



ECHOES OF REGENT

Semester 1, 2023



Start of Campfire night!

Sec 1 Orientation Programme

Orientation was really memorable! I enjoyed the campfire finale most as it was where our class came together, performed together, and marked our official induction into Regent Secondary School. Learning more about our school, especially the school logo, was impactful to me.



Series of Orientation Activities



By Emma Rose (1-Honour)



Sec 1 CCA Orientation Programme

For some of us, we did not have much experience participating in CCA in our primary schools. On the first session of the Secondary One CCA Orientation, we were understandably excited yet nervous as to what to expect for the day. We visited the Red Cross Youth (RCY) and participated in a fun and interactive kahoot game. The game helped me understand RCY more. Second, we visited the Girls' Brigade. We got to know the seniors and their programmes. Lastly, we visited the National Police Cadet Corps (NPCC) and discovered that it is the only CCA in the school where they get to march with a rifle. Overall, I learnt that uniformed groups are more than just marching during their different events. They stress resilience, courage and discipline. Over the next few days, I got to know about the other CCA too. The CCA Orientation has helped me to know the CCA groups and aided me in making my CCA choice.

By Saliafiqah Jaafar (1-Gratitude)



Sec 4 Purposeful Pursuits

Visiting the Nanyang Polytechnic (NYP) Discovery Tour was a wonderful way for me to experience the polytechnic campus life. After attending the sharing sessions by various industry experts and polytechnic lecturers, I can now make more informed choices and decide which courses would better suit my strengths and interests. Inspired by these experiences, I am now more motivated to pursue my dreams!

By Grier Quah (4-Empathy)



Sharing sessions at Nanyang Polytechnic



LEARNING BEYOND THE CLASSROOM

Sec 2 Learning Journey to URA

My experience in the Urban Redevelopment Authority (URA) Gallery was definitely a memorable one. I got the chance to know more about Singapore and her intricate infrastructure. Through this experience, I realised why some things are designed the way they are and how a small change can bring about a big impact.

By Aidan Goh (2-Respect)



Sec 2 Learning Journey to NEWater

Going to the NEWater Visitor Centre was an enriching, beneficial, and eye-opening experience. We learnt about the complex processes behind the production of our clean NEWater from this interactive tour. I was surprised to hear that microfiltration and reverse osmosis were involved - we learnt about them in our Science lessons too!

By Muhammad Izzan (1-Determination)



Sec 2 Learning Journey to Singapore Botanical Gardens

The Secondary Two Learning Journey to Singapore Botanic Gardens Learning Forest was a fun experience! We explored the area and conducted some research. It was wonderful seeing what we had been learning about in class in real-life! For example, we saw mutualism at play in lichens. Lichens consist of fungi, algae, or cyanobacteria and can serve as food sources and nesting materials for various animals. I used to think that lichens were harmful, but learning more about and seeing them in person on this Learning Journey made me realise that they actually help support the ecosystem. We also spotted some plants with drip-tip leaves that help prevent water from accumulating. It's amazing how these adaptations enable nature to thrive!

By Soo Hui Xuan (2-Pride)



Learning more about the various Flora and Fauna



Students getting ready for the Mathematics Olympiad Competition



Maths Olympiad Competition

As I have learnt from my experience participating in the Mathematical Olympiad, it is not really about solving mathematical equations over and over again. Rather, it has proven to be a great learning opportunity. Thanks to the help of my teacher and peers, I have been able to improve in my mathematical skills. Although many of the questions we encountered were challenging, we overcame the challenges together as a class and learnt various useful methods to solve the problems. I am thankful for this opportunity to learn some advanced mathematical concepts, hone my problem solving skills, and more importantly, to approach challenges with a growth mindset to pursue excellence.

By Jaime Pat (2-Determination)



Edible Garden @ Regent

Growing my edibles has provided me with invaluable lessons, such as learning how important it is to take care of their delicate roots. This makes transplanting the seedlings to the soil bed difficult as we can only hold them by their leaves. While this experience was not a smooth-sailing one, I still found it fulfilling as it had provided us with a garden-to-table experience. I believe we can all play our part in promoting food sustainability!

By Lim Jia Xin (3-Gratitude)



Students taking good care of all the edibles

Sec 2 Applied Learning Programme

Applied Learning Programme (ALP) was fun and engaging! I understood more about how coding works, and programmed my very own SMART home! I am certain that this programme provides us with a good learning opportunity to acquire relevant skills as Singapore continues her digitization efforts to transform Singapore into a smart nation.

By Nur Rasyiqah (2-Honour)



Students learning coding during the Applied Learning Programme

APPRECIATING CULTURE

CHINESE NEW YEAR Celebration

Chinese New Year Celebrations

In the past, my Chinese New Year was limited to visiting relatives and eating lots of scrumptious food. Hence, the Chinese New Year festival held in Regent was an eye-opening experience to me. I was awestruck by the 'Opera Mask Changing' performance! It was really amazing to see the performer portray different emotions and characters by changing masks within a split second!

By Lucas Dong (4-Gratitude)



Seniors and students engaged in learning activities

Mother Tongue Fortnight

I always look forward to the annual Mother Tongue (MT) Fortnight! With a curated range of activities designed for various secondary levels, I knew that we were in for a treat! From opera mask painting to learning Silat, I believe that this cultural fiesta has enabled Regenites to strengthen our language literacy skills and deepen our appreciation for the uniqueness of different cultures.

By Ahminurul Quraisha (3-Determination)



Students busy at work crafting cultural artefacts

Hari Raya Celebrations

This year's Hari Raya concert was a really memorable experience for me. It was my first time becoming an emcee, and despite my nervousness, I was also excited! I was glad to host this joyous occasion! It was heartening to see everyone enjoying themselves as we celebrate Hari Raya together as one!

By Rizq Nufail (2-Empathy)



Selamat Hari Raya



Malay traditional dance performed by students

NUTURING CITIZENSHIP

Total Defence Day

Commemorating Total Defence is important as it reminds us that everyone has a part to play in ensuring Singapore's security. Through the various sharing sessions, I believe I can contribute best to Economical Defence by pledging to reduce food waste and save resources.



By Jonelle Chik (4-Integrity)



SGT Edmund Teo
Parade Commander
Red Cross Youth



Sharing sessions conducted by Student Leaders from the Uniformed Group

International Friendship Day



Students interacting with the mobile information booths



International Friendship Day concert performances



International Friendship Day class-based activities

I was greatly inspired by the different activities organised by the school to celebrate International Friendship Day (IFD). From the IFD CCE lessons, I realised that countries strengthen their bonds the same way we establish personal friendships, such as making time to visit one another and showing acts of kindness. Commemorating IFD is a good reminder that we should never take friendships for granted!



By Nurul Natrisha (4-Empathy)

STRENGTHENING CHARACTER

Singapore Youth Festival (SYF)

Everything about my Singapore Youth Festival (SYF) experience this year has been absolutely incredible! While it was my first time participating in the SYF and I did not quite know what to expect, I was glad for the opportunity to be able to represent the school. With a quick exchange of fist bumps and words of encouragement, we strode onto the stage and gave the best we could. I don't think we could have been any happier with our Space Jam performance that day! I am proud to be able to showcase the talents of our Regent Modern Dance Group and this SYF experience has strengthened our bond as a CCA.

By Sherly Jomera (3-Determination)



Annual Cross Country



Students warming up for their run

On the cool morning of 19 May, the school brought back the physical Annual Cross Country. Before the start, my classmates and I did our warm-up together in the field. In itself, that was a unique and memorable experience. As for my run, I was placed 14th in the Upper Sec (Male) category. For me, the run was tough as I knew that there were many others who were competing for the top 20. The quote shared by the PE Department – “when your legs get tired, run with your heart” – accompanied and encouraged me to continue running. Back in school, I got on stage to collect my medal. I felt proud of myself as I knew that I had given my best. In conclusion, this Annual Cross Country was a programme that I would surely not forget and would cherish forever. I am already looking forward to the next cross country event and hope to do even better.

By Muhammad Ammar (3-Respect)

National School Games (NSG)



Students participating in Taekwondo (NSG)

This year, our Taekwondo Team participated in the National School Games (NSG) Taekwondo Championships. We were a bundle of nerves on the day of the competition because it was our first-ever sports meet in front of a live audience, something we had not been able to experience during the pandemic. Nevertheless, we knew that we had trained hard under the guidance of our coach, and this gave us the confidence to put our best foot forward in the competition. We had spent countless hours preparing for the competition, and our hard work paid off! Our team won a total five medals across various categories, and even took home a gold medal! The entire NSG experience was a memorable one, and training together with my teammates certainly brought us closer as a CCA. I am thankful for this experience and may we continue to achieve ever greater heights as a team!

By Matthias Lau (4-Integrity)

BUILDING LEADERSHIP

...will transform the school community; with empathy and tenacity

Student Leaders' Investiture

The Student Leaders' Investiture was a major milestone for the student leaders. Personally, the investiture was symbolic as the investiture recognizes our seniors who provided much guidance to us. In addition, during the investiture itself, the student leaders recited the pledge, which highlights our commitment to the school and our responsibility to the student body.



By Lucius Wee (3-Integrity)

IGNITE CYL Cohort Leadership Programme

My class and I embarked on a meaningful journey during the Leadership workshop in preparation for our Values-In-Action (VIA) project. Overcoming the different obstacles together has enabled us to build stronger class spirit. My class has implemented the VIA project successfully and shared the joy and love with our community!



By Muhammad Hardy (1-Gratitude)



Cohort leadership workshop for all Sec 2 students

Sec 1



Students having fun at the various stations during the IGNITE programme



Sec 2 & 3

Participating in the Secondary 2 Community Youth Leadership (CYL) Programme was an eye-opening experience. Not only did I have the opportunity to develop my public speaking skills, but I also learnt how to better empathise with others. This programme was a fruitful one and I had enjoyed myself thoroughly!

I enjoyed the Leadership Workshop that our Secondary 3 cohort participated in. The workshop activities were suitably challenging and were designed to hone our problem-solving skills. Thanks to the assistance of our instructor, my team mates and I were able to "solve" these challenges as one. The challenges taught us to be more adaptable and resourceful, and we were able to learn important lessons about what it takes to be a leader. The workshop and its team-building activities have definitely helped my classmates and I feel more confident about tackling the challenges of secondary school life and provided us time to think about how we would like to contribute to the community using our newfound skills.

By Chai Weng Yi (2-Integrity)



By Nicole Lim (3-Determination)



BUILDING LEADERSHIP -VALUES IN ACTION



Students befriending with their VIA participants

Sec 2



Reliving childhood experiences through Connect-5

As part of Regent's Values in Action (VIA) week, I participated in an Environmental Champions Exhibition, which showcased the various Secondary 1 class VIA projects to the wider school community. My class had chosen to work on a project on upcycling, and I was glad to be able to help present our project to staff and students who visited our booth. Participating in this project was an eye-opening experience for me. We had to communicate clearly with one another and be respectful of everyone's ideas to ensure that our team worked well on this project. While we had to work in the sweltering heat to decorate our poster boards for the exhibition, the shared experience helped us bond as a class. Seeing our hard work come to fruition and receiving words of encouragement from those who came to our booth made the Exhibition a truly memorable experience for me.

Sec 1

By Sharifah Zakiah (1-Determination)



A successful VIA Project!

A buzz of excitement filled the air as my classmates and I, together with the rest of the Secondary 2 cohort, welcomed the elderly residents in our neighbourhood to Regent's first-ever community carnival. Booths were set up by the various classes, with an exciting array of games and hands-on activities for visitors to try their hand at. I served as a befriender to help guide our visitors around the carnival. It was an enriching experience for me as I was able to interact with the elderly and learn more about them. The day rounded off with a karaoke session, and it was wonderful to see how spontaneous the elderly were, singing their hearts out!

By Sing Jia Qian (2-Empathy)



My classmates and I had the opportunity to visit COMNET AMK at Rivervale for our Values in Action (VIA) project. We carried out activities like canvas painting, Bingo, and karaoke. The atmosphere was lively and filled with laughter, and it was a joy to see the elderly and my classmates interacting with one another. The experience also showed me that truly, "teamwork makes the dreamwork". It was wonderful seeing my classmates readily stepping up to help one another in executing this project. My Mandarin-speaking classmates helped serve as translators for the elderly who could only speak Mandarin, and everyone was accepting of one another despite the language barrier. I really enjoyed my experience at the centre, spending time with and showing care to our elderly beneficiaries.

By Nur Shaqilla (3-Pride)



Sec 3



VIA participants are pleased with their handcraft!

