

ESPRESSO

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2023



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CROSS COUNTRY

8 MAY 2023

LYSA KHO
JINMAE [1C]



Running the cross-country and looking at the scenery was an incredible experience. It was very relaxing, and the whole run was worth it. My artwork is a representation of my experience.





FARAH KHAN [2B]

SEC 2 CAMP



15 MAY 2023

The four-day, three-night school outdoor camp was an eagerly anticipated event for all sec 2 students.



Upon arrival at the campsite, we were greeted by a breathtaking natural landscape. The first day was filled with team-building activities such as outdoor cooking, icebreaker games and a night walk near the forested area of the campsite. These activities required us to communicate effectively and rely on one another. The activities not only strengthened our bonds but also taught us valuable life skills such as leadership, cooperation, and resilience.

The second day was filled with high-element and water activities such as rock climbing and kayaking. With each foothold and handhold conquered, my confidence grew, overpowering the nagging doubts that had plagued me. In addition, my first kayaking experience surpassed my expectations, leaving me with many lasting memories and a newfound appreciation for the wonders of nature.



At the school outdoor camp, I gained an invaluable education beyond textbooks and exams. I learned about the wonders of nature, perseverance, and the power of unity. What made this experience truly special was the bond I forged with my group members. As we faced challenges and celebrated milestones side by side, we transformed from being just schoolmates or acquaintances into a cohesive unit, supporting and uplifting each other through the journey. The experiences of those four days and three nights would stay with us forever, shaping us into resilient and adventurous individuals ready to embrace the beautiful world around us!



PRIZE GIVING DAY & CARNIVAL

19 JULY 2023

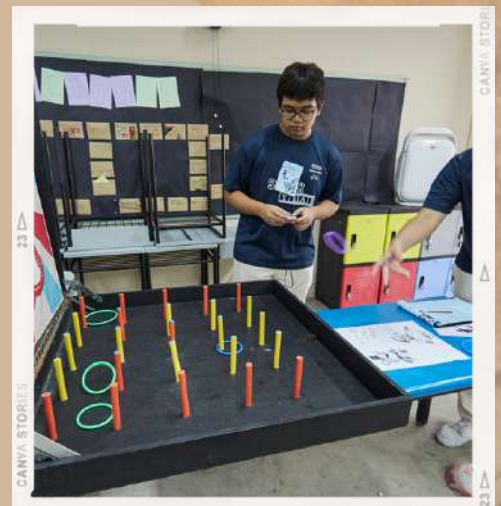
On 19th July this year, our school celebrated the Prize Giving Day and initiated the inaugural school carnival.

The Prize Giving Day celebrated students' achievements and staff contributions. It was heartwarming to see many of my schoolmates and teachers going on stage to receive the recognition that they truly deserve.

The inaugural school carnival took place on the same day. I had a fun time with my friends patronising the different stalls, strolling and browsing at our own pace. The different classes and CCAs set up many unique stalls, and I was pleasantly surprised by their creativity. One stall I loved was the bracelet-making stall, where we designed our own charms and made rings with unique design. In addition, there were game stalls, which I tried a few of. The prizes were pretty attractive too.

I would like to thank the school for organizing a fun yet meaningful day for the students. I hope for more such events to make school life much more meaningful and joyful.

ZAINA AHMED [2F]





PEARLYN ONG [3E2]

NATIONAL DAY



9 AUGUST 2023

Amidst a sea of red and white, as the evening sky exploded in a spectacular burst of colours, I found myself on the Padang performing for Singapore's National Day Parade 2023 on the 9th of August.



130 students were given the incredible opportunity to participate in the "GO-LIVE" segment of the 2023 National Day Parade. Under the direction of Ms. Rachel, we learned the choreography for the "GO-LIVE" portion after school and practiced at Nee Soon Camp with students from Victoria Junior College, Bedok View Secondary School, and Deyi Secondary School.

Soon, the big day came. After a hearty lunch and a last morning rehearsal at the Padang, we were all geared up in our costumes, ready to take on the crowd. Everyone shared the same feeling of excitement and nervousness. After countless rehearsals and dedicated efforts alongside my talented peers, the exhilaration and sense of unity that surged through me on the Padang was unparalleled. The culmination of our hard work and shared dedication filled me with immense pride and a deep connection to our nation's spirit.



We also celebrated our nation's birthday in school, where the uniform groups and the band did a march in. Thereafter, we viewed the concert in the school hall. Our school's band also performed at the community level at Tampines Changkat National Day Celebrations 2023.



Participating in the National Day Parade and being a part of the school celebrations strengthened my sense of belonging to our nation. It was truly a memorable experience for all of us.



OVERSEAS LEARNING JOURNEY

16 AUGUST 2023

Two groups of three teachers and ten Secondary 3 East Springians went on a four-day, three-night overseas learning journey to learn about STEM education and industries. The students were selected through a rigorous process.

One group visited Hanoi, the capital of Vietnam. In Hanoi, the group visited various historical and cultural sites such as the Hoa Lo prison, Temple of Literature, Train Street, Hoan Kiem Lake, St. Joseph's Church, the Old Quarters, and a Water Puppet show at the Thang Long Theatre. The group also visited the Bac Ninh Vietnam-Singapore Industrial Park (VSIP). The students gained insights into the park's beginnings and how the park remains sustainable. They also visited other companies such as FPT Hanoi, Honda Vietnam, and TEKY Academy . FPT is one of the largest information technology service companies in Vietnam, and TEKY Academy is where students can learn fundamental skills required in STEM professions such as coding, programming and robotics.

HAYLEE SINGH [3N11]



OVERSEAS LEARNING JOURNEY



The other group visited Ho Chi Minh City, named after Vietnam's founding father. The group visited the Cu Chi Tunnels, a vast network of underground passageways used by Viet Cong soldiers during the Vietnam War. The group also visited the Binh Duong VSIP in Ho Chi Minh City and learned about how the VSIP is managed. They also visited the Yakult factory in the VSIP.

Overall, both groups learnt about how Vietnam industrialised and became a rising powerhouse in Asia and the world. The learning journeys were eye-opening and left a lasting mark on the students' perspectives. The experiences have instilled in the students the values of empathy and resilience, which align with our school values.

ANDRE LUTHEI [3E2]





TEACHERS' DAY

28 AUGUST 2023

Gratitude is a simple word with a profound meaning. A simple expression of thanks can make someone's day. I now fully understand the true meaning of gratitude after organising this year's Teachers' Day event with the Student Council.

Teachers' Day is a day to recognise and thank those who have made an impact on our future. We may not realise it, but our teachers instill valuable morals and values in us. The Student Council wanted students to recognise the influence our teachers and school staff have had on us.

The Student Council chose Hollywood as the theme for the celebration, as teachers are stars in their own right.

Organising this celebration was a challenging task, from creating the schedule to casting performances and holding rehearsals. However, we are happy that our efforts paid off.

Our teachers were one of the things that kept us going. We want to thank them for always seeing the best in us and being so patient with us after such a demanding and stressful year.



GAN EN EN [3E2]





*Thank
You*



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