



Breakout session 2 (Afternoon session)

Rooms in Microsoft Teams will open at 1300

Duration: 1315 – 1415

WE01A: A Hwa Chong Positive Education Journey - A Work-in-progress

Presenters: Mr Charles Low & Mr Edmund Teo, Hwa Chong Institution (High School Section)

Facilitator: Mrs Alice Teoh, Anglo-Chinese School (Independent)

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower"
Alexander Den Heijer

Our individual well-being is invariably connected to the well-being of the community we belong. In this workshop, we share one approach in fostering the well-being of a community of students, teachers and parents. This approach focuses on the intentional and persistent application of positive language, routines and relationships to nudge a community towards adopting a culture that fosters and supports the well-being of all its members.

WE02A: Wheel of Calm

Presenters: Mr Chong Meng Lieng & Mr Kevin Lum, Anglo-Chinese School (Barker Road)

Facilitator: Mrs Megan Lim, Anglo-Chinese School (Independent)

The Wheel of Calm Toolkit is designed to help educators manage a meltdown in a confident way which incorporates the tactile use of a physical wheel. This toolkit aims to deescalate a potential meltdown with systematic steps and instructions. A thorough familiarisation with the instructions and tips provided within the Toolkit will likely help an educator to manage a meltdown more effectively. This toolkit does not supersede the MOE protocol for managing meltdowns and instead is meant to complement it.

WE03A: Character Strengths: What is Right – not Wrong – about Our Students?

Presenters: Mrs Diane Choo & Mr Chia Choy Kian, Anglo-Chinese School (Independent)

The objective behind the study of the 24 Character Strengths from the VIA Institute on Character is the focus on what is right – not wrong – about others. As teachers, we look out for these strengths in our students and help them build on these attributes so that they can flourish in life, not just in school.

This workshop provides participants an introductory look at character strengths with relevant activities and shows how our school practises our Well-Being Education model based on the Positive Psychology of these strengths; after all, we live the best life by feeling good and doing good!

WE04A: Transition Support for Secondary 1 Autism Spectrum Disorder Students

*Presenters: Mdm Chu Pei Yun & Mr Lionel Lin Junrong, Anglo-Chinese School (Barker Road)
Facilitator: Ms Law Miew Fong, Anglo-Chinese School (Independent)*

Imagine yourself in a completely new and unfamiliar environment and meeting new people, how will you feel? Will you feel anxious, nervous or uneasy? Transiting from Primary to Secondary school education and entering a new school environment may cause anxiety in students with Autism Spectrum Disorder (ASD). Join us to find out more about how we developed this program to cater to the needs of our students in their transition to Secondary school.

WE05A: The Best Is Yet To Be – Our Journey in Growth Mindset

*Presenters: Mr Andrew Wong, Mr Brian Chirnside, Ms Au Pui Fun & Mdm Lee Chia Hui,
Anglo-Chinese School (Independent)*

Our Year 3 Cohort embarked on the journey to explore Growth Mindset in 2020 and it has been a transformative one thus far. The more we understood its concepts, the more we feel inspired to keep growing both as educators and students.

At this workshop, we will share with you our journey on how Growth Mindset is implemented within our pastoral care curriculum, some of our pitfalls, and the plans to make this an underlying concept in everything we do at work and in life, truly the best is yet to be!

WE06A: Procrastination and Goal Setting

Presenters: Ms Lee Suling & Ms Charissa Lim, Anglo-Chinese School (Independent)

Procrastination is derived from both the Latin verb “procrastinare”, which means to put off until tomorrow, and the ancient Greek word akrasia, which means doing something against our better judgment. It is something we are all familiar with and we see evidence of procrastination throughout history, afflicting regardless of age, gender, social economic background, etc.

In this workshop, the presenters aim to introduce the science behind procrastination and motivation. Participants will also engage with a lesson package that explores the types of procrastination and a simple yet effective way to conquer it.

WE07A: Visualising and performing character and citizenship through digital storytelling

Presenter: Dr Phillip A. Towndrow, National Institute of Education, Nanyang Technological University, Singapore

Facilitator: Mrs Ho-Toh Ling Lee, Anglo-Chinese School (Independent)

Digital storytelling—the art of telling and sharing a story using multiple forms of representation—is a relatively new education innovation. Digital storytellers can use a range of photographs, movie clips, sounds, music and words to express their ideas but the way this operates varies from one storyteller to another.

In this introductory research-based workshop, participants will learn how to understand and appreciate the storytelling design work involved in personalization and self-representation within the subject-area of Character and Citizenship Education (CCE). We will discuss what makes a CCE story good and how to use digital storytelling as a guiding and supporting pedagogy in and outside of classrooms.

WE08A: Self-Care 101

Presenter: Mr Chow Yen-Lu, Over The Rainbow

Facilitator: Mdm Lim Wan Hoon, Anglo-Chinese School (Independent)

Mental wellness is not just the absence of mental illness, but the attainment of happiness and well-being. To create positive change in your mental world and to enhance your mental well-being, you need to start by looking within; tuning into your body, your breath and your mind, in order to get your inside right.

If you are calm and happy inside, your outside world will fall into place. This is a journey in Holistic Self-Care. Join Yen-Lu, OTR co-founder, as he brings you along this journey to achieve inner peace and joy. Self-care is a practice that OTR advocates in its work since the beginning, self-care for children, adults...for parents, teachers, caregivers! This talk-workshop has been presented by Yen-Lu through the years in various settings from schools to organisations, and he looks forward to sharing this with all of you.

WE09A: Stories For Good

Presenter: Ms Annabelle Siena Lim, The Hidden Good

Facilitator: Dr Doreen Ang, Anglo-Chinese School (Independent)

“Stories For Good” is a capacity building programme for social impact storytelling which leverages on the art of storytelling to build brand affinity, enhance stakeholder engagement and amplify impact online. This workshop will explore innovative and inspired methods to translate and customize your narrative for the various digital platforms. It will explain more about social media, and at the same time illustrate how it can be made more accessible and implementable irrespective of resource limitations or budget challenges.

WE10A: Peer Helping in ACS (Independent)

Presenters: Mrs Mervlyn Goh, Mr Charlie Ong & Ms Marie Chong, Anglo-Chinese School (Independent)

When young people have problems, they are far more likely to discuss them with their friends rather than their parents, teachers, or other caregivers. A peer helper is a student who is trained in help-giving skills and they work closely with the school's professional counsellors. The counsellors will share on how the peer helpers programme was initiated at ACS (Independent) and developed into a student-led programme that supports the Well-being Education thrust of the school.

WE11A: Community Wellbeing through Service-learning

*Presenter: Mr Victor Goh, Habitat For Humanity Singapore
Facilitator: Mr Azmi Azeman, Anglo-Chinese School (Independent)*

Habitat for Humanity Singapore is part of an international Christian housing charity that seeks to eliminate poverty housing worldwide. Understanding that safe and affordable housing provides a path out of poverty, we have been working alongside low-income communities to increase their access to improved living conditions through volunteer programmes locally and in the region.

In this workshop, participants will:

- Get an overview of what Habitat Singapore is about
 - Be introduced to some core concepts of service-learning and how to design an effective service-learning experience
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WE12A: Selection and training of student leaders using the Student Leadership Challenge Model

Presenters: Mr Peter Dumortier & Mdm Angela Ong, Anglo-Chinese School (Independent)

This session will focus on the application of the Student Leadership Challenge Model to the Selection and Development of Student Leaders in Anglo-Chinese School (Independent). The school has adopted Barry Posner's leadership model in 2012. The five practices of exemplary leadership were used as basis for the selection and training of student councillors and were subsequently extended to the House leaders and prefects.

The session will first present some broad leadership guiding principles in alignment to the Student Leadership Challenge model and then showcase some selection and training tools through case studies from both our junior (secondary school) and senior (JC/IB) streams. Participants will be able to understand the theoretical underpinnings of the approach and be able to apply this approach to the selection and training of their own CCA/UG/class committee leaders.

WE13A: Combating Fake News with S.U.R.E.

Presenter: Mr Mervin Ang, National Library Board

Facilitator: Mrs Lisa Lai, Anglo-Chinese School (Independent)

Learn about the characteristics and impact of fake news in this talk conducted by the National Library. By using real-world examples, participants will also apply the S.U.R.E. (Source, Understand, Research, Evaluate) to debunk and combat the spread of online misinformation.

Mervin is a versatile trainer and facilitator who has conducted numerous talks and workshops on information literacy and library resources for diverse audiences. Since 2014, he has trained more than 30,000 individuals from schools and organisations.

WE14A: Finding value(s) in Heritage

Presenters: Mr Liu Guoyi, Mr Koh Tiang Peng, Mr Gavin Ang, Mr Lincoln Chua & Ms Cindy Seetoh, Anglo-Chinese School (Independent)

Heritage education can be a powerful tool for acculturation, and for the teaching of values. The story of the Anglo-Chinese School in Singapore spans more than 130 years, and is replete with multiple narratives and voices which serve not only to inspire, but also to imbue timeless values in the next generation.

Artifacts and historical documents on ACS provide an appropriate platform for the teaching and learning of heritage education in ACS (Independent). This workshop draws on the richly curated resources and materials in the archives at ACS (Independent) and provides an exploration of the value of teaching and learning about heritage from the perspective of values education, and considers how an appropriate curriculum for the teaching of heritage education can be structured.

WE15A: A Chat on ACS (Independent) Restorative Journey

Presenters: Mr George Lam, Mr William Lai & Mr Phee Beng Chang, Anglo-Chinese School (Independent)

The session aims to share our journey to implement Restorative Practices as part of our extension of Well-being Education to Discipline. In accordance with our Transformative Discipline Philosophy, a modified version of Restorative Chats was used to guide students involved in discipline cases through a reflective introspection in the hope of mending relationships and improving TSR. Sharing of survey questions, data and anecdotal feedback from teachers and students will help to further customised the use of Restorative Chats in ACS (Independent).

WE17A: Beyond the Label Movement – Mobilising Youths

Presenters: National Council of Social Services and Youth Alliance

Facilitator: Mr Kenneth Seah, Anglo-Chinese School (Independent)

Based on NCSS's Quality-of-Life (QOL) study, conducted in 2015, persons with mental health condition has a lower quality of life compared to the general population and social inclusion was found to be the significant factor in increasing their quality of life.

However, National Council of Social Service (NCSS)'s Study on Attitudes towards Persons with Mental Health Conditions, conducted in 2017 found that 7 in 10 Singaporeans believe that persons with mental health conditions experience stigma and discrimination daily, and more than 5 in 10 are not willing to live with, live nearby or work with a person with mental health condition. This stigma also prevents persons with mental health conditions from seeking help. Representatives from NCSS and the Youth Alliance will be sharing more about the prevalence of stigma towards persons with mental health condition and Beyond the Label movement. Also, you can take part in a curated BTL Breaking Barriers e-Escape room session with your friends.

WE18A: Positive Teaching Practices for Boys

Presenters: Mr Eugene Lim & Mrs Karen Ng, Anglo-Chinese School (Independent)

While each child is unique and each has his individual learning temperaments, it is important to recognize that the child is also developing and socializing in the process of learning. The all-boys learning environment at the secondary school section of ACS (Independent) offers great opportunities for educators to take advantage of the many similarities that our students have in terms of learning styles and temperament. Lots of untapped potentials would be lost if learning behaviours are being misconstrued as disruptions or misdemeanours. As part of our groups professional learning, we have done research and personal reflections on the unique propositions of teaching boys and has since distilled our learning into 8 guiding principles. At the sharing, the team will present these principles and some of the corresponding teaching moves.

1. Boys Excel With Classroom Routines
2. Boys Learn Best When Thinking Is Made Visible
3. Boys Need Help Boosting Attention Span
4. Boys Enjoy Tech-Infused Learning
5. Boys Need a Sense of Accomplishment
6. Boys Thrive with Competition
7. Boys Need Positive Modelling
8. Boys Are Kinesthetic Learners

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