOOL RULES

Introduction

The Student Development Team looks into the emotional, moral, social and cognitive development of the child, while the Student Management Committee looks at all matters pertaining to student management in school. Together, the team determines the standard of conduct for the school and manages the consequences for misbehaviour. The school rules below set the standards and boundaries of acceptable behaviour with clear and logical rationales. This is to ensure a safe and conducive teaching and learning environment for all JYians who understand and believe in upholding the school values and rules.

Attire

The school uniform fosters a sense of identity amongst all JYians and is one of the strongest representations of the school. As a member of the Juying family, it is important that all JYians respect the school uniform and wear it smartly with pride at all times, within and outside the school premises. It is also important for JYians to understand and recognise that for every lesson or occasion, there is an appropriate attire and dress code to follow.

- 1.1 Students are to wear the prescribed school uniform and modification to the uniform is not allowed.
- 1.2 The school uniform consists of the champagne coloured polo-tee, dark blue bottoms, white socks, black shoes (fastened by laces or Velcro tapes).
- 1.3 Students are to report to school every Monday to Thursday in the school uniform. Students are allowed to report to school in the half uniform consisting of PE T-shirt, JYian Cohort Polo T-shirt or CCA T-shirt with dark blue bottoms every Friday.
- 1.4 Students are to report in the school uniform for all examinations.
- 1.5 Students are to wear the PE attire during PE lessons. The PE attire consists of the school PE T-shirt, school PE shorts, white socks and black shoes. Students can remain in their PE T-shirt with dark blue bottoms after PE lessons.
- 1.6 Students are only allowed to wear slippers or sandals with written authorisation on medical grounds from the doctor.

Acceptable Attire

School Uniform

1. The School Polo Tee is to be tucked in neatly at all times.
2. White socks with black shoes (fastened by laces or Velcro tapes) are to be worn.
3. For boys, the school pants are not to be tapered.
4. For girls, the hem of the school skirts are to be at kneecap level.



Upper Secondary Boys



Lower Secondary Boys



Upper and Lower Secondary
Girls

PE Attire

For Year 2024

Sec 1 – Yellow (Rockies)

Sec 2 – Blue (Andes)

Sec 3 – Green (Atlas)

Sec 4/5 – Red (Everest)

Grooming

Every JYian is responsible for his or her own grooming and physical appearance. Creating a good first impression is critical and it is, therefore, paramount that JYians present themselves well at all times and consciously maintain good grooming as a form of respect for themselves and others.

- 2.1 Male students are to keep their hair short and neat. It must be short at the front and above the eyebrows, short by the sides and above the ears, and sloped at the back and above the collar.
- 2.2 Male students must be clean-shaven and neat in appearance.
- 2.3 Female students are to keep their hair neat and tidy. The fringe must be above the eyebrows, and if the hair at the back is longer than the collar, it must be tied up neatly or plaited. Only black hairpins, rubber bands and simple hair bands are allowed.
- 2.4 Students' hair must not be in any flamboyant styles. These include Mohawk style and undercut or curtailed style, where the sides are extremely short and the fringe or the top is much longer. Fancy hairstyling, dyeing, highlighting, bleaching, tinting and hair extensions are not allowed.
- 2.5 Students can wear simple, prescribed spectacles or non-coloured contact lenses. Coloured or pupil-enlarging contact lenses are not allowed.
- 2.6 Fingernails must be kept short and clean. No coloured or polished fingernails is allowed.
- 2.7 Students are not allowed to wear jewellery or engage in any form of body piercing. Female students are allowed to wear a pair of simple black, silver or gold ear-studs with a diameter of 5mm or less (Fanciful designs and ear-sticks are not allowed).
- 2.8 Tattoos and any other forms of body paintings, permanent or temporary, are strictly not allowed on any part of the body.

Acceptable Hairstyle



Boys

Hair is to be short and neat without touching the collar, ears and eyebrows.



Girls

Hair is to be neat and tidy. Fringe is to be above the eyebrows. If the hair at the back is longer than the collar, it must be neatly tied up or plaited. Only black hairpins, rubber bands and simple hair bands are allowed.



Attendance & Punctuality

Every JYian is responsible for his or her own learning and development and must, therefore, take ownership. All JYians should attend school every day and punctually unless due to valid medical or personal reasons. The Morning Assembly, which includes the flag-raising ceremony and the English Reading Programme (ERP), is considered the first period of the day and helps the students get ready mentally and physically for a good day of learning ahead.

- 3.1 Students are to assemble at the assembly place - MPH / Classrooms, and be ready for the flag-raising ceremony by 7.30 a.m. every morning.
- 3.2 Students who fail to arrive at the Foyer by 7.30 a.m. are considered late for school.
- 3.3 Students are to stand at attention throughout the flag-raising ceremony. Students who are Singapore citizens must sing the National Anthem and take the Pledge. Students will take the Pledge with the right fist over the heart.
- 3.4 Students are to ensure that they have proper reading materials every morning for the ERP and should start reading the moment they are at the assembly ground.
- 3.5 Absence from school must be supported by a valid medical certificate (a maximum of 2 Parents' Letter will be accepted for medical reasons per semester) or other valid documents. The certificate or documents is/are to be submitted within the next two school days to the Form Teacher upon return to school, failing which the absence will be considered as truancy and relevant consequences will be meted out.
- 3.6 Late-comers are to report to the General Office for necessary documentation before proceeding to class.
- 3.7 Students are to attend all lessons punctually and be in the designated classroom at all times during curriculum time.
- 3.8 Students who need to leave school early with valid reasons are to obtain approval from the School Leaders at the General Office. Proper documentation is to be duly completed. The school reserves the right to demand proof of valid reasons from the student.

Behaviour Within The School Premises

The school is a common space for all JYians to learn and play together. JYians must learn to share the school facilities and be responsible when utilising them. Cleanliness is everybody's business – all JYians must help keep the school clean. Everyone has a part to play in ensuring a conducive and safe environment for all to enjoy and grow as one Juying family.

- 4.1 Movement from classroom to classroom must be done quietly and in an orderly manner.
- 4.2 Students are to switch off all lights, fans and electrical equipment when vacating the classroom.
- 4.3 Rooms and corridors are to be kept neat and tidy at all times.
- 4.4 Eating and drinking (except plain water) outside the School Canteen are not allowed except during the allocated snack break.
- 4.5 Students may make purchases from the canteen or bookshop vendors only during recess and outside curriculum time.
- 4.6 Students are to queue orderly when buying food or drinks.
- 4.7 Students are to return all plates and utensils to the collection point after consumption of food. Tables should be cleared of leftovers and any other rubbish.
- 4.8 All students are not allowed to have in their possession any weapon. They are also not allowed to bring any weapon-like item which can be used or intended to be used to cause harm to others.
- 4.9 Students must show proper care and regard for school property and the property of others, and keep the school premises clean.
- 4.10 Smoking and chewing gum are not allowed in the school premises.
- 4.11 Students who deface or damage school property will be charged for any repairs or replacement costs in addition to the consequences stipulated in the offence management guide.
- 4.12 The school reserves the right to ask the student to leave the school premises for inappropriate behaviour.

Behaviour Outside The School Premises

As part of a gracious community, JYians should be considerate and respectful to others in public. JYians should also be responsible in upholding the image and reputation of the school.

- 5.1 Students should not loiter or gather in public areas before or after school hours. Public areas include HDB void decks and shopping malls.
- 5.2 Students must not display any inappropriate behaviour that may tarnish the image of the school, such as creating a scene or misbehaving in public.

Use of Handphones

The school strongly discourages all JYians from bringing their handphones to school as they are a source of distraction and not an absolute necessity. Handphones are expensive items, for which not all students can afford the monthly subscription, and are subjected to theft and envy. Besides, handphones can be subjected to abuse if not used appropriately.

Students can be contacted via the school office phone or they can use the school office phone to contact their parents in times of emergency. However, the school recognises that some parents may want their child to bring his/her handphone to school for good reasons. Hence, the school is prepared to allow students to bring their handphones to school subject to the following rules:

- 6.1 Handphones are to be treated as valuable items (like wallets) which are to be kept by the students at all times.
- 6.2 Handphones are to be switched off or put on silent mode during lessons/CCA.
- 6.3 Use of handphones is allowed in the school canteen and classrooms during recess and after school curriculum hours only. Students should use their handphones responsibly.
- 6.4 All students should be respectful and mindful of the common space in the School Canteen and turn off the volume of their handphones so as not to disturb others around them.
- 6.5 Students should highlight to teachers if they observe that there are students spending too much time on their handphones and may have addiction issues. They should also highlight to teachers if there are students visiting undesirable websites.
- 6.6 Handphones can be used during lessons upon the teacher's permission and instructions.
- 6.7 Handphones are not to be in the students' possession during tests and examinations. If not, they will be deemed as cheating during tests and examinations.

Students caught violating the above rules would have their handphones confiscated for the day until the end of the school day. A parents' conference will be arranged for repeat offenders. In addition, the student needs to sign a Letter of Undertaking to commit to responsible use of handphones in school.

Offences in School

MINOR OFFENCES	DISCIPLINARY ACTIONS
Littering	Corrective Work Close Monitoring Counselling Daily Reporting Detention Home involvement Warning
Improper attire and grooming	
Late-coming	
Not doing assignments	
Skiping classes	
Using vulgar language	

MAJOR OFFENCES		DISCIPLINARY ACTIONS
1. ATTENDANCE	Truancy, including from: i. School ii. CCA iii. School programmes/events	Behavioural Contract Caning (1 to 3 strokes) Compensation Corrective Work
	Leaving school grounds without permission	
4. MISCONDUCT	Open defiance and/or rudeness, including: i. Disobeying teachers' instructions ii. Displaying rudeness and disrespect in speech or body language iii. Refusing to conform to school rules, norms and practices iv. Any other act that undermines the authority of the school	Counselling Close Monitoring Detention Expulsion Home involvement Police assistance Public apology Referral/Agencies Suspension Transfer out Warning
	Disruptive behaviour in class/school events	
	Bullying, including: i. Cyber bullying ii. Doxxing iii. Extorting money iv. Physical/verbal abuse v. Forcing others to act against their will	
3. THEFT/ DAMAGE OF PROPERTY	Theft	
	Vandalism	

4. OTHER SERIOUS OFFENCES	Alcohol abuse, including: Consuming/possessing/distributing/ selling alcohol	
	Arson	
	Assault	
	Cheating in assessments/tests/ examinations	
	Drug abuse	
	Fighting	
	Forgery	
	Gambling	
	Gangsterism	
	Inhalant abuse	
	Pornography	
	Possession of weapons	
	Smoking/vaping, including: Smoking in and/or out of school compound Using/possessing/distributing/selling cigarettes/vapes	
	Sexual misconduct i. Inappropriate physical contact with another person ii. Offensive body language or gestures iii. Suggestive communication	
	Other serious offences that do not fall in the above categories	

Note:

1. Schools have the autonomy to decide if suspension should be in-school or out of school.
2. For major offences of greater severity, male students may be caned while female students may be required to do corrective work or be suspended.
3. The school reserves the right to mete out appropriate consequences if a student is behaving in any way which is detrimental to the moral tone of the school.

CCA MATTERS

CCAs are an integral part of our students' holistic education. Through CCA, students discover their interests and talents while developing values and competencies that will prepare them for a rapidly changing world. CCA also promotes friendships among students from diverse backgrounds as they learn, play and grow together. Participation in CCA fosters social integration and deepens students' sense of belonging, commitment and sense of responsibility to school, community and nation.

CCA Policies of Juying Secondary School

- It is **COMPULSORY** for every JYian to take part in one CCA taken from the following options:
 - o Clubs and Societies
 - o Sports & Games
 - o Uniformed Groups
 - o Performing Arts Group
- Disciplinary actions will be taken against students who absent themselves from CCA activities without valid reason.
- Students will need to submit a medical certificate or a letter of explanation from their parent to the CCA teacher should they be absent from their CCA activity.

LEAPS 2.0

LEAPS 2.0 is a framework to recognise secondary school students' holistic development. Students will be recognised with levels of attainment in four domains:

Participation	Recognition is based on the number of years of participation and exemplary conduct and active contribution to the CCA. Sustained engagement in the same CCA allows for progressive development of character, skills, knowledge and friendships, and will be accorded higher recognition.
Service	This domain recognises students' development as socially responsible citizens who contribute meaningfully to the community. Students will be recognised for the time they put into planning, service and reflection, when participating in a VIA project.
Leadership	Recognition is accorded to students' who take charge of their personal development, work in a team and assume responsibilities in service of others. In addition to formal leadership appointments, participation in student leadership modules/workshops, the National Youth Achievement Award (NYAA) and leadership positions in the school, CCA or student-initiated/ student-led projects will also be recognised.
Achievement	This domain recognises students' representation and accomplishment in co-curricular involvements beyond the classroom. Opportunities for representation and accomplishment present valuable learning experiences for students to learn discipline, resilience and develop their character.

At the end of the graduating year, students' co-curricular attainment will be recognised according to Excellent/Good/Fair rating. The level of attainment will be converted to bonus point(s) which can be used for admission to Junior Colleges/ Polytechnics/ Institutes of Technical Education (JC/Poly/ITE).

Co-Curricular Attainment	Details
Excellent (2 bonus points)	Student who attains a minimum Level 3 in all four domains with at least a Level 4 in one domain.
Good (1 bonus point)	Student who attains a minimum Level 1 in all four domains with any one of the following: <ul style="list-style-type: none"> i At least Level 2 in three domains; ii At least Level 2 in one domain and at least Level 3 in another domain; or iii At least Level 4 in one domain.
Fair	Student's attainment in co-curricular will not translate into any bonus points.

SCHOOL SAFETY FRAMEWORK

The School Safety Vision

“A safe and secure school for all”

The School Safety Mission

“To develop a safety culture conducive for teaching and learning”

SCHOOL SAFETY POLICY

We, the staff and students, are committed to make JYSS a safe and secure place for teaching and learning.

We will always work with all stakeholders, parents, neighbourhood communities and government agencies to ensure the safety and security of our school.

We will identify and eliminate hazards in our school and minimise the risks during our activities.

We will continually seek to improve the safety and security of our school.

LABORATORY SAFETY

1. Laboratory storerooms and preparation rooms are out of bounds to all students.
2. Long hair should be tied up neatly to avoid any interference with laboratory work.
3. Eating and drinking are prohibited in laboratories.
4. Students should seek clarification from the teacher if instructions for an experiment are not thoroughly understood. Students should not proceed with an experiment if in doubt.
5. Safety goggles must be worn whenever there is any risk of injury to the eyes.
6. Protective gloves and clothing must be worn when handling hazardous materials.
7. Hands must always be thoroughly washed before leaving the laboratory, regardless of whether gloves are worn.
8. Equipment used to handle or transfer hazardous materials must be inspected for leaks, cracks and other forms of damage before use.
9. Damaged equipment, breakages, accidents and spillage should be reported immediately to the teacher.
10. Unlabelled chemicals should not be used. Unlabelled containers should be reported to the teacher.
11. Chemicals or other materials must never be tasted unless specifically directed by the teacher.
12. Students should not take any apparatus or chemicals out of the laboratory without the permission of the teacher.
13. Unauthorised experiments are prohibited.
14. Pipetting should always be carried out using a pipette filler and never by mouth.
15. Sharp objects (such as needles, razors or pins) should not be discarded in waste-bins or trash bags.
16. Chemical and biological wastes must be disposed appropriately.

KITCHEN SAFETY & SANITISATION

1. Every student should use the gas/electric cookers and electrical appliances such as electric mixer, grinder, blender, etc. as instructed. When in doubt, always ask.
2. When operating gas/electric cookers:
 - (i) All combustible materials; e.g. papers, towels, cloths, curtains, spray can, etc should be kept away.
 - (ii) Ensure there is proper ventilation in the kitchen at all times.
 - (iii) The cooker should not be left unattended when cooking.
 - (iv) The cooker should be kept clean and in good working order.
 - (v) All cookers, ovens and gas valves must be properly switched off when not in use.
 - (vi) Do not handle electrical points when the hands are wet.
 - (vii) Every student should wear an apron during practical food sessions.
 - (viii) Long hair should be plaited or tied. Nails should be kept short and clean. Fringes must be pinned up.
3. Keep the kitchen floor free from spills.
4. Do not run or play with the equipment in the kitchen.

DESIGN & TECHNOLOGY GARAGES SAFETY

1. Always use the right tool for the right job and return it to its proper place after use. When in doubt, always ask.
2. Exercise extreme care when handling sharp-pointed or sharp-edged tools.
3. Stand behind the yellow line when your friend is using the machine.
4. Put on safety goggles, face masks, or protective gloves in situations which require these respective protections.
5. Wear aprons or overalls during practical sessions.
6. Long hair should be neatly tied up during practical sessions.
7. Clean up the work area after each practical session.
8. Do not use tools that are blunt, badly worn, mushroomed or in poor condition.
9. Do not handle electrical points when the hands are wet.
10. Do not wear long-sleeved shirts, school-ties, watches, rings, bracelets and bangles during practical sessions.
11. Do not rush or run in the garage.

SAFETY IN ART STUDIO

1. Always return art tools after use and clean up the work area.
2. Tools that are blunt, badly worn out, mushroomed or in poor condition must not be used.
3. Female students with long hair should tie it up neatly. Nails should be kept short and clean.
4. Do not enter the kiln room unless instructed to.
5. Do not operate the kiln unless instructed by teachers.
6. Never touch the outside of the kiln and the batik wax cooker without gloves. The surface may be extremely hot.
7. Do not rush into or run in the art rooms.

EMERGENCY RESPONSE – LOCKDOWN / EVACUATION

Students must be prepared to respond duly to various types of emergencies. Briefings will be carried out by the School before the drills are conducted.

1. **LOCKDOWN:** For intrusions by possible terrorists, all teachers, staff and students must adhere to the **Run-Hide-Tell Principle** – to keep safe and for self-protection in the event of an armed or firearms attack.
 - **Run** The School Population at Incident Site is to run away to safe areas within the School premises, if escape is possible;
 - **Hide** There will be a *coded message* broadcast to initiate a Lockdown. The School Population who is already in safe areas, will execute Lockdown procedure while those in the open areas are to move quietly and quickly into pre-identified safe rooms and also execute the Lockdown procedure once in these safe rooms.
 - **Tell** Provide as much information of the Incident to the Police to expedite measures to manage the Incident.
2. **FIRE OUTBREAK:** A fire alarm will be sounded for 1- 2 minutes. Students should listen for announcements confirming details of the incident:
e.g nature of incident (fire), location of the fire (to know which areas to avoid) and evacuation instructions. Students should then move **briskly** but safely with their teachers to the Assembly Area for attendance-taking to ensure all are accounted for.

STUDENT SERVICES

School Bookshop

- The opening hours are from 9.00am - 3.00pm (weekdays).
- Arrangements are made for the bookshop to open on certain dates during the end of the year holidays.

School Canteen

- Students should keep the canteen clean and queue in an orderly manner.
- Students should return all plates and utensils after use.

Lost Property

- Personal items that are found should be handed to the office. Owners of lost property can enquire at the office and make their rightful claim to the items.
- Check the Lost Items' Board next to the lift.

Purchase of School Attire

- School uniforms, PE T-shirts, shorts, No. 1 Polo T-shirt and socks can be purchased from the school bookshop.

Printing Service

- Students may approach the printing shop for printing services at a pre-determined cost.

FINANCIAL ASSISTANCE

Application for MOE Financial Assistance Scheme [FAS]

To qualify, the student must be a Singapore citizen and must meet the following income criteria:

Gross Household Income	\$3,000 or Below
OR	
Per Capita Income Per Capita Income = Total Household Income/ No. of Household Members	\$750 or below

Benefits

Item	Secondary Level
School Fees	Full waiver of \$5.00 per month
Standard Miscellaneous Fees	Full waiver of \$10.00 per month
Textbooks	Free textbooks
School Attire	Free school attire
Bursary	Not applicable
School Meals	\$3.50 per meal (up to 2 meals per day, via ez-link card)
Transport	Students taking public transport : \$17.00 per month;
Examination Fees	Full waiver of National Examination Fees (with effect from 01 April, 2015)

How to Apply?

Application forms are available at the school. You can return the completed and signed form to the school and the school will inform you of the outcome.

When to Apply?

Applications are open throughout the year.

Supporting Documents Required

- Employed: Latest payslip or letter from employer and CPF Transaction Statement or Contribution History for past 12 months
- Self-employed: Latest Income Tax Notice of Assessment and CPF Transaction Statement or Contribution History for past 12 months
- Copies of NRIC of all household members

Other Information

Parents/guardians with children in different schools, need to submit only one application form for all your school-going children to one of their schools.

EDUSAVE AND SCHOOL AWARDS

Edusave Character Awards (ECHA)

The Edusave Character Award is given out to recognise students for demonstrating exemplary character and outstanding personal qualities through their behaviour and actions. Your child will be selected by his/her school for this award at the end of the year if he/she meets the criteria.

The value of the awards is as follows:

- \$500 for Secondary 1 to 5, Pre-U 1 to 3, and Institute of Technical Education (ITE)

Edusave Scholarships for Secondary Schools (ESSS)

If your child is studying in a government or a government-aided secondary school, and is among the top 10% of students of his/her level and stream in his/her school, he/she is eligible for the Edusave Scholarship for Secondary Schools. Your child will be selected by his/her school for this scholarship based on his/her overall school examination results for the year. The value of the award is \$500.

Edusave Awards for Achievement, Good Leadership and Service (EAGLES)

If your child displays good leadership, service to community and schools or excellence in non-academic activities, he/she is eligible for the Edusave Award for Achievement, Good Leadership and Service. The award is given based on his/her achievement in co-curricular activities and contribution to community services over a one-year period.

The awards are given to a maximum of 10% of Singaporean students in every school, from primary 4 upwards. Your child will be selected by his/her school for this award at the end of the year if he/she meets the criteria.

The value of the award is as follows:

- \$350 for Secondary 1 to 5

Edusave Merit Bursary (EMB)

If your child is studying in either a Primary or Secondary school, Junior College/ Centralised Institute or Institute of Technical Education, and is not a recipient of any Edusave Scholarship stated above, he/she will receive an application form for the Edusave Merit Bursary if he/she is within the top 25% of each level and stream in his/her school.

If the gross monthly household income is not exceeding \$5,000 or per capita income is not exceeding \$1,250 (computed based on the gross monthly household income divided by the number of household members), you can submit the application form to the community centre near your home.

The value of this award for each level is as follows:

- \$350 for Secondary 1 to 5

EDUSAVE & SCHOOL AWARDS

Edusave Good Progress Award (GPA)

If your child has made significant improvement in his/her academic performance, he/she is eligible for the Edusave Good Progress Award if he/she does not qualify for the Edusave scholarship or receive the Edusave Merit Bursary. The Good Progress Award is given based on the extent of his improvement in his/her school's overall examinations of the year, over the previous year.

The awards are given to a maximum of 10% of pupils in each level and stream in every school from Primary 2 onwards. Students in Primary 1 are excluded from the scheme as there is no basis for comparison. Your child will be selected by his/her school for this award at the end of the year if he/she meets the criteria.

The value of the award is as follows:

- \$200 for Secondary 1 to 5

Juying Secondary School Special Awards

- **All Round Achievement Award**

Awarded to the top performing students in the GCE O-Level, NA-Level and NT-Level Examinations respectively for their outstanding academic performance and display of exemplary conduct and strong character.

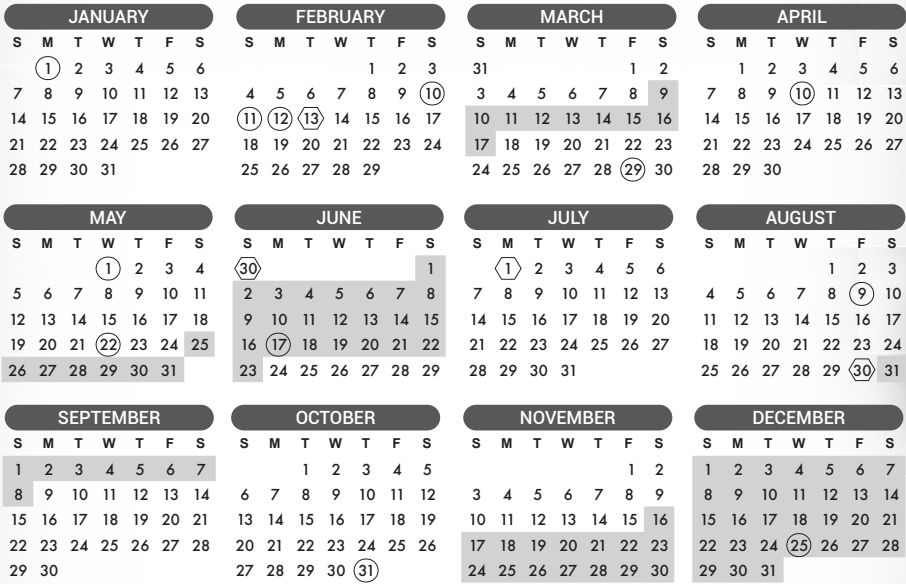
- **I-STAR Achievement Awards**

Awarded to the student with the best all-round achievement for each level, including academic, character and other contributions.

- **SAC Sec 1 Scholarship Award**

Awarded to the top 60 Primary 6 students who choose Juying Secondary as 1st choice.

SCHOOL TERMS & HOLIDAYS 2024



○ Public Holidays

⬡ Scheduled School Holidays

■ School Holidays

Semester I

Term 1	: Tue 2 Jan to Fri 8 Mar
Term 2	: Mon 18 Mar to Fri 24 May

Semester II

Term 3	: Mon 24 Jun to Fri 30 Aug
Term 4	: Mon 9 Sep to Fri 15 Nov

School Vacations

After Term 1	: Sat 9 Mar to Sun 17 Mar
After Term 2	: Sat 25 May to Sun 23 Jun
After Term 3	: Sat 31 Aug to Sun 8 Sep
After Term 4	: Sat 16 Nov to Tue 31 Dec

Scheduled School Holidays

Youth Day	Sun 30 Jun
(Mon 1 Jul is a scheduled school holiday)	
Teachers' Day	Fri 30 Aug

Public Holidays

New Year's Day	Mon 1 Jan
Chinese New Year	Sat 10 Feb
	Sun 11 Feb*
Good Friday	Fri 29 Mar
Labour Day	Wed 10 Apr
Hari Raya Puasa	Wed 1 May
Labour Day	Wed 22 May
Hari Raya Haji	Mon 17 Jun
National Day	Fri 9 Aug
Deepavali	Thu 31 Oct
Christmas Day	Wed 25 Dec

* Monday, 12 Feb, will be a public holiday.
Tuesday, 13 Feb, will be a school holiday.

SEMESTER 1

STUDENT-LED PARENT TEACHER CONFERENCE (PTC) MY REFLECTION

Name: _____ Class: _____

I am glad to share with you what I have accomplished in Semester 1 this year.

Here are my **TARGETS** and **RESULTS** for my Academic Subjects:

Subject	Target	Result	Subjects	Target	Result

Here are some of my **Character GOALS** in Semester 1:

These are the feedback that I have received from my Form Teachers and Subject Teachers on my Academic Progress and Character Development.

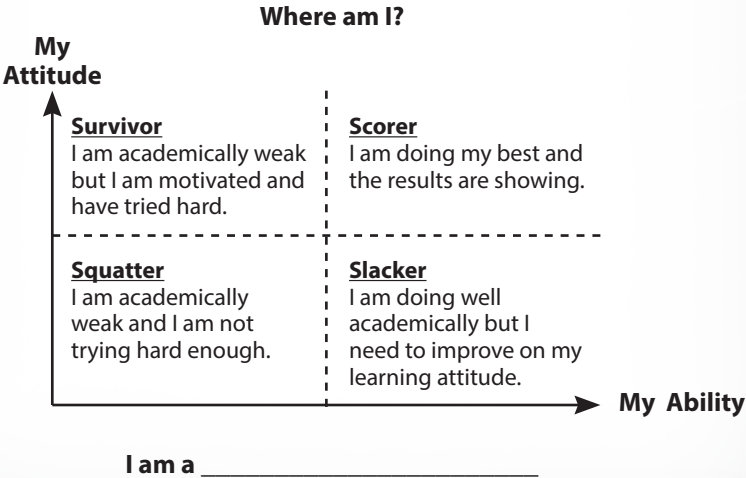
Name of FTs/Subject Trs	Feedback from FTs/Subject Teacher(s)	My Follow-up Actions

I think I have done well or made improvement in:

Academic Subjects:

Character Goals:

Reflecting on my attitude and ability, on this matrix, I am currently a _____.



I would like to improve on the following areas:

I plan to do the following to improve on them:

During the June holidays, I will commit 3 actions to achieve my goals.

SEMESTER 2

STUDENT-LED PARENT TEACHER CONFERENCE (PTC) MY REFLECTION

Name: _____ Class: _____

I am glad to share with you what I have accomplished in Semester 2 this year.

Here are my **TARGETS** and **RESULTS** for my Academic Subjects:

Subject	Target	Result	Subjects	Target	Result

Here are some of my **Character GOALS** in Semester 2:

These are the feedback that I have received from my Form Teachers and Subject Teachers on my Academic Progress and Character Development.

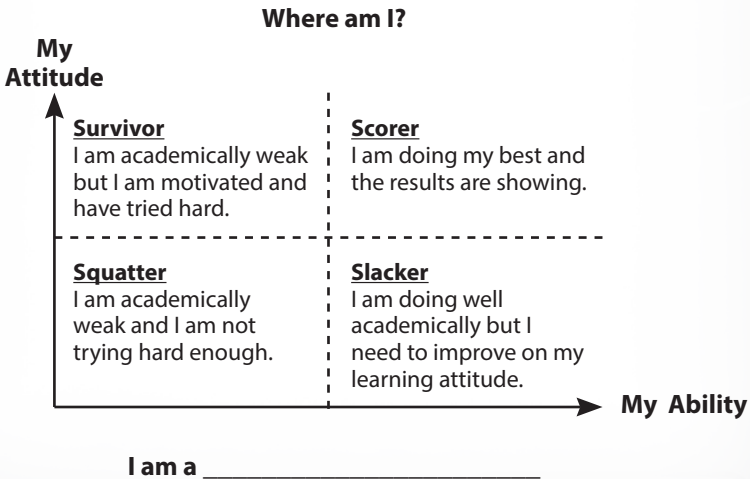
Name of FTs/Subject Trs	Feedback from FTs/Subject Teacher(s)	My Follow-up Actions

I think I have done well or made improvement in:

Academic Subjects:

Character Goals:

Reflecting on my attitude and ability, on this matrix, I am currently a _____.



I would like to improve on the following areas:

I plan to do the following to improve on them:

During the November-December holidays, I will commit to 3 actions to achieve my goals.

TERM ONE WEEK 1

JAN 2024

01 MON

New Year's Day

JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	①	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	⑩
14	15	16	17	18	19	20	⑪	⑫	⑬	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29		

02 TUE

03 WED

"Being thankful is not always experienced as a natural state of existence, we must work at it, akin to a type of strength training for the heart."
– Larissa Gomez

04 THU

05 FRI

06 SAT

TO DO LIST

07 SUN

TERM ONE WEEK 2

JAN 2024

08 MON

JANUARY

S	M	T	W	T	F	S
	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	⑩
⑪	⑫	⑬	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

09 TUE

10 WED

"The most beautiful way to start and end the day is with a grateful heart."
– Unknown

11 THU

12 FRI

13 SAT

TO DO LIST

14 SUN

TERM ONE WEEK 3

JAN 2024

15 MON

JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	①	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	⑩
14	15	16	17	18	19	20	⑪	⑫	⑬	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29		

16 TUE

17 WED

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." – Epictetus

18 THU

19 FRI

20 SAT

TO DO LIST

21 SUN

Chinese New Year

TERM ONE WEEK 4

JAN 2024

22 MON

JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	①	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	⑩
14	15	16	17	18	19	20	⑪	⑫	⑬	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29		

23 TUE

24 WED

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." – G.K. Chesterton

25 THU

26 FRI

27 SAT

TO DO LIST

28 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM ONE WEEK 5

JAN/FEB 2024

29 MON

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

30 TUE

31 WED

"When I started counting my blessings, my whole life turned around."
– Willie Nelson

01 THU

02 FRI

03 SAT

TO DO LIST

04 SUN

TERM ONE WEEK 6

FEB 2024

05 MON

FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	31					1	2
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29			24	25	26	27	28	29	30

06 TUE

07 WED

"Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all." – William Faulkner

08 THU

09 FRI

10 SAT

Chinese New Year

TO DO LIST

11 SUN

Chinese New Year

TERM ONE WEEK 7

FEB 2024

12 MON

Public Holiday

FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	31					1	2
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29			24	25	26	27	28	29	30

13 TUE

School Holiday

14 WED

"A person's beautiful asset is not a head full of knowledge but a heart full of love, an ear ready to listen and a hand willing to help others." – Unknown

15 THU

16 FRI

17 SAT

TO DO LIST

18 SUN

TERM ONE WEEK 8

FEB 2024

19 MON

FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	31					1	2
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29			24	25	26	27	28	29	30

20 TUE

21 WED

"When eating fruit, remember the one who planted the tree."
– Vietnamese Proverb

22 THU

23 FRI

24 SAT

TO DO LIST

25 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM ONE WEEK 9

FEB/MAR 2024

26 MON

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
31					1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				

27 TUE

28 WED

"Gratitude is not only the greatest of virtues, but the parent of all others."
– Marcus Tullius Cicero

29 THU

01 FRI

02 SAT

TO DO LIST

03 SUN

TERM ONE WEEK 10

MAR 2024

04 MON

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
31					1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				

05 TUE

06 WED

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." – Oprah Winfrey

07 THU

08 FRI

09 SAT

TO DO LIST

10 SUN

TERM TWO WEEK 1

MAR 2024

18 MON

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
31					1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				

19 TUE

20 WED

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." - Voltaire

21 THU

22 FRI

23 SAT

TO DO LIST

24 SUN

TERM TWO WEEK 2

MAR 2024

25 MON

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
31					1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				

26 TUE

27 WED

"Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." – Melody Beattie

28 THU

29 FRI

Good Friday

30 SAT

TO DO LIST

31 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM TWO WEEK 3

APR 2024

01 MON

APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			①	2	3	4	
7	8	9	⑩	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	②②	23	24	25
28	29	30					26	27	28	29	30	31	

02 TUE

03 WED

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some." – Charles Dickens

04 THU

05 FRI

06 SAT

TO DO LIST

07 SUN

TERM TWO WEEK 4

APR 2024

08 MON

APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			①	2	3	4	
7	8	9	⑩	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	②②	23	24	25
28	29	30					26	27	28	29	30	31	

09 TUE

10 WED

Hari Raya Puasa

"For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile." – Ellie Wiesel

11 THU

12 FRI

13 SAT

TO DO LIST

14 SUN

TERM TWO WEEK 5

APR 2024

15 MON

APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			①	2	3	4	
7	8	9	⑩	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	②②	23	24	25
28	29	30					26	27	28	29	30	31	

16 TUE

17 WED

"Before I get out of bed, I am saying thank you. I know how important it is to be thankful." – Al Jarreau

18 THU

19 FRI

20 SAT

TO DO LIST

21 SUN

TERM TWO WEEK 6

APR 2024

22 MON

Scheduled School Holiday

APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			①	2	3	4	
7	8	9	⑩	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	②②	23	24	25
28	29	30					26	27	28	29	30	31	

23 TUE

24 WED

"Gratitude turns what we have into enough." – Anonymous.

25 THU

26 FRI

27 SAT

TO DO LIST

28 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM TWO WEEK 7

APR / MAY 2024

29 MON

Labour Day

MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	30						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

30 TUE

01 WED

"Appreciation can make a day - even change a life. Your willingness to put it into words is all that is necessary." – Margaret Cousins

02 THU

03 FRI

04 SAT

TO DO LIST

05 SUN

TERM TWO WEEK 8

MAY 2024

06 MON

MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	30						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

07 TUE

08 WED

"Strive to find things to be thankful for, and just look for the good in who you are." – Bethany Hamilton

09 THU

10 FRI

11 SAT

TO DO LIST

12 SUN

TERM TWO WEEK 9

MAY 2024

13 MON

MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	30						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

14 TUE

15 WED

"In ordinary life, we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."
– Dietrich Bonhoeffer

16 THU

17 FRI

18 SAT

TO DO LIST

19 SUN

TERM TWO WEEK 10

MAY 2024

20 MON

MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	30						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

21 TUE

22 WED

Vesak Day

"Feeling grateful and not expressing it is like wrapping a present and not giving it." – William Arthur Ward

23 THU

24 FRI

25 SAT

TO DO LIST

26 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM THREE WEEK 1

JUN / JUL 2024

24 MON

JUNE						
S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

JULY						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

25 TUE

26 WED

"We would worry less if we praised more. Thanksgiving is the enemy of discontent and dissatisfaction." – Harry A. Ironside

27 THU Hari Raya Haji

28 FRI

29 SAT **TO DO LIST**

30 SUN Youth Day

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM THREE WEEK 2

JUL 2024

01 MON

Scheduled School Holiday

JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

02 TUE

03 WED

"I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy." – Will Arnett

04 THU

05 FRI

06 SAT

TO DO LIST

07 SUN

TERM THREE WEEK 3

JUL 2024

08 MON

JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

09 TUE

10 WED

"Be thankful for what you have and fearless for what you want." – Anonymous

11 THU

12 FRI

13 SAT

TO DO LIST

14 SUN

TERM THREE WEEK 4

JUL 2024

15 MON

JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

16 TUE

17 WED

"Wear gratitude like a cloak, and it will feed every corner of your life."
– Rumi

18 THU

19 FRI

20 SAT

TO DO LIST

21 SUN

TERM THREE WEEK 5

JUL 2024

22 MON

JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

23 TUE

24 WED

"Gratitude is riches. Complaint is poverty." – Doris Day

25 THU

26 FRI

27 SAT

TO DO LIST

28 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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TERM THREE WEEK 6

JUL / AUG 2024

29 MON

AUGUST							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

30 TUE

31 WED

"I have a lot to be thankful for. I am healthy, happy and I am loved."
– Reba McEntire

01 THU

02 FRI

03 SAT

TO DO LIST

04 SUN

TERM THREE WEEK 7

AUG 2024

05 MON

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

06 TUE

07 WED

"Success is the ability to go from one failure to another with no loss of enthusiasm." – Winston Churchill

08 THU

09 FRI

National Day

10 SAT

TO DO LIST

11 SUN

TERM THREE WEEK 8

AUG 2024

12 MON

AUGUST							SEPTEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	
25	26	27	28	29	30	31	29	30						

13 TUE

14 WED

"Enjoy the little things, for one day you may look back and realise they were the big things." – Robert Brault

15 THU

16 FRI

17 SAT

TO DO LIST

18 SUN

TERM THREE WEEK 9

AUG 2024

19 MON

AUGUST							SEPTEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	
25	26	27	28	29	30	31	29	30						

20 TUE

21 WED

"We learned about gratitude and humility - that so many people had a hand in our success." – Michelle Obama

22 THU

23 FRI

24 SAT

TO DO LIST

25 SUN

TERM THREE WEEK 10

AUG / SEP 2024

26 MON

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

27 TUE

28 WED

"We must find time to stop and thank the people who make a difference in our lives." – John F. Kennedy

29 THU

30 FRI

Teachers' Day

01 SAT

TO DO LIST

02 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM FOUR WEEK 1

SEP 2024

09 MON

SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

10 TUE

11 WED

"Spread love wherever you go. Let no one come to you without leaving happier." – Mother Teresa

12 THU

13 FRI

14 SAT

TO DO LIST

15 SUN

TERM FOUR WEEK 2

SEP 2024

16 MON

SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

17 TUE

18 WED

"The thankful heart opens our eyes to a multitude of blessings that continually surround us." James E. Faust.

19 THU

20 FRI

21 SAT

TO DO LIST

22 SUN

TERM FOUR WEEK 3

SEP 2024

23 MON

SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

24 TUE

25 WED

"I can no other answer make, but, thanks, And thanks, and ever thanks."
– William Shakespeare

26 THU

27 FRI

28 SAT

TO DO LIST

29 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

2. What did I learn from the obstacle/difficulty?

3. What I have changed about myself because of what I have learnt?

GRATITUDE

I am grateful for:

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I am grateful for:

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TERM FOUR WEEK 4

SEP / OCT 2024

30 MON

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5							2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

01 TUE

02 WED

"Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain." – Unknown

03 THU

04 FRI

05 SAT

TO DO LIST

06 SUN

TERM FOUR WEEK 5

OCT 2024

07 MON

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5							2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

08 TUE

09 WED

"There is a calmness to a life lived in gratitude, a quiet joy." – Ralph H. Blum

10 THU

11 FRI

12 SAT

TO DO LIST

13 SUN

TERM FOUR WEEK 6

OCT 2024

14 MON

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5							2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

15 TUE

16 WED

"The more grateful I am, the more beauty I see." – Mary Davis

17 THU

18 FRI

19 SAT

TO DO LIST

20 SUN

TERM FOUR WEEK 7

OCT 2024

21 MON

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5							2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

22 TUE

23 WED

"Focus on the journey not the destination. Joy is found not in finishing an activity but in doing it." – Greg Anderson

24 THU

25 FRI

26 SAT

TO DO LIST

27 SUN

REFLECTION

1. Describe one obstacle or difficulty you faced this month.

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TERM FOUR WEEK 8

OCT/NOV 2024

28 MON

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5							2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

29 TUE

30 WED

"Joy is what happens to us when we allow ourselves to recognise how good things really are." – Marianne Williamson

31 THU

Deepavali

01 FRI

02 SAT

TO DO LIST

03 SUN

TERM FOUR WEEK 9

NOV 2024

04 MON

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

05 TUE

06 WED

"Sometimes you will never know the value of a moment until it becomes a memory." – Dr Seuss

07 THU

08 FRI

09 SAT

TO DO LIST

10 SUN

TERM FOUR WEEK 10

NOV 2024

11 MON

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

12 TUE

13 WED

"Gratitude is the single most important ingredient to living a successful and fulfilled life." – Jack Canfield

14 THU

15 FRI

16 SAT

TO DO LIST

17 SUN

SCHOOL HOLIDAYS

NOV 2024

18 MON

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

19 TUE

20 WED

"You cannot have a positive life and a negative mind." – Joyce Meyer

21 THU

22 FRI

23 SAT

TO DO LIST

24 SUN

SCHOOL HOLIDAYS

NOV / DEC 2024

25 MON

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

26 TUE

27 WED

"You can't go back and change the beginning, but you can start where you are and change the ending." – CS Lewis

28 THU

29 FRI

30 SAT

TO DO LIST

01 SUN

REFLECTION

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TIMETABLE

SUN													
SAT													
FRI													
THU													
WED													
TUE													
MON													
Time													

TIMETABLE

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TIMETABLE

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SAT													
FRI													
THU													
WED													
TUE													
MON													
Time													

TIMETABLE

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NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

NOTES

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

NOTES

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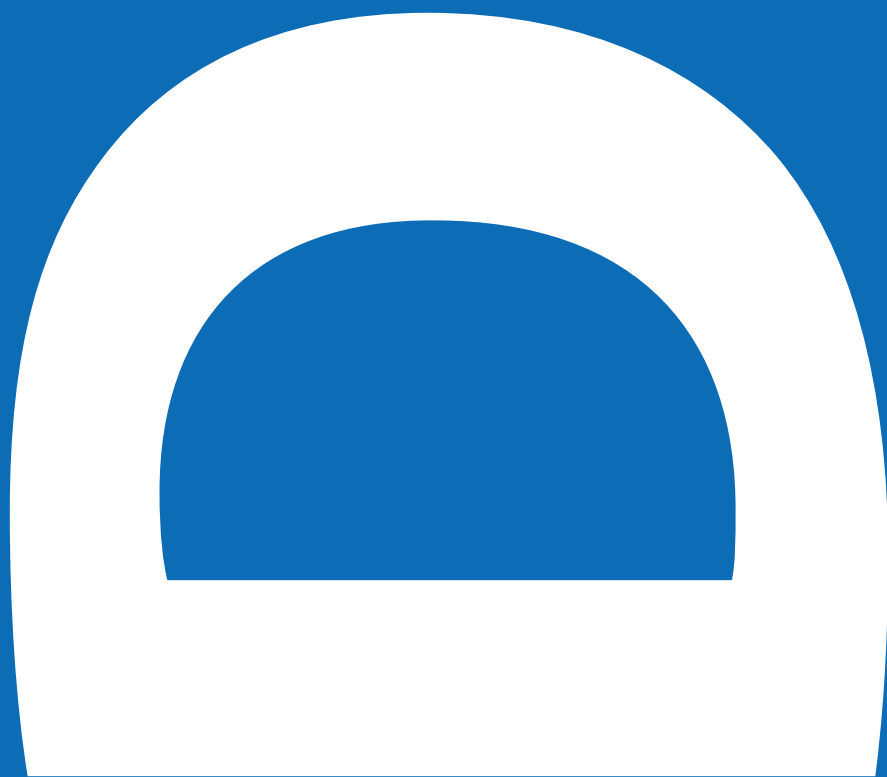
NOTES

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USEFUL TELEPHONE NUMBERS

These are counseling hotlines and social agencies that offer help:

Agencies	Operating Hours/ Telephone	Services
General		
Community Health Assessment Team (CHAT)	www.chat.mentalhealth.sg	Online websites, which provide virtual counselling support for youths who are facing problems at home or in school.
eCounselling Centre (Fei Yue Project 180)	www.ec2.sg/	
Care Corner 1800 Hotline	10 am to 10 pm, except public holidays Tel: 1800 353 5800	For Mandarin-speaking people who need help.
Care Corner Counseling Center	Tel: 6353 1180	For both Mandarin and non-Mandarin speaking people.
Social Service Offices	Monday to Sunday: 7 am to 12 midnight Tel: 1800 222-0000	Provides targeted social/financial assistance to low income individuals and families.
Whispering Hearts Family Service Centre	Tel: 6795 1008	Counselling services for individuals and families. Holistic family-centric support and parenting programmes. Open from Monday to Saturday.
Lakeside Family Service Centre	Tel: 6567 1908 Tel: 6564 9722	
THK Family Service Centre @ Jurong	Tel: 6716 9466	
Samaritans of Singapore	24 hours Tel: 9151 1767 (whatsapp)	For the suicidal, lonely and anyone in crisis.
TOUCHline	Monday – Friday 10 a.m. – 10 p.m. Tel: 1800-377 2252	A helpline for all youth-related issues.
For more specific assistance required for issues such as addiction and teenage pregnancy, please refer to the list of telephone numbers below.		
Teenage Addictions/ Cyber Wellness		
NAMS Addictions Helpline	24 hours Tel: 6732 6837	For individuals who have a drug or alcohol abuse / gambling addiction / inTERMet/ gaming addiction problem.
Help123 Cyber Wellness Community Support	Chat Online at: www.help123.sg Tel: 1800-612 3123	Addresses cyber wellness concerns e.g. online bullying/ excessive gaming faced by youths and parents.
Teenage Crisis Centre (Teen Challenge)	Monday – Friday 9 a.m. – 6 p.m. Tel: 6793 7933	Crisis counselling for youths who struggle with drugs/inhalants uses, are teenage gangsters, runaways, school-dropouts, and delinquents.
Teenage Pregnancy		
Babes Pregnancy Crisis Service	24 hours (Call or SMS) Tel: 6206 6641 WhatsApp: 31351351	Counseling for issues pertaining to pregnancy.
Family Life Society Pregnancy Crisis Service	Tel: 6339 9770	



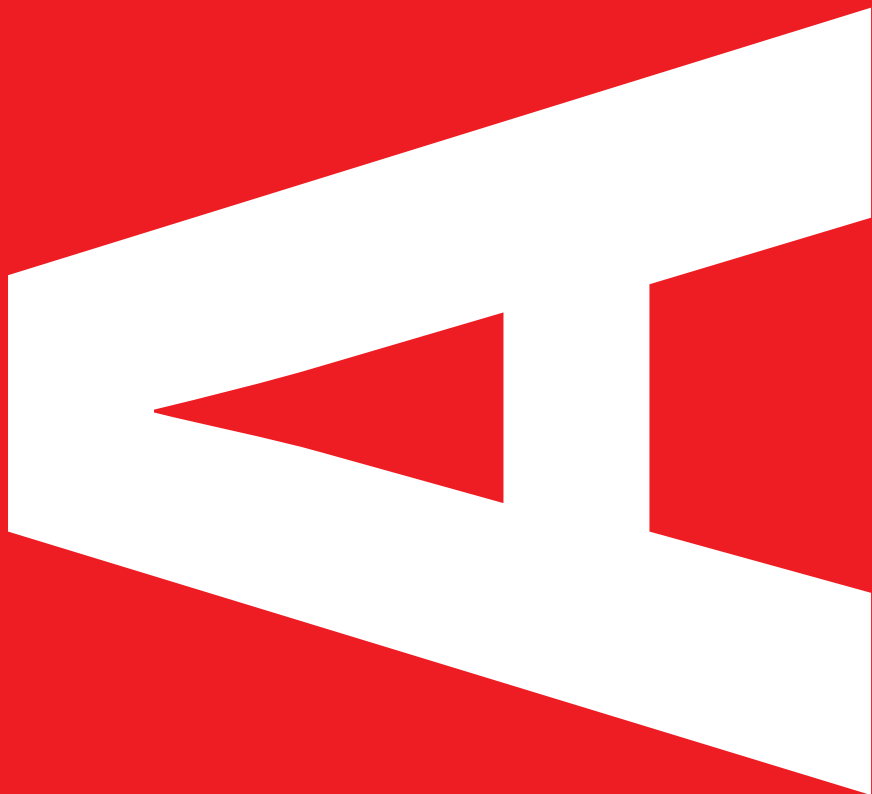




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**I do not understand.
I need to ask a question now!**



**I am not sure I understand.
I have a question but I can wait.**



I understand clearly what you have taught.

