



Volleyball Girls  
'B' Division North Zone Champion

# #ICYMI

## National School Games (NSG)

National School Games (NSG) 2023 is back in full force after being crippled by COVID in the past 3 years. Our school athletes have worked tirelessly in the months leading up to the competition, pushing themselves to their physical and mental limits in order to be the best they can be. It is not just about winning for these athletes. It is about the joy of the game and the thrill of competition. Most importantly, it is about the camaraderie that comes from working together as a team and the sense of pride that comes from representing Xinmin.

To those who are still competing and will be competing in the next few months, we wish you all the best! **Win with humility, lose with grace**, and most importantly, grow to be a better version of yourself. Continue to do your team and our school proud!



Badminton 'B' Div Girls  
Second runner up in North Zone  
'B' Division



Volleyball 'B' Div Boys  
Fought hard during their  
preliminary games



Kellie Lim (403)  
Captain of 'B' Division Girls

I learned that teamwork and communication are essential for success. In volleyball, each player has a specific role to play, and everyone needs to work together seamlessly to achieve the desired outcome. During the competition, I have learned the importance of clear communication, both on and off the court, as well as the value of trusting my teammates and relying on each other's strengths.



Hoh Yingmin (401)  
5th position ('B' Div girls)  
WINGS Cross Country  
Championship 2023

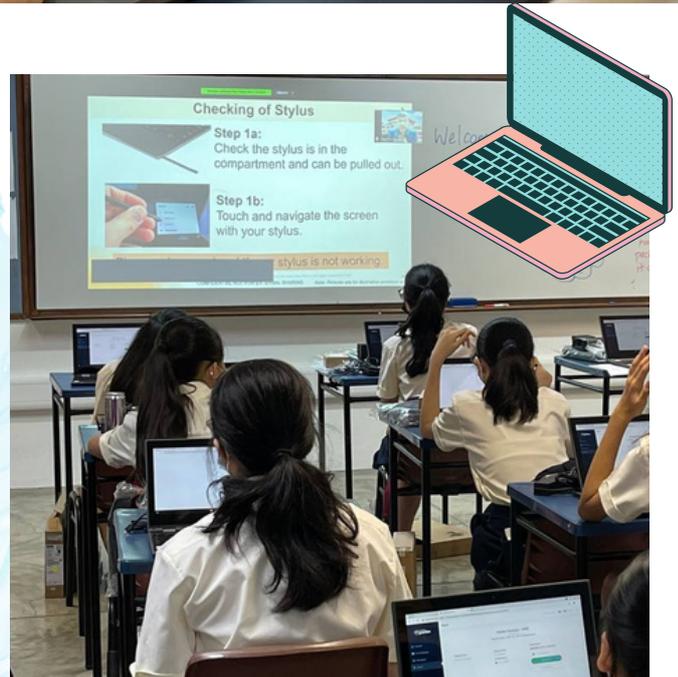


## New Drop! NDLP@Xinmin

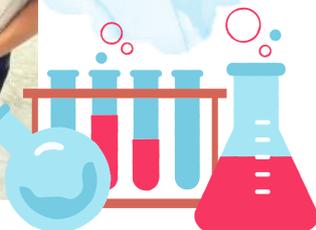
Xinmin Secondary School is delighted to implement the National Digital Literacy Programme (NDLP), which aims to provide every student with a personal learning device (PLD) to enhance their learning experience.

On 9 March 2023, we distributed the PLDs to our Secondary 1 students as part of the NDLP. With the PLDs, our students will join the rest of their schoolmates in having access to a wide range of educational resources, including e-books, multimedia content, and educational apps. These resources will enable them to **learn at their own pace** and explore topics in greater depth, helping them to develop self-directedness and critical thinking skills.

Teachers have been delivering lessons in more engaging ways with the PLDs too! We have been leveraging various digital tools to create interactive lessons and assessments, monitor student progress, and provide timely feedback.



In 406 Science (Chemistry) lessons on reactivity and reactions of metals, students experienced Learning Centres. Roving around the classroom, students conducted mini-experiments and shared their findings on Padlet using their PLDs. Using each other's methods, observations and analysis, students developed their conclusions. This was followed by a virtual lab where they tinkered with applets and used results to discuss the displacement reactions of metals. Leveraging the use of PLDs, students made their thinking visible and collaborated with classmates to co-construct scientific knowledge!



In History, students are taught information and collaboration skills via the Student Learning Space. Through curated modules, they are brought through skills such as making annotations, conducting effective research, organising information online and working collaboratively on online platforms. For the Sec 2 Historical Investigation project, students presented their final products in various digital forms including e-books, videos, posters, infographics and many more. It is indeed heartening to see students learn media literacy through such customised experiences!





# Let's Go Green, Xinmin!

We are excited to kickstart our own Eco-Stewardship Programme to enhance environmental education in Xinmin. The programme is aligned to MOE's direction on Going Green. There are four dimensions to realise this programme: Curriculum, Campus, Culture and Community. For a start, the school will focus on Campus and Culture this year!

The school will work towards having more sustainable features like solar panel installations, LED lights, energy-efficient fans and air-conditioners to save on energy consumption. To build a culture of championing environmental sustainability, the school will continue to engage the student population with the aim of cultivating good habits in reducing food waste, saving energy, and conserving water usage.

This year, we are proud of the 18 students on the Xinmin Change Initiator (XCI) programme who have taken the extra step to champion Go Green efforts in our school. They stepped forward because of their passion to contribute in their own ways in this area and we hope their actions inspire others to do the same. The issues they are tackling include reducing food waste, advocating recycling and investigating sustainable efforts for the school to go green.

Strategies that students have come up with:

- **Bring reusable lunch boxes if you wish to consume food in the classrooms during recess or lunch from Term 2!**
- **Be rewarded when you reduce food waste!**

Going Green is not a one-off campaign. It must be a concerted effort from everyone in our school to make it sustainable. We should set going green as a common goal individually and do it on a day-to-day basis, and not just in school but also at home and in the community.

Every small step we take counts and collectively, we can make a big difference. So let's do this, Xinmin!



#good vibes only

leave your words of affirmation here!



I would like to say thank you to Uncle Lim for always helping each and every one of us to lock up the school facilities every single day even if we leave later than the time which we are supposed to leave and helping us to unlock the classroom doors whenever we leave our stuff in there. We really appreciate Uncle Lim's help!  
-Xinyu (405)

To: Sharmaine (301)  
Thank you for being my best friend and always being there for me and always helping me with my homework  
Hilary (309)

Everyday you gotta accept and love yourselves as you guys are unique and worthy. Every dream you have, you must have the courage to progress it and continue setting up goals. Don't forget, every day is a happy day guys :)  
-Daniesya (309)

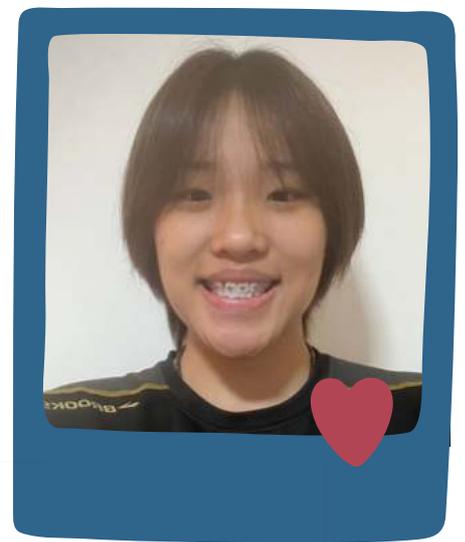
To: Ms Yap Bee Leng  
Thank you for uploading your lessons on Youtube so we are able to review topics!! it actually really helped me with my math:))

# VOICES OF XINMIN

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## Jolin Goh, 409 Class of 2022

*Jolin is one of three awardees of the Chew Peng Leng Scholarship award for 78th Speech Day 2023. This scholarship is awarded to graduating students who carry the can-do spirit that is characteristic of the late Mr Chew Peng Leng, who overcame difficulties and challenges and demonstrated resilience and fortitude to propel the school to a higher level.*



**Q: Congratulations, Jolin on your award! How did you feel when you were informed that you have been given this prestigious award for 78th Speech Day 2023?**

A: Yes, thank you! Honestly, I felt surprised that I would be chosen for this award but at the same time I was excited to receive this award because I knew that I had persevered and did not let anyone down especially my coach and Ms Seetoh who first brought me in to Xinmin!

**Q: You clearly exemplified grit and perseverance to deserve this award. What was the journey like?**

A: I would say that it was definitely not easy for me. I was far from being an outstanding student back then. I used to be immature and less driven as a student so I did not expect myself to be able to do well, but I reminded myself that I needed to work hard because I knew that life in the future could be hard. I used to think that NT students would not be able to succeed or have equal opportunities given compared to the other streams. I was also afraid that I would be looked down on just because of my stream. But all the leadership exposures in Xinmin have changed my perceptions and I am grateful for everything that the school and my teachers have given me.

**Q: That sounds like an amazing journey of growth for you. What would you say would be the determining factors for your achievements?**

I would say that the determining factors that allowed me to develop positive habits come from my **teachers** and **volleyball coaches**, because without them I would not have the opportunity to expose myself to different aspects of my school life. As the Captain of the 'B' Division Volleyball Girls team 2022, I took up the **courage** to lead my team and started my leadership journey there. In fact, there are times when I told myself that I needed to **work harder** to achieve what I want. With other leadership opportunities, such as the Overall In-Charge of Leadership Adventure Camp (LAC) 2021, I managed to **challenge my limitations** as a person and leader. This role was very challenging for me as I had to work with students of different streams, strengths and personalities. I had to **step out of my comfort zone** to make this event a success for my junior leaders. From there, I improved a lot in terms of my leadership skills and character, and this **spilled over into my academics** as well. With that, I soon developed the confidence and motivation to do well for my N-Level examinations. So I really wanted to **give back to Xinmin** as an alumni to be able to thank my teachers! Today, I am proud of what I have accomplished in Xinmin. Whatever I have done has finally paid off and is definitely worth it as this is part of my successful moments in my journey which will be unforgettable.

**Q: Your journey sounds enriching indeed, Jolin. So now that you have graduated from Xinmin, it must be so exciting to explore what's out there! What are your plans post-Xinmin? Care to allow us a sneak peek into your plans for the future?**

A: Yes sure! I am currently studying at ITE College Central in **Higher Nitec Sports Management**. I would like to continue to work just as hard there and achieve the same recognition I had in Xinmin. My goal in the future is to become a Volleyball coach or a health therapist. I believe I can achieve my goals if I continue to have the same motivation the determination. I also really hope to reach these goals **especially for my parents** who have been supporting me through my journey in life. I very much want to show my appreciation to them by making them proud with my achievements.

# COMING UP!

**MARCH 20-31** ■ ■  
 MOTHER TONGUE LEARNING FESTIVAL 2023  
 SEC 1 HISTORY INVESTIGATION

**MARCH 28** ■  
 X-COUNTRY NATIONAL SCHOOL GAMES

**MARCH 30 - APRIL 19** ■  
 PERFORMING ARTS SYF

**MARCH 31** ■  
 78TH SPEECH DAY

**APRIL 1** ■  
 ST JOHN BRIGADE DISTRICT FIRST AID COMP

**APRIL 3-4** ■  
 HPV VACCINATION EXERCISE

**APRIL 3-13** ■  
 SEC 3 SOCIAL STUDIES INVESTIGATION

**APRIL 7** ■  
 GOOD FRIDAY HOLIDAY

**APRIL 15** ■  
 SEC 4/5 CCA STAND DOWN

**APRIL 17- MAY 12** ■ ■  
 MT ORAL EXAM

**APRIL 24** ■  
 SCHOOL HOLIDAY FOR HARI RAYA PUASA

**MAY 1** ■  
 LABOUR DAY HOLIDAY

**MAY 5** ■  
 GRADUATING CLASS BONDING DAY

**MAY 8-19** ■  
 SEC 4/5 EL ORAL PRELIM EXAM

**MAY 15-19** ■  
 BOOK BUZZ AND GLOBAL CITIZENRY PROGRAMME

**MAY 8-12** ■  
 SYF ARTS SHOWCASE WEEK

**MAY 17 - 19 , 23- 26** ■  
 MOTHER TONGUE INTENSIVE PROGRAMME

**MAY 22** ■  
 PARENT-TEACHER MEETING

**MAY 23** ■  
 INTER-CCA CARNIVAL

**MAY 24-26** ■ ■ ■  
 SEC 3 CAMP, END OF SEMESTER PROGRAMME

**MAY 29** ■  
 O-LEVEL MOTHER TONGUE WRITTEN EXAMINATIONS

**JUNE SCHOOL HOLIDAYS**  
**27 MAY TO 25 JUNE**

**JUN 5-7** ■  
 LEADERSHIP ADVENTURE CAMP

■ Sec 1    ■ Sec 2    ■ Sec 3    ■ Sec 4/5    ■ All Levels

FOR COMPREHENSIVE SCHOOL CALENDAR, CLICK ON THE LINK!

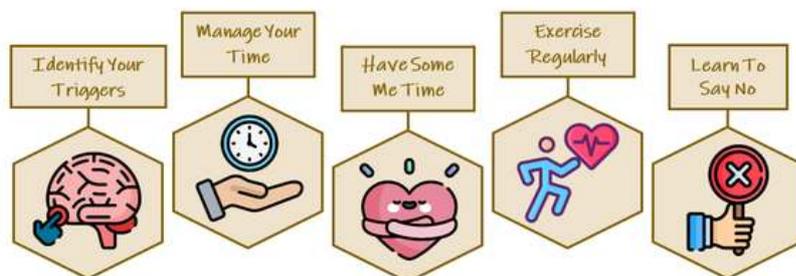
## Calendar here!

## #TIPS



What exactly is stress?

Wellness, stress and distress are different states along a continuum of mental health. What is stressful for one person may have little or no effect on others. Everyone reacts to stress differently. While we may not be able to control the situations that cause us stress, we can control how we want to manage or react to it. It is important to monitor our thoughts, feelings, and behaviours, as well as use coping strategies to manage stress.



### 5 TIPS TO MANAGE STRESS