



# ST ANDREW'S JUNIOR SCHOOL

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Our Vision

St Andrew's Village - Home of Servant Leaders who Bring Life to the Nations

2 May 2019

Dear Parents/Guardians,

## 1. Introduction

It has been an eventful term for many Saints as they reap the fruits of their labour through the CCA tournaments and competitions that they have participated in. The highlight for the term is certainly the Saints Learning Festival (SLF). SAJS is indeed thankful for the dedication from our staff and the support from parents and stakeholders, in providing these amazing learning experiences for our Saints.

## 2. Strategic Thrust 1: Nurturing Holistic Thinkers and Skilled Communicators

### 2.1 Saints Learning Festival (SLF) 2019 – *Learning for a better YOU*



We are very honoured to have had Mdm Choy Wai Yin, Director of Guidance Branch, to grace the occasion as the Guest of Honour.

Through the SLF, our Saints embarked on the journey of self-discovery, broadened their horizons on the variety of professions and learnt interesting knowledge and skills beyond the classroom context. The teachers also developed customized SLF packages for Education Career Guidance for our P1 to P6 Saints by focusing on age-appropriate and relevant themes.

Our Values

Thanksgiving • Resilience • Unity • Empathy • Wonder • Integrity • Self-Discipline • Excellence

Our Saints also learned about extraordinary jobs in the world e.g. Lego Builder, Swan counter. So other than learning about the different professions in English, they also learned what these professions are called in their Mother Tongue.

Our sincere gratitude to our parents, old boys and personal friends, we were able to showcase 40 different professions at our SLF. Supported by two teachers, each presenter was able to design hands-on experiences for our Saints. Every Saint had the opportunity to hear from three presenters which they selected.

This year, we also invited YES 93.3 Radio Station to share with the whole school about their profession (in line with our school vision of a servant leader with who are skilled communicators). I wonder how many of you have heard our "little deejays" over the radio.

### 3. **Strategic Thrust 2: Developing Exemplary Character, Growing Community Builders**

#### 3.1 Value of the Month

##### **The Value for April is Self-Discipline**

*No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

*Hebrews 12:11*

***A Saint takes responsibility for his emotions and behaviour. A Saint also takes charge of his own learning and is self-directed.***

Do help us to encourage our boys to take ownership of their thoughts, acts and words. We shared with our Saints the analogy of building muscles – not an easy process which requires effort. Do help them to build the muscles of "self-discipline" in their learning and as a daily life-style. I would like to share with you this article I have read and I thought it is quite an interesting article relevant on our school value of self-discipline.

<https://www.businessinsider.com/top-gun-pilot-dave-berke-discipline-2017-7/?IR=T>

I spent 23 years as an elite fighter pilot, and it taught me that motivation is meaningless. There's no magic formula to get past your fears, says retired Marine pilot Dave Berke, pictured. Courtesy of David Berke

I was scared a lot during my 23 years as a fighter pilot and forward air controller in the Marine Corps.

I was scared of crashing, of being wounded, and of dying. I was scared of failing. I would love to tell you I developed a mantra, or a breathing ritual, or a magic formula that got me over those fears.

But I didn't.

When I led Marines in combat, they were scared, too. I would love to tell you that I offered some motivating words that pushed them into the fight.

But I didn't.

In Hollywood, the home team wins the game thanks to the coach's inspirational speech, and the troops hold the line thanks to the general's heroic sermon.

In real life, when fear, fatigue, and doubt set in, no speech can provide the motivation you need to keep going. **The only thing you and your team can rely on is discipline.** "[Discipline Equals Freedom](#)" is Jocko Willink's formula for achieving success. I worked with Jocko in Iraq, where he preached the importance of discipline as commander of SEAL Team Three's Task Unit Bruiser, the most highly decorated special operations unit of the war. Now I work with Jocko at the leadership consulting company [Echelon Front](#), and he still talks about discipline. He says it is the most important characteristic; the root of all other qualities. He's right, and he's not alone in his thoughts.

Discipline is cherished in the Marine Corps. We cultivate it in everything we do, from how we fight to how we dress, cut our hair, and clean our rooms.

[When I was an instructor at Top Gun](#), the Navy's fabled Fighter Weapons School, discipline — in preparation, execution, and debrief — separated the best pilots from the rest.

Now that I have retired from the military, I see that discipline also provides a template for what businesses should identify and develop in their employees. More than any other quality, discipline is what drives a person to succeed when faced with adversity. And that's what the real world is: adversity.

Long before I taught at Top Gun, I dreamed of flying fighters aboard an aircraft carrier. I loved my initial carrier qualification, and thrived despite the extremely demanding environment. I was selected to fly the [F/A-18 Hornet](#), and every time I climbed into the cockpit my passion for flying, my desire to succeed and my confidence grew. Then, with only two days of training left aboard the supercarrier [USS Constellation](#), I had [to land on it at night](#) for the first time.

And it absolutely terrified me.

Retired Marine pilot Dave Berke in 2010. Staff Sgt. Christine Polvorosa/US Marine Corps Literally overnight, my motivation evaporated – as did most of my interest in spending a career flying from a carrier. For the first time in my life, flying wasn't fun. I realized that the dream job was just that: a job. And it was a job that was going to require me to do things I didn't enjoy or find easy.

Fear can debilitate a carrier aviator, especially in combat. To succeed, I had to get past it. My self-discipline was all that I could rely on, and I needed every ounce that I had.

All told, over the next four years I completed more than 120 nighttime carrier landings, often following combat missions in Iraq and Afghanistan. I hated each and every one of them. No amount of motivation, visualization, or familiarization made me comfortable as I descended towards a faint string of lights in a sea of black. Night landings remained an unrewarding, unfulfilling, and constant misery. But they were necessary, so I did them.

When I returned to Iraq in 2006, I traded my F/A-18 Hornet for an [M-4 Carbine](#). Although my image of Navy SEALs slinging machine guns and clearing buildings was realized through my experience with Task Unit Bruiser, that kind of excitement was relatively rare.

Most of my time was spent with men like [Chris Kyle](#), who would sit next to me on rooftops, motionless for hours, observing the city through the scope of his rifle. Day in and day out, I watched him do the tedious, thankless, and unrewarding work they don't show you in recruitment videos or movies. Few things can sap your motivation and focus

like Ramadi's suffocating dust and 115 degree heat. The only thing that gets you through an environment like that is discipline. And although that discipline often goes unrecognized, it doesn't go unrewarded: It allowed Chris to save countless lives and made him the most successful sniper in SEAL history.

Discipline's value transcends the battlefield. Discipline drives you to do the work you don't enjoy, but is required. Discipline conquers fear. Discipline keeps you going when your curiosity, motivation, and excitement evaporate.

At Top Gun, the pilots most likely to be invited back as instructors were the ones with the most discipline. They were the ones who did the tedious research to prepare for a brief. They were the ones who never cut short a debrief until every learning point had been identified. They were the ones who outperformed their more talented peers because they worked harder and longer.

Retired Marine pilot Dave Berke speaks at Echelon Front's Muster 002 event in New York in 2017. Echelon Front

In business, I work with leaders trying to build a team by recruiting and hiring the right people. Those leaders are often looking for motivated individuals. My advice to them is simple: **Motivation is a good quality — but it's not the most important. Hire people who are disciplined.**

If you want someone who will handle adversity, find someone who is disciplined.

If you want someone who will conquer fear, find someone who is disciplined.

If you want someone who will never lie, cheat, or steal, find someone who is disciplined.

If you want someone who will do the tedious, thankless, and essential work, find someone who is disciplined.

If you want someone who will commit to doing everything necessary to win, find someone who is disciplined.

When you find these people, hire them. You will have employees who aren't just motivated, but who will have the discipline to put in all the work required to be successful — and that is the key to winning.

## 3.2 CCA Achievements

SAJS takes pride in our effort to nurture the passion and interests of our Saints over a wide range of CCAs, programmes and activities. Our Saints continue to excel in sports, uniform groups, performing arts, clubs and societies, as well as activities beyond CCAs.

### 3.2.1 Uniform Groups

Our Saints in Boys Brigade and Cub Scouts constantly display the values of **resilience**, **unity** and **excellence** throughout their training, activities and competitions.

We congratulate our Boys Brigade and Cub Scouts for sustaining their Gold Award for JM Fraser and Frank Cooper Sands respectively. Our Saints are well supported by the staff, parents and stakeholders. Thank you for blessing our Saints.

### 3.2.2 Sports

Many of our Saints love sports and they do need the platform to expend their energy. Sports is also a natural platform for them to practise many of the school values. Thus, a podium finish is not the main objective although it has been a great motivation for our athletes. We thank the teachers in-charge, coaches and the supportive parents in inculcating the importance of values and life skills through sports. We congratulate our Saints in the following achievements.

#### A. Rugby

This cohort of P6 rugby boys have been playing together for many years. Besides displaying the school values, they have shown grit and will to improve themselves as sportsmen and as a team. We are proud of their achievement at the National School Games Senior Rugby Championships 2019. Team SAJS came in **Third** at the Tier 1 Competition.

#### B. Swimming

Our swimmers have been training very hard over the past months prior to the National School Games Swimming Championships 2019. We would also like to acknowledge the tremendous support from the parents in helping our swimmers to strive for their personal best at the competition.

Team SAJS emerged 3<sup>rd</sup> for B Division. We would also like to commend the effort of the following swimmers for their achievements at the individual and relay events.

##### Individual Events

Benjamin Tan (P4 Unity)	50M Butterfly/50M Breaststroke	4 <sup>th</sup>
	50M Breaststroke /50M Freestyle	2 <sup>nd</sup>
	50M Breaststroke	4 <sup>th</sup>
	100M Breaststroke	2 <sup>nd</sup>
Johann Mikail Loh Bin (P5 Thanksgiving)	50M Butterfly /50M Freestyle	3 <sup>rd</sup>
	50M Butterfly	3 <sup>rd</sup>
	100M Freestyle	4 <sup>th</sup>
Reyes Ng (P6 Thanksgiving)	50M Breaststroke	1 <sup>st</sup>
	100M Breaststroke	1 <sup>st</sup>
Damien Soo (P6 Resilience)	50M Freestyle	3 <sup>rd</sup>
	200M Freestyle	3 <sup>rd</sup>
Gabriel Leong (P6 Unity)	50M Butterfly /50M Backstroke	2 <sup>nd</sup>
	200M Freestyle	4 <sup>th</sup>

### Team Events

Jairus Kaiser Loh (P3 Resilience)	D Division 4x50M Medley Relay	3 <sup>rd</sup>
Benjamin Tan (P3 Unity)		
Dylan Lim (P3 Empathy)		
Zachary Chew (P3 Empathy)		
Ian Patrick (P3 Unity)		
Johann Mikail Loh Bin (P5 Thanksgiving)	C Division 4x50M Medley Relay	4 <sup>th</sup>
Jacob Ryan Kuan (P5 Resilience)		
Thaddeus Low (P5 Unity)		
Isaac Wong (P5 Unity)		
Goh Sze Han (P5 Unity)		
Reyes Ng (P6 Thanksgiving)	B Division 4x50M Free Relay	3 <sup>rd</sup>
Nicholas Koh (P6 Resilience)		
Damien Soo (P6 Resilience)		
Gabriel Leong (P6 Unity)		
Davier Yeo (P6 Integrity)		
Reyes Ng (P6 Thanksgiving)	B Division 4x50M Medley Relay	3 <sup>rd</sup>
Nicholas Koh (P6 Resilience)		
Damien Soo (P6 Resilience)		
Gabriel Leong (P6 Unity)		
Davier Yeo (P6 Integrity)		

### 3.2.3 Debate

Holistic Thinking and Skilled Communication are two traits that we strive to develop in our Saints. Our SAJS Debate team has competently demonstrated these traits in the recently held Wits N Words National Debate Championships.

Our Saints from the P6 level worked hard over the past two terms to bring glory to SAJS by debating on engaging topics such as “Uniformed Groups CCAs should be mandatory for all students” and “Fast food advertising should be banned”. Their journey ended in the quarter-finals of the competition but along the way, they proudly achieved these accolades:

1. Top 5 in South Zone Primary Schools for 2019
2. Quarter-finalists for the Wits N Words 2019 Tournament
3. Best Speaker Awards in two of the preliminary rounds
  - Round 1 : Jan Ho (P6 Thanksgiving)
  - Round 2 : Matthew Chacko (P6 Thanksgiving)

We are proud to present our Debate team members and a special thank you to our lead coach, Mr Norman Selvaraju, for walking this journey with our Saints.

- SAJS Debate team members
- Jan Ho (P6 Thanksgiving)
  - Julian Low (P6 Thanksgiving)
  - Jeremiah Wong (P6 Thanksgiving)
  - Jeremiah Kee (P6 Resilience)
  - Matthew Chacko (P6 Resilience)

#### 4. **Strategic Thrust 3: Embracing Innovation, Developing Best Practices**

##### 4.1 Staff Promotion

We would like to congratulate the following staff for their promotion:

1. Mdm Evelyn Tan Puay Fong
2. Miss Quek Yi Lin Alexia
3. Miss Sew Bee Jun Pearlyn
4. Mr Lee Kai Chuen Bruce
5. Mr Eugene Tan Jen Hao
6. Mr Muhammad Shakir Bin Sulaiman
7. Miss Tan Xian-En Kimberly
8. Miss Norashikin Binte Suhadi
9. Mdm Sandy Low Gait Hong
10. Mrs Ong-Lee I Gwen
11. Miss Liu Xianshuli
12. Mr Norman s/o Selvaraju
13. Mdm Ng Jacqueline
14. Miss Koay Say Shin
15. Mdm Siti Suraidah Binte Rahim
16. Mr Chooi Sian Woon
17. Miss Hoe Shu Chen
18. Mrs Joanne Yak
19. Mr Lee Lin Shen

#### 5. **Strategic Thrust 4: Harnessing to Connect, Connecting to Harness**

##### 5.1 Well-being of our Saints

As we enter into the assessment season, I would like to remind all parents to be cognisant of the well-being of our Saints. SA1 is only one of our milestone checks on our Saints' learning and should not be deemed as an eventual goal in life. Do reinforce to our Saints that SA1 is merely another platform for learning where they apply their knowledge, skills and values of the subject area, and in terms of their character.

We would like to remind all parents to keep our Saints at home should they be unwell for the examination as we would like to place their well-being before the assessment. Moreover, we do want to educate our Saints to be socially responsible and not to allow any virus be passed on to others in the class.

#### 6. **Calendar of Events**

Date	Event	Remarks
<b>Week 6</b>		
29.4.19	P3 & P6 SA 1 EL Paper 1 & LC P4 & P5 SA 1 MT Paper 1 & LC	
30.4.19	P3 & P6 SA 1 MT Paper 1 & LC P4 & P5 SA 1 EL Paper 1 & LC	

1.5.19	<b>Labour Day (Public Holiday)</b>	
2.5.19		
3.5.19	PAL & CCA (13)	
<b>Week 7</b>		
6.5.19		
7.5.19		
8.5.19		
9.5.19		
10.5.19	P5 & P6 SA1 HMT Paper 1 PAL & CCA (14)	
<b>Week 8</b>		
13.5.19	P3 – P6 SA1 Science & Foundation Science	
14.5.19	P3 – P6 SA1 EL & FEL Paper 2	
15.5.19	P3 – P6 SA1 MT & FMT Paper 2	
16.5.19	P3 – P6 SA 1 Math & Foundation Math	
17.5.19	P5 & P6 HMT Paper 2 PAL & CCA (15)	
<b>Week 9</b>		
20.5.19	<b>Vesak Day (Public Holiday off in-lieu)</b>	
21.5.19		
22.5.19		
23.5.19		
24.5.19	PAL & CCA (16)	
<b>Week 10</b>		
27.5.19		
28.5.19		
29.5.19		
30.5.19	End of Term Service PCTC* (2.15pm – 5pm)	<b>Last Day of Term 2</b>
31.5.19	PCTC* (8am – 5pm)	<b>Eat with your Family Day</b>

**\*PCTC: Parent-Child-Teacher Conference**

Looking forward to end the term well with your continuous support.

Up and On!

With warmest regards,

Ms Patsy Neo  
Principal