



Admiralty Secondary School
Co-Curricular Activities

CCA Prospectus 2022

INTRODUCTION

Education at Admiralty Secondary School (ADSS) aims to provide students with a holistic education that will provide opportunities for each student to explore and be developed in the special areas that will allow him/her to grow as a whole person. Apart from the core academic work and the enrichment activities, ADSS offers a range of co-curricular activities (CCAs) that cater to the students' varied interests and capabilities.

This prospectus aims to provide reference for new students of ADSS and to help them decide which CCA is suitable for them. It is intended to guide the student to understand what is involved in each CCA, whether it will suit him/her and the likely commitment called for.

PURPOSE OF CCA

Co-Curricular Activities (CCA) play a key role in the holistic development of our students. The CCA Programme provides students with a platform to discover their interests and talents and can fuel in students a lifelong love for a particular activity, be it a sport or a musical pursuit. This helps students lead a balanced lifestyle.

Each CCA has specific objectives, for instance, Physical Sports (PS) develop robustness, fair play and team spirit in students. The Visual and Performing Arts (VPA) instill in students a sense of graciousness and an appreciation for the rich culture and heritage of a multi-racial society. Uniformed Group (UG) activities aim to inculcate active citizenry through values like self-reliance, resilience, discipline and a spirit of service to others. Clubs and Societies (CS) allow students to explore and extend their interests in wide ranging and specialised areas which may be knowledge-based or skills-based.

Students progressively develop CCA-specific knowledge, skills, values and attitudes through sustained participation in any of the CCA groups. CCA also offer excellent platforms for students to learn core values, social and emotional competencies and the emerging 21st Century Competencies.

All CCAs emphasise social interaction by providing a common space for friendships and social cohesion amongst students of diverse backgrounds. Through CCA, students develop a sense of identity and belonging to the school.

Learning Outcomes of CCA

The learning outcomes for CCA are as follows:

- Passion
- Leadership and teamwork
- Friendship and belonging
- Spirit of service to the community
- Knowledge, skills and values related to their chosen CCA
- Core values, social and emotional competencies and the emerging 21st century competencies as articulated in the 21st Century Competencies Framework

CCA Policy

- CCA participation is **compulsory** for all students in secondary schools. Students must have a main CCA from at least one of the 4 groups, namely, Physical Sports (PS), Uniformed Groups (UG), Visual & Performing Arts (VPA), and Clubs and Societies (CS).
- Under the LEAPS 2.0 CCA grading scheme, students **must achieve at least 75% attendance rate** in order to qualify for level attainment in the Participation Criterion. The attendance rate for participation will be based on the attendance of the main CCA.
- Absence from CCA is taken seriously and students must produce a **Medical Certificate for any absence from CCA sessions**. Letters from parents are accepted but will be counted against the students' attendance rate. Students will be excused from CCA only if they are covered with an MC or have a valid reason approved by the school.
- The Concert Band, National Cadet Corps (NCC), National Civil Defence Cadet Corps (NCDCC) and National Police Cadet Corps (NPCC) are mandatory CCAs for all secondary schools. Students in these CCA are not permitted to change their CCA after Secondary Two **except for medical or valid reasons approved by the school**.
- Any requests for a change of CCA will be assessed on a **case by case basis** by the school management. Any requests for a change can only be made at the beginning of each academic year through the Head of Department (HOD) for PE & CCA. Students are expected to continue attending their current CCA until official notification of a CCA change is provided by the school.

CCAs Offered in Admiralty Secondary School

Physical Sports (PS)	Uniformed Groups (UG)
1. Badminton 2. Netball (Girls) 3. Rugby (Boys) 4. Track & Field 5. Wushu	1. *National Cadet Corps (Land) (NCC) 2. *National Civil Defence Cadet Corps (NCDCC) 3. *National Police Cadet Corps (NPCC)
Clubs and Societies (CS)	The Visual and Performing Arts (VPA)
1. Art & Environment Club 2. Lighthouse Productions (AVA) 3. Robotics Club	1. *Concert Band 2. English Drama Club 3. Guzheng Ensemble 4. Modern Dance Club

Table 1: CCAs in ADSS

**mandatory CCA*

Parental Support For Your Child

Parents play an important role in ensuring your child's holistic and balanced development. Your child benefits most when the emphasis on developing values, life skills and your child/ward's interests and strengths are reinforced at home.

You can discuss the following areas with your child when selecting his/her co-curricular activities:

- Identifying interests and strengths
Example: What is your child interested in? What is your child good at?
- Setting objectives
Example: What kind of person does your child want to be? What kind of values and life skills should your child be developed in?
- Encouraging self-directed learning
Example: How does your child want to pursue this development? What are the possible opportunities that can help support this development?
- Managing commitments
Example: Is your child able to cope? How can you help to support him/her in the learning pursuits?

LEAPS 2.0 - Recognition Of Students' Attainment And Learning In The Co-Curriculum

LEAPS 2.0¹ is a framework to recognise secondary school students' holistic development. Students will be recognised with levels of attainment in four domains: Participation, Achievement, Leadership and Service.

LEAPS 2.0 Domains

Participation

This domain recognises students' participation in one school-based² Co-Curricular Activity (CCA). Recognition is based on the number of years of participation and exemplary conduct and active contribution³ to the CCA. Sustained engagement in the same CCA allows for progressive development of character, skills, knowledge and friendships, and will be accorded higher recognition.

Service

This domain recognises students' development as socially responsible citizens who contribute meaningfully to the community. Every secondary school student will contribute at least 6 hours per school year to the community. They can choose to embark on a Values-In-Action project (VIA). Students will be recognised for the time they put into planning, service and reflection, when participating in a VIA project.

Leadership

This domain recognises students' leadership development. Recognition is accorded to students' ability to take charge of personal development, work in a team and assume responsibilities in service of others. In addition to formal leadership appointments, participation in student leadership modules/workshops, the National Youth Achievement Award (NYAA) and leadership positions in the school, CCA or student-initiated/student-led projects will also be recognised.

Achievement

This domain recognises students' **representation** and **accomplishment** in co-curricular involvements beyond the classroom. Opportunities for representation and accomplishment present valuable learning experiences for students to learn discipline, resilience and develop their character. Students may represent the school or organisations endorsed by the school.

¹ LEAPS stands for Leadership, Enrichment, Achievement, Participation and Service. LEAPS 2.0 builds on the LEAPS system to better reflect MOE's current emphasis on Student-Centric, Values-Driven education.

² School-based CCA refers to CCA that are organised within the school or have been endorsed by the school.

³ Schools have processes in place to determine 'exemplary conduct and active contribution' with respect to their school's context.

Recognising external opportunities better caters to students' diverse interests and talents. It also recognises the community's role in developing the child.

Representation refers to being selected and endorsed by the school or an organisation endorsed by the school (e.g. the community club or national association) to contribute, perform or compete. It need not be tied to his/her CCA in school.

Accomplishment refers to attaining accolades and awards at competitions, festivals, performances, exhibitions, conferences and symposiums where the student represents the school or other organisations endorsed by the school.

The details on the levels of attainment for each of the domains are attached at [Annex A](#).

Recognition of Students' Level of Attainment

At the end of the graduating year, students' co-curricular attainment will be recognised according to Excellent/Good/Fair. The level of attainment will be converted to a ⁴bonus point(s) which can be used for admission to Junior Colleges/ Polytechnics/ Institutes of Education (JC/Poly/ITE).

Co-Curricular Attainment	Details
Excellent (2 bonus points)	Student who attains a minimum Level 3 in all four domains with at least a Level 4 in one domain.
Good (1 bonus point)	Student who attains a minimum Level 1 in all four domains with any one of the following: <ul style="list-style-type: none">i. At least Level 2 in three domains;ii. At least Level 2 in one domain and at least Level 3 in another domain; oriii. At least Level 4 in one domain.
Fair	Student's attainment in co-curricular will not translate into any bonus points.

Please refer to examples in [Annex B](#).

For enquiries, please contact

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⁴ Please refer to the admission criteria of the courses in the various post-secondary institutes of learning for the use of CCA bonus points.

ANNEX A - Levels Of Attainment For LEAPS Domains

PARTICIPATION (Level of Attainment)

Level 1	Level 2	Level 3	Level 4	Level 5
<ul style="list-style-type: none"> Participated in any CCA for 2 years with at least 75% attendance for each year 	<ul style="list-style-type: none"> Participated in any CCA for 3 years with at least 75% attendance for each year 	<ul style="list-style-type: none"> Participated in any CCA for 4 years with at least 75% attendance for each year 	<ul style="list-style-type: none"> Participated in any CCA for 5 years with at least 75% attendance for each year 	
		<ul style="list-style-type: none"> Participated in any CCA for 3 years with at least 75% attendance for each year and demonstrating exemplary conduct and active contribution 	<ul style="list-style-type: none"> Participated in any CCA for 4 years with at least 75% attendance for each year and demonstrating exemplary conduct and active contribution 	<ul style="list-style-type: none"> Participated in the <u>same</u> CCA for 4 years with at least 75% attendance for each year and demonstrating exemplary conduct and active contribution
			<ul style="list-style-type: none"> Participated in the <u>same</u> CCA for 4 years with at least 75% attendance for each year 	<ul style="list-style-type: none"> Participated in the <u>same</u> CCA for 5 years with at least 75% attendance for each year

SERVICE (Level of Attainment)

Level 1	Level 2	Level 3	Level 4	Level 5
<ul style="list-style-type: none"> At least 24 to less than 30 hours of service 	<ul style="list-style-type: none"> At least 30 to less than 36 hours of service 	<ul style="list-style-type: none"> At least 36 hours of service 		
	<ul style="list-style-type: none"> Completed at least one VIA project that impacts the school or community 	<ul style="list-style-type: none"> Completed at least two VIA projects that impact the school or community 		
		<ul style="list-style-type: none"> Completed at least 24 hours of service <u>and</u> at least one VIA project that impacts the school or community 	<ul style="list-style-type: none"> Completed at least 24 hours of service <u>and</u> at least two VIA projects that impact the school or community 	<ul style="list-style-type: none"> Completed at least 24 hours of service <u>and</u> at least one <u>student-initiated</u> VIA project that impacts the community beyond the school <u>and</u> at least one other VIA project

Note: One example of an approach to VIA is Service-Learning. Time spent on VIA projects, including the planning, service and reflection components, will count towards the minimum hours of service stated in the above criterion.

LEADERSHIP (Level of Attainment)

	Level 1	Level 2	Level 3	Level 4	Level 5
School-based Leadership Opportunities	<ul style="list-style-type: none"> Completed 2 leadership modules of at least 3 hours each 	<ul style="list-style-type: none"> Class Committee Committee for student-initiated or student-led projects, approved by school (or equivalent) 	<ul style="list-style-type: none"> Class Chairperson Prefect Peer Support Leader Committee for school-wide events⁵ Chairperson/ Vice-Chairperson for student-initiated or student-led projects, approved by school (or equivalent) 	<ul style="list-style-type: none"> Senior Prefect Chairperson/Vice-Chairperson for school-wide events (or equivalent) 	<ul style="list-style-type: none"> Executive Committee⁶ of Student Council / Prefectorial Board (or equivalent)
		<ul style="list-style-type: none"> Lower Sec CCA Committee (or equivalent) 	<ul style="list-style-type: none"> Lower Sec CCA Executive Committee Upper Sec CCA Committee (or equivalent) 	<ul style="list-style-type: none"> Upper Sec CCA Executive Committee (or equivalent) 	<ul style="list-style-type: none"> CCA Captain/ Chairperson (or equivalent)
National Youth Achievement Award		<ul style="list-style-type: none"> NYAA Bronze 	<ul style="list-style-type: none"> NYAA Silver and above 		
Uniformed Groups (Rank)	<ul style="list-style-type: none"> Lance Corporal (or equivalent) 	<ul style="list-style-type: none"> Corporal Patrol Second Assistant Patrol Leader (or equivalent) 	<ul style="list-style-type: none"> Sergeant Patrol Leader (or equivalent) 	<ul style="list-style-type: none"> Staff Sergeant Assistant Company Leader Senior Patrol Leader (or equivalent) 	<ul style="list-style-type: none"> Warrant Officer Master Sergeant Station Inspector Troop/ Company Leader (or equivalent)

⁵ Examples of school-wide events are Open House, CCA exhibition, Speech Day, Founder's Day and the four National Education (NE) commemorative days: Total Defence Day, International Friendship Day, Racial Harmony Day and National Day.

⁶ Executive Committee (applies to all subsequent mentions) – may include Secretary, Treasurer and Heads of sub-committees

ACHIEVEMENT (Level of Attainment)

	Level 1	Level 2	Level 3	Level 4	Level 5
Representation⁷	<ul style="list-style-type: none"> • Represented class / house / CCA at intra-school event⁸ 	<ul style="list-style-type: none"> • Represented school / external organisation at local / international event⁹ for 1 year 	<ul style="list-style-type: none"> • Represented school / external organisation at local / international event for 2 years 	<ul style="list-style-type: none"> • Represented school / external organisation at local / international event for 3 years or more • Represented UG HQ at international event¹⁰ 	<ul style="list-style-type: none"> • Represented Singapore Schools at local / international competition • Represented Singapore at international event endorsed by national bodies • Represented National Project of Excellence¹¹ at local / international concert • Represented MOE at local / international event • Represented UG HQ at international competition

⁷ Self-representation or participation for personal enrichment will not be recognised. For representation of external organisations and accomplishments associated with such representation, schools' approval is required for recognition. Involvement in events whereby participation is mass in nature and/or does not require training, preparation or selection will also not be recognised in this domain.

⁸ Intra-School Events refer to intra-school competitions, festivals, school performances / concerts, exhibitions and conferences. These events primarily do not include student participation from other schools and/or members of the public.

⁹ Events refer to competitions, festivals, school performances / concerts, exhibitions, conferences and symposiums. Local refers to school cluster/zone-based and MOE-organised events (SYF Arts Presentation, SYF Celebrations, SYF Art Exhibition, National Schools Games, etc.), as well as community-organised events which primarily involves student participation from other schools and / or members of the public.

¹⁰ UG HQ International Events refer to exchange programmes, performances, camps and other equivalent platforms which involve participants from other countries. Competitions are excluded.

¹¹ This refers to the Singapore National Youth Orchestra and Singapore Youth Chinese Orchestra.

ACHIEVEMENT (Level of Attainment)

Accomplishment⁶			<ul style="list-style-type: none"> • Represented school / external organisation at local / international event and achieved the following (for 1 year): <ul style="list-style-type: none"> ○ Top 4 (or equivalent) team placing ○ Top 8 (or equivalent) individual placing ○ Gold/Silver/Bronze/Merit award / certification¹² (or equivalent) ○ SYF Arts Presentation Certificate of Distinction /Accomplishment ○ SYF Art Exhibition Certificate of Recognition (Special Mention) /Recognition ○ Presented original research paper / project accepted at the platform 	<ul style="list-style-type: none"> • Represented school / external organisation at local / international event and achieved the following (for 2 years or more): <ul style="list-style-type: none"> ○ Top 4 (or equivalent) team placing ○ Top 8 (or equivalent) individual placing ○ Gold/Silver/Bronze/Merit award / certification¹¹ (or equivalent) ○ SYF Arts Presentation Certificate of Distinction /Accomplishment ○ SYF Art Exhibition Certificate of Recognition (Special Mention) / Recognition ○ Presented original research paper / project accepted at the platform 	<ul style="list-style-type: none"> • Represented Singapore Schools/ National Project of Excellence/MOE at local / international competition OR • Represented Singapore at international event, endorsed by national bodies <p>AND achieved the following:</p> <ul style="list-style-type: none"> ○ Top 4 (or equivalent) team placing ○ Top 8 (or equivalent) individual placing ○ Gold/Silver/Bronze award / certification (or equivalent) ○ Presented original research paper / project accepted at the platform
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¹² This applies to events that present different levels of award or certificate which extend beyond the top 4 participants. The Merit award/certification constitutes the fourth placing. It should only be given for events where Merit is not accorded by default to all participants who did not receive Gold- Bronze award/certification.

Uniformed Groups Achievement Badges	<ul style="list-style-type: none"> • Bronze Badge (or equivalent) 	<ul style="list-style-type: none"> • Silver Badge (or equivalent) 	<ul style="list-style-type: none"> • Gold Badge (or equivalent) 	<ul style="list-style-type: none"> • Best Unit Cadet / Outstanding Cadet Award by UG HQ (or equivalent) 	<ul style="list-style-type: none"> • Top Award for each UG (e.g. Camp Pinnacle Badge, President's Guide Award, Chief Commissioner's Award)
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Annex B

LEVELS OF ATTAINMENT – EXAMPLES

Example A: Student has attained a minimum Level 3 in all four domains and at least Level 4 in one domain (Participation). Hence, the student's co-curricular attainment is recognised as Excellent.

Domain	Description of Attainment	Level
Participation	Participated in the <u>same</u> CCA for 4 years with at least 75% attendance for each year	4
Achievement	Represented school at local competition / conference / festival / exhibition for 2 years	3
Leadership	Committee for school-wide events	3
Service	Completed at least 24 hours of service <u>and</u> at least one VIA project that impacts the school or community	3

Example B: The student has attained a minimum of Level 1 in all domains with at least Level 2 in three domains. Hence, the student's co-curricular attainment is recognised as Good.

Domain	Description of Attainment	Level
Participation	Participated in any CCA for 3 years with at least 75% attendance for each year	2
Achievement	Represented class / house / CCA at intra-school event	1
Leadership	Class Committee	2
Service	Completed at least one VIA project that impacts the school or community	2

Example C: The student has attained a minimum of Level 1 in all domains, with at least Level 2 in one domain (Achievement) and Level 3 for another domain (Participation). Hence, the student's co-curricular attainment is recognised as Good.

Domain	Description of Attainment	Level
Participation	Participated in any CCA for 4 years with at least 75% attendance for each year	3
Achievement	Represented school at local competition / conference / festival / exhibition for 1 year	2
Leadership	Lance Corporal (NCC)	1
Service	Completed at least 24 to less than 30 hours of service	1

Example D: The student has not met the criteria for a Good co-curricular attainment. Hence, the student's co-curricular attainment is recognised as Fair.







Domain	Description of Attainment	Level
Participation	Participated in any CCA for 4 years with at least 75% attendance for each year	3
Achievement	Did not represent class / house / CCA / school in any event	0
Leadership	Completed 2 modules on leadership	1
Service	Completed at least 24 to less than 30 hours of service	1













CCA Selection Timeline 2022 for Secondary One and New Students

No.	Date	Activity
1	06 Jan 2022, Thur 8.00am to 2.10pm	CCA Experience I (Profiling) (Part of Secondary One Orientation Programme) <ul style="list-style-type: none"> Students will have an introductory experience activity with each of the Physical Sport, Visual & Performing Art and Robotics CCAs. Profiling of the students' abilities and aptitude will be conducted during these sessions. <p>☞ <u>Note that consideration for acceptance to <u>some</u> CCA will <u>only</u> be for students who belong to band A or B.</u></p>
2	07 Jan 2022, Fri 8.00am to 12.40pm	CCA Experience I (Profiling) [Continued] (Part of Secondary One Orientation Programme) <ul style="list-style-type: none"> Students will have an introductory experience activity with each of the Physical Sport, Visual & Performing Art and Robotics CCAs. Profiling of the students' abilities and aptitude will be conducted during these sessions. <p>☞ <u>Note that consideration for acceptance to <u>some</u> CCA will <u>only</u> be for students who belong to band A or B.</u></p>
3	26 Jan 2022, Wed 3.30 pm to 6.00 pm	CCA Experience II (Mandatory) <ul style="list-style-type: none"> Students will attend online presentations (via Zoom) from home. They will hear from student leaders and teachers from different CCA groups.
4	28 Jan 2022 to 31 Jan 2022, Fri to Tue	Submission of 5 CCA Choices via Online System. <ul style="list-style-type: none"> Students are to take note of the CCA Policy in ADSS and the requirements for CCA participation. Students are to discuss their choices with their parents/guardian and submit their top 5 choices online (Further instructions will be provided later) Students without computer access are required to submit the hardcopy of the CCA selection form for their top 5 choices to their Form Teachers by 03 Feb 2022. Students who submit their CCA choices late may not get the CCA of their choice. <p>☞ <u>Students will be allocated CCAs according to their choices as far as possible.</u></p> <p>☞ <u>Students will be given priority for entry into the CCA which they were shortlisted for. However, they will not be guaranteed of their first choice of CCA.</u></p>
5	11 Feb 2022, Fri	Confirmation of CCA Placement <ul style="list-style-type: none"> Students and parents/guardian will be informed of their official CCA allocated to them.
6	14 Feb 2022, Mon or 16 Feb 2022, Wed	Official start of CCA Training <ul style="list-style-type: none"> All CCA trainings for Secondary Ones will start officially on 14 or 16 Feb 2022.
7	By 18 Feb 2022, Fri	Appeal for Change of CCA <ul style="list-style-type: none"> Any appeals (endorsed by parents) need to be submitted in writing to Mr Kelvin Goh (HOD PE & CCA) by 18 Feb 2022. No appeal will be entertained after the deadline. All appeals will be considered on a case by case basis with approval by the Principal.







Physical Sports (PS)





Physical Sports aim to develop robustness, fair play and team spirit in the students.

BADMINTON		Venue:	Indoor Sports Hall / Woodlands Sports Hall
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Chong Lee Soong Coleman		Monday (Boys)	3.00 – 6.00 pm
Mr Ong Minyi Jamie		Wednesday (Girls)	3.00 – 6.00 pm
Mr Chua Khoon Siong Ray		Other Days	To be advised (For competition periods only)
Mdm Ong Lay Khim			
Key Activities:			
	Annual North Zone Inter-School Badminton Tournament		Annual Badminton Training Camp
	Inter-School Friendly Matches		Skills Training
	Enrichment Activities: - Sports Enrichment Programme - Basic First Aid Training		Values in Action Programmes: Woodlands Care Home Red Cross Flag Day

NETBALL		Venue:	School Netball Court
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Ms Lim Chien Ru		Monday	3.30 – 5.30 pm
Ms Nuriah Bte Mohd Noor		Wednesday	3.00 – 5.00 pm
Ms Janice Lim Hong Min		Other days	To be advised
			(For competition periods only)
Key Activities:			
	Annual North Zone Inter-School Netball Tournament		Pilot Pen Berita Harian
	M1 Challenge		Daisy Tan Carnival
	Deloitte Pesta Sukan		Active SG Carnival
	Inter-School Friendly Matches		Umpiring Courses
	Netball Day Bonding Camps (Mar & Nov)		Values in Action Programmes: Sports Clinic with Primary Schools
	Bonding Activities: Farewell Celebration for Graduating Seniors		



RUGBY		Venue:	School Field
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Abdul Salem Bin Samat		Monday	3.30 – 5.30 pm
Mdm Lisda Binte Mohd Amin		Wednesday	3.30 – 5.30 pm
Ms Dorothy Phua Hui Hong		Other days	To be advised (For competition periods only)
Mr Joshua Choo Chee Cheong			
Key Activities:			
	Annual National Schools' U-17 Police Cup Tournament.		Annual National Schools' U-14 Dr Goh Keng Swee Shield Tournament
	Inter-School Friendly Matches		Values in Action Programmes
	SRU Under-14 & Under-16 Competitions		Singapore Rugby Union Rugby Ready Clinic



TRACK & FIELD		Venue:	Woodlands Stadium / Sch Compound
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Chan Huazhi		Monday	3.00 – 5.30 pm
Ms Koh Kia Li Charmaine		Wednesday	3.00 – 5.30 pm
Ms Mas Ayu Binte Abdul Malek		Other days	To be advised (For competition periods only)
Mr Kenneth Khing Zhen Ze			
Ms Noor Shidah Binte Hassan			
Key Activities:			
	Annual National Inter-School Track and Field Championships		Annual Inter-School Cross Country Championships
	Invitational Events: 100 Plus Passion Run, Poly50 Run		Athletics Training Camp
	Enrichment Activities		Values in Action Programmes

WUSHU		Venue:	School Hall
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Ms Nge Hui Peng		Monday	3.00 – 6.00 pm
Mr Tan Yuanyan		Wednesday	3.00 – 6.00 pm
Ms Soo Zhi Yi		Other days	To be advised (For competition periods only)
Key Activities:			
 Annual National Inter-School Wushu Championships		Annual Wushu Training Camp	
 Bonding and Enrichment Activities		Values in Action Programmes	

UNIFORMED GROUPS (UG)

Uniformed Groups aim to make good citizens of students by inculcating in them self-reliance, discipline, resilience and a spirit of service to others.






NATIONAL CADET CORPS (NCC-LAND)		Venue:	School Compound / NCC HQ
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Lai Kuok Liang (Commanding Officer)		Wednesday	3.00 – 5.30 pm
Mr Achmad Nasrun (Adjutant)		HQ activities	To be advised (on ad-hoc basis)
Ms Lim Li Ting			
Mr Ang Kian Kok Jason			
Key Activities:			
	<u>Sec One</u> <ul style="list-style-type: none"> ▪ NCC Camp Forge ▪ NCC Affirmation Ceremony ▪ FSD ▪ Unit Camp ▪ Total Defense (Bronze) ▪ Sports & Games Challenge 		<u>Sec Two</u> <ul style="list-style-type: none"> ▪ NCC Camp Steel ▪ NCC SAR 21 Rifle Technical Handling ▪ NCC IMT ▪ NCC Orienteering competition ▪ FSD / PDS ▪ Unit Camp ▪ NCO Camp ▪ Total Defense (Silver) ▪ Sports & Games Challenge
	<u>Sec Three</u> <ul style="list-style-type: none"> ▪ NCC IMT / Live Range ▪ NCC SAR 21 Rifle Technical Handling ▪ NCC Advanced Drilled Course ▪ NCC Specialist Course ▪ NCC FSD / PDS Competition ▪ NCC Senior Specialist Course ▪ National Camp ▪ National Day Parade (External) ▪ Outward Bound Camp ▪ Sports & Games Challenge ▪ Unit Camp ▪ Total Defense (Gold) ▪ Overseas Adventure Trip (Mount Ophir, ICEP) ▪ One-Star Kayaking Course 		<u>Sec Four/Five</u> <ul style="list-style-type: none"> ▪ NCC FSD / PDS Competition ▪ Sports & Games Challenge ▪ Unit Camp ▪ Passing-Out Parade ▪ Cadet Officer Course (Selected cadets)


NATIONAL CIVIL DEFENCE CADET CORPS (NCDCC)		Venue:	School Compound / Home Team Academy
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Tay Pei Yong (Teacher Officer)		Wednesday	3.00 - 6.00 pm
Ms Najla Banu Binte Feroz (Adjutant)		HQ activities	To be advised (on ad-hoc basis)
Ms Andrea Ng Su Yin			
Mdm Joyce Seow			
Key Activities:			
	<u>Sec One</u> <ul style="list-style-type: none"> Affirmation day Visit to Civil Defence Heritage Gallery Training Modules: Fire Safety Proficiency Badge, Total Defence (Bronze), Footdrill (Bronze) 		<u>Sec Two</u> <ul style="list-style-type: none"> NCDCC Inter-Unit Civil Defence Quiz Urban Adventure Civil Defence Skills Challenge Precision Drill Competition Visit to Civil Defence Heritage Gallery NCDCC Service Day Training Modules: Civil Defence Knowledge Proficiency Badge, Rescue Proficiency Badge, SANA Badge Course, Cardio Pulmonary Resuscitation (CPR) Course, Footdrill (Silver) Badge
	<u>Sec Three</u> <ul style="list-style-type: none"> Unit Drill Instructor Course Urban Adventure Civil Defence Skills Challenge Precision Drill Competition Visit to Fire Station NCDCC Service Month National Day Parade Supporting Contingent Overseas Exchange Visit (OEV) Training Modules: Hazmat Proficiency Badge, Homefront Security Proficiency Badge Specialisation courses: Fire Safety, Medical Response, Urban Search and Rescue 		<u>Sec Four/Five</u> <ul style="list-style-type: none"> Visit to Disaster Assistance and Rescue Team (DART) Base Training Modules: Psychological First Aid

NATIONAL POLICE CADET CORPS (NPCC)		Venue:	School Compound / Home Team Academy
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Adrian Tung (Officer) in-Charge		Wednesday	3.00 – 5.30 pm
Ms Chew Wei Xin (Adjutant)		HQ activities	To be advised (on ad-hoc basis)
Ms Lee Kai Ling			
Ms Maizuriah Binte Mohd Yasin			
Ms Sharifah Binte Muhammad Zulkifli			
Key Activities:			
✚	<u>Sec One</u> <ul style="list-style-type: none"> ▪ Secondary One Familiarisation Camp ▪ Secondary One Swearing In Ceremony ▪ Police Procedures Course ▪ NPCC Area 13 Games Day 	✚	<u>Sec Two</u> <ul style="list-style-type: none"> ▪ Anti-Narcotics Course ▪ Revolver Practice Shoot ▪ Road Safety Community Park Marshal Training ▪ NPCC Annual Parade ▪ Inter-unit Campcraft Competition/Inter-unit Quiz Competition ▪ Adventure Training Camp @ Pulau Ubin ▪ Unarmed Tactics
	<u>Sec Three</u> <ul style="list-style-type: none"> ▪ .22" Revolver Classification Shoot ▪ Basic Law Course ▪ Home Front Security Course ▪ Leadership & Mentoring Skills Course ▪ .22" Revolver Shooting Competition ▪ Survival Training Camp @ Pulau Ubin ▪ NPCC Annual Parade ▪ Inter-unit Campcraft Competition/Inter-unit Quiz Competition 		<u>Sec Four/Five</u> <ul style="list-style-type: none"> ▪ Passing Out Parade








VISUAL & PERFORMING ARTS (VPA)

The Performing & Visual Arts instill in students a sense of graciousness and an appreciation for the rich culture and heritage of a multi-racial society.

CONCERT BAND		Venue:		Music Room	
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)			
Ms Diyanah Binte Mohamad Yunos		Monday		3.30 – 5.30 pm	
Mr Marcus Goh Wei Ming		Wednesday		3.00 – 5.00 pm	
Ms Wong Jie Yi Andrea		Additional Practices		To be advised	
Mdm Wendy Chen Jin Jing					
Mdm Lim Ching Ching					
Key Activities:					
	Biennial Singapore Youth Festival Arts Presentation				Public Performances
	Annual Band Camp & Band Exchanges				Values in Action Programmes
	School Performances: CCA Open House, Chinese New Year, Speech Day, National Day				





ENGLISH DRAMA CLUB		Venue:	CD Shelter
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Ms Ong Hui Ping		Monday	3.00 – 5.30 pm
Mdm Sharifah Nur Hidayah		Selected Wednesday	3.00 – 5.30 pm
Mr Arun Vasedev Krishnan		Additional Practices	To be advised
Key Activities:			
	Biennial Singapore Youth Festival Arts Presentation		Values in Action Programmes
	School Performances CCA Open House, International Friendship Day, National Day, Youth for Environment Day (YED)		Enrichment Activities: Drama Workshops Theatre Learning Journeys Drama Day Camp
	Competition ACJC Speech Arts Competition and Festival Biennial Human Values Drama Festival		



GUZHENG ENSEMBLE		Venue:	Guzheng Room
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Ms Leong Mun Yi		Monday	3.00 – 5.30 pm
Ms Nur Hidayah Liyana		Wednesday	3.00 – 5.30 pm
Ms Nurain Binte Mohd Zulkepli		Additional Practices	To be advised
Key Activities:			
	Biennial Singapore Youth Festival Arts Presentation		Values in Action Programmes
	School Performances Speech Day, CCA Open House, Chinese New Year		Public Performances: Sembawang CC National Day Dinner
	Annual Guzheng Camp		N7 Cluster Instrumental Competitions







MODERN DANCE CLUB		Venue:	AVA Room
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mdm Jessie Gee Wai Hoo		Monday	3.00 – 5.30 pm
Ms Elena Thein Ying Jie		Wednesday	3.00 – 5.30 pm
Ms Nur Syazana Binte Rashid		Additional Practices	To be advised
Key Activities:			
	Biennial Singapore Youth Festival Arts Presentation		Enrichment Activities: Appreciation of performances such as watching The Lion King, sharing and interaction with professional dancers, learning different genres of dances
	School Performances CCA Open House, Chinese New Year, Racial Harmony, Teachers' Day		External Competitions and Events
	Annual Dance Camp		Public Performances: Admiralty Chinese New Year Celebrations, Sembawang CC National Day Dinner
	Values in Action Programmes		

CLUBS AND SOCIETIES

To offer a broad range of activities that expose students to experiences so as to develop them in their areas of interests.

ART & ENVIRONMENT CLUB		Venue:	Art Rooms
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mdm Ngoi Sheau Neng		Wednesday	3.00 – 5.30 pm
Mdm Tamil Selvi d/o Ramanujam		Community service activities	To be advised (on ad-hoc basis)
Ms Fazylah Binte Abd Rahman			
Ms Chow Shin Yun			
Mdm Noor Hasnah Binte Adam			
Key Activities:			
	Art Workshops: <ul style="list-style-type: none">• Print-making• Caricature Portrait Drawing• Watercolour Painting• Wall Mural-Graffiti		Raising students' awareness for Environmental Issues /Environmental Advocates/Activists: <ul style="list-style-type: none">• Youth for the Environment Day• Clean & Green Carnival Singapore• Environmental Workshops in partnership with BCA and NEA• Environmental Champions Industry Module (NEA)• Upcycling Workshop (in-house)
	Enrichment Activities: <ul style="list-style-type: none">• Values in Action Programmes (Community Services)• Visits to Singapore Museums• Visits to Art Exhibitions and Galleries• Learning journeys in partnership with BCA and NEA		Upkeep of school's Spice and Vegetable Garden: <ul style="list-style-type: none">• Gardening using recycled materials• Maintenance of vertical garden• Workshops:<ul style="list-style-type: none">○ Making of organic compost○ Making of organic repellents for garden pests

LIGHTHOUSE PRODUCTIONS		Venue:	Lighthouse Studio / Computer Lab
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Kenneth Phua Kiang Song		Wednesday	3.00 - 5.30 pm
Mdm Doreen Yeo Suan Neo		Daily Duty	To be advised
Ms Amalina Binte Mohd Salleh			
Ms Zhuo Yanping			
Mdm Vanitha Govallau			
Key Activities:			
	Learning Programmes: <ul style="list-style-type: none"> Photography and Videography Skills Post-Production Editing Skills Audio/Visual (AV) Sound and Light System Management Skills Loudspeaker Broadcast System Management Skills 		Competitions/Showcase: <ul style="list-style-type: none"> N.E.mation annual inter-school digital animation competition organised by Nexus Public Photography Exhibition
	Enrichment Activities: <ul style="list-style-type: none"> Sports Enrichment Programme Camp Bulb (Training and Bonding Camp) Outdoor Photography Appreciation Day 		Service: <ul style="list-style-type: none"> Photography and videography support for school events Audio/Visual system support for school events and daily morning assemblies Values-in-Action (VIA) Programme

ROBOTICS CLUB		Venue:	ICT Space
Teachers-in-charge:		Weekly Training Days & Time (subject to changes)	
Mr Jeremy Lim Ching Sen		Monday	3.30 - 5.30 pm
Ms Renuka Devi d/o Raghunathan		Wednesday	3.00 – 5.00 pm (Non-Competition Groups)
Mr Chng Hong Tatt			
Ms Tham Yi Hui			3.00 – 5.30pm (Competition Groups)
Ms Tiong Rui Shan			
Key Activities:			
	National Competitions: National Robotics Competition First Lego League Singapore		RE Outreach Programme
	Leadership Training: National Robotics Programming Competition (hosted by ADSS in collaboration with NYP)		Design Thinking Projects: T-Scratch Projects
	Sports Enrichment Programme / Learning Journey		Skills Development Programmes: 3D Printing Photoshop Intel® AI For Youth