



# **Admiralty Secondary School Co-Curricular Activities**

## **CCA Prospectus 2019**

## **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)
<ol style="list-style-type: none"> <li>1. Athletics</li> <li>2. Badminton</li> <li>3. Netball (Girls)</li> <li>4. Rugby (Boys)</li> <li>5. Wushu</li> </ol>	<ol style="list-style-type: none"> <li>1. *National Cadet Corps (Land - Boys) (NCC)</li> <li>2. *National Civil Defence Cadet Corps (NCDCC)</li> <li>3. *National Police Cadet Corps (NPCC)</li> <li>4. Red Cross Youth (RCY)</li> </ol>
Clubs and Societies (CS)	The Visual and Performing Arts (VPA)
<ol style="list-style-type: none"> <li>1. Art &amp; Environment Club</li> <li>2. Lighthouse Productions (AVA)</li> <li>3. Robotics Enterprise (RE)</li> </ol>	<ol style="list-style-type: none"> <li>1. *Concert Band</li> <li>2. Dance Club</li> <li>3. Drama Club</li> <li>4. Guzheng Ensemble</li> </ol>

**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 2.0<sup>1</sup> 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-based<sup>2</sup> Co-Curricular Activity (CCA). Recognition is based on the number of years of participation and exemplary conduct and active contribution<sup>3</sup> 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.

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<sup>1</sup> 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.

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

<sup>3</sup> 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 <sup>4</sup>bonus point(s) which can be used for admission to Junior Colleges/ Polytechnics/ Institutes of Education (JC/Poly/ITE).

<b>Co-Curricular Attainment</b>	<b>Details</b>
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"><li>i. At least Level 2 in three domains;</li><li>ii. At least Level 2 in one domain and at least Level 3 in another domain; or</li><li>iii. At least Level 4 in one domain.</li></ul>
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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<sup>4</sup> 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"> <li>Participated in any CCA for 2 years with at least 75% attendance for each year</li> </ul>	<ul style="list-style-type: none"> <li>Participated in any CCA for 3 years with at least 75% attendance for each year</li> </ul>	<ul style="list-style-type: none"> <li>Participated in any CCA for 4 years with at least 75% attendance for each year</li> </ul>	<ul style="list-style-type: none"> <li>Participated in any CCA for 5 years with at least 75% attendance for each year</li> </ul>	
		<ul style="list-style-type: none"> <li>Participated in any CCA for 3 years with at least 75% attendance for each year and demonstrating exemplary conduct and active contribution</li> </ul>	<ul style="list-style-type: none"> <li>Participated in any CCA for 4 years with at least 75% attendance for each year and demonstrating exemplary conduct and active contribution</li> </ul>	<ul style="list-style-type: none"> <li>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</li> </ul>
			<ul style="list-style-type: none"> <li>Participated in the <u>same</u> CCA for 4 years with at least 75% attendance for each year</li> </ul>	<ul style="list-style-type: none"> <li>Participated in the <u>same</u> CCA for 5 years with at least 75% attendance for each year</li> </ul>

### SERVICE (Level of Attainment)

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

**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
<b>School-based Leadership Opportunities</b>	<ul style="list-style-type: none"> <li>Completed 2 leadership modules of at least 3 hours each</li> </ul>	<ul style="list-style-type: none"> <li>Class Committee</li> <li>Committee for student-initiated or student-led projects, approved by school (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Class Chairperson</li> <li>Prefect</li> <li>Peer Support Leader</li> <li>Committee for school-wide events<sup>5</sup></li> <li>Chairperson/ Vice-Chairperson for student-initiated or student-led projects, approved by school (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Senior Prefect</li> <li>Chairperson/Vice-Chairperson for school-wide events (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Executive Committee<sup>6</sup> of Student Council / Prefectorial Board (or equivalent)</li> </ul>
			<ul style="list-style-type: none"> <li>Lower Sec CCA Committee (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Lower Sec CCA Executive Committee</li> <li>Upper Sec CCA Committee (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Upper Sec CCA Executive Committee (or equivalent)</li> </ul>
<b>National Youth Achievement Award</b>		<ul style="list-style-type: none"> <li>NYAA Bronze</li> </ul>	<ul style="list-style-type: none"> <li>NYAA Silver and above</li> </ul>		
<b>Uniformed Groups (Rank)</b>	<ul style="list-style-type: none"> <li>Lance Corporal (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Corporal</li> <li>Patrol Second</li> <li>Assistant Patrol Leader (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Sergeant</li> <li>Patrol Leader (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Staff Sergeant</li> <li>Assistant Company Leader</li> <li>Senior Patrol Leader (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Warrant Officer</li> <li>Master Sergeant</li> <li>Station Inspector</li> <li>Troop/ Company Leader (or equivalent)</li> </ul>

<sup>5</sup> 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.

<sup>6</sup> 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
<b>Representation<sup>7</sup></b>	<ul style="list-style-type: none"> <li>• Represented class / house / CCA at intra-school event<sup>8</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Represented school / external organisation at local / international event<sup>9</sup> for 1 year</li> </ul>	<ul style="list-style-type: none"> <li>• Represented school / external organisation at local / international event for 2 years</li> </ul>	<ul style="list-style-type: none"> <li>• Represented school / external organisation at local / international event for 3 years or more</li> <li>• Represented UG HQ at international event<sup>10</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Represented Singapore Schools at local / international competition</li> <li>• Represented Singapore at international event endorsed by national bodies</li> <li>• Represented National Project of Excellence<sup>11</sup> at local / international concert</li> <li>• Represented MOE at local / international event</li> <li>• Represented UG HQ at international competition</li> </ul>

<sup>7</sup> 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.

<sup>8</sup> 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.

<sup>9</sup> 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.

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

<sup>11</sup> This refers to the Singapore National Youth Orchestra and Singapore Youth Chinese Orchestra.

**ACHIEVEMENT (Level of Attainment)**

<p><b>Accomplishment<sup>6</sup></b></p>			<ul style="list-style-type: none"> <li>• Represented school / external organisation at local / international event and achieved the following (for 1 year):             <ul style="list-style-type: none"> <li>○ Top 4 (or equivalent) team placing</li> <li>○ Top 8 (or equivalent) individual placing</li> <li>○ Gold/Silver/Bronze/Merit award / certification<sup>12</sup> (or equivalent)</li> <li>○ SYF Arts Presentation Certificate of Distinction /Accomplishment</li> <li>○ SYF Art Exhibition Certificate of Recognition (Special Mention) /Recognition</li> <li>○ Presented original research paper / project accepted at the platform</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Represented school / external organisation at local / international event and achieved the following (for 2 years or more):             <ul style="list-style-type: none"> <li>○ Top 4 (or equivalent) team placing</li> <li>○ Top 8 (or equivalent) individual placing</li> <li>○ Gold/Silver/Bronze/Merit award / certification<sup>11</sup> (or equivalent)</li> <li>○ SYF Arts Presentation Certificate of Distinction /Accomplishment</li> <li>○ SYF Art Exhibition Certificate of Recognition (Special Mention) / Recognition</li> <li>○ Presented original research paper / project accepted at the platform</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Represented Singapore Schools/ National Project of Excellence/MOE at local / international competition OR</li> <li>• Represented Singapore at international event, endorsed by national bodies</li> </ul> <p>AND achieved the following:</p> <ul style="list-style-type: none"> <li>○ Top 4 (or equivalent) team placing</li> <li>○ Top 8 (or equivalent) individual placing</li> <li>○ Gold/Silver/Bronze award / certification (or equivalent)</li> <li>○ Presented original research paper / project accepted at the platform</li> </ul>
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<sup>12</sup> 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.

<b>Uniformed Groups Achievement Badges</b>	<ul style="list-style-type: none"> <li>• Bronze Badge (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>• Silver Badge (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>• Gold Badge (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>• Best Unit Cadet / Outstanding Cadet Award by UG HQ (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>• Top Award for each UG (e.g. Camp Pinnacle Badge, President's Guide Award, Chief Commissioner's Award)</li> </ul>
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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 2019 for Secondary One and New Students

No.	Date	Activity
1	04 Jan 2019, Fri During curriculum hours	<b>CCA Experience I (Profiling) (During Sec 1 Orientation Programme)</b> <ul style="list-style-type: none"> <li>Students will have an introductory experience activity with each of the Sports, Performing Arts and Robotics Enterprise CCAs.</li> <li>Profiling of the students' abilities and aptitude will be conducted during these sessions.</li> </ul> <p>☞ <b><u>Note that consideration for acceptance to <u>some</u> CCA will <u>only be for students who belong to band A or B.</u></u></b></p>
2	09 Jan 2019, Wed 3.00 pm to 5.30 pm	<b>CCA Experience I (Profiling) (Mandatory)</b> <ul style="list-style-type: none"> <li>Students will have an introductory experience activity with each of the Sports, Performing Arts and Robotics Enterprise CCAs.</li> <li>Profiling of the students' abilities and aptitude will be conducted during these sessions.</li> </ul> <p>☞ <b><u>Note that consideration for acceptance to <u>some</u> CCA will <u>only be for students who belong to band A or B.</u></u></b></p>
3	16 Jan 2019, Wed 3.00 pm to 5.30 pm	<b>CCA Experience II (Strongly Encouraged)</b> <ul style="list-style-type: none"> <li>Students will have an introductory experience activity with each of the Uniformed Groups.</li> </ul>
4	23 Jan 2019, Wed 3.00 pm to 5.30 pm	<b>CCA Experience II (Strongly Encouraged)</b> <ul style="list-style-type: none"> <li>Students will have an introductory experience activity with each of the Clubs &amp; Societies.</li> </ul>
5	25 Jan 2019, Fri 5.30 pm to 6.30 pm	<b>CCA Exhibition &amp; Performing Arts Showcase</b> <ul style="list-style-type: none"> <li>Students are encouraged to view the exhibition showcase with their parents/guardian to find out more about each CCA.</li> <li>Students will watch a performance showcase by Performing Arts CCAs &amp; Wushu Club.</li> </ul>
6	25 Jan 2019 to 29 Jan 2019, Fri to Tue	<b>Submission of 5 CCA Choices via online system.</b> <ul style="list-style-type: none"> <li>Students are to take note of the CCA Policy in ADSS and the requirements for CCA participation.</li> <li>Students are to discuss their choices with their parents/guardian and submit their top 5 choices online LMS (Further instructions will be provided)</li> <li>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 28 Jan 2019.</li> <li>Students who submit their CCA choices late may not get the CCA of their choice.</li> </ul> <p>☞ <b><u>Students will be allocated CCAs according to their choices as far as possible.</u></b></p> <p>☞ <b><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></b></p>
7	08 Feb 2019, Fri	<b>Confirmation of allocated CCA</b> <ul style="list-style-type: none"> <li>Students and parents/guardian will be informed of their official CCA allocated to them</li> </ul>
8	13 Feb 2019, Wed	<b>Official start of CCA Training</b> <ul style="list-style-type: none"> <li>All CCA trainings for Sec Ones will start officially on 13 Feb 2019, Wed.</li> </ul>
9	By 15 Feb 2019, Fri	<b>Appeal for Change of CCA</b> <ul style="list-style-type: none"> <li>Any appeals (endorsed by parents) need to be <b>submitted in writing</b> to Mr Kelvin Goh (HOD PE &amp; CCA) <b>by 15 Feb 2019</b>. No appeal will be entertained after the date.</li> <li>All appeals will be considered on a <b>case by case basis</b> with approval by the Principal.</li> </ul>

## Physical Sports (PS)

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

<b>ATHLETICS</b>		<b>Venue:</b>	Woodlands Stadium / Sch Compound
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Charmaine Koh (OIC)		Wednesday	3.30 – 5.30 pm
Mr Ho Wai Kin (2nd IC)		Friday	3.00 - 5.00 pm
Ms Mas Ayu		Other days	To be advised (For competition periods only)
<b>Key Activities:</b>			
	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

<b>BADMINTON</b>		<b>Venue:</b>	School Hall / Woodlands Sports Hall / Sembawang Community Centre
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Jamie Ong (IC)		Wednesday	2.45 - 6.15 pm
Ms Lim Chien Ru (2 <sup>nd</sup> IC)		Friday	1.45 - 5.15 pm
Mr Poon Lee Wang		Other Days	To be advised (For competition periods only)
Mdm Ong Lay Khim (AED)			
<b>Key Activities:</b>			
	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

<b>NETBALL</b>		<b>Venue:</b>	School Netball Court
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Nuriah Bte Mohd Noor (IC)		Wednesday	3.00 - 5.00 pm
Ms Sylvia Lim (2 <sup>nd</sup> IC)		Friday	2.00 - 5.00 pm
Ms Nurzafirah Binte Mohamad Zainal (AED)		Monday	To be advised (For competition periods only)
<b>Key Activities:</b>			
🏆	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	🏆	

<b>RUGBY</b>		<b>Venue:</b>	School Field
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Jacob Jonathon (IC)		Wednesday	3.00 - 5.30 pm
Mr Abdul Salem Bin Samat (2 <sup>nd</sup> IC)		Friday	3.00 - 5.30 pm
Mr Ray Chua Khoo Siong		Monday	To be advised (For competition periods only)
Mr Paul Jeremiah (AED)			
<b>Key Activities:</b>			
🏆	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





<b>WUSHU</b>		<b>Venue:</b>	School Hall
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Tan Yuan Yan (IC)		Wednesday	3.00 - 6.00 pm
Ms Nge Hui Peng (2 <sup>nd</sup> IC)		Friday	1.00 - 4.00 pm
Ms Soo Zhi Yi (AED)		Monday	To be advised (For competition periods only)
<b>Key Activities:</b>			
🏆	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.**

<b>NATIONAL CADET CORPS (NCC-LAND)</b>		<b>Venue:</b>	School Compound / NCC HQ
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Lai Kuok Liang (Commanding Officer)		Wednesday	3.00 - 6.00 pm
Ms Gadis Mutiara (Adjutant)		HQ activities	To be advised (on ad-hoc basis)
Mr Achmad Nasrun			
Mr Ong Yi Jun			
Mr Marcus Goh			
<b>Key Activities:</b>			
✚	<b><u>Sec One</u></b> <ul style="list-style-type: none"> <li>▪ NCC Camp Forge</li> <li>▪ NCC Affirmation Ceremony</li> <li>▪ FSD</li> <li>▪ Unit Camp</li> <li>▪ Total Defense (Bronze)</li> <li>▪ Sports &amp; Games Challenge</li> </ul>	✚	<b><u>Sec Two</u></b> <ul style="list-style-type: none"> <li>▪ NCC Camp Steel</li> <li>▪ NCC SAR 21 Rifle Technical Handling</li> <li>▪ NCC IMT</li> <li>▪ NCC Orienteering competition</li> <li>▪ FSD / PDS</li> <li>▪ Unit Camp</li> <li>▪ NCO Camp</li> <li>▪ Total Defense (Silver)</li> <li>▪ Sports &amp; Games Challenge</li> </ul>
✚	<b><u>Sec Three</u></b> <ul style="list-style-type: none"> <li>▪ NCC IMT / Live Range</li> <li>▪ NCC SAR 21 Rifle Technical Handling</li> <li>▪ NCC Advanced Drilled Course</li> <li>▪ NCC Specialist Course</li> <li>▪ NCC FSD / PDS Competition</li> <li>▪ NCC Senior Specialist Course</li> <li>▪ National Camp</li> <li>▪ National Day Parade (External)</li> <li>▪ Outward Bound Camp</li> <li>▪ Sports &amp; Games Challenge</li> <li>▪ Unit Camp</li> <li>▪ Total Defense (Gold)</li> <li>▪ Overseas Adventure Trip (Mount Ophir, ICEP)</li> <li>▪ One-Star Kayaking Course</li> </ul>	✚	<b><u>Sec Four/Five</u></b> <ul style="list-style-type: none"> <li>▪ NCC FSD / PDS Competition</li> <li>▪ Sports &amp; Games Challenge</li> <li>▪ Unit Camp</li> <li>▪ Passing-Out Parade</li> <li>▪ Cadet Officer Course (Selected cadets)</li> </ul>








<b>NATIONAL CIVIL DEFENCE CADET CORPS (NCDCC)</b>		<b>Venue:</b>	School Compound / Home Team Academy
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Mansoor Bin Abdul Rahman (Officer IC)		Wednesday	3.00 - 6.00 pm
Mr Tay Pei Yong (Adjutant)		HQ activities	To be advised (on ad-hoc basis)
Ms Chia Ji Ying			
Ms Najla Banu			
<b>Key Activities:</b>			
 <b><u>Sec One</u></b> <ul style="list-style-type: none"> <li>▪ Secondary One Experiential Camp</li> <li>▪ Secondary One Adventure Challenge</li> <li>▪ Visit to Civil Defence Academy</li> <li>▪ Community Bonding Day</li> <li>▪ Training Modules: Fire Safety Proficiency Badge, Total Defence (Bronze), Footdrill (Bronze)</li> </ul>		 <b><u>Sec Two</u></b> <ul style="list-style-type: none"> <li>▪ Secondary Two Adventure Training Camp at MOE Changi Coast Adventure Centre</li> <li>▪ Campfire Leaders Course</li> <li>▪ NCDCC Inter-Unit Civil Defence Quiz</li> <li>▪ Urban Adventure Civil Defence Skills Challenge</li> <li>▪ Precision Drill Competition</li> <li>▪ Visit to Civil Defence Heritage Gallery</li> <li>▪ NCDCC Service Day</li> <li>▪ Training Modules: Rescue Proficiency Badge, Civil Defence Shelter Proficiency Badge, SANA Badge Course, Cardio Pulmonary Resuscitation (CPR) Course, Footdrill (Silver) Badge, Campcraft Proficiency Badge</li> </ul>	
 <b><u>Sec Three</u></b> <ul style="list-style-type: none"> <li>▪ Senior NCO Course</li> <li>▪ Urban Search and Rescue (USAR) Course</li> <li>▪ Basic Rescue Equipment Course</li> <li>▪ Basic Cardio Life Support Course</li> <li>▪ Unit Drill Instructor Course</li> <li>▪ Urban Adventure Civil Defence Skills Challenge</li> <li>▪ Precision Drill Competition</li> <li>▪ Emergency Preparedness Day</li> <li>▪ Visit to Bukit Batok Fire Station</li> <li>▪ Speech Day Marching Contingent</li> <li>▪ National Day Parade Supporting Contingent</li> <li>▪ Overseas Exchange Visit to Hong Kong (Civil Aid Service)</li> <li>▪ Training Modules: Hazmat Proficiency Badge, Civil Defence Knowledge Proficiency Badge, Homefront Security Proficiency Badge, Crime Prevention Badge</li> </ul>		 <b><u>Sec Four/Five</u></b> <ul style="list-style-type: none"> <li>▪ Speech Day Marching Contingent</li> <li>▪ Adventure Finale at Pulau Ubin</li> <li>▪ Visit to Disaster Assistance and Rescue Team (DART) Base</li> <li>▪ Secondary Four Non-Senior NCO Leadership Workshop</li> <li>▪ Automated External Defibrillator Course</li> </ul>	








<b>NATIONAL POLICE CADET CORPS (NPCC)</b>		<b>Venue:</b>	School Compound / Home Team Academy
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Adrian Tung (Officer IC)		Wednesday	3.00 - 5.30 pm
Ms Chew Wei Xin (Adjutant)		HQ activities	To be advised (on ad-hoc basis)
Ms Tiong Rui Shan			
Ms Tham Yi Hui			
<b>Key Activities:</b>			
 <b><u>Sec One</u></b> <ul style="list-style-type: none"> <li>▪ Secondary One Familiarisation Camp</li> <li>▪ Secondary One Swearing In Ceremony</li> <li>▪ Police Knowledge One Course</li> <li>▪ NPCC Area 13 Games Day</li> </ul>		 <b><u>Sec Two</u></b> <ul style="list-style-type: none"> <li>▪ Anti-Narcotics Course</li> <li>▪ 0.22' Revolver Classification Shoot</li> <li>▪ Road Safety Community Park Marshal Training</li> <li>▪ NPCC Annual Parade</li> <li>▪ Inter-unit Campcraft Competition/Inter-unit Quiz Competition</li> <li>▪ Adventure Training Camp @ Pulau Ubin</li> <li>▪ Unarmed Tactics</li> </ul>	
 <b><u>Sec Three</u></b> <ul style="list-style-type: none"> <li>▪ .22" Revolver Classification Shoot</li> <li>▪ Police Knowledge Two Course</li> <li>▪ Home Front Security Course</li> <li>▪ Leadership &amp; Mentoring Skills Course</li> <li>▪ .22" Revolver Shooting Competition</li> <li>▪ Adventure Training Camp @ Pulau Ubin</li> <li>▪ NPCC Annual Parade</li> <li>▪ Inter-unit Campcraft Competition/Inter-unit Quiz Competition</li> </ul>		 <b><u>Sec Four/Five</u></b> <ul style="list-style-type: none"> <li>▪ High Rope Challenge</li> <li>▪ Passing Out Parade</li> </ul>	

<b>RED CROSS YOUTH (RCY)</b>		<b>Venue:</b>	School Compound / RCY HQ
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Mok Kaie See (Youth Officer)		Wednesday	3.00 - 6.00 pm
Mdm Chow Shin Yun (2 <sup>nd</sup> IC)		Friday	1.30 – 4.30 pm (Semester One)
Ms Masrurah		HQ activities	To be advised (on ad-hoc basis)
Ms Aiyshwari			
<b>Key Activities:</b>			
✚	Footdrill	✚	Annual Red Cross Flag Day (Grateful Hearts Day)
✚	Inter-CCA Flag Day for other organisations	✚	First Aid Duties: ADSS Admirals' Run National Robotics Programming Competition National Day Parade
✚	Competitions: RCY First Aid Championship	✚	Values in Action Programmes: Visits to Woodlands Care Home, Red Cross Home for the Disabled
✚	Enrichment Activities: World Red Cross Day Celebration cum Enrolment Ceremony First Aid Accreditation	✚	Enrichment Camps: Internal RCY Day Camp RCY Warrant Officers' Programme RCY Unit Specialist' Programme RCY Challenge Gold Modular Workshops and Masterclass

## 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.**

<b>CONCERT BAND</b>		<b>Venue:</b>	Band Room (CD Shelter)
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Diyanah Binte Mohamad Yunos (IC)	Wednesday	3.00 – 6.00 pm	
Ms Dorothy Phua (2 <sup>nd</sup> IC)	Friday	2.30 – 5.30 pm	
Ms Wendy Chen	Additional Practices	To be advised	
Ms Ngoi Sheau Neng			
Mdm Lim Ching Ching			
<b>Key Activities:</b>			
	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		

<b>DANCE CLUB</b>		<b>Venue:</b>	AVA Room
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mdm Jocelyn Goh (IC)	Wednesday	3.00 - 5.30 pm	
Mdm Lisda (2 <sup>nd</sup> IC)	Friday	1.00 - 3.30 pm	
Ms Elena Thien	Additional Practices	To be advised	
Ms Jessie Gee			
<b>Key Activities:</b>			
	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		

<b>DRAMA CLUB</b>		<b>Venue:</b>	Music Room
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Fazylah (IC)		Wednesday	3.00 - 5.00 pm
Ms Jacqueline Lim (2 <sup>nd</sup> IC)		Friday	2.00 - 5.30 pm
Mdm Sharifah Nur Hidayah		Additional Practices	To be advised
<b>Key Activities:</b>			
✚	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		

<b>GUZHENG ENSEMBLE</b>		<b>Venue:</b>	Guzheng Room
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Leong Mun Yi (IC)		Wednesday	3.00 - 5.50 pm
Ms Liyana (2 <sup>nd</sup> IC)		Friday	1.30 - 4.30 pm
Ms Nurain		Additional Practices	To be advised
<b>Key Activities:</b>			
✚	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

## 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.**

<b>ART &amp; ENVIRONMENT CLUB</b>		<b>Venue:</b>	Art Room
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mdm Tamil Selvi d/o Ramanujam (IC)		Wednesday	3.00 – 5.30 pm
Ms Tay Yi Rong (2 <sup>nd</sup> IC)		Community service activities	To be advised (on ad-hoc basis)
Mdm Hasnah			
Mdm Radiah			
Mr Md Faizal			
<b>Key Activities:</b>			
✚	<b>Art Workshops:</b> <ul style="list-style-type: none"> <li>• Print-making</li> <li>• Caricature Portrait Drawing</li> <li>• Watercolour Painting</li> <li>• Wall Mural-Graffiti</li> </ul>	✚	Raising students' awareness for Environmental Issues /Environmental Advocates/Activists: <ul style="list-style-type: none"> <li>• Youth for the Environment Day</li> <li>• Clean &amp; Green Carnival Singapore</li> <li>• Environmental Workshops in partnership with BCA and NEA</li> <li>• Environmental Champions Industry Module (NEA)</li> <li>• Upcycling Workshop (in-house)</li> </ul>
✚	<b>Enrichment Activities:</b> <ul style="list-style-type: none"> <li>• Values in Action Programmes (Community Services)</li> <li>• Visits to Singapore Museums</li> <li>• Visits to Art Exhibitions and Galleries</li> <li>• Learning journeys in partnership with BCA and NEA</li> </ul>	✚	<b>Upkeep of school's Spice and Vegetable Garden:</b> <ul style="list-style-type: none"> <li>• Gardening using recycled materials.</li> <li>• Maintenance of vertical garden.</li> <li>• Workshops:               <ul style="list-style-type: none"> <li>• Gardening using recycled materials</li> <li>• Making of organic compost.</li> <li>• Making of organic repellents for garden pests.</li> </ul> </li> </ul>

<b>LIGHTHOUSE PRODUCTIONS</b>		<b>Venue:</b>	Lighthouse Studio / Computer Lab
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Mr Kenneth Phua (IC)		Wednesday	3.00 - 5.30 pm
Ms Diyana Bte Jumahat (2 <sup>nd</sup> IC)		Daily Duty	To be advised
Mdm Doreen Yeo			
Ms Amalina			
<b>Key Activities:</b>			
<ul style="list-style-type: none"> <li>Photography and Videography Skills</li> <li>Post-Production Editing Skills</li> <li>Audio/Visual (AV) Sound and Light System Management Skills</li> <li>Loudspeaker Broadcast System Management Skills</li> </ul>		<ul style="list-style-type: none"> <li>N.E.mation annual inter-school digital animation competition organised by Nexus</li> <li>Public Photography Exhibition</li> </ul>	
<ul style="list-style-type: none"> <li>Sports Enrichment Programme</li> <li>Camp Bulb (Training and Bonding Camp)</li> <li>Outdoor Photography</li> <li>Appreciation Day</li> </ul>		<ul style="list-style-type: none"> <li>Photography and videography support for school events</li> <li>Audio/Visual system support for school events and daily morning assemblies</li> <li>Values-in-Action (VIA) Programme</li> </ul>	

<b>ROBOTICS ENTERPRISE (RE)</b>		<b>Venue:</b>	ICT Space
<b>Teachers-in-charge:</b>		<b>Weekly Training Days &amp; Time (subject to changes)</b>	
Ms Renuka (IC)		Wednesday	3.00 - 5.30 pm
Mr Jeremy Lim (2 <sup>nd</sup> IC)		Friday	2.30 - 5.30 pm
Mr Chng Hong Tatt		Competitions	To be advised
Ms Chan Bao Xuan			
<b>Key Activities:</b>			
<ul style="list-style-type: none"> <li>National Robotics Competition</li> <li>First Lego League Singapore etc</li> </ul>		RE Outreach Programme	
<ul style="list-style-type: none"> <li>National Robotics Programming Competition (hosted by ADSS in collaboration with NYP)</li> </ul>		<ul style="list-style-type: none"> <li>Design Thinking Projects</li> <li>T-Scratch Projects</li> </ul>	
<ul style="list-style-type: none"> <li>Sports Enrichment Programme / Learning Journey</li> </ul>		<ul style="list-style-type: none"> <li>Skills Development Programmes:</li> <li>3D Printing</li> <li>Photoshop</li> </ul>	