

*Term 1*

# HEALTH NEWSLETTER

## ABOUT

This year, our termly Health Newsletter aims to promote Healthy Eating and an Active Lifestyle (HEAL). Read on for some highlights in term 1.

## STUDENTS

Throughout the year, student(s) from various CCA groups in RGPS will be featured and you will get to read about how your friends maintain an active lifestyle.



## STAFF

There will also be at least one featured staff from RGPS sharing about their active lifestyle.

## FUN FACT!

Did you know, getting more exercise may mean better sleep. If you are having trouble sleeping at night, try exercising more!



# HIGHLIGHTS

## Health Fair week activities



Sale of healthy snacks by the Parent Volunteers



Parent-Child bonding - skateboarding



Games and sports during recess

## Athlete's Oath for the NSG Opening Ceremony



Captains and Vice captains from the Sports CCA leading the oath taking



Athletes taking their oath

# Ms Kong (Vice Principal)



There are 3 sports I enjoy very much: qigong, running and trekking. Most of my holidays are spent trekking in the mountains because I love nature. My most recent trek was Upper Mustang in Nepal. The scenery was simply breath-taking.

To me, the best way to get intimate with nature is to trek. To ensure that I can continue to enjoy the mountains, I make sure I do not litter the place and adopt environmentally friendly practices such as not bringing disposable items and discard them in the mountains.

I usually do sports on my own as it is difficult to find friends with common available time. As long there is opportunity, of course I love to do it with my friends and family.

## RESILIENCE

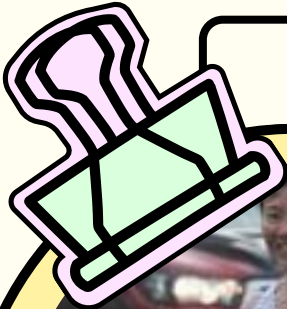
In my most recent trek to Upper Mustang, I encountered an unexpected heavy snow on my first day of trek. I was not mentally prepared for it and wanted to give up as the snow was getting heavier. I was grateful to my trekking mates and guide who encouraged and helped me so I could press on and complete the trek. My friends were resilient and so was I. 😊





## KEEPING HEALTHY

Setting clear goals for myself when comes to exercise is key and making exercise a habit and lifestyle. For example, the first thing I do in the morning when I wake up is my qigong routine. After that I feel alert throughout the day. Sunday is my running day. Sometimes when I encounter some problems and do not seem to have any solution, I realise after my run, I have 'aha' moments. Perhaps it is the extra boost of endorphin. It makes me happy and relaxed, hence think better.

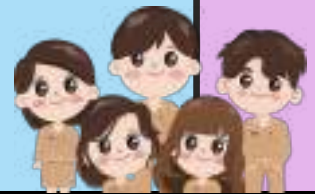


I practise qigong every day. On weekdays I do a 10-20 minute qigong routine and on weekend, 45 minutes. Qigong keeps me healthy and flexible. I run once a week and occasionally join marathons to immerse in the high energy of fellow runners. In January, I joined a running community in Singapore to Malacca for the Skyhawks Nature Run 2024, 22km. Bussed in on Saturday, ran on Sunday morning, bussed back to Singapore in the evening and went to school on Monday. Sometimes, I can be that passionate about running. It was fun doing a run out of Singapore, not to compete with others but to do your best and complete it. Enjoying the run is most important for me.

Presenting  
**THE  
REPRESENTATIVES  
OF TERM I!**



**DRAMA**  
Luanne Chan 6C



**BROWNIES**  
Zoe Stekly

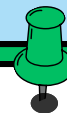


**BADMINTON**  
Alyse Ong 6I



**RHYTHMIC  
GYMNASTICS**

Cayla Loh 6F

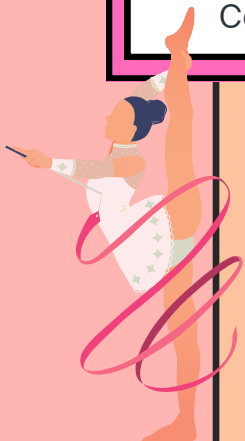


**STRINGS  
ENSEMBLE**

Amelie See 6E



**GIRLS' BRIGADE**  
Isabella Grace Tan 6E



# ALYSE ONG 61



Hello! I am Alyse from Badminton CCA. With the school team, I train twice a week for 2.5 hours each time. Aside from badminton, I do Taekwondo too. I enjoy Taekwondo because it provides me a platform to relax and let out stress after a long week. I have been doing Taekwondo for 3 years now. I do Pomsae and Kyurogi. Pomsae is a combination of attacking and defensive techniques with an imaginary rival. On the other hand, Kyurogi involves 2 rivals sparring. I am currently red belt in Taekwondo, which explains why I can do the Kyurogi. Sparring can be dangerous, which is why one has to be of a certain level before he/she can do it.



## KEEPING HEALTHY

To ensure I stay fit and healthy, I make sure to eat fruits everyday. I also will attend all my training sessions for both Badminton and Taekwondo. This helps me keep a fixed routine of constant exercise. When I am unwell, I make sure I rest and fully recover before attending my training sessions too.

## RESILIENCE

My proudest moment was during a Taekwondo sparring competition last year. I was feeling very nervous and excited at the same time. After 2 rounds, I began to feel very tired and wanted to give up. However, I told myself I could do it, and pressed on. I was overwhelmed with emotions after the competition because I managed to attain the gold award!



# Cayla Loh 6F

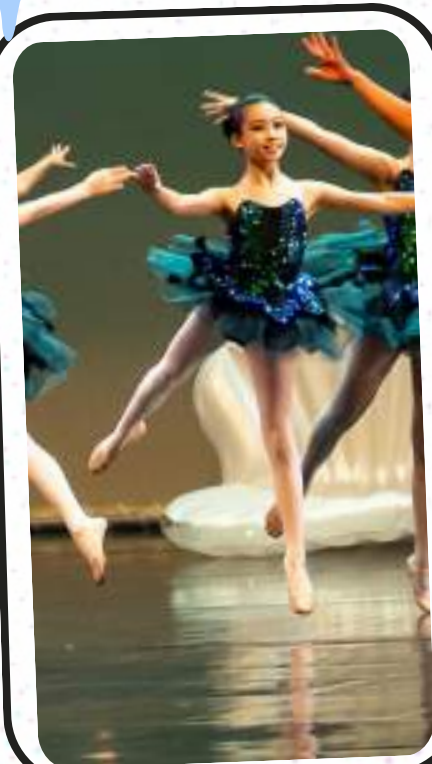
**Hi! I am Cayla from Rhythmic Gymnastics.**

When I am not doing gymnastics, I learn new sports in the Junior Sports Academy (JSA). Currently, I am learning basketball. I train once a week on Saturdays. I like basketball because it helps me understand the value of teamwork. I also do ballet and contemporary dance classes twice a week.



## Keeping healthy

To maintain stamina, I go swimming with my family and friends. Occasionally, I will go to Evans Road Stadium to run too.



## Responsibility

Participating in competitions means that I have to be responsible because I need to remember my dance steps well. By doing so, I do not affect my team when I dance. My dance coaches were very proud of us as we did well in the competition without making any mistakes.

# ZOE STEKLY 6C



Hi! I am Zoe from Brownies CCA. I enjoy swimming as it is a very relaxing sport. It is very satisfying when I reach a new goal for myself in terms of how long I take to swim the lap. I attend swimming class once a week for an hour, and my coach always pushes us to swim a lot of laps. I attend swimming class with my younger sister, Hazel. After swimming class ends, my swimming coach leads the students in cool-down exercises, or what he likes to call “stretches”. We would all form a circle and he would lead the students in basic cool-down exercises such as stretching, jogging on the spot, and jumping jacks so as to relieve our muscles.

## KEEPING HEALTHY

I try to exercise for at least one hour every day and I eat vegetables and fruits to maintain a healthy diet. My father especially, encourages my sister and I to eat healthy foods everyday. He has stopped our bad habit of unnecessary snacking after school too. After swimming class, I feel very tired, but always feel I accomplished something as I have completed a good day's job and worked hard!

## RESILIENCE

When my coach explained that he was going to time how long I took to swim one lap, I was extremely nervous and did not want to do it at first. However, he persuaded me to do it and I agreed. I started off swimming fast, but I drastically slowed down afterwards. I desperately wanted a good timing, so much that I decided to use all my energy and swim at a constant rate although I was tired. This demonstrates the value of resilience as I kept on going even though I was tired.



# ISABELLA TAN 6E



Hi! I am Isabella from The Girls' Brigade, and I dance. I like dancing because I get to express my emotions without the use of words and I get to perform for people. I enjoy dancing with my friends and some of them are from RGPS too. When I dance, I feel good seeing people happy and entertained. Unfortunately, with PSLE this year, I had to reduce my time spent on dancing. At times, I will watch solo performances from the International Ballet Grand Prix (IBGPS) and learn dance variations from these professional dancers.

## RESILIENCE, CREATIVITY

To be able to perform a clean routine, it takes plenty of hard work. During the preparation phase, it gets extremely tiring and frustrating, but I demonstrate resilience and press on. We also demonstrate creativity and adaptability because sometimes, on the actual day of performance, one or more dancers will be unable to perform. We would then have to re-block the whole number and perform it.

## KEEPING HEALTHY

I keep fit and healthy by doing exercises that my teacher provides me. I make sure I am disciplined to do the exercises at the scheduled times. At times, I also go onto YouTube to learn from other dancers online.



# LUANNE CHAN 6C



Hello! I am Luanne from the Drama Club. When I was in Primary 3, I could not swim. I had eczema which made my skin very itchy and dry. As a result, my skin would be broken and I would hate getting wet, let alone jumping into a pool. In Primary 4, my mother decided that my skin was good enough and if I did not learn to swim then, I might never get the chance to. Thus, she signed me up for swimming lessons. Initially, just thinking about swimming would dampen my spirits. However, I decided to have resilience and learnt. There was also some peer pressure from my friends who hosted pool parties. Now, after 2 years of lessons, I can confidently swim with my family and friends! I am glad I can enjoy the fruits of my labour. I find swimming relaxing as I can glide through the water. The water also does not hurt my skin anymore.



## GRACIOUSNESS

Last year, I was at a 7-Eleven store to buy a bottle of water. After paying up, I noticed an old man behind me buying plenty of heavy items. He paid for his goods and his hands were full from carrying bags of items. Noticing this, I held the door open for the elderly so he would not need to push the door open. I felt proud of myself for helping!



## KEEPING HEALTHY

Often, there are numerous yummy snacks and drinks around me. Although they taste good, these goodies are unhealthy for our bodies. As such, I limit myself to 1 "treat" a week. For example, this week I drink Milo, and the next week I get chips. I also jog regularly at Botanic Gardens. This helps me train for NAPFA.

# Amelie See 6E

## Hello! I am Amelie from Strings Ensemble.

I enjoy running! I normally run on my own and sometimes, my family joins in the fun. I run twice a week as it keeps my body fit. I enjoy this sport because it builds my stamina and level of endurance.

Moreover, it makes me feel relaxed and my mind is cleared during and after the run. Doing exercises help me take a load off my mind from academic results. Running momentarily makes me forget my worries.



## Keeping healthy

I ensure I have a healthy diet and sufficient sleep. In addition, I go for morning walks on the weekend.

## Resilience

Once, I climbed a glacier in Iceland at  $-20^{\circ}\text{C}$ . I had to put on a lot of protective gear. The glacier had sharp edges everywhere and it was slippery, making it easy for us to sprain our ankles.

Not to mention, it was terribly cold with heavy snow. We kept on shivering. However, I demonstrated resilience and continued the hike despite feeling cold and having a slight frostbite! The sense of achievement upon completion was highly satisfying and gave me great confidence!



*Term 1*

# HEALTH NEWSLETTER



Our term 1 representatives have done well to keep themselves healthy and active. It is now your turn to continue to do so, or start if you have not.

Challenge yourself by developing healthy practices by engaging in more physical activities. You can choose to set S.M.A.R.T goals for yourself. It does not have to be difficult. For example, spend at least 30 minutes on moderate intensity physical activities at least 3 times a week. Take the stairs instead of the lift.

## HEALTHY 365 APPLICATION



The Health Promotion Board (HPB) of Singapore has a free application “the Healthy 365”. You can ask your parents to download the application on their mobile devices. Through the application, you can sign up for and attend various sports/physical activities in your neighbourhood for free. You can use this chance to start or increase your activity levels.

To get started, scan this QR code.

