

Term 2

# HEALTH NEWSLETTER

## ABOUT

This year, our termly Health Newsletter aims to promote Healthy Eating and an Active Lifestyle.

## STUDENTS

- Katelyn Chua 6B (Softball)
- Victoria Ng 6C (Table Tennis)
- Chang Yujia 6H (International Chess)

## HIGHLIGHTS

- NSG
- P5 Camp
- NAPFA
- June Holidays activities

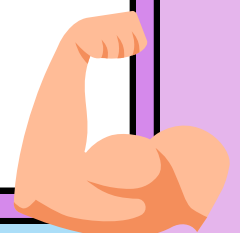
## STAFF

- Mr Yeo Eng Wee



## FUN FACT!

Did you know? The name “muscle” comes from the Latin phrase, “little mouse”. That is because the Romans thought that the bicep muscle looked like a little mouse!



# Mr Yeo Eng Wee (Teacher)



## For the Love of the Game

I started playing basketball in P3 and have loved the game ever since. Every Sunday, I play with a group of friends in my neighborhood. All of us have played competitively at some point and share the same passion for basketball. On public holidays, we book an indoor court for friendly 5v5 competitions. During these games, it feels like we travel back in time, performing moves like Michael Jordan's air reverse.

Currently, I coach the RGPS school team and hope to pass on my knowledge and passion to anyone keen to learn.

## KEEPING FIT

### Balancing Exercise and Life's Commitments

I make a strong effort to exercise regularly despite my other commitments. Typically, I manage to work out at least four times a week. During school holidays, I exercise almost every day, engaging in activities such as going to the gym, running, skipping, and playing basketball.

After a tough workout, I always feel a sense of achievement. Exercise strengthens me both physically and mentally, helping me push through difficult times. As the saying goes, "Tough times don't last, tough people do!"

### The importance of staying fit and healthy

Staying fit and healthy is crucial for me. It keeps me active and allows me to spend quality time with my kids and play the sport I love—basketball.

Exercising and maintaining fitness have always been priorities in my life. The harder the training, the more accomplished I feel. And remember, the grind never stops!



# Mr Yeo Eng Wee

## RESILIENCE

### Overcoming Injury: A Journey of Determination

In April 2019, I tore my left meniscus during a basketball game. The doctor informed me that I wouldn't be able to exercise my lower limbs for six months, let alone play basketball. Initially, I was devastated, but I knew that dwelling on the negative wouldn't help.

Instead, I focused on my rehabilitation, diligently working on my recovery and believing that I would come back stronger. I'm thrilled to say that hard work pays off, and I'm back to doing what I love.



Not only did I recover much earlier than expected, but I also achieved something remarkable by completing a marathon in Osaka, Japan at the end of the year. It was a testament to perseverance and determination.

## Exploring CrossFit and Jump Rope Skills

In recent years, I've embraced CrossFit, where jump rope double-unders are a standard requirement. To master these skills, I turned to tutorial videos and have been following Rush Athletics on YouTube.


I've learned most of my moves—side swings, double-unders, crossovers, and 360 turns—through self-learning from these videos. You can check them out and try it too!

[Follow Rush Athletics on YouTube]  
(<https://www.youtube.com/@RushAthleticsTV>)



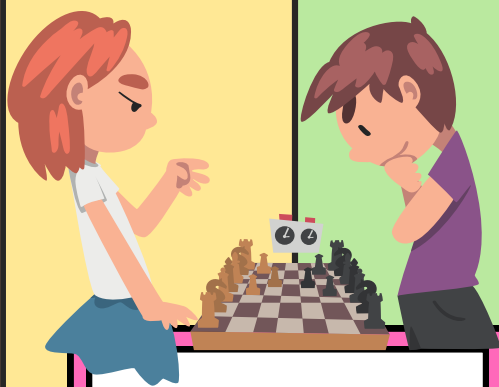
*Presenting*  
**THE TERM 2  
REPRESENTATIVES**



  
**SOFTBALL**  
Katelyn Chua 6B



  
**TABLE TENNIS**  
Victoria Ng 6C



**INTERNATIONAL  
CHESS**  
Chang Yujia 6H

# KATELYNN CHUA 6B



## RESILIENCE

During one competition, my team was losing, but that didn't stop us from giving our best. With the support of our teammates, parents, and teachers, we cheered each other on. In the end, we overcame the difficult situation and emerged victorious! The experience was incredibly fun, and we enjoyed every moment of supporting one another.



## KEEPING HEALTHY

I ensure my diet includes a variety of fruits and vegetables daily, along with meat for a balanced intake. Every night after dinner, my family and I enjoy eating fruits together.

## A Passion for Softball and Fitness

Hello! I'm Katelynn from the Softball CCA. In softball, there are 10 players on the field, and my roles include pitching, batting, fielding, and throwing. I enjoy playing with my family and teammates, training 2-3 times a week for 2-4 hours each session. I love this sport because it's a team effort, and I get to train with my friends.

Besides softball, I regularly run 3km with my aunt and do sprinting and calisthenic exercises like sit-ups, planks, jumping jacks, and lunges. Sometimes, I experience muscle soreness, which I treat with muscle relief cream. Despite this, I always feel happy and proud after finishing my exercises.

# VICTORIA NG 6C



Hello, I'm Victoria from the Table Tennis CCA. I train with the school team twice a week and serve as the team captain. This role allows me to lead drills, participate in competitions, and motivate my team with cheers. I enjoy guiding the juniors and helping them hone their skills. Demonstrating techniques to my peers and family has also helped me build confidence.



## RESILIENCE



During last year's National School Games (NSG), I found myself trailing behind my opponent by 2 games. With the possibility of losing the entire set looming, I was determined not to give up. Fueled by the encouragement of my team and teachers, I fought with resilience. Despite the odds stacked against me, I refused to surrender. In an inspiring turn of events, I emerged victorious, showcasing the power of perseverance and determination.



## KEEPING HEALTHY

Recognizing the importance of mental wellbeing, I make it a point to incorporate entertainment and relaxation into my routine. Every week, my family and I enjoy riding bicycles or going for runs together. Additionally, we indulge in video games occasionally as a fun way to unwind. These activities help alleviate the stress accumulated during the PSLE year, promoting a healthier mindset for both myself and my family.



# CHANG YUJIA 6H



Greetings! I'm Yujia from the Chess Club, and kayaking is one of my passions. It's a sport where you sit in a boat and paddle, typically with up to four people. In my training sessions at MacRitchie Reservoir, my coaches mainly focus on individual kayaks (JK1s) but occasionally pair us up in two-seater kayaks (JK2s).

Kayaking not only strengthens my arms but also builds my stamina, especially when paddling distances of 4km or more. It's also a great opportunity to develop teamwork and sportsmanship, whether with a partner or in competitions. I've made friends of all ages and from different schools, fostering a sense of camaraderie in our kayaking adventures.



## RESILIENCE

In an exhilarating kayaking class, we competed in a 2km x 2 race. I surprised everyone by clinching first place in the initial round, outpacing all the boys. Despite exhaustion in the second round, I secured second place, a feat I'm immensely proud of. In another memorable event, my partner and I, both novices, secured third place in a partner-required competition, showcasing the power of teamwork.



## KEEPING HEALTHY

Every evening, I dedicate time to follow exercise videos on YouTube, ranging from jumping jacks to bicycle crunches. Before starting, I ensure to stretch to prevent muscle strain. Additionally, I incorporate weightlifting into my routine, using 1.5 kg weights, to strengthen muscles for kayaking.

# TERM 2 HIGHLIGHTS



## NAPFA 2024



National Physical Fitness Award (NAPFA) is a compulsory test conducted by the PE Department to evaluate the overall physical fitness for the students who are in Primary 4 and 6.

## May News

By PE Department



The NAPFA test comprises of 6 test stations:

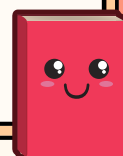
- (1) Bent-Knee Sit-Ups (with hands cupping ears)
- (2) Standing Broad Jump.
- (3) Sit and Reach.
- (4) Inclined Pull-up
- (5) Shuttle Run
- (6) 1.6 km Run



### DID YOU KNOW?

NAPFA was launched in January 1982 as a standardised assessment of overall fitness for the general population.

All primary and secondary schools in Singapore are required to participate in NAPFA tests on alternate years.







## P5 CAMP 2024



The 3D2N residential camp, a key school programme for our Primary 5 students leverages on the outdoor experience to help students discover more about themselves, their peers and the outdoors.

Through the camp, the students also had the opportunity to live and work with one another as they develop and hone their social emotional learning skills.



Team building activities or games that allowed students to work towards a common goal. The importance and main purpose of team building is to create a strong team through forming bonds and connections. These activities improved communication and mutual trust among the students.



The P5 camp culminated with a campfire. The students showcased their creativity with their unique class cheers.



# NATIONAL SCHOOL GAMES 2024

## CATCH THE LATEST ACTION ON ACTIVESG CIRCLE!

The National School Games (NSG) is the largest annual inter-school competition in Singapore organised by schools for schools. The NSG offers more than 400 championship titles, for more than 60,000 student athletes across all schools (primary, secondary, junior college and centralised institution) in Singapore.



**FOR DIRECT ACCESS TO ALL THEIR NSG COVERAGE, VISIT THE  
ACTIVESG CIRCLE NSG WEBSITE AT:**

**[HTTPS://GO.GOV.SG/NSG-2024-EDM-SCHOOLS-APR.](https://go.gov.sg/nsg-2024-edm-schools-apr)**

**DON'T MISS OUT ON THE EXCITEMENT.**

# JUNE HOLIDAY!



## HEALTHY LIVING FESTIVAL

ACTIVITIES LIKE BADMINTON, BASKETBALL, FUTSAL, BOUNCY CASTLES AND MANY MORE!

SIGN UP HERE:

[HTTPS://FORM.GOV.SG/6622A670DEE13B36A9822874](https://form.gov.sg/6622a670dee13b36a9822874)

## ACTIVEGROOVE LION CITY DANCE

A STREET DANCE EVENT TO HELP DANCERS IN SINGAPORE EXPAND THEIR SKILLS!

SIGN UP HERE:

[GO.GOV.SG/LCDC2024](https://go.gov.sg/lcdc2024)



## HPB'S HEALTH ACTIVITY PLAYBOOK

A COMPREHENSIVE DIGITAL GUIDEBOOK FOR HEALTH ACTIVITIES!

LINK TO GUIDEBOOK:

[CLICK HERE](#)



## SINGAPORE INTERNATIONAL CHILDREN'S FILM FESTIVAL

GET INSPIRED BY VALUES LIKE BEING BRAVE, OR GET INSPIRED BY CREATIVE INSPIRATION!

FIND OUT MORE:

[HTTPS://WWW.BIGEYESBIGMINDS.COM/](https://www.bigeyesbigminds.com/)