



# NCPS e-Bulletin

2022 TERM TWO



**PRINCIPAL'S MESSAGE**

**3**

**4**

**VALUES IN EDUCATION**

**SCHOOL EVENTS SPOTLIGHT**

**5**

**8**

**LEVEL EVENTS SPOTLIGHT**

**VALUES IN ACTION**

**17**

**18**

**CELEBRATION OF SUCCESS**

**TALENT SHOWCASE**

**24**

# Principal's Message

***"Well," says Mama Rabbit to Little Rabbit, "Now you know what makes a rainbow. Rain, Colours - Red, Orange, Yellow, Green, Blue, Purple and Sunshine."  
What Makes a Rainbow? By Betty Anne Schwartz***



I used to read this book to my children when they were young. This is a simple story that reminds us that there will be rainbow after the rain. The past two years have been a journey of constant adapting to changes and adjusting to new normal – the colours that made up the rainbows reminded me of the journey of overcoming the various challenges. Looking back, the journey of overcoming challenges together as a NCPS community has been a meaningful and empowering one. It is this experience that makes the vibrant colours of the rainbow beautiful – as we emerged stronger together.

As we come to the end of Term 2, there is much to celebrate and be grateful for.

In Term 2, the school took further steps towards normalcy as we welcomed students back to the canteen for their meals, the gardens filled with curious students admiring nature in awe and wonderment and the parade square buzzing with activities during recess play. The school gathered in the parade square in the morning of 29 April 2022 for the flag raising ceremony after a two-year hiatus. It was an emotional moment for many of us as we sang the National Anthem. For the lower primary students, it was a defining moment, as it was the first time in their schooling experience that they stood side by side with their friends and seniors to sing the National Anthem.



Face-to-face CCAs started in Term 2. The students participated in the various activities with enthusiasm and excitement. The seniors in the school teams showed much resilience and team spirit as they trained to be ready for the National School Games.

The seniors in our school sports team did the school proud as they played their best at each game, demonstrating sportsmanship and teamwork. I am sure the juniors from the sports teams are inspired and look forward to their games in Term 3.

Beyond CCA, SYF and NSG, you will see a wide variety of learning experiences our students get to go through in this e-Bulletin. The school will continue to innovate and design meaningful learning experiences for our students, inspiring curiosity and discovery, bringing about the joy of learning.

The term ends on a high note with our students participating actively in various experiences with confidence and gratitude. The experience of adapting and persevering through difficult times has left much for us to celebrate and be grateful for.

We celebrate the resilience and camaraderie of the NCPS community as we braced through the difficult times. We are grateful that our students learn to take personal and social responsibilities for the betterment of self and others. Let us continue to leverage on the good that has emerged from the past two years as we embrace the rainbow on our journey ahead.

*Yours sincerely,  
Mrs ONG-LOH JM  
Principal*

## Responsibility



*The moment you take responsibility for everything in your life is the moment you can change anything in your life. – Hal Elrod*

At the beginning of Term 2, our Vice-Principal, Mdm Ong, engaged our students on the school value of Responsibility. Students learnt that responsibility is important as our actions have consequences and hence, they have to act responsibly to get the result they want. Mdm Ong informed students of various actions that they can do to demonstrate the value of responsibility for themselves, in school, at home and in the community. The takeaway for students was that as students of Nan Chiau Primary School, it is their responsibility to uphold the school's values. Following the talk, students did a self-reflection in their student diaries. They also transferred their understanding of the value by drawing their design for the Responsibility badge.

*Reported by: Ms Pooja*





## Hari Raya Celebrations

The Hari Raya celebrations in school this year was quite special as we gathered in the hall for assembly after a two-year hiatus. Students and teachers dressed up for the occasion in their traditional outfits. We had the wonderful opportunity of inviting artists from 'Wira Budaya' to perform a Hari Raya concert for us. Professional dancers from 'Sri Warisan' graced the stage with their beautiful performance of the Malay 'tarian' (dance). After the performance, selected students got the chance to participate in a friendly competition while learning more about the Malay Culture.

During recess, the students watched educational videos about Hari Raya and a video of well wishes from the students and school staff. As part of the school's VIA programme, the Primary 1 and 2 students wrote well wishes for the staff and patients at Sengkang General Hospital whereas the Primary 5 and 6 students created posters which were displayed at Anchorvale RC Zone B and C.



To close off the celebrations, varied activities were planned for the different levels. The students got to learn about the significance of fasting and Hari Raya Puasa while joining in the festivities together as a school.

*Reported by: Miss Nurul Asyiqin*

## Earth Week

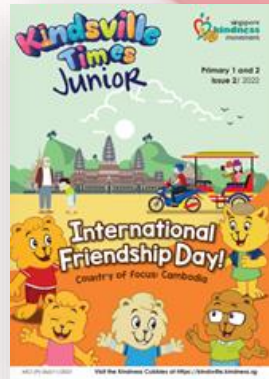
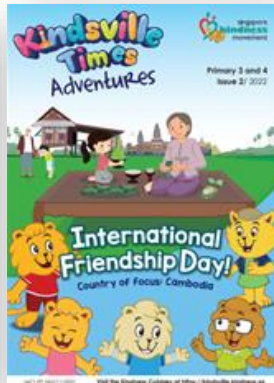
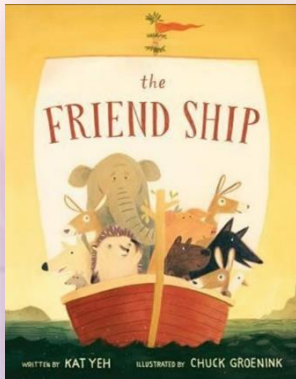
In support of the SG Green Plan 2030, the school celebrated Earth Hour, a worldwide event, at the beginning of this term with a week-long event called Earth Week (21 to 25 March). This is also in line with the school's value-in-focus of Term 2, which is Responsibility. A part of the programme included teaching students about the importance of reducing waste during a Zoom session with World Wildlife Fund for Nature (WWF) Singapore. In addition to learning about ways to reduce their carbon footprints, they learnt how to encourage their friends and family to recycle and reduce waste. Various videos were played in the canteen every day during recess to teach the students about Earth Hour, to reduce, reuse, recycle, and saving energy and water. Students from the Environmental Club also shared a video they had made specifically to commemorate Earth Hour.

On the Wednesday morning of the week, Mr Chuan Peck Chew did a book-sharing entitled 'How to be an Otter' for the T-Rex Reading Programme. Through the sharing, the students learnt about the importance of loving nature and living harmoniously with the wildlife in Singapore. During the last 5 minutes of the Friday of the week, all students participated in the 'Lights Off' movement to acknowledge the importance of reducing electricity usage in our daily lives to save our planet.

*Reported by: Mdm Ildasolha Jamari*



## International Friendship Day (IFD)



Our school commemorated International Friendship Day (IFD) on Monday, 4 April, during FTGP periods. As one of the desired outcomes of IFD for Primary School students is to keep an open mindset and express an appreciation of the contributions of foreigners living, working and studying in Singapore, our students viewed some videos to understand them better. After which, students reflected and expressed their views and ideas on the part they can play to embrace the spirit of friendship among different people in ASEAN countries, the importance of having mutual respect and understanding to maintain social cohesion in our multi-cultural society and on the things primary school students can do to promote an inclusive society among Singaporeans and foreigners living, working and studying in Singapore.

The theme for IFD this year was 'Singapore in Asia' and Cambodia, being the Chairman for ASEAN countries this year, was the country of focus. Varied activities were carried out for all levels.

During Social Studies period within the same week, the subject teachers also conducted IFD lessons and for T-Rex session on the Wednesday, a story on friendship was read to the school via Zoom. While having their recesses in the canteen, students got the opportunity to view more videos on ASEAN and friendship.

*Reported by: Mdm Normalah*



# LOWER PRIMARY (P1) Events Spotlight

## PHYSICAL EDUCATION (PE) LESSON

In this PE lesson of Games and Sports, the Primary 1 students learnt manipulative skills of bouncing, throwing and catching with a ball. Such activities facilitate children's development of fine motor skills and hand-eye coordination. Students enjoyed exercising and playing at the same time.

Reported by: Mr Tan Ban Sun



"I learnt a lot during PE lessons. I can learn new sports. I like to play basketball."

Tedric Tee, P1 Respect

"I like PE lessons the most because I can play with balls and hula hoops."

Adelle Kee, P1 Respect

## Writing an Acrostic Poem

Using the class writing as a reference, the students chose an animal from the recent big book that they read, Crocodile Tea. They chose their favourite animal and created an acrostic poem based on the first letter of each animal.

In their writing, they could write about what they liked or disliked about the animal, the unique characteristics of that animal or even make up a story based on that animal in the form of an acrostic poem. The students enjoyed reading their friends' creations and had an enormous belly laugh at some of the humorous ones!

Reported by: Mrs Joyce Chng

"Writing this poem makes me happy. Crocodiles are big and ferocious!"  
Tan Kai Jie, P1 Gratitude

"I like writing an acrostic poem about ants because I see them everywhere. I wonder why they are always in a hurry."  
Cayden Peng, P1 Gratitude

"Zebras barks like a yappy dog. They are amazing grazers that feed up to 18 hours a day!"  
Hannah Sim, P1 Gratitude



## **Programme for Active Learning (PAL)**

The Primary 1 students went through a Sports and Games module during Programme for Active Learning (PAL) periods. They had fun playing games, solving problems and learning about teamwork. During the activities, students learnt that it is important to work well with their group members to accomplish a goal. They also learnt to recognise that everyone is unique in his or her own way and that they should respect one another regardless of their differences. They got to explore their strengths, identify their emotions and develop a positive mindset when they were faced with challenges. Games such as 'Brain Aerobics' not only excite the students in playing with IQ puzzles, but they also encouraged self-regulation while challenging themselves to solve problems.

*Reported by: Ms Nur Fadzilah*



*"We learnt the different ways we could carry a ball. We showed respect, responsibility, perseverance and sincerity. We take care of our friends."  
Liu Zhihan, P1 Responsibility*

*"We did a spider race! We learnt to respect one another and work together."  
Tay Kai Ren, P1 Responsibility*

## Mathematics lesson

The Mathematics curriculum emphasises activity-based learning. Students are encouraged to incorporate Mathematics into their daily lives and engage confidently with the subject through the use of manipulatives and various interesting activities. Students' participation, communication and reasoning in the subject are strengthened by the continuing emphasis on activities and problem solving in the classroom.



Reported by: Miss Nur Azlin



*"I love Mathematics because it is fun when we do hands-on activity in class and we also create our own weighing scale at home. I also love to go to the supermarket with my family to take pictures of the mass of the items and post them in Class Dojo."*

Chng Zi Xuan Claire, P2 Diligence

*"I like to do hands-on activities using the weighing scale to read mass of objects and the balance scale to compare the mass of different objects. I like Mathematics as it is fun."*

Park Hyun E, P2 Compassion



## PAL – Terrarium Making

As part of our Term 2 Programme for Active Learning (PAL) module of appreciating nature around us, our students made their own terrarium using reused plastic cups, to be brought home for their tender and loving care. Our students exhibited curiosity and positive attitude to learn when they completed their terrarium. All of them were excited to beautify the new home for their plants and learn how to care for nature.

Reported by: Mdm Stephanie Chua

*"The activity is very fun. I learnt about eco-system and how we could help save it."*

Remus Liew, P2 Responsibility

*"I learn about living and non-living things in our eco-system."*

Lai ZiQing, P2 Responsibility



## FTGP+

We started our FTGP+ lessons this year to enhance our students' participation and engagement during FTGP lessons. Our objectives include our students planning and setting goals for their next challenge, monitoring and working on their tasks independently and being able to reflect on their own performance and work towards improvement. The programme is a success in support of our FTGP lessons.

*Reported by: Mdm Stephanie Chua*



*"The IQ puzzles let us think about how we can solve problems."*

*Raymas Yip, P2 Perseverance*

*"The IQ puzzles are very interesting because they help us think about what we should do."*

*Rebecca Ho, P2 Perseverance*

*"The IQ puzzles let us train our memory and understand why we take certain steps."*

*Liu YuChen, P2 Perseverance*



## Chinese Language - Writing

Primary 3 Perseverance students worked collaboratively using the See-Think-Wonder strategy to generate ideas for their stories in composition writing. They observed the pictures and wrote short sentences of what they saw, what they thought was happening and wondered what would happen. The group work also provided scaffolding support to students who required help in writing the composition.



Reported by: Mr Chee Sze Yeow

	SEE	THINK	WONDER
	一些孩子们在玩捉迷藏。	我想他们很高兴。	我认为他们是好朋友。
	小明和小东在玩球。	小明和小东很开心，因为他们玩得很开心。	小明和小东会不会交到新朋友呢？
	小明在给小东过生日。	小明想祝小东生日快乐。	我认为他们会很开心地吃蛋糕。

*"I think the see-think-wonder strategy helps me think of ideas of what to write in my story."*

Tan Yu Xuan, P3 Perseverance

*"I think the see-think-wonder is useful for generating ideas of the story for the composition."*

Weng Mingze, P3 Perseverance

## Physical Education Lesson : Games and Sports Module - Throwing and Catching



As part of the Games and Sports Module, the students applied their skills learnt in executing the various throws and passes to a moving partner in an actual game setting. After numerous lessons and introductory lessons where the teacher facilitated the set-up, students were given the opportunity to manage and organise themselves this time round.

From the choice of equipment to be used, selection of team members and size of goals, students were given the autonomy to safely play the game. Apart from practising their skills of throwing and catching, students also got to exercise their leadership and social skills as they worked in their groups and listened to the view of others respectfully.

Reported by: Mr Raime

## Mother Tongue Lesson

The students had the opportunity to use learning devices during their Chinese Language lesson on composition writing. The students were very engaged during the lesson with the various online activities designed by their teacher.

*Reported by: Mr Lim Kiat Siong*



*"I was engaged during the lesson as it was interesting to use the device for lesson."*

*Lin Yilong, P4 Respect*

*"I like to learn using the device as the lesson is made more interesting. Sometimes, I can't see the whiteboard clearly from where I sit, so I will use the device to check."*

*Wang Jingyao, P4 Respect*

## Mathematics Lesson



What better way than to get on their feet and move-it? Move-it to get their sense of direction ironed out. Our students got to lead their friends from the start to the end of the destination with instructions using the 8-point compass.

*Reported by: Mdm Sofie Chai*



*"I enjoyed the challenge. It was very satisfying when I could get my friend to follow my directions to get to the destination!"*

*Darren Low, P4 Sincerity*



## Sports Education Programme - Archery

Archery requires precision, control, physical ability and determination. The students had a first-hand experience incorporating archery as a learning tool to build up concentration and focus. The students had an opportunity to reflect on how these lessons learnt during the game could be applied in other aspects of their lives. They had a wonderful time and looked forward to learn other new sports.

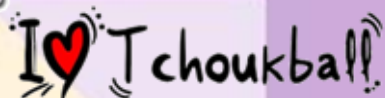
*Reported by: Miss Putri*



*"I enjoyed myself during the archery lesson as I managed to hit the target a number of times. I learnt that I could achieve what I want when I aim for it. I would like to try archery again!"*

*Ang Xuan Yi Kate, P5 Kindness*

## **Sports Education Programme - Tchoukball**



In an effort to encourage sports participation and promote exposure to sports beyond PE lessons, our school offers a variety of sports activities for each level where students will have the opportunity to learn a new sport or game each year. Through participation in the SEP, it will help our students sustain their physical and mental robustness and enjoy new healthy lifestyle experiences together. The shared experiences will also foster a greater sense of community and affiliation. The students participated in SEP Tchoukball this term.

The objectives of Tchoukball are to:

1. educate students on safety while playing the game and precautions on any hazards identified.
2. provide opportunities for students to develop teamwork, perseverance and good sportsmanship while working in teams.
3. identify and capitalise on teachable moments by connecting students' experiences to values, skills and competencies learnt.

*Reported by: Ms Cinthia Tan*



*"I enjoyed the Tchoukball session because I got to play against another team. I would like to play it again. I learnt ball handling techniques and the importance of communication in a team sport." - Lim Yu Heng, P6 Perseverance*

*"I learnt how to cooperate with my teammates and improve on my reaction time by having fast reflexes. I love that we are able to play in groups and I would like to do it again."*

*Kang Jia En, P6 Perseverance*

*"The coaches were very kind and patient. The whole experience is very enjoyable as I learnt how to play Tchoukball with my classmates."*

*Ng Shi Xuan Valeryn, P6 Responsibility*

*"It was fun and I enjoyed myself. I learnt about teamwork. It was interesting to play Tchoukball as I got to throw the ball to the net frame and it bounced off." Kian Joel Aristan Salazar, P6 Responsibility*

## Stop Motion Animation Project



### Stop Motion Animation using Claymation

Claymation helps students develop essential 21st century skills. The process of building Claymation helps them to develop thinking, collaboration, and creative skills and provides a fun and relevant way to demonstrate their knowledge and abilities in learning.

### Developing a Storyboard

The students worked in groups to plan a story and make a storyboard. The teams developed characters and brainstormed on how their ideas would translate to visual mediums.

### Filming and edit the Stop Motion Animation

The filming process required students to discuss, experiment and solve several issues such as realising their goals within a limited number of frames, determining what angle to use to take their pictures and assessing how lighting and sound can affect the mood of their animation. The group made a storyboard and planned a narration, backdrop and fitting music for the stop motion. They rehearsed and edited their animation before filming it in the stop-motion software.



*"We learnt that teamwork is important. With coordination and cooperation, it was a success!"*  
Caven Yeo & Noel Sim, P6  
Perseverance



### Sharing and critique session

After the students had finished their masterpieces for viewing, they presented their narrated animations for the class to critique.



Reported by: Mdm Chin Seow Kiat



## Primary 1 & 2 Values In Action

We took the opportunity to involve our Primary 1 and 2 students to prepare Hari Raya greetings for the staff and patients of Sengkang General Hospital. The purpose for this activity was to spread the festive joy of Hari Raya to them. It gave our students the opportunity to show empathy towards the frontliners who were working and patients who were recovering during this festive season. The activity also gave our students the opportunity to take part in the Hari Raya tradition of writing festive cards to friends and relatives.

## Primary 5 & 6 Values In Action

The students took part in an activity that touched on community engagement. The posters showcased fun facts on the festivities of Hari Raya to the residents around our school. They were displayed by the Resident Councils in the vicinity of our school grounds (Anchorvale RC Zone B and C). It was an opportunity for the students to spread cultural awareness to the school and the community.

*Reported by: Mr Erwin Rohman & Miss Nurul Asyiqin*



## Green Captains (VIA)



The Green Captains are student volunteers from the school's Environmental Club who remind their schoolmates to recycle aluminium cans and plastic bottles properly at the school's canteen during recess. These eco-stewards help improve recycling rates in school and instil good habits that helps conserve the environment. They keep track of the recycling rate at the canteen each week as part of their duty.

*"It is not an easy task but it is important to remind my schoolmates to recycle as sometimes they forget to rinse their recyclables."*

*Kyce Yoo, Green Captain, P4 Sincerity*

*Reported by: Mdm Tang Li Kuon*

## **National Chinese Challenge 2022**



The National Chinese Challenge 2022 is an inter-school competition that tests participants on their Chinese Language skills. The challenge is jointly run by Singapore Press Holdings' (SPH) Chinese Media Group and Nanyang Girls' High School. The contest is aimed at creating an opportunity for students to gain a deeper understanding of the Chinese language and culture, as well as allowing participants to compete in a friendly and fun environment.

We had Liu Jun Qi, P6 Integrity, Chen Yu Xuan, P5 Kindness and Chiao Bo Rui, Quinto, P5 Gratitude, representing our school, winning the 1<sup>st</sup> prize.

You may view the competition from the following link:

<https://www.facebook.com/watch/?v=1724681877881318>

Teoh Bo Yu, P5 Kindness, also won the Top 20 for national level under the individual category.



*Teoh Bo Yu, P5 Kindness, won the  
**Top 20 in National Level** under  
individual category*

## Tamil Literary competitions



A few of the Tamil students from various levels took part in two online Tamil Literary competitions, held from March to April and we are pleased to announce the following achievements:

Name of Competition	Names of Winners	Class	Competition	Prizes Won
<b>CHINNANJ CHITTUKKAL 2022</b> Tamil Literary Committee Indian Activity Executive Committee Organised by: Teck Ghee Community Centre	Yeshwanthika Kannappan	2 CR	Poem Recitation	2 <sup>nd</sup>
	Mohd Sheikh Shaheem	4 PS	Story Telling	4 <sup>th</sup>
	Selvakumar Varshini	6 DL	Creative Story Writing	3 <sup>rd</sup>
<b>MUTHAMIZH VIZHA 2022</b> Organised by: Association of Singapore Tamil Writers	Muthukumar Cholya	6 DL	Oratory Contest	Qualified to the 2 <sup>nd</sup> Round

## 2022 National Chinese Calligraphy Competition (Primary Schools)



Liu Zexuan, P3 Respect represented Nan Chiau for this year's National Chinese Calligraphy Competition (Primary Schools).

We are proud to announce that she received the consolation prize in the National Level (Primary Schools Category).

## Singapore Amazing Flying Machine Competition (SAFMC)

Our students represented our school in the **Singapore Amazing Flying Machine Competition (SAFMC)**. SAFMC is an event organised by DSO National Laboratories and Science Centre Singapore, supported by MINDEF. Our students had to research to design and fold the paper planes to achieve the longest, farthest or the most unique flight.

We are extremely proud to announce that out of our four teams who represented our school, **two teams managed to make it to the finals** and **one of the teams** was awarded the **'Best Presentation Award'**.



NMES (TEAM 2)	CLASS	AWARD
DEAN CHAN	6 KN	Best Presentation Award
ER ZHENG LE, KALEB	6 KN	
CHUA WEI HANG TEVIN	6 KN	



## Raffles Institution Primary Mathematics World Contest (RIPMWC) 2022

This year, a total of 262 NCPS students from Primary 4, 5 and 6 participated in Round 1 of the Raffles Institution Primary Mathematics World Contest (RIPMWC) 2022 which took place on Tuesday, 29 March. Amongst them, we achieved a total of 4 High Distinctions, 29 Distinctions and 51 Merits.

Goh Yeesac (P5 Integrity), Seow Rui Feng (P5 Integrity) and Sim Hiang Leng Jazreel (P5 Responsibility), were among the top 40 of the Junior Category participants nationwide. Congratulations to these 3 students for achieving Distinction in Round 2!



## Principal's Challenge

This is our second year running the NCPS Principal's Challenge. The Principal's Challenge is a platform which encourages students to participate actively in coming up with suggestions. Also, it provides an opportunity for students' voices to be heard. We aim to develop our students to be active thinking citizens in the future. With this in mind, we hope to instil their sense of ownership where they will take initiative to think out of the box to produce innovative and meaningful suggestions for the betterment of the school. Let us hear more from our award recipients!



*"I feel happy that my suggestion got selected. I think that my suggestion of creating a story will help others to be happy and creative!"*

*Arshan Rai, P1 Compassion, recipient of Most Innovative Award for P1 & P2 category*

*"I find my idea is interesting and good. My friends and I can learn as we play the game together during recess."*

*Kwek Jing Xuan Kloe, P1 Integrity, recipient of Most Implementable Award for P1 & P2 category*

*"I thought of NCPS Dance Battle because some people have hidden talent where they can dance very well but they are shy. I hope that this suggestion can help them show their talents to others."*

*Claydon Chew, P4 Integrity, recipient of Most Innovative Award for P3 to P6 category*

*"The Principal's Challenge allows students' voices to be heard. I thought of this idea because covid-19 restrictions do not allow us to have contact with others. I am glad that my suggestion has been selected and I hope it will be implemented soon."*

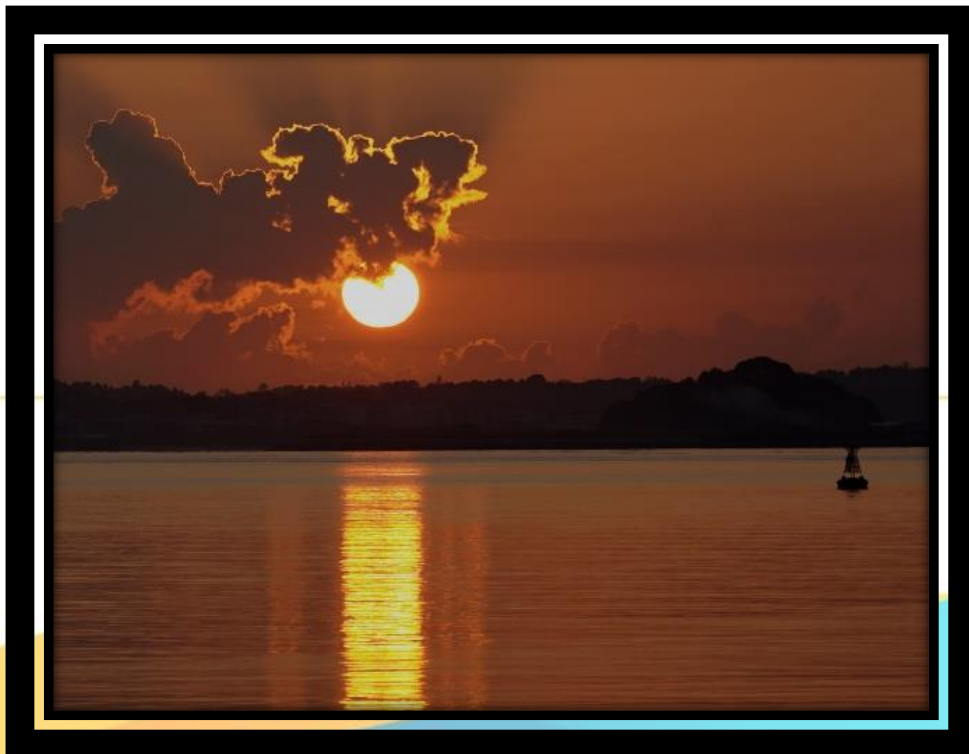
*Jovelyn Tan Jie Ying, P6 Sincerity, recipient of Most Implementable Award for P3 to P6 category*

## Photography Exhibition

Two of our Infocomm CCA members' photographs (Lee Yu Zhe Dylan, P6 Kindness: The light and Lin Jiayuxin Coco, P6 Diligence: Flowers after rain) have been shortlisted by the judging panel to be exhibited in the 17<sup>th</sup> NAPE held at:

**LASALLE College of the Arts: Flexible Performance Space (Block F Level 1 #F102, 1 McNally St, Singapore 187940), from 11-19 June 2022.**

Do drop by to take a look at their work.



## Wushu school team

Our Wushu school team participated in this year's National School Games (NSG) Wushu Competition 2022 (Senior Division) held from 18 April to 21 April 2022.

We are delighted to share the results for our senior boys and girls.



Senior Girls (Team)	2 <sup>nd</sup> runner up (National Level)
Senior Boys (Team)	3 <sup>rd</sup> runner up (National Level)

	NAME	CLASS
1	GOH SZE YANG	5KN
2	KOO SHENG RONG	5GT
3	YEW QIAN HUI, REBECCA	5DL
4	CHENG ZIYI	5IT
5	TAN KHAI SIANG	6PS
6	LOW YEE TENG ELLIE	6DL
7	CHEN XINYUE	6DL
8	SHERILYN NEO EN QI	6DL
9	LOW THEE TENG ELLYN	6DL
10	KAELEN YEO	6IT
11	WONG YI RUI	6IT
12	TAN JIA JU AIDEN	6SC
13	PEE YU CEN	6SC
14	CHUA WEI HANG TEVIN	6KN



## Ms Amanda Lim (Sports)

I played basketball in primary school, golf and floorball in secondary school and touch rugby in junior college.

I love touch rugby as it is competitive and strategic. It requires wits and speed with team members to advance and score. I also love golf equally as it is not as easy as it looks. It can get very tiring after a while but it requires patience and is peaceful and quiet.

I have won a few team and individual awards but the greatest reward I had was the experience gained from trainings and failure. Through the opportunities provided by schools, I have learnt to be more resilient with each training session and to be a more empathetic team player. These platforms have also honed my sportsmanship.



Ms Lim (first from the right of the last row) and her touch Rugby team



## Ms Pooja Rai (Dance)



I do Bollywood dancing. When I was in Primary 3, during Deepavali celebration, my form teacher asked my friends and me to put up a dance item for the school celebration. While we were practising, I was captivated and from then on, continued dancing during my free time. Bollywood dancing is appealing to me because it is very freeing. There is no restriction and the movements are all up to me. I can do anything as long as the movement fits the beat.

A big scale achievement was that I worked with my cousin and the two of us choreographed the dance items for my brother's wedding. It was quite stressful as we had to decide on the steps, the position of the dancers as well as fuse the music together. However, when we let our hair loose and performed, I felt proud of what I had accomplished.