



HGP

# HEARTBEAT

Bringing out the Best in Every Child, Together

STRONGER  
TOGETHER

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“

*The whole world is a series of miracles, but we are so used to seeing them that we call them ordinary things.*”

Hans Christian Anderson

”





# Spotting and Celebrating Every Miracle in Life



We have come a long way in our battle against the pandemic that has disrupted our lives over the past two and a half years. With the further easing of COVID-19

restrictions, what we have achieved as a nation so far is nothing short of a miracle. This has been possible largely due to the committed and concerted efforts by all Singaporeans, through a structured, disciplined and effective public health regime of vaccination, testing and isolation to keep the virus at bay.

Back in HGP, we are grateful that school life is swiftly returning to the normalcy that we were once used to seeing during pre-COVID days. Since the start of the year, brick-and-mortar teaching and learning for teachers and students has continued safely, without sudden disruptions in the form of Full Home-Based Learning that were experienced in 2020 and 2021. This year also saw the smooth resumption of many school activities, including co-curricular activities (CCAs), external learning journeys, cohort camps, mass assemblies and morning flag-raising ceremonies. In Term 3, we commemorated Racial Harmony Day, as well as celebrated National Day and Teacher's Day together as a school. In celebration of Singapore's 57th birthday, our P5 students also attended the NE Show at the Floating Platform, for the first time in three years. For our students in the

various sports and performing arts CCAs, the return of the National School Games (NSG) and Singapore Youth Festival (SYF) after a two-year hiatus has given them much to cheer about. They have trained hard for and done exceedingly well in the respective competitions and performances, truly exemplifying and engendering our school motto – "Excel with Character."

To most of us, the examples listed above may sound ordinary and even trivial before COVID-19 reached our shores in early 2020. However, our collective struggles and shared experiences since the onset of the pandemic have reminded us not to take the simplest things in life for granted. In schools, the biggest silver linings of the crisis have been to enable us to refocus our efforts to care better for our students and staff, as well as to reframe by seeing hope in adversity and seizing opportunities in the face of challenges. With macro headwinds such as the geopolitical tensions and socio-economic issues gaining momentum both globally and in Singapore, it is imperative that we continue to spot and celebrate every seemingly small yet significant miracle in life, so that we can envision a better future and make steady progress as a nation.

Mr Jason Goh  
Principal, Hougang Primary School

# Resumption of Face-to-Face CCA Sessions

We were finally able to resume in-person CCA sessions at the start of 2022! Our students missed interacting with their friends, coaches and teachers and have been looking forward to this! The smiles on their faces, behind the masks, say it all!







# NATIONAL SCHOOL GAMES 2022

Our Sports CCA teams took part in the National School Games (NSG). They have done the school proud by doing their best and displaying the school's values during the competitions. They showed Care to their teammates and opponents by giving words of encouragement during challenging times and helping them when they were injured. Integrity is demonstrated when they pursue excellence and victories but never at all costs. Our students displayed Responsibility by taking care of themselves, their teammates and also being accountable for their equipment. And lastly, they showed Resilience by not giving up during tough times.

As the saying goes, 'Tough times don't last. Tough people do.'



# Notable Achievements

## VOLLEYBALL



Junior Boys Tier 1  
6th Position



Junior Girls Tier 1  
2nd Position



Senior Boys Nationals  
6th Position

## HOCKEY

Junior Girls Tier 1  
1st Position

Senior Girls Nationals  
3rd Position



## GYMNASTICS

Azmil Bin Muhammad Alif 4C

- Junior Novice Boys  
Mushroom Event - 1st Position
- Floor Event - 3rd Position
- Vault Event - 3rd Position
- All-Around - 3rd Position



## TAEKWONDO

Ho Kai Hong Jeston 5A  
Senior Boys Poom/Black 2  
4th Position



## WUSHU

Nathan Choo Hao Ting 3B  
Junior Boys 5-Duan Nanquan  
6th Position



Andrea Chan Yee Rui 6C  
Senior Girls Andrea 4-Duan Broadsword  
4th Position





# Singapore Youth Festival 2022

The Singapore Youth Festival (SYF) 2022 took place from April to August, with the SYF Arts Presentation kicking off the four-month long showcase and celebration of our students' achievements in the co-curricular activities. However, unlike other years, the SYF Arts Presentation (AP) for primary level this year was not benchmarked in view of the disruptions to in-person CCA over the past two years. Hence, no AP Certification was awarded this year. Still, we are extremely proud of the tenacity and resilience the participants have displayed while preparing for the various presentations.

Congratulations to all participants!





# P5 Outdoor Education Camp and National Education Show 2022

Our P5 students attended their cohort camp from 6 to 8 July 2022. It was the first programme organized outside the school premises in two years and they were really looking forward to it. We hope that through this platform for them to develop a curiosity of the outdoors, our students are also able to build up their character and hone their leadership skills via a series of challenging and collaborative activities. As Jayanth Venkat from 5A said, "The most enjoyable part of the camp is undoubtedly the 'Laser Tag'. I learnt many things about myself and my classmates during the activity. Upon reflection, I feel I have changed as a person after the camp, becoming more resilient and responsible". His classmate, Tara Jain, added, "The activities were fun and meaningful and I was glad to learn some skills like tent-pitching and tying knots."

There was also a segment where our students developed their awareness on the importance of sustainability and the environment, and learnt how they can play their part in their own ways to create a better world to live in.

<https://www.youtube.com/watch?v=IOCW56mU9oA>

The P5 students also went to the National Education Show which is back after a two-year hiatus. The sense of pride and gratitude especially in how Singapore and Singaporeans steered our way out of the pandemic really touched the hearts of most. "I felt patriotic especially when we sang the national anthem and recited the pledge together at the Floating Platform. I felt immense gratitude to the front liners who kept Singapore safe even before the pandemic struck our shores, more so when they contributed so much in the past two years." said Anannya from 5A.





# P6 Outdoor Education Camp 2022

Our P6 students missed a few key programmes in the past two years due to the pandemic. We recognised these missed learning experiences and to make up for that, we organised a day camp for them in Pulau Ubin. As shared by Kay Thi from 6B, "The trip to Pulau Ubin was filled with adventure and surprise. The boat ride was amazing and the island was beautiful and majestic, topped with the occasional crisp, cool breeze and chirping of birds. We enjoyed the activities and we would treasure this experience for many years to come."



## First Mass Assembly



## Chinese New Year 2022





# PSLE Tips for Parents

As PSLE is approaching, it is natural for students to feel nervous and anxious. Here are some tips on how you can support your child as they prepare for PSLE.

Adapted from

<https://www.moe.gov.sg/-/media/files/parent-kit/parent-kit--celebrating-your-childs-efforts-guiding-them-forward.pdf>

## Provide

As the main caregiver, you know your child best. Do be physically present for their needs and lend a listening ear whenever they share their problems. As you listen to the challenges that they are facing, try to understand and talk through the possible solutions to help them overcome these challenges.

Communicating frequently in an open and constructive manner would assure them that you are a source of support and are always there for them.

## Supportive

Do let your child know that you are proud of their hard work and effort. Acknowledge the hard work they have put in. You may give them small treats whenever they have done their best. (A simple treat such as an ice cream meal or a small gift would brighten their day.) You can also share your own challenges and setbacks that you have faced, and how you managed to overcome these challenges while maintaining positivity.

## Loving

Affirm your child for their effort and assure that you love them regardless of the PSLE results. Do encourage them with smiles and affection.

At the same time, do look out for signs of distress and out-of-character behaviour. These may include school refusal, sudden outbursts, social withdrawal, overthinking and problems sleeping. Should any of these out-of-character behaviours persist in your child, do seek help and advice from your child's teacher, or speak to a health professional.

## Enjoy

Enjoy the break after your child's hard work by bonding with them over activities. Simple gestures such as having a celebratory meal together or spending a fun day out would mean a lot to them. Do share with them that you enjoyed the conversations that you had or the quality time spent together. Let them remember these experiences so that they are memorable for them.

### Remember:

Your words and actions make a big difference to how your child feels. Every child is unique and their unique set of strengths, interests and abilities can be developed. Success is personal to every child and is not measured by exam results. The PSLE is just one of many milestones to understand how much our children have learnt and to gauge their learning needs for the next step of their journey. There will be plenty of opportunities for your child to continue flourishing in secondary school and beyond.



# Parenting In The Digital Age



## Provide opportunities for a Variety of offline activities

Spend time with your child by carrying out family activities such as sports and outdoor activities so that your child can lead a healthy and balanced lifestyle.



## Activate parental controls In all computing devices

Scan the QR code to learn more about setting parental controls and activating them in all computing devices.



## Role-model good digital habits

Manage your own digital habits such as avoiding extensive use of technology and avoiding use of technology during meal times.

Show your child safe, responsible and respectful behaviour when sharing, collaborating and creating online.

Source of the above information -

<https://www.schoolbag.edu.sg/story/understanding-cyber-wellness>



# Voices from our Alumni

## Caleb Koh

Head Prefect Hougang Primary School 2015  
Valedictorian NUS High School of  
Mathematics and Science 2021

### **“All HGPIans Excel with Character, and We Make a Difference”**

Hi there! You may not know me. My name is Caleb and I was a student here from Hougang Primary School (HGP) from 2010-2015. It's been 7 years since I graduated from HGP. HGP was a place of many firsts for me. I recall the first day I stepped into HGP, the first time my buddy brought me to the canteen to buy food during recess, the first time I had a test... In my time at HGP, I joined the Guzheng Ensemble and took part in 3 Singapore Youth Festival (SYF) competitions! I also joined the Math Club and served in the Prefectorial Board. In fact, you can find my name on the list of Head Prefects under 2015.

HGP was my home – it was the place I felt safe and enjoyed being at. My teachers – Mdm Susan Ong and Mrs Nathan – bonded well with my class. Being together during our last two years in primary school, we formed many fond memories, memories that I still hold to this day. I still remember after our PSLE, Mdm Ong played games (like Monopoly and Uno) with us. However, the most memorable highlight of my primary school days would definitely be going for overseas expeditions (when it was pre-COVID ☺) with my friends and teachers,

climbing mountains and exploring different cultures.

HGP was where I discovered more about myself. I remember taking part in the Science Elementz Competitions at Anderson Secondary School and the Math Olympiads. Having discovered my passion for Science, I was so excited to be able to research more on this subject and take part in competitions while representing the school. This was also how I found out about my next school – NUS High School of Mathematics and Science.

HGP led me to pursue the next phase of my education in NUS High. The first time I stepped into the school, I was blown away by the amazing facilities around the school. Comparing myself with my peers who came from more renowned schools, I felt rather inundated and just wanted to be able to graduate after my six years. But little did I know this journey would take me further than I had ever imagined.

Holding on to the values that HGP had instilled in me, I did my best to be kind to my friends and others around me. I did whatever I could to show care and concern to others, stepping up in any leadership role to help my community. Just as my teachers had shown me how to go the extra mile, I took the initiative to take the extra steps to be generous and serve others. It was here I







found my passion in connecting with people and my love for teaching. I am proud to say that now, I am a teacher intern in a secondary school and I also graduated as Valedictorian of my cohort. I simply love being with my students, helping them academically and shaping their character, moulding them into people with mission and vision. Since I started teaching in 2021, I have come across many different types of students, and I look forward to helping more students in the coming years, just as my teachers have done tirelessly year in year out. I really owe this passion that I have within me to my teachers and friends who have believed in me and pushed me to where I am today.

So I leave you with this: treasure your 6 years in HGP. This is the place where you will make many, many wonderful memories and forge strong friendships that will last you a lifetime. This place lays the foundation that shapes your character, where you will find out more about what kind of a person you are. This is the place where you will not just be stretched, but moulded to be a better person. Even as your teachers teach you, do not just absorb the academic content, but also practise being a responsible, respectful, kind and compassionate human being. No one in the future will ask for your AL score or O level LIR5 aggregate, but people will remember you for the

person you are and how you have affected them. Strive to be the best version of yourself even as you discover more about what you mean to others.



**“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”**

**-Maya Angelou**

# Colin Soon

Hougang Primary School Class of 2017

Mayflower Secondary Class of 2021

National Para Swimmer

Asian Youth Para Games 2021 - 4 Gold Medals

ASEAN Para Games 2022 - 1 Gold and 2 Silver Medals



My name is Colin Soon and I am a para swimmer. I represented Singapore in the Asian Youth Para Games (AYPG) 2021 in Bahrain and most recently in the ASEAN Para Games 2022 in Solo, Indonesia. The path to this day was difficult and full of challenges, but enjoyable, as it is my pleasure and ambition to represent Singapore in my sport.

When I was young, I took to water much easier than others and loved to play in pools. This comfort would later allow me to drop, fully clothed, into a pool and get out again with hardly any fuss when I was only three. Although I was completely unharmed, my parents found it prudent to sign me up for swimming lessons to ensure my safety in the water. From this, I had



learnt how to swim and at the age of six joined competitive swimming.

I had then started to train hard and competed in many competitions. I had some successes, but I did not win much, and for a long time my progress was erratic. Sometimes, it was very discouraging, attempting to balance training with school and training extremely hard only for diminishing returns. However, I am glad I persevered, and finally travelled to Dubai to represent Singapore in the 2017 AYPG. There, I performed better than I had expected and returned with two bronze medals at the age of just 12. It was a huge accomplishment for me and it boosted my confidence for the future. In the years following that, I increased my efforts and competed in another international competition, this time in Singapore. It was the World Para Swimming World Series in 2019. Although I did not win anything, I had nevertheless made incredible progress in my personal best.

The Asian Youth Para Games in Bahrain was my third international competition, second overseas, and first gold medal. To get to this point, I needed the help of my supportive family, and especially my mother, who not only buys the necessary equipment for my training, but also ferries me to and fro training nearly every day. She ensures I am getting enough rest and have a nutritious diet. My appreciation also goes to my coaches, not only those whom I train with now, but all those who have ever coached me in the past. Every bit





of what they did count and I would definitely not be where I am today if not for all their efforts.

This journey has taught me a lot. It has taught me about how to face setbacks in life, and how to be resilient in the face of endless challenges. It has also taught me how to take care of myself without a parental figure to guide me everywhere I go. Despite all this, my journey is not finished yet. In fact, it has barely just begun. In the years to come, there will be many more opportunities to compete and they could be even more challenging than what I have faced

before. It will be a test of my endurance and a challenge I am looking forward to meeting.

“In times of darkness, there will always be something or someone to lead you into light. And when in light, you will always lead others or yourself to greater heights. Deep down, everyone is a leader. Maybe you just have not found it yet. However, your guide to a bright future will always be the HGP Values, and your desire to never stop trying to find another way when you fail.” - Colin Soon

<https://www.straitstimes.com/sport/swimming-singapores-colin-soon-wins-fourth-gold-at-asian-youth-para-games>

<https://www.channelnewsasia.com/singapore/colin-sophie-soon-siblings-disabled-swimming-para-games-2378506>

<https://www.straitstimes.com/sport/asean-para-games-double-joy-as-swimming-siblings-sophie-colin-soon-strike-gold>

Photos from Singapore National Paralympic Council.



# Message from our Parents



## PiA Exco Chairperson



Beloved all,  
Another school year is coming towards the end, and we are slowly moving out of the restrictions from Covid-19. It is so precious to see the smiles on the children's faces

during the canteen break and hearing their laughter as they play with one another at the parade square.

The PiA Exco team would like to express our deepest gratitude to all who have helped out as we slowly resume the activities in school – Friendship Day, Regular Canteen Duty, Mobile Library, Reading sessions (English and Chinese), P6 Care Pack and Teachers' Day etc ... We appreciate you contributing your time to these meaningful activities!

Please follow us on social media and scan the QR code to join us! Feel free to drop us a note if you have anything to share with us!

<https://hgppia.blogspot.com/2022/>  
<https://www.facebook.com/parentsinaction.hgp>  
<https://www.instagram.com/hgppia/>

Be Involved and Stay Involved!

Best wishes,  
Ms Hsu Fan Han  
PiA Chairperson  
(Executive Committee 2022-2023)





# HGP Heartbeat Editorial Team

## Mr Cassidy

Chief Editor

"Which is more important," asked Big Panda, "the journey or the destination?" "The company." said Tiny Dragon. I have thoroughly enjoyed the camaraderie and 'gotong-royong' spirit in HGP so much that I have been here since 2001! I also enjoy taking long walks and cycling during my free time. Other than providing me with a good form of exercise, these activities also give me the time and space to relax my mind and reflect on how I can be a better person than I was yesterday.



## Mdm Hamsiah

Editor

I joined HGP in 2009. It is like my second home. It is also the second school I have taught in since I joined the service more than 30 years ago. When you think of home, you think of your mom's cooking, right? Well, I love trying out new recipes. To me, nothing ventured nothing gained. Sometimes the recipe works, sometimes it doesn't. But it doesn't stop me from trying again. It is like therapy. I usually google the recipes online and try them out during my free time. I like how some of the recipes are easy to follow yet they turn out to be so delicious. Much like life itself, how sometimes, "It's the simple things in life that are most extraordinary" - Paulo Coelho



## Mr Xavier Ang

Designer

I love to read and draw. I only read Chinese novels and I draw a lot. I guess that's why I am an art teacher. I have four cats and I am learning to longboard! =)

