



HGP

HEARTBEAT



Bringing out the Best in Every Child, Together



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*Climb every mountain, ford every stream, follow
every rainbow till you find your dream.*

The Sound of Music

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Climbing Different Mountains and Scaling Different Peaks

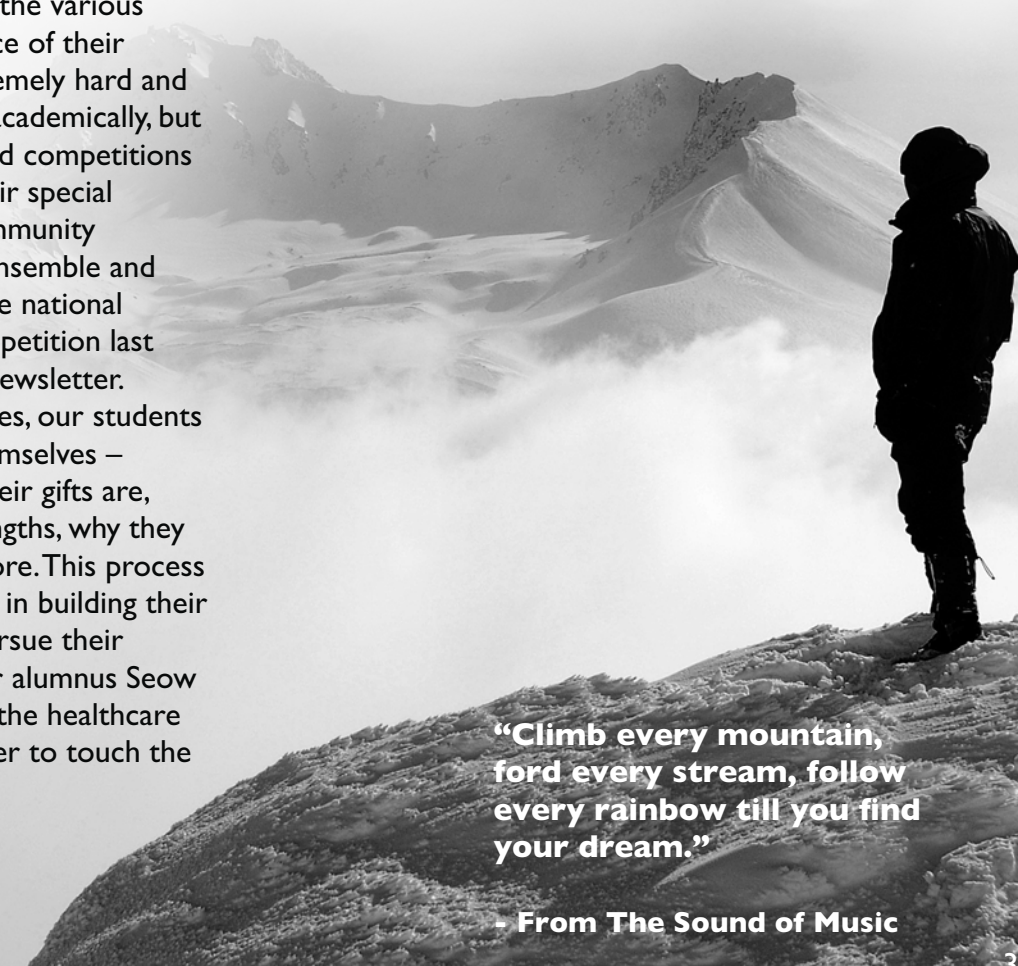
During the P6 Parents' Briefing in January, I highlighted the variegated educational landscape in Singapore today that recognises the diverse strengths and interests of our children. Entitled "Climbing New Peaks of Excellence", my sharing outlined the transformation of our schools in recent years, aimed at nurturing the joy of learning in our students, as well as broadening the definition of success in Singapore.

Underpinning the policy shifts is the overarching belief that every child is unique and wants to succeed. At Hougang Primary (HGP), this provides the *raison d'être* for us to design and enact a wide range of experiences within and beyond the classroom, enabling our students to climb different metaphorical mountains of learning and scale different peaks of excellence. Hence, we have been actively looking out for opportunities to expand and enrich our students' learning, since the easing of safe management measures last year.

I am immensely proud of the efforts and achievements of our HGPIans in the various learning areas. Under the guidance of their teachers, they have worked extremely hard and done exceedingly well, not only academically, but also in external performances and competitions that allow them to showcase their special talents. Among these are the community performances by our Guzheng Ensemble and Malay Dance CCAs, as well as the national Cepat Tepat Malay Language competition last year, which are captured in this newsletter. Besides celebrating their successes, our students also get to learn more about themselves – where their interests lie, what their gifts are, how they can develop their strengths, why they need to work hard, and many more. This process of self-discovery goes a long way in building their confidence and capabilities to pursue their passion and learn for life, like our alumna Seow Xinling, who has chosen to join the healthcare industry after her studies, in order to touch the lives of others.

One of our Primary 1 students, Om Madan Garg from 1E, became the youngest Singaporean to complete the Mount Everest Base Camp Trek last year at the tender age of six. It is an incredible and inspiring physical feat that not everyone, including myself, can attain in our lifetime. Thankfully, there is a myriad of "mountains" across the spectrum of learning domains for us to pick from, offering us equally fulfilling experiences in the ascent and spectacular views at their respective peaks. Ultimately, what is important is for us to follow our rainbow and find our dream that will make every part of the climb up the mountain of our choice truly exciting, enabling and empowering!

Mr Jason Goh
Principal, Hougang Primary School



**"Climb every mountain,
ford every stream, follow
every rainbow till you find
your dream."**

- From The Sound of Music

Holistic Development of Our Students

PSLE 2022

Our students did well for PSLE 2022, with the majority enrolling in their choice schools for their secondary education. We wish them all the best in their future endeavour!



Cepat Tepat 2022

Four of our Primary 6 students took part in a National Malay Language Competition, Cepat Tepat, organized by the Malay Language Learning and Promotion Committee (MLLPC) and Mediacorp. 84 primary schools took part in the competition, and we are proud to announce that we came in fourth. Muhammad (6D), Aleesya Nadya (6E), Muhammad Danish (6D) and Muhammad Syafiq (6C), worked very hard to bring this honour to the school.

It was definitely not an easy journey for them. The whole competition lasted over four months. They worked very hard, juggling between exams and schoolwork. They even had to prepare for the competition in school during the June holiday. There were challenges along the way but they persevered. For the participants and student supporters, it was an eye-opening experience to be part of a recording session at Mediacorp Studio. When the programme was aired on Suria Channel, they were exhilarated to see themselves and their friends on air.

Once again, congratulations to the Malay students and Malay Language department on their achievement!



Community Performances

The Malay Dance CCA group performed at the Esplanade Outdoor Theatre on 5 November 2022 as part of the Muara Dance Festival. Our students enjoyed the experience as they got to interact and learn from other performers while performing in front of a big and interactive audience.

Our Guzheng Ensemble CCA group mesmerised the audience when they performed at the Jalan Kayu Chinese New Year Reception on 4 February 2023. They displayed great confidence and perfect harmony through their melodious performance. The Guest-of-Honour was none other than the Prime Minister, Mr Lee Hsien Loong. The students were excited when they had a once in a lifetime opportunity to interact and take photos with him. It was truly a momentous occasion that they would never forget.

https://www.instagram.com/p/CoPg2EQJ6gw/?utm_source=ig_web_copy_link



Chinese New Year Celebrations



It was a wonderful feeling this year when the whole school was able to come together as a big family for the first time, post Covid, for the Chinese New Year Celebrations. The performances by our own CCA groups and the lion dancers that the school engaged certainly added to the joyous atmosphere.

<https://www.facebook.com/search/top?q=chinese%20new%20year%20pod%20hgp>

https://www.instagram.com/p/CnrBlqLJnaX/?utm_source=ig_web_copy_link

HGP Celebrates!

For the first time in three years, HGP Celebrates! 2023 was held face-to-face on 10 March, the last day of Term 1. It was an event filled with joy, recognition, and nostalgia. The event, which was held to award students for their outstanding academic achievements, good character, and talent in visual and performing arts, also served as a platform to recognise the staff for their hard work and dedication to the school.

The atmosphere was filled with excitement as attendees enjoyed the sumptuous buffet spread and took photographs at the specially dedicated photo booth, a novelty that was introduced for the first time this year and proved to be a great hit among parents, students and staff. Parents, SAC members, and PIA members had a great time bonding with one another and celebrating the successes of their loved ones.

The highlight of the event was the presence of our former principal, Mdm Rashidah Bte Abdul Rasip, who was invited to grace the occasion as the Guest-of-Honour. It brought back fond memories of her tenure as principal and added to the nostalgic atmosphere of the celebration.

Overall, HGP Celebrates! 2023 was a resounding success. The recognition of academic and character excellence, along with the celebration of artistic talent, was a fitting tribute to the efforts and achievement of both our students and staff. The event provided a fun and memorable experience for everyone, and it will surely be remembered for years to come.



P5 Outdoor Education Camp 2023

Our P5 students had their cohort camp at the start of Term 2 this year. They took part in various activities that provided them with the opportunities to develop their character and leadership skills and enhance socio-emotional learning competencies. They certainly enjoyed the camp with the company of their wonderful teachers and instructors!



Taking on challenges together!



Learning about our nation's water...



Bang bang!



Exploring and learning together =>



Featuring Past and Present HGPians



Om Madan Garg
IE 2023

Greetings to our fellow HGPians. We are Gaya and Mayur and our son, Om, is one of the new additions to the school, together with his other PI peers this year.

Last year, Om, who was 6 years old, achieved a feat most Singaporeans could only dream of. Om was the youngest ever Singaporean to finish the Everest Base Camp (EBC) trek, a feat that has been recognised by the Singapore Book of Records.

This is a story of 'Resilience'. It was certainly no easy feat to complete this trek. From the preparation stage to execution, there were many setbacks. However, the one thing that remained consistent was us keeping together as a family and encouraging one another to keep our focus on the end point, which was getting to the iconic EBC rock.

As parents, we strongly believe that resilience develops when children experience challenges and learn to deal with them positively. By exposing Om to all sorts of different situations and keeping an open mind on how he approaches challenges, we were able to watch him navigate and solve these problems on his own.

To prepare mentally and physically for EBC, we watched YouTube videos of other trekkers and made it a point to be active every day six months prior to the trip. This regime also included swimming, stair-climbing and excursions to places

like Fort Canning or Bukit Timah. We kept everything really fun to keep Om focused and motivated to become physically fit. With fitness in the back pocket, it was one less thing to think about when we were on the mountains.

The mountain itself comes with its own challenges. Being out in nature, we were exposed to elements that we were unfamiliar with in Singapore. For example, the exposure to high altitude and how our bodies react to it and perform up so high in the mountains were things we simply could not prepare ourselves for. We had to move slowly and consciously keep ourselves hydrated all the time.

All in all, despite having so many unpredictable setbacks, we continued to persevere. In the end, we were able to reach our goal- to be at EBC rock. We definitely could not forget that historical moment. We threw our hats up in victory and flew our Singapore flag proudly the moment our feet landed at our final destination. Truly, it was a life-changing experience.

To watch our journey, do check our family's YouTube Channel called "[The Brave Tourist](#)".

To read the Channel News Asia article, click [here](#).

Regards,
Gaya and Mayur
(Parents of Om Madan Garg IE)



Featuring Past and Present HGPians



Seow Xinning
Graduated in 2014

Hello! I am Xinning and I graduated from Hougang Primary in 2014. I used to be in the Science Club. I remember taking care of the vegetables and stick insects in the school. Now, my hobbies are going for nature walks, running and watching drama.

My time at Hougang Primary was full of good memories. One of my most memorable experiences was exploring the Eco Garden during recess with my classmates. We would look around the flora and fauna in the garden and come up with stories for the plants and creatures we saw. I also fondly remember playing “catching” as a class during break times. I don't remember I ever played catching with 40 other people except for when I was in Hougang Primary! It was exhilarating to run around the parade square with my friends after lessons.

I am currently a first year Speech and Language Therapy student studying at the Singapore Institute of Technology (SIT).

I chose this field because I wanted to serve in the healthcare industry. After seeing loved ones suffer from illnesses over the past few years, I realized how precious health is to us and the essential role healthcare professionals play to help these patients heal and recover. I wanted to further my studies in Speech and Language Therapy because I could gain expert knowledge on how to help people with speech and swallowing difficulties through this course. It is easy to take swallowing and communication for granted because we do it every day. Imagine not being able to tell the canteen vendors what you want to buy for lunch! Losing the ability to swallow and communicate properly can be life-changing for patients and I hope that in the future, my course mates and I can

go into the Singapore health system to help individuals suffering from these medical conditions.

My message for fellow HGPians: Cherish the friendships that you have in HGP! Make friends with people whom you don't really talk to as well. You never know when you may need that friend.

Something that helped me a lot for PSLE was writing down notes every time I had to complete my corrections. It's important to reflect on why you made those mistakes and consolidate your learning so that you will not repeat them again. Make a short summary of what you learn for every practice paper. They can serve as “cheat sheets” nearer the examinations too!

<https://sweetspot.straitstimes.com/education/when-passion-meets-purpose-this-19-year-old-chose-a-career-pathway-that-would-give-voice-to-those-who-cannot-speak/>



Featuring Past and Present HGPians

Fun Facts about our Mother Tongue Language Teachers



Mr Eythan Ng



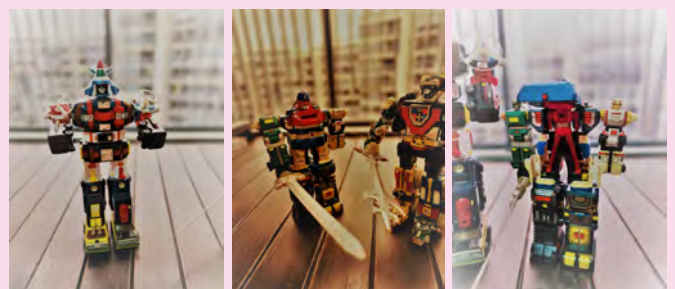
Voltron, also known as "GoLion" in Japan, is a popular animated television series that has captured the hearts of fans worldwide. One of those fans happens to be me, and collecting Voltron-related items has become my favorite hobby. I want to share with you the reasons behind my love for this legendary defender of the universe and my passion for collecting its merchandise.

Originally aired in the 1980s, Voltron is a combination of two Japanese anime series, "Beast King GoLion" and "Armored Fleet Dairugger XV," edited and dubbed for Western audiences. The show revolves around five space pilots who command the robotic lions, which can combine to form the mighty Voltron, a giant robot that fights evil forces threatening the galaxy.

So, what motivates me to collect Voltron items? My dad bought me the first Voltron when I was 9 years old. The iconic design of Voltron, with its lion-shaped components, is unforgettable. I fell in

love with the beast at first sight. That led to subsequent additions of my collectibles.

I take pride in my collection, and it's always on display in my study room and the hall. In conclusion, collecting Voltron items is more than just a hobby for me; it's a way of showing my love for a creative range of robots, and my love and respect for my dad, who introduced the Voltron to me. My collection is a testament to my dedication and enthusiasm, and it continues to grow as new items become available. May my love for Voltron and collecting its merchandise continue to thrive for years to come.



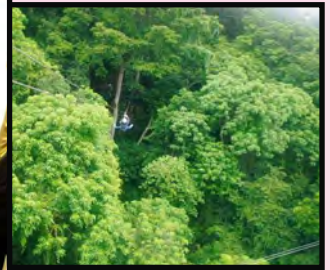
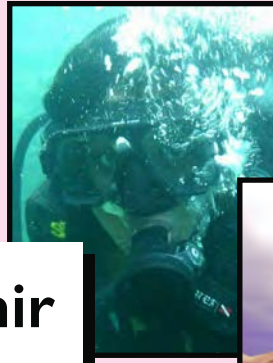
Featuring Past and Present HGPians

Fun Facts about our Mother Tongue Language Teachers

Mrs Amir

Nelson Mandela once said, "The brave man is not he who does not feel afraid, but he who conquers that fear."

These words have a great bearing on me because I believe that conquering your fears is what decides the course of your life and its destiny. Like many of us who have a phobia for one thing or another, I suffer from acrophobia too. Not to mention having a fear of what lurks beneath the dark, formidable underwater world! But I was not going to let these fears cripple my thoughts and deter me from discovering the world, and myself. I threw myself to the wind and plunged into the depths of the abyss. And my fears had nothing but evaporated! Now my motto in life is "Nothing that I can't"! Have you discovered yours?



Mdm Zarinah Sidik

Teaching is rewarding and satisfying as you see your students progressing holistically to be future-ready citizens. But life as an educator and a working mother can be hectic and demanding. As an educator, I tend to forget about self-care which can result in burnout in the long run. To prevent this from happening, I will usually allocate a "Me Time" period to rest and do whatever it takes to make me healthy and happy. I will usually spend part of my weekend with a group of similar-interest friends, either exercising, taking a leisure walk or going for hikes together. I believe that being mindful of your own needs will make you better able to support the people you care about. When you can take care of yourself and are not stressed, you are better able to meet the needs of others. You will also more likely to feel energized, focused and productive.



“ Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel. ”

Eleanor Brown