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GENERATION

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NANYANG GIRLS' HIGH SCHOOL

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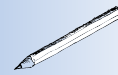
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Interview with Vice-Principal Ms Britta Seet

Interview with Vice-Principal Ms Britta Seet



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请问您在来到南洋女中之前，对南中有什么样的印象？
Before joining Nanyang Girls High School, what impression did you have of the school?

南洋女中是一所特别辅助计划学校 (SAP School)，因此我十分确信我将沉浸在浓厚的中华文化氛围之中。南中也是一所提供综合课程的学校 (Integrated Programme School)，有更多的空间设计校本课程，所以我想像整个校园一定是生气勃勃的，同学们的校园生活多姿多彩，而老师们也在积极地探讨、尝试各种创新的教学方法。

As a school under the Special Assistance Plan, Nanyang Girls High School offers a schooling experience that is rich in Chinese culture and heritage. It is also one of the unique schools in Singapore providing the Integrated Programme which allows room for creativity in terms of curriculum planning and learning. I think that the school life of students in Nanyang must be very exciting. I imagined students adopting a great sense of enthusiasm towards learning and exploring, while teachers work together to strive towards providing innovative teaching pedagogies.

来到南中已经几个月了，您觉得和您之前的印象有没有区别？

Now that you've been in Nanyang for a few months, do you find any difference from your initial impression?

这里的环境的确让我沉浸在华族文化的氛围中。我也观察到同学们非常认真地参与每个学习机会，在各个领域都充满热忱并且全力以赴。

然而，我在观课的过程中觉得同学们可以在课堂上更加积极地参与讨论、并且自信地呈现自己答案，分享自己的想法。还有，我很喜欢同学们一直保持着在走廊上见到老师时点头致意的传统。如果同学们在点头致意的同时可以再加上一句简单的问候，如“早上好”或“下午好”就更完美了。问候时眼神的交流和点头致意可以展现自信，也能让对方感到自己没被忽视。

It is certainly a rich immersive environment for learning Chinese language and culture. I also see the students value every learning opportunity and how they are very eager to give and do their best in every area. I have had the chance to observe some lessons and do wish to see more students participating in class discussions actively and expressing their views confidently. I also like how the students continue to practise the tradition of giving a nod to the teachers along the corridor to acknowledge them. It would be even better if this was accompanied by a greeting of “Good morning” or “Good Afternoon” with eye contact. That exchange of eye contact with a greeting and a nod is not only a polite acknowledgement of each other's presence but also a mark of confidence.

您最喜欢南洋校园的哪个地方？

What's your favourite place in Nanyang?

我喜欢的地方是思源馆，因为它让我了解到在这103年的办学历程中，历任校长们是如何满腔热忱、鞠躬尽瘁地付出的。同时，它也提醒着我，我现在肩负着南洋女中办学历程的责任，是延续南中精神和故事的一份子。

I like the Heritage Gallery because it reminds me of how the former Principals built this 103 year-old school with passion and diligence, and that I am part of something larger in continuing the Nanyang story.

在南中担任副校长，对您而言最大的挑战是什么？

What is the biggest challenge for you as the Vice principal of NYGH?

作为负责学术的副校长，我要尽力确保每堂课教与学是高质量的。这样学生们不但能够享受智力上的挑战，也能爱上学习的过程。我希望学生们都能体会她们现在学习的每个学科都有它的内在价值，通过对各个学科的思考来理解周围的世界，运用在生活中，以至提升他人的生活品质和社会人文的进步，因为学习不仅仅只是为了得到优异的成绩。但高质量的学习有赖于高质量的教学。学生的学习过程是复杂的，学生建设更美好家园的需求也在不断变化。所以，另一个挑战是要建设一支富有爱心和能干的教师团队，以符合学生现在以及将来的需求。要实现以上两个目标，最大的挑战在于如何塑造关爱他人和敢于尝试创新的校园文化环境。教学要用心耕耘，故而关爱他人的校园文化十分重要。未来充满变数与不定，因此，敢于尝试创新的心态能够帮助我们大胆面对挑战，探求相应的解决方法。

As Vice-Principal for Academic Studies, I take pride in ensuring quality learning and teaching in every classroom. First, I would like for the students to not only enjoy the intellectual challenge and stimulation but also the learning process. I hope that students will have the chance to appreciate the value of every subject discipline. Studying is not only about getting excellent results but that through studying, the student's mind is nurtured to understand the world around her and put to good use to conceive ways to improve society and the lives of others. Next, quality learning is incumbent on quality teaching. Learning is complex and the needs of the students and the nation change from time to time. The other challenge I have is to build a strong team of caring and competent teachers who are able to meet current and future needs of the students. To do the above two, the biggest challenge would be to nurture a caring and entrepreneurial school culture. Teaching is heart-work hence the culture of care is important. The future is changing and uncertain, thus an entrepreneurial mindset will enable us to be bold to face the challenges and find different solutions.

能不能谈一谈您自己的兴趣爱好，让学生进一步认识您？

Can you tell us more about your interests and hobbies, so that students can get to know you better?

我非常喜欢学习，一有机会就在各方面充实自己。所以，我会积极阅读书籍、聆听广播、参观展览及讲座等。旅行时我喜欢参观博物馆和科技馆，也喜欢去远足，因为这些经历能让我了解欣赏他国的人文历史风貌，提供丰富的学习内容，我能将其带回学校，分享给师生们。我也尽量让自己到户外活动，快走、跑步，享受大自然，这也是我进行自我反思的时间。最后，我喜欢合唱，有参加合唱团。我们每个人都拥有一样天然的乐器——嗓子。当每个人把不同声部的音符组合到一起时，那用嗓音创造出来的和弦可以是非常美妙的。合唱其实也考验团队合作精神，每位成员都要懂得如何将将自己的声音融入他人的声音，这样才能和谐动听。



Interview with Vice-Principal Ms Britta Seet

I enjoy learning and enriching myself in every aspect when I have the opportunity, so I make an effort to read, listen to podcasts, visit exhibitions and attend talks. When traveling, I like to visit museums and science centres, and I also like to go hiking, because these experiences can let me understand and appreciate the cultural history of other countries, provide a rich amount of learning content, which I can take back to school and share with teachers and students. I also try to get myself outdoors, do brisk walking or running. This gives me space to enjoy nature and a time for personal reflection. Lastly, I enjoy choral music. Each of us has a natural instrument—our unique voice. When everyone gathers and combines the notes of different sections, the chords created by the voice can be very beautiful. Choral music is also a team effort as it requires each member to be willing to blend his/her voice with other members to produce a harmonious chord.

如果您拥有一项超能力，您会选择什么？为什么？

If you had a superpower, what would it be and why?

哈哈……就像《X战警》系列电影中的X教授，我想拥有读心术的超能力。这会让我成为一个更有同理心的人，帮助我成为一个更好的女儿、姐姐、老师、同事、朋友，也能减少人际交往时不必要的误会。然而，不同于X教授，我不想去控制别人的意念，因为我认为每个人都应有自己的自由意志，负起自己决定的责任。

I would like to read minds, just like Professor X in the movie, X-Men. This would help me become an even more empathetic person and I could be a better daughter, sister, teacher, colleague, friend to the people around me. It would also help to reduce unnecessary misunderstandings. However, unlike Professor X, I would not want to control minds. I feel that everyone should be allowed to exercise his/her free will and be responsible in making his/her own decisions.

Interview with Vice-Principal Ms Britta Seet

您觉得南中的学生要面对未来时代的挑战，应该做好什么样的准备呢？

What do you think a Nanyang girl can do to prepare herself in the face of future challenges?

我认为我们生活在一个“VUCA”的世界里。所谓“VUCA”，是指易变（Volatile）、不确定（Uncertain）、复杂（Complex）和模糊（Ambiguous）。因此，南中的学生必须要不断学习，这样才能确保她们有相应的技能，能够有信心坚持下去。南中的学生也必须保持灵活性，以便应对种种变化，甚至成为带领他人改变、社会进步的推动力。最后，南中的学生必须坚守内在的道德准则，即使周围的环境充斥着各种两难的选择。保持勤慎端朴的价值观，做一个正直的人，在社会中备受尊敬的人。

We now live in a VUCA world. VUCA stands for Volatile, Uncertain, Complex and Ambiguous. Hence, a Nanyang girl must understand that we never stop learning so that we have the skills to remain relevant and confident as we face changes. The Nanyang girl will also learn to be flexible to respond to changes and lead others as an agent of change. Lastly, the Nanyang girl should never compromise her internal moral compass even as the world around her presents controversial choices and dilemmas. She holds on to the values of Diligence, Prudence, Respectability, Simplicity (勤慎端朴) and exercises integrity to be a respected member of society.

您有没有什么话想对南中学生说？

What would you say as an end note to our Nanyang girls?

我想用ABC来概括。

“A”代表“Adaptable”，即适应性强。我们要学会适应，因为生活不可能一帆风顺，我们一定会遇到挑战、挫折和不可预见的情况，就比如今年出现的2019冠状病毒疾病。所以，我们要学会如何调整和迅速恢复。这会让我们在困难时期保持韧性和对未来抱有希望。

“B”代表“Blessing”，即恩赐或祝福。我认为每个人都有恩赐，而当我们善用这些恩赐来帮助他人时，我们也会成为别人的祝福。我深信每个同学都拥有她的天赋、强项和优势，能够帮助她成为她的家人、同学、朋友、社区的后盾和心灵支柱。

“C”代表“Confident”，即信心。对自己要有自信，敢于踏出舒适区。信心满满地和别人分享有用的建议，也能坦然接受反馈。更重要的是，即使是在极其困难的时候，也敢于做正确、利于社会的事，不怕被外来势力所影响。

I would use the acronym “ABC” to summarise my message to students.

Firstly, “A” stands for “Adaptable”. We must learn to be adaptable because we will continue to face challenges, setbacks and unpredictable situations, such as the COVID-19 situation this year. We need to learn to adjust and quickly recover. This will enable us to remain resilient in difficult times and hopeful about the future. Secondly, “B” stands for “Blessing”. I believe every child has her unique strengths and her strengths are her gifts. These gifts can in turn become a blessing because she can use them to help others. Lastly, C stands for “Confident”. We need to be confident about ourselves and dare to step out of our comfort zones. We should not be afraid to put forward suggestions but also be open-minded and receptive towards feedback at the same. Most importantly, we need to have the courage to make the right decisions and do things right even when it can become difficult to do so.



Welcome Campfire for Sec One Students

中一新生营火会经历分享



On 10th January, the three Uniformed Groups (UGs) worked together to hold the Secondary One Orientation campfire. Planning the event was a fulfilling learning experience for the UGs, who got to showcase part of their CCAs to the juniors that night. It was a warm and lively round up to the juniors' induction into our Nanyang family. The highlights included the spectacular fireball and the enthusiastic performances put together by the Secondary Ones.

The night ended on a high note with "I Love You" Nanyang and '1917' dances around the brilliant campfire. Full of life, laughter and friendship, the night was surely one to be remembered for everyone that day.

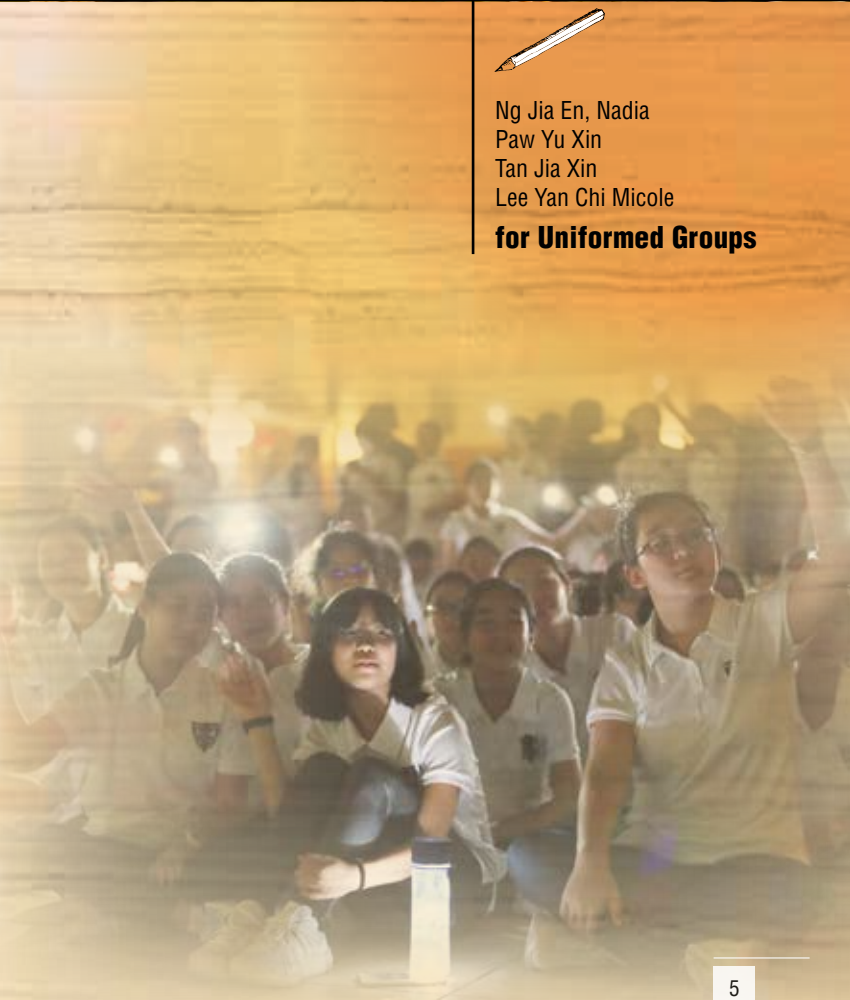
2020年1月10日当天，本校三个制服团体的学生协力举行一场中一新生迎新营火会。策划活动的过程对学生而言可谓获益匪浅。同时，这三个制服团体的学生也在当晚向学妹们介绍和展示了自己所属的课程辅助活动。这场活力四射、温馨备至的营火会为一系列的迎新活动画上了完美的句点，也意味着中一新生正式加入南洋女中的大家庭。迎新营火会的亮点包括美轮美奂的火球燃火仪式和中一新生所带来的精彩表演。

当晚以一首校歌“我爱南洋”和1917舞蹈把迎新活动推向高潮。在充满活力和欢声笑语的氛围之中，萌生的是新生之间的真挚友谊，让新生们此生难忘。



Ng Jia En, Nadia
Paw Yu Xin
Tan Jia Xin
Lee Yan Chi Micole

for Uniformed Groups



SEC ONE STUDENTS SHARE THEIR CAMPFIRE EXPERIENCE 中一新生分享营火会的经历

"The orientation campfire was really fun but I wish there had been prizes for the performance. I really enjoyed the campfire! The facilitators were very friendly and I think it was a good idea to teach us the school cheers."

“我认为迎新营火会的活动非常有趣好玩。如果表演的环节可以颁发奖品，那就会更好了。不过，总的来说我还是非常享受营火会。我觉得组长们都非常友善，学习南中的Cheers也是很棒的主意。”

● Alyssa Oh Ying Shin (S104)

"We loved it! The beautiful campfire and the performances were awesome, and so were the jokes! Although our class had to practise a lot for our performance, it was worth it when we heard all the cheering after our performance. Overall it was great and we would definitely want to experience it again!"

“我们好喜欢这次的活动！营火灿烂，表演精彩，大家都有说有笑的，非常欢乐！虽然我们的班级为了这次的表演而排练了很久，但是，当我们听到表演后全场的欢呼声，我们觉得一切的付出都是值得的。总而言之，我觉得这次的迎新营火会很棒，我们也希望再有机会体验这样的活动。”

● Student Group (S103)

"It was awesome to have a campfire to boost the NY spirit for me. Moreover, it was way better planned than what I had expected. I still vividly remember how the campfire started. It was a really great start in Nanyang and learning all the cheers and dances!!"

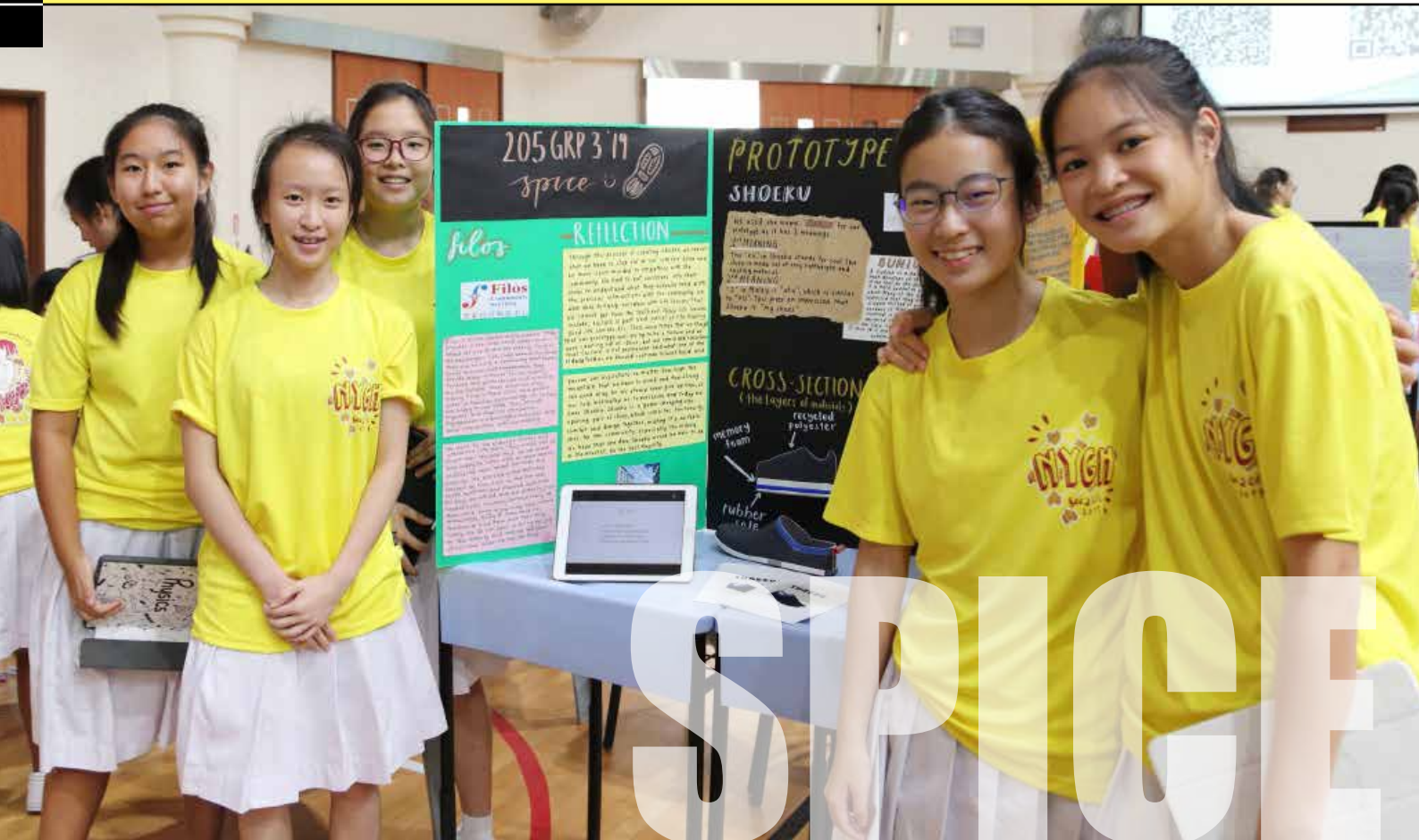
“对我来说，能有这次的营火会体验，的确帮助我增强对学校的归属感，促进南洋精神，实在太好了！此外，我也觉得这次的活动的筹划也比我想象中还要好。营火会的过程仍历历在目，学习南中Cheers和舞蹈也为我们在南洋女中的生活谱写了美好的开始。”

● Zhang Ee Shuen, Charis (S104)



Secondary 2 SPICE

中二SPICE 跨学科学习计划



Our Serving People through Innovation, Creativity, and Enterprise programme is in its second year! This year, we have moved the SPICE programme into the weekly timetable. The Sec 2s now have SPICE Wednesdays, where they spend the regular school day learning about various community groups in Singapore through Com Ed, learning the tools of the future through Maker, ICT, and SWIFT Programming lessons, and structuring their knowledge through the SPICE (Interdisciplinary) Modules. Connecting the various components of SPICE is the Design Thinking process known in NYGH as EDICT. Through the SPICE experience, we

hope to help students see the whole flow from understanding and empathising with people to making products and services that help to make life better for everyone. Despite the various challenges we face in the world and in Singapore, we believe that there is always something that we can do to improve things.

The pictures you see are from last year's SPICE experience. We are in the process of making our own memories from this year's SPICE. Do drop by our SPICE Exposition to see our projects when it happens!



Secondary 2 SPICE 中二SPICE 跨学科学习计划



今年已是SPICE跨学科学习计划迈入的第二年。此项计划的主旨在于通过创新、创意、革新来服务社会群众。

今年我们将SPICE学习计划融入至每星期的课表当中。今年，中二学生于每周三进行跨学科学习计划。她们在平日的上学时段，通过社区教育课程去认识新加坡不同的社区组织。学生在创客 (Maker) 课程、通讯科技课程以及SWIFT编码课程中学习未来的应用性工具。除此之外，学生也通过跨学科的课程整合她们所学过知识，以达到融会贯通的效果。

通过设计思维程序的方式，将跨学科计划中各种知识点加以整合与串联，在南中称之为“EDICT”。通过跨学科学习计划，我们希望学生能从为群众提供服务、帮助他人创造美好生活的经验中，培养同理心，体会和贯彻“助人为乐”的思想价值。

SPICE学习计划的组成部分是设计思维程序，在南中称为 Edict。通过SPICE的体验，我们希望有助于学生清楚地看到从了解人们的需要和发挥同理心至产品和服务的生成来造福人群的完整过程。

即使面对在新加坡以及全球的不同挑战，我们相信自己一定能尽一份力来改善生活环境。您所看到的这些照片是去年跨学科计划所留下的回忆。我们仍在书写和创造今年SPICE跨学科计划的故事。届时，请您到我们SPICE跨学科计划的展览一睹我们的作品。

SPICE



A QUIET TIME – Centering @ NYGH

宁静时光—南洋女中之定心计划



The 21st century world as we know it is a noisy place. In the wake of our progress and development, the price we often have to pay for our success is a pace of life so rapid and punishing that many of us have lost ourselves in the whole process. Coupled with the VUCA (Volatile, Uncertain, Complex and Ambiguous) nature of the new millennium, our lives are oft beset by a sense of spiralling out of control and loss of focus. The invariability of the need to multi-task, the promotion of the 'only-constant-in-life-is-change' maxim and the need to always be upbeat with riotous screaming of appreciation and support like spectators in rock concerts have resulted in an era of disquiet and restlessness.

Our students are not spared from the noise.

It is hoped that introducing centering exercises can be a way to help our students regain their centre and focus so that they will be ready for the challenges in front of them for the day.

Studying needs concentration and the shorter the attention span a student has, the less her ability to get the most from her lessons. Deep learning needs deep thinking. The need to be analytical needs personal focused attention. Without the ability to centre their concentration, analyses become waffle thin. Meaningful reading needs to be cleared of noise or else, it will only result in superficial attention to words on pages. Finally, from educational research, we also know that self-reflection and the introspective dimensions are important in learning. Concentration is, thus, crucial.

The introduction of Centering Exercises in a pilot in Term 1 this year is the school's attempt in encouraging our students to give themselves some respite from the dizzying frenzy of life and help them find some refuge from the inevitable noise around us. We seek the benefits of a quiet, introspective and focused environment which is crucial to learning. Once a week, during the morning assemblies on Fridays, we have around 5 minutes of centering exercises. Guided by teachers, students focus on being present within themselves. They sense their own breathing, their own posture, their own being; they focus on being present in the moment, the here and now – a quiet acknowledgement and appreciation of their own existence.

It is not a compulsory activity for students, only those keen on participating do so.

We hope that centering would be meaningful and helpful to our students. It is one way to create some solace in the midst of a cacophonous world around us. Perhaps it is a quiet time to smell the roses in the awareness that we are doing so.

By the Student Well-Being and Positive Education Team

21世纪的今天是个信息爆棚的时代。在人类发展的进程中，我们虽取得了进展，但其代价就是人们生活在一个步伐迅速的社会。这导致许多人渐渐地迷失了自我。再加上，这个新纪元本身就充满着易变性、不确定性、复杂性和模糊性，因此我们常常会感觉到自己的生活逐渐地失控与失焦。新世纪的我们必须学会一心多用。“生活中唯一不变的就是改变”已成为许多热的座右铭。我们的生活似乎没有一刻是静止的，因为我们正处于一个纷纷扰扰、躁动不安的时代。

这种喧嚣嘈杂的时代，我们的莘莘学子也难以幸免。因此，我们希望通过定心计划，帮助学生重新找到自我的价值和生活的重心。这将有助于她们为生活中的挑战做好准备。

学习的过程需要专心致志。一个学生的注意力越低，她从课堂中吸取信息的能力就越弱。众所周知，深层的学习需要深入的思考，因此学生分析能力有赖于她的专注能力。如果学生无法集中精神，她们的分析能力就会被削弱，而她们所得出的结论就变得十分单薄，甚至不堪一击。有意义的阅读也需要学生全神贯注，排除周遭的噪音干扰，否则学生只会片面地理解书面的文字，而无法够深入的理解其内容。最后，教育研究发现，自我反省和内省维度在学习的过程中也是极为重要的。因此，专注力可说是学习的关键。

我们将在本年度的第一学段推出定心运动的试验计划。学校将试图鼓励学生从快速的生活步伐中，找出一些给自己喘息的空间。这有助于让学生从环境的喧嚣中得到一定的庇护。我们希望通过营造宁静、自省和专注的环境，使学生从中获益，从而帮助她们更好地学习。每周五的晨会，学生将参与约5分钟的定心运动环节。这个过程将由老师指导，而学生则必须专注于当下的感受，并审视自己的内心。学生将能够觉察到自己的气息、姿势以及自我存在的感受。她们将正视当下的感受，并感恩自身的存在。

这个活动是非强制性的，只有愿意参加的学生才必须出席。我们希望我们的学生能够体会这些定心运动的好处，并且让她们从中受惠。这个活动是在纷扰的世界中创造慰藉的其中一个方式。或许，我们在繁杂喧嚣的世界中所需要的是停下脚步，并有意识的珍惜其中的宁静。

- 学生福利与正面教育团队

静

Dress-Down Wednesday @ NYGH

南洋女中 — 便服星期三



Dress-Down Wednesday @ NYGH

The idea of having a dress-down day originated from Project “Post-It!”, pushed out by NYSC Team Othrys in 2019.

The idea of ‘Post-It!’ is similar to that of a student suggestion scheme. As students, we have been given opportunities to use appropriate platforms to channel our thoughts as to how the school environment can be improved. In line with our aspiration to become the bridge between the student body and the school management, this became the motivation for our team. ‘Post It!’ was launched to capture students’ voices. We collected the feedback of many students, filtered them and presented potential initiatives to the teachers and school management. One of these was Dress-Down Wednesday @ NYGH.

It is about having a “colorful day” or a “dress-down day”, allowing students to wear a school-based t-shirt a day every week so students have a more comfortable time in school. Donning the Hong Zi neatly is an important part of maintaining our school discipline, hence we had to keep this in mind. The idea was approved and upon hearing that “Dress Down Day” would be implemented in 2020, we were all ecstatic about it.

We really do hope that this suggestion has brought about some sort of comfort or even joy to students’ Wednesdays. As we move into 2020, we do hope that everyone feels empowered in having a voice and making a difference to build a ‘homier’ Nanyang.

By NYSC Team Othrys

STUDENT REFLECTIONS

I think that Dress-down Wednesdays are quite creative and it gives us some sort of “freedom”. We wear pe/cca shirts/class tees and these are very comfortable to be in.

also i think it makes for an extremely colourful environment and it makes everyone bright and happy on an otherwise regular school day.

● Pei Miao Zhuang Lyn (S110)



南洋女中 — 便服星期三

便服日的概念源自2019年南洋女中学生会奥瑟里斯团队所推出的“便利贴企划”中的其中一个建议。

“便利贴企划”是一个让学生提出建议和反馈方案的管道。身为学生，我们因而有机会在适当的平台上，针对校园环境的课题发表我们的看法，进而提出改善方案。这个平台成为学生与校方沟通的桥梁，亦是本团队继续奋斗的动力。推出便利贴计划，也是为了更好地倾听同学们的心声。我们收集了许多学生的反馈，从中选出具有潜力的方案呈交给师长们，供他们参考及审核。而南洋女中每逢星期三的便服日，就是其中一个提案。

便服日能让学生的穿着更轻松舒适、让校园充满“缤纷色彩”。学生被允许穿轻便的学校T恤上课，也让学生感到更舒服自在。当然，在雀跃于便服日得以实现的同时，我们也不忘谨记“红字”校服是南洋女中的重要象征。当我们得知便服日的提案被校方允准并于2020年实行，我们的团队感到雀跃万分。

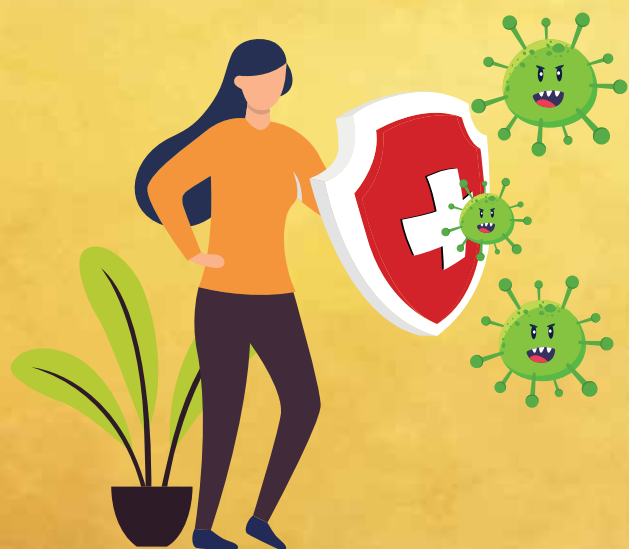
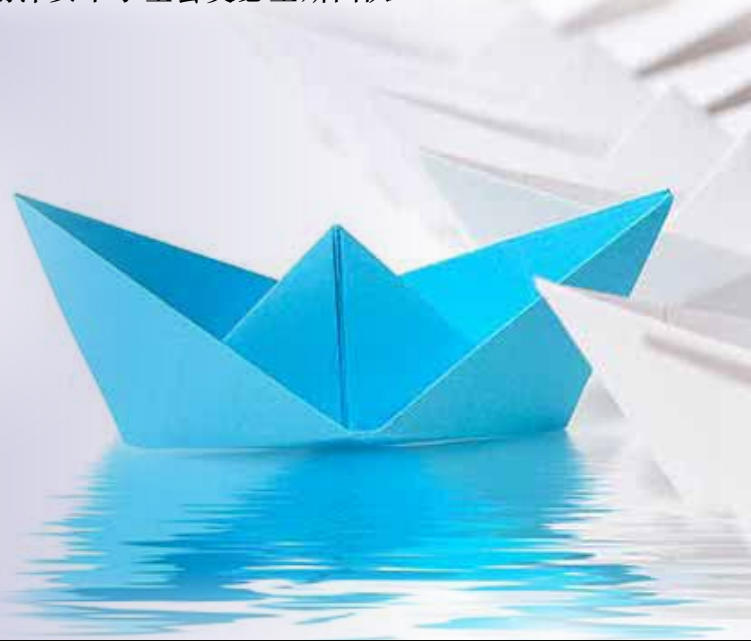
我们希望此方案能够给同学们带来每周一次些许的放松和喜悦。迈入新的一年，我们希望大家都能够让同学们觉得自己的声音被校方听见，让学生提出建议，改善校园环境，让南洋女中变得更有家的感觉。

南洋女中学生会奥瑟里斯团队

学生的反思

我认为便服星期三的构思相当有创意，也让学生有“自由”的感觉。我们可以穿舒适轻便的体育衣、社团服、班服等T恤上学，非常舒服。我也认为五颜六色的T恤让学校的环境变的更缤纷多彩，给普通的上学日增添亮丽的色彩，能使大家的心情变得轻松愉快。

裴苗壮 (S110)



In our next edition...

Look out for some great activities

that the NYGH community of students and staff engaged in to manage the Circuit Breakers.