



HGP

HEARTBEAT

Bringing out the Best in Every Child, Together



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“

If knowledge is power, learning is your superpower.”

Jim Kwik

”

Making Learning Our Superpower

We often associate the word “superpower” with fictitious superheroes like Superman and Spiderman. In real life, as we step into an exciting future characterised by rapid changes and frequent disruptions, akin to what we read in fantasy books or watch in sci-fi movies, equipping our students with the superpower of learning has become increasingly important, in order to help them succeed in life with confidence and conviction.

In this issue of HGP Heartbeat, we witness a wide array of superpowers displayed by HGPians in their studies, CCAs and other areas of learning. Our PE, Art and Music teachers also share personal stories of how they leverage their passion to find purpose both at work and at home. The myriad of talents that our students and staff demonstrate invariably stems from the considerable time and effort they invest in learning and mastering the relevant knowledge, skills and values. In their article, our alumni Jerry and Jarell (from the P6 class of 2015) highlight the

importance of relentless practice and unwavering self-discipline behind their success in lion dance. As lifelong friends since their schooling days at HGP, Shao Xuan and Shen Hao (from the P6 class of 2006) continue to learn and upskill themselves professionally as a Game Artist and Senior Wealth Manager respectively. Reading all their stories warms my heart as an educator, knowing that the school had laid a strong foundation of learning to enable them and many other HGPians to discover their interests and excel in their pursuits many years down the road.

In the “X-Men” series of movies, Professor X teaches his superhero disciples how to explore and manage their superpowers. In the same light, I wish to conclude by paying tribute to the team of caring and committed teachers at HGP for enabling our students to grow their joy and deepen their purpose of learning, making it a superpower that they can explore and use, both to find success and help others!

Mr Jason Goh
Principal, Hougang Primary School



Joy of Learning

True fulfilment in learning emerges from exploration across both academic and non-academic domains. Whether it is delving into the complexities of mathematics or immersing oneself in the world of literature, academic pursuits offer invaluable opportunities for growth and discovery. However, equally enriching is the pursuit of knowledge in non-academic realms – be it mastering a musical instrument, honing athletic skills, or delving into the wonders of nature through outdoor exploration.

As we navigate this kaleidoscope of knowledge, each step forward unveils new vistas of personal growth and discovery, enriching our lives with the beauty of learning in all its forms. The joy derived from these diverse interests transcends the confines of a report card, nurturing a holistic sense of fulfilment. The relentless curiosity and passion for learning, truly defines a student's journey.

Here are some moments captured of our students' joy of learning.

Release of PSLE Results 2023



First day of school 2024



Malay Dance CCA Performance at Muara Festival 2023

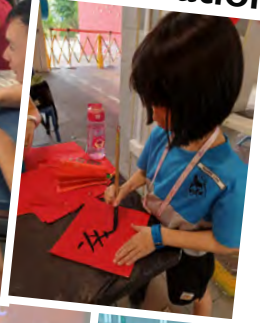




Total Defence Day Commemoration



Chinese New Year Celebrations



Chinese Dance CCA Performance at Jalan Kayu CNY Reception 2024



Swimsafer 2024 P3 to P6 Swimsafer Programme



Prefects Investiture 2024



Joy of Teaching



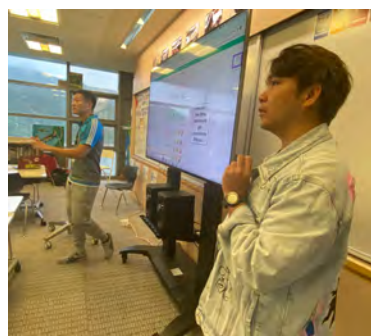
HGP Going Global

A Pedagogical Approach Using ICT Tools for Teaching and Learning in PE - PHASE Conference (Hong Kong)

Mr Harold Seah and Mr Wong Keng represented our school in the Physical Education, Health & Wellness, Athletics, Sports, and Experiential Learning (PHASE) Conference in Hong Kong from 10 to 12 November 2023. Their presentation focused on how ICT tools can be leveraged to deliver effective and engaging lessons for students with different learning styles and abilities, without compromising the physical aspect of PE.

There was a good turnout and engagement for their session and the participants have gotten some useful takeaways.

For more information, please visit this website: <https://phase.community/presentations/a-pedagogical-approach-using-ict-tools-for-teaching-and-learning-in-pe>





Hosting Friends from Down Under

We hosted a group of enthusiastic undergraduates and their dedicated lecturer from the University of the Sunshine Coast, Queensland, Australia on 19 Oct 2023.

The objectives of their learning journey to our school are to gain insights into our school's outdoor education programme and the unique learning experiences we provide to our students. It was an eye opener for them to see what we are able to achieve with the limited space and resources we have in Singapore.

We are grateful for this wonderful experience and eagerly anticipate potential future collaborations.

"The opportunity to visit with you and your colleagues has left the students on a real high after all the visits. What you are doing in the school wrapped all of the elements together and really showed the students what is possible with passion and commitment. I greatly appreciate the time you afforded us." - Mr Brendon Munge, Associate Lecturer Outdoor Environmental Studies, University of the Sunshine Coast, Australia.



Cyber Wellness: Safer Internet Day

HGPians celebrated Safer Internet Day with a big bang on Thursday, 8 February 2024 when students took part in many fun-filled and educational activities.

During recess, the students were delighted to see CoDDiE, HGP's humanoid robot teaching assistant, sharing useful netiquette tips with them. They also utilised iPads to learn about safely and responsibly navigating the internet.



During the assembly talk on “Computer Security – Preventing Cyber Crime & Online Scams”, HGPians participated enthusiastically as they got to know why it is important to create powerful passwords and check the authenticity of an email or a message.

Scam cases are on the rise and scammers are using artificial intelligence to carry out sophisticated scams. Each P5/P6 HGPian received a booklet from iMDA to read up further and complete the related activities as part of their own self-directed learning.



A big shout-out to our parents for taking part in an online webinar on Saturday, February 24, 2024, to better understand video gaming and internet addiction. One key suggestion arising from this is to support our children in participating in meaningful school activities, like CCAs. This way, we can help shift their focus and energy away from prolonged online gaming sessions. Your active involvement in creating a safer online environment is truly commendable!

Cyber wellness education is ongoing and does not just stop here. It is also infused into our Form Teacher Guidance Period and Character and Citizenship Education lessons during curriculum time.

The HGP Cyber Wellness Team will continue to work with all stakeholders in the upcoming months in creating a safer and better cyber space for all HGPians.

To conclude, we would like to remind parents and teachers to remain vigilant, particularly when conducting online banking transactions. We recommend considering the download of the ScamShield app if you have not already done so. This app detects scam calls by cross-referencing unknown numbers with a maintained database. If the app identifies a number associated with scams, it will be automatically blocked.



ViA activity for the seniors at AWWA Senior Community Home

Meaning of Lunar New Year

Lunar New Year, based on the Chinese lunar calendar is a festival celebrated by Chinese all over the world. It is a time when family members come together from near and far to celebrate and strengthen family bonds. It is also a time when people of different races and from various communities come together to share joy with each other and hopes for a better future.



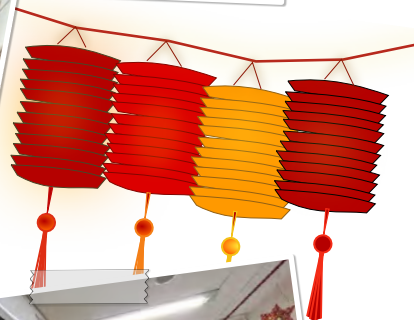
Strengthening Connectedness through Values-in-Action

In the spirit of spreading joy and warmth, appreciating culture and strengthening connectedness, our P1 and P2 students came together and embarked on a heartwarming initiative to create Lunar New Year cards for our beloved seniors residing at AWWA's Senior Community Home. This activity was a beautiful fusion of cultures, as students from various racial backgrounds participated enthusiastically and poured their hearts into their creations. From intricate illustrations of the zodiac animal to heartfelt messages written in both English and Chinese, every card carried a message of love, well-wishes, and appreciation for the seniors. It was a testament to the power of our students putting what they have learnt about the values and attitudes such as "care" and "appreciating others" into action.



Spreading Joy and Kindness at AWWA's Senior Community Home

School Leaders, teachers and community members joined hands to make Lunar New Year a memorable one for the seniors, by serving them with compassion and empathy, and spreading joy and warmth. Stepping into the home, we were greeted by a symphony of sights and sounds – seniors sitting quietly on their chairs, gentle hums of conversations, soft shuffle of footsteps and the occasional bursts of laughter that filled the air. When we announced the distribution of our gifts, a palpable energy seemed to surge through the air, electrifying every corner of the home with anticipation and excitement. The distribution of the Lunar New Year cards, food and mandarin oranges brought immeasurable joy to the hearts of the senior. The hallway transformed into a hive of bustling motion, greetings erupted in a chorus of warmth and enthusiasm, and hands reached out eagerly to offer embraces and handshakes. Their smiles were like rays of sunshine breaking through the clouds on a gloomy day, illuminating the world with its warmth and radiance. It was a poignant reminder of how impactful kind acts can have on others and the power it brings to brighten someone's day and uplift their spirits.



Reflection

Our role is not just about performing tasks or fulfilling obligations, but it is about connecting with people on a deeper level, forging bonds and understanding that transcend the barriers of age and experience. It is about being there physically, listening with empathy and bringing joy to their lives. In those moments, we found ourselves learning invaluable lessons about compassion, empathy and kindness. An act, regardless of its magnitude, have the power to brighten someone's day and bring joy to their lives.

Moving forward, we hope to involve our student leaders or values ambassadors as it would be a meaningful and enriching learning experience for them to develop empathy, compassion and other valuable life skills.

Featuring Past and Present HGPians

Jerry and Jarell Tok, brothers and former students of HGP, are key members of the Singapore Yiwei Athletic Association. Recently, their association achieved a remarkable feat by clinching the championship title at the 14th Genting World Lion Dance Championship. Competing against 35 international teams, including representatives from the United States, France, and Australia, their outstanding performance garnered widespread recognition. Minister Grace Fu even highlighted their achievement in a Facebook post, underscoring the significance of their victory on a national scale.

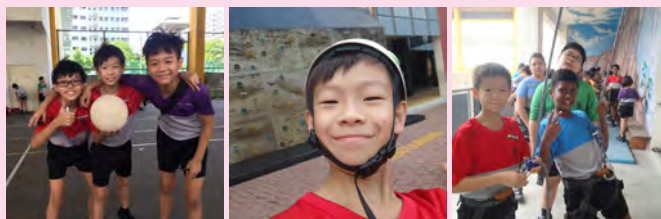
You can read more about their success and Minister Grace Fu's acknowledgment on her Facebook page here: <https://www.facebook.com/share/p/jWKBumu7oZFCnt3C/?>



Jerry and Jarell Tok

“

Hi I'm Jerry, a graduate from the class of 2015, 6F. Reflecting on my experience at HGP, I believe it has greatly shaped my choices in life. It instilled in me a sense of adventure, pushing me to embrace new challenges and explore beyond my comfort zone. Additionally, my time at HGP cultivated a strong sense of discipline, which has been invaluable as I continue to grow and pursue my aspirations. Throughout my primary school journey, I have joined multiple CCAs such as basketball, tennis, sports climbing and even floorball. My exposure to all of these sports has made me an active and healthy person.



Currently, my primary focus lies in mastering the intricate art of lion dancing and striving to compete at the highest level internationally. I believe it's crucial to be mindful of the options life present and pursuing what truly ignites your passion. Success, I've learned, comes with relentless practice and unwavering self-discipline. One piece of advice for HGPians, especially upper primary students, would be to keep exploring what brings you joy. Whether it's a hobby, lifestyle, or potential career path after your academic journey, embracing your passions can lead to fulfilling endeavours in the future. Don't be afraid to step



out of your comfort zone. Try new activities, hobbies, and interests. You might just find a hidden talent or a new passion. Achieving your goals may take time and effort. Be patient with yourself, and don't get discouraged by setbacks. Perseverance is key.

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Related posts:

<https://www.channelnewsasia.com/singapore/lion-dance-singapore-gold-beat-malaysia-13-year-streak-genting-3682671>

<https://www.channelnewsasia.com/singapore/lion-dance-training-what-it-takes-yiwei-association-3885741>

Jerry and Jarell's Lion Dance Journey: <https://www.facebook.com/watch/?v=1791838721274454>



Featuring Past and Present HGPians



**Yang Shao Xuan
& Yee Shen Hao**

Our students would be familiar with the story book 'Crocodile Boat' which is found in every class library. It was written and illustrated by none other than our alumnus, Yang Shao Xuan, who graduated in 2006. He has loved to draw since young and he pursued this passion as a career. He is now a game artist and you can see some of his works at <https://www.artstation.com/yangshaoxuan>

His message for our HGPians:

“

*Follow your heart and
don't be afraid to break
from the norm.*

”



Shao Xuan is featured here alongside his classmate, Yee Shen Hao, with whom he has maintained a close connection to this day. Shen Hao, now a Senior Wealth Manager, reflects on his schooling days and expresses a wish for a stronger emphasis on financial literacy education. He believes that learning about saving, investing, and managing debt and loans earlier in life would have been immensely beneficial.



Featuring Past and Present HGPians

Fun Fact of the PE, Art and Music Teachers



Travel Bug - Ms Ivy Lim

A picture is worth a thousand words. Looking at my photographs, you can tell that I am a travel bug! Every photograph is a moment frozen in time that encapsulates the beauty and wonder of the places I have been and the adventures I have had. There are many countries and places on my bucket list, and I wish that I can visit them all in my lifetime. These include the birthplaces of some famous Classical Music composers, such as Bach and Beethoven (Germany), Mozart and J. Strauss (Austria), Chopin (Poland) and Grieg (Norway).

Travelling has broadened my perspectives and enriched my life with new experiences. I will keep travelling, exploring, and collecting precious memories!



Featuring Past and Present HGPians

Fun Fact of the PE, Art and Music Teachers

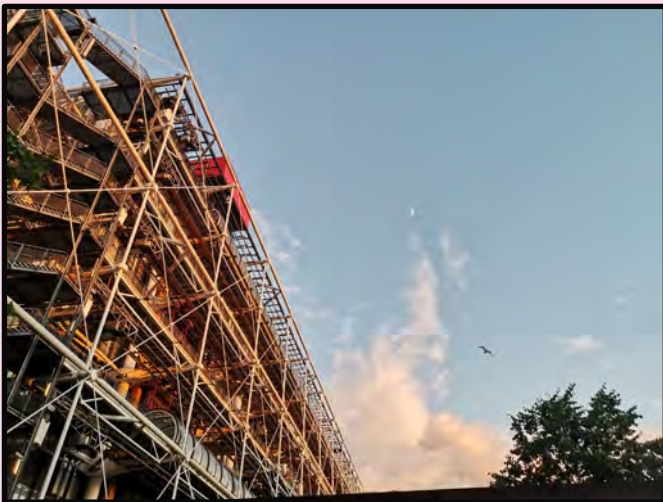


Mdm Pauline Goh

Dear All,

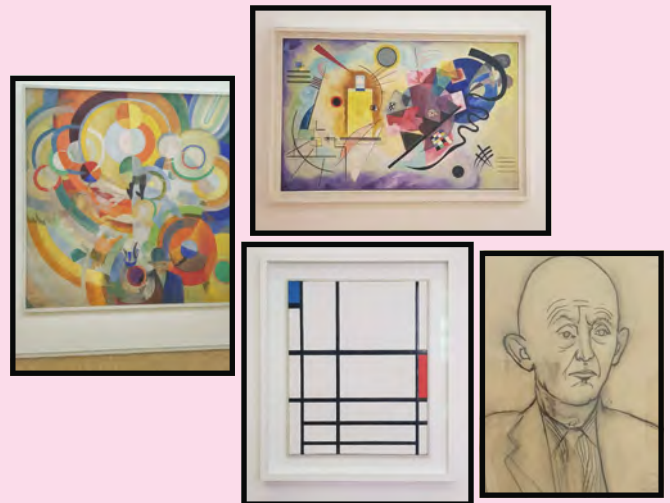
As an art teacher, traveling and visiting museums is not just a hobby, it's a thrilling learning journey for my soul.

One of my most memorable museum trips is The Centre Pompidou in Paris. From the moment I laid eyes on the futuristic building, I knew I was in for a treat.



Despite enjoying my visits to renowned museums like the Van Gogh Museum in Amsterdam, the Tate Modern in London, and the Louvre in Paris, none quite compare to the experience offered by The Centre Pompidou. The architecture was a riot of creativity. The building is clad in metal, bold and raw, looking very much like a factory. There are huge outdoor mechanical escalators, known as the "caterpillar". The students in my classes have learnt some incredible artworks. What a treat it would be if they can also see those artworks in person. Imagine standing in front of the paintings by Wassily Kandinsky, Pablo Picasso and Piet

Mondrian. Experiencing your lessons come alive is truly mind-blowing.



Let's not forget about the rooftop terrace. A hidden gem! It offers the view of Paris that will take your breath away. Take a moment to soak in the beauty that has inspired generations of artist. So for your next trip to Paris, just skip the iconic Louvre. Do yourself a favour and add The Centre Pompidou to your itinerary.

Mdm Pauline Goh
Your trip advisor & art aficionado



Featuring Past and Present HGPians

Fun Fact of the PE, Art and Music Teachers



Ms Celeste Tan

Hey everyone!

I'm thrilled to share a bit about my journey with sports! Ever since my secondary school days, I've been crazy about all sorts of sports – volleyball, basketball, badminton, and something I absolutely love – NETBALL! If there's a game to play, count me in!



Fast forward to today, and guess what? I'm living my dream as a PE teacher! Can you believe it? I get to share my love for sports with amazing kids like you every single day. Whether we're dribbling basketballs, smashing shuttlecocks, or passing volleyballs, every game is a chance to learn, grow, and have a blast together.

So, to all my fellow sports enthusiasts out there, keep playing, keep exploring, and never stop chasing your passion – who knows, you might just find yourself living your dream too!

Catch you on the court!



Featuring Past and Present HGPians

Fun Fact of the PE, Art and Music Teachers

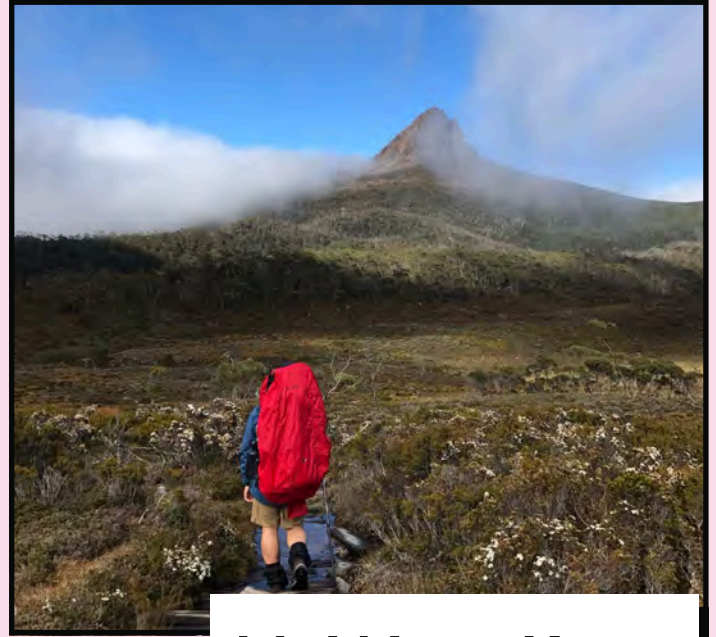
In the colourful tapestry of life, there's one thread that runs through all my endeavours - an insatiable thirst for learning. I'm thrilled to extend a warm greeting to each of you as I embark on this journey of self-introduction.

My name is Mr Wong Keng, and at my core, I am an unyielding believer in the power and joy of continuous learning. From the graceful movements on the volleyball court to the adrenaline-fueled rush of snowboarding down a powdery slope, my life is a mosaic of diverse interests and passions. Whether it's mastering the art of skiing or gliding effortlessly on rollerblades, I find solace and excitement in the pursuit of knowledge and skill and firmly believe the importance of investing in yourself.



Yet, what truly elevates my learning journey is the opportunity to share it with my two children and wife. As a father and a husband, I have discovered that learning together not only deepens our bond but also infuses every moment with laughter, camaraderie, and a sense of purpose. Whether we're perfecting our serve on the badminton court or tackling new challenges on the slopes, these shared experiences strengthen our connection and enrich our lives in profound ways.

It is no surprise then that my diverse array of interests seamlessly converges with my profession as a Physical Education (PE) teacher



Mr Wong Keng

in the school. As an educator, I have the privilege of not only imparting knowledge but also instilling a love for learning that transcends the confines of the classroom. Every day, I strive to ignite the same passion for exploration and growth that fuels my own journey, inspiring my students to embrace every opportunity as a chance to learn, grow, and flourish. Moreover, my passion for the great outdoors, taking me to places like bushwalking in the breathtaking landscapes of Tasmania and hiking up the Snow Mountain during winter season in Taiwan, serves as a testament to my teaching philosophy. Nature, with its boundless wonders and untamed beauty, provides the perfect canvas for experiential learning and self-discovery. My aspiration is to share these awe-inspiring experiences with my children and students alike, instilling in them a deep reverence for the world around us and a sense of stewardship for future generations.

I look forward to sharing more insights, stories, and experiences that celebrate the boundless joys of lifelong learning. Together, let's embark on a voyage of discovery, fueled by curiosity, passion, and the unshakeable belief that learning is not just a destination but a lifelong adventure.

With enthusiasm and warm regards,
Mr Wong Keng
PE Teacher & Avid Learner