



ESPRESSO 1.0



2023

BREWING TODAY!



Sec 1 Orientation

Total Defence Day Celebration

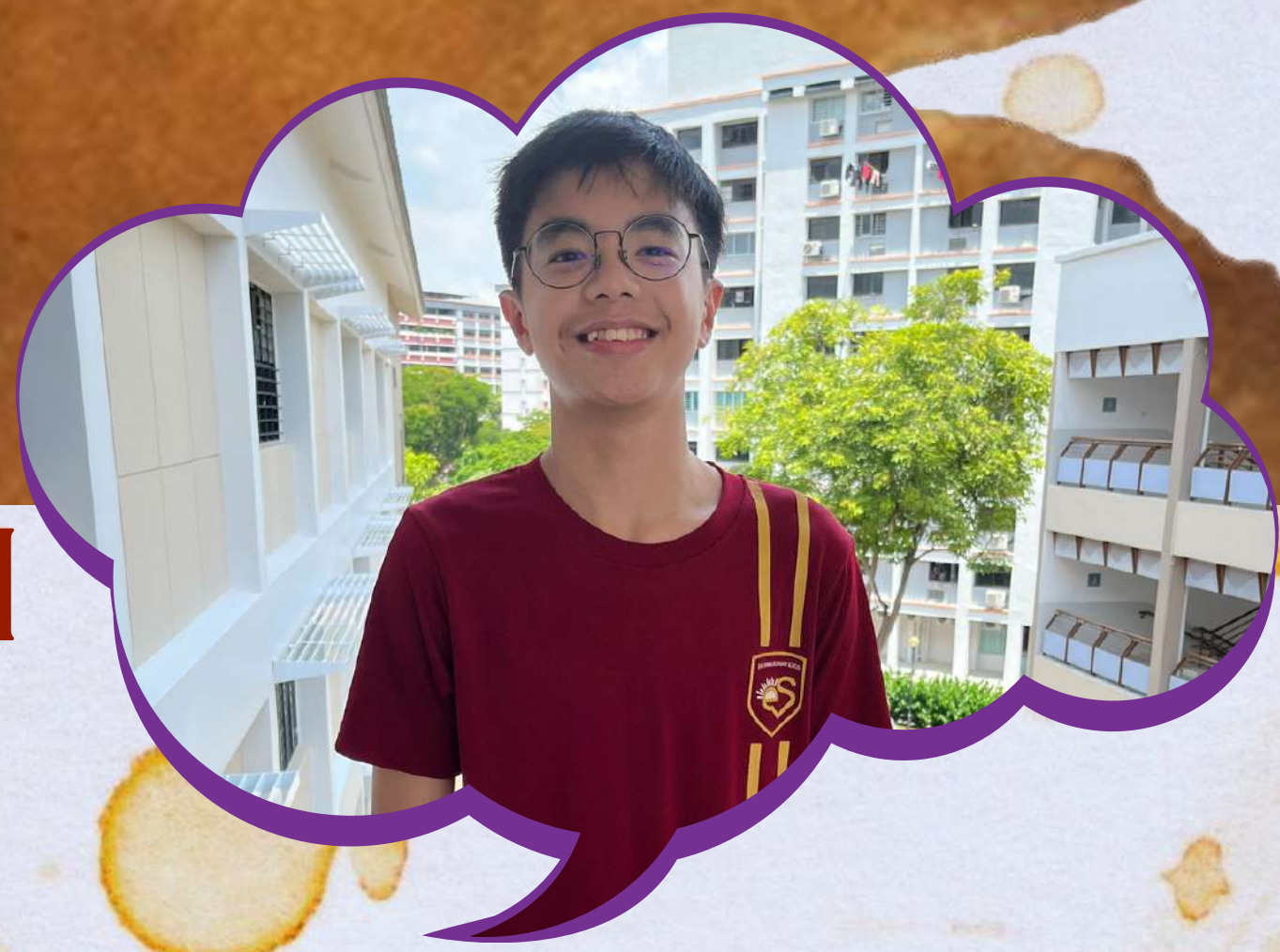
CNY Celebration

Cyber-Wellness Week

Founder's Day

SEC 1 ORIENTATION

JARREN TAN GE HUI 4N2



The Sec 1 orientation was a three-day event that took place in the first week of school as part of our SPEAR Ahead initiative. This programme helped set the tone for our juniors who entered the school for the first time. This year's orientation consisted of many activities and games.

One of the more memorable activities was the campfire. The campfire allowed the students to showcase their dance talents. The students were tasked to create a dance item with the help of their Orientation Group Leaders. The orientation taught the students that no one is left behind in a group and that no contribution is considered small. Seeing our juniors soak in the ESSS atmosphere was heartening as they started to get familiar with the new surroundings. The family spirit in ESSS has started to grow.



On a personal note, this Secondary One Orientation has changed my outlook on things. I participated in this programme as an Orientation Group Leader. This programme taught me valuable lessons that life is not a competition. We all know ESSS is like our second home, where we learn and play together. We can have fun as we strive towards excellence, and we all are winners at the end of the day.



CNY CELEBRATION

SOO HUEY XHIN
4E1



The Lion Dancers kicked off the Chinese New Year Concert with an outstanding performance which astonished all students and teachers.

The game segment involving teachers and students excited the student population the most. The title of the first game was Onward And Outward. The tangerines had to be stacked by teachers, and the group with the tallest height won. The same group of teachers then played The Guru of Chinese New Year. Hazwandy, our host, asked several questions about the customs associated with the Chinese New Year.

Guess The Voice was the final game requiring students to guess which teacher was singing a Chinese song based on their voice alone. Everyone took part enthusiastically; many even correctly identified the teachers' voices on the first try.

Even though we are still fighting the pandemic, safety measures are getting less restrictive. As a result, we can hold more exciting events and celebrations in the future. In conclusion, everyone was delighted by the flawless celebration of the Chinese New Year. This marked the end of the 2023 Chinese New Year Celebration, making it one to remember for everyone!



TOTAL DEFENCE DAY CELEBRATION

**ELIZABETH SOPHIE SETIADI
4E1**



Total Defence Day 2023 was a day to remember. The focus of the commemoration was targeted at the topic of food security in Singapore. Singapore's efforts have centred around self-sufficiency by having 30% of food locally produced here by 2030. Our students gained further insights into how food security is managed in Singapore and how we can support it.



After that, a segment of the student population was treated to an exclusive Total Defence interactive video that allowed students to choose the correct decisions for the characters involved. Some scenarios in the video involved energy wastage, hoarding food, and fake news. The activity was fun-filled yet educational, as it taught students the importance of ensuring Singapore's food security. Meanwhile, the Secondary 2 students played a card game called "Guardians of the City". Students were educated on the pillars of defence as they solved various crises in their city.

In a nutshell, Total Defence Day 2023 was a blast. We had a whale of a time with the activities this year. It gave students an unforgettable memory for the rest of the year!



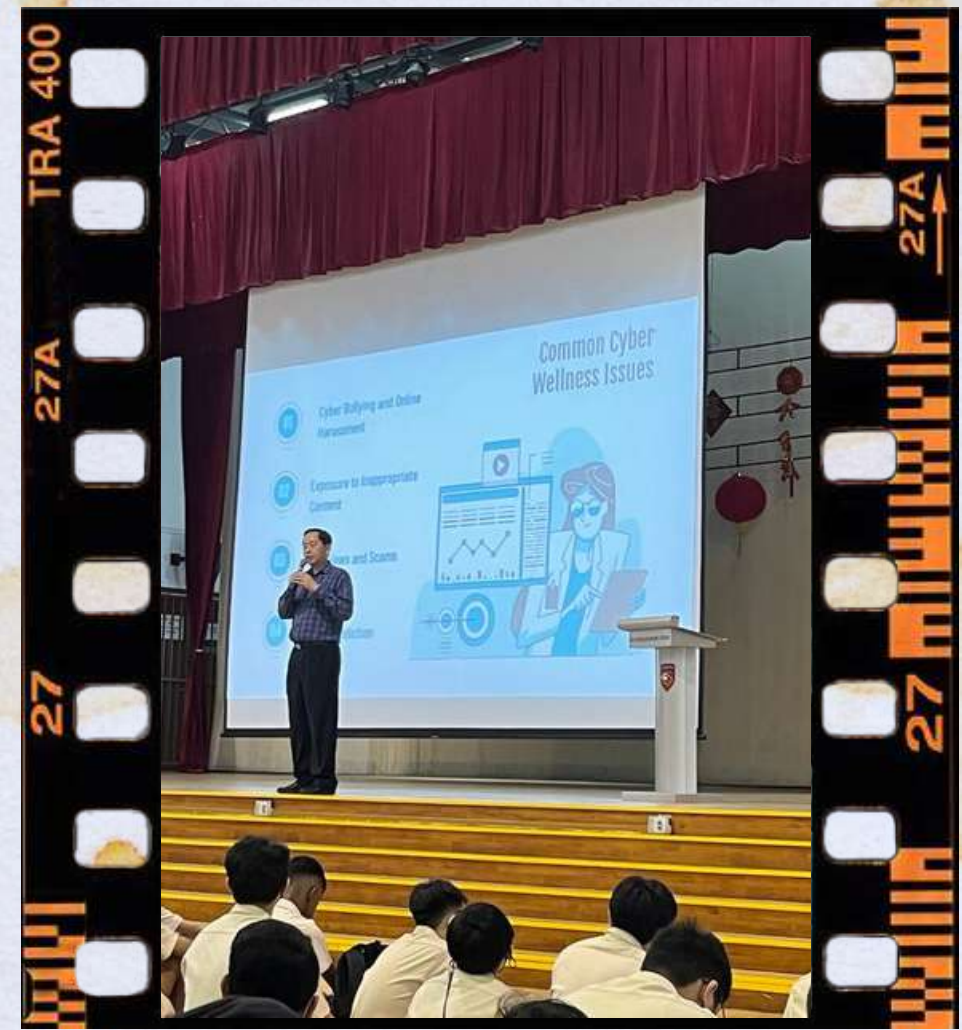
CYBER-WELLNESS WEEK



KAREENA GULABARI SAMTANI
4NI

In conjunction with Safer Internet Day, which was observed on February 7, 2023, we at East Spring underwent a week-long of activities to promote the positive use of the internet and raise our self-awareness and self-management of online behaviour. On February 6, 2023, we attended a Cyber Wellness Assembly conducted by our Vice Principal, Mr Ang. He educated the student population on the topic of Internet Addiction. We learnt that internet addiction refers to excessive and compulsive use of the internet that affects a person's daily functioning and well-being. This is increasingly recognised as having a significant impact on the lives of, primarily, teenagers who are addicted to the internet and use their handphones nonstop. This further emphasised the need for us students to be responsible digital learners. We moved on to learn about the dangers of online gaming with our Form Teachers in class. Throughout the week, we were exposed to posters in the canteen that contained information on various topics related to Cyber Wellness, such as Cyber Bullying and Online Scams.

In conclusion, this Cyber Wellness Week has raised awareness and taught us the value and importance of safe online behaviour. To fully appreciate the benefits of the internet, we should always be aware of the content we see.



FOUNDER'S DAY

SY JILIAN ELISHA VELARDE
4E2



A booming voice replaced the microphone – commanding silence. Standing at attention, teenagers donned green as the voice rocked the assembly again. “Sekolah Senang Diri!” It was 22 February, marking Founder's Day, honoured by scouts worldwide. It commemorates the birthday and contributions of Lord Robert Baden Powell, who founded the Scouts Movement.



The day started with the flag-raising ceremony – the boys lined up to lead by example as the student body followed. Aiman, the Scout's Senior Patrol Leader, spoke without the microphone, returning us to tradition. After that, Mr Goh delivered us this year's Founder's Day message. It depicted the story of how youths can make a difference. This year, the mission of enabling youth to make a difference is put in motion with the Singapore Scouts Association finding ways to help our fellow scouts leave a mark; despite being young.

Learning more about the Scouts' most important event, Founder's Day, and its mission helps us understand why this CCA stands among us.





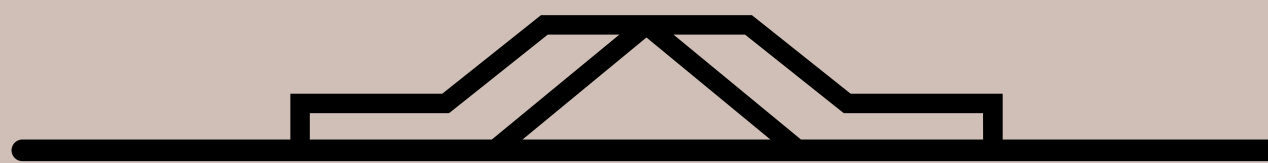
*Thank
You*



Ms Susie Ho | Mr Johnny Ang | Mr Ken
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