



An Institute of



VOICES

ISSUE
34
2018

A PUBLICATION OF TRAINEE TEACHERS' CLUB

NIE OOTD



NIE OOTD is your source for the latest fashion trends on campus! Pick up some dressing tips from our campus belles and beaux!

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EATING RIGHT



Pick up 5 tips to start "eating right" as a busy student and work towards enjoying a better quality of life!

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TRAVELLERS



Discover a new side of Bangkok you might not have seen before! With Travellers, satisfy your wanderlust one destination at a time!

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NIE WELCOME CEREMONY



We welcomed the incoming cohort of Postgraduate Diploma in Education (PGDE) student teachers, with Dean of Teacher Education, A/P Liu Woon Chia, gracing the occasion.



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NTU INTER-SCHOOL GAMES 2017/2018



Check out how Team NIE fared in the recent NTU Inter-School Games!

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SERVICE LEARNING



Find out how service learning projects like Project Sikkim and Project Nalanda have impacted the lives of our student teachers!

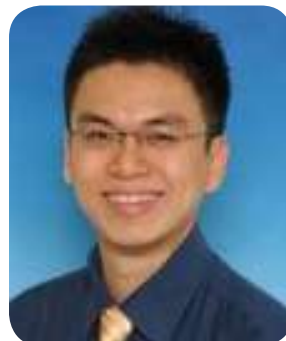


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GETTING TO KNOW ASST/P LEONG WEI SHIN



Join us as we speak to Asst/P Leong to get a sneak peek into his career, personal life and vision for the future!



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EDITOR'S



NOTE

Dear readers,

On behalf of the VOICES team, we would like to welcome you back to NIE. To those of you who have just joined us, we hope that you will have a wonderful Teacher Education journey ahead of you! Many of you have spent the semester break enjoying some valuable time off with friends and family. But now as the new semester begins, we are all back together and ready to do what we do best – learning to become better teachers.

In this issue of VOICES, you will be pleased to know that we have put together much interesting content. We spoke to Asst/P Leong Wei Shin, Assistant Dean for Degree and Student Life and got a sneak peek into his career, personal life and vision for the future. Have you missed out on the various events such as the PESS Club & NTU Inter-School Games that were scheduled earlier this year? VOICES is here to give you the exciting coverage of these past events. In this issue of VOICES, we are excited to present to you Travellers - our new lifestyle section where we showcase our pick on one of the greatest travel destinations. We hope that with Travellers, you will be inspired to satisfy your wanderlust one destination at a time! Finally, part of being a successful individual is living a healthy, happy lifestyle. In our lifestyle sections, you'll find tips in articles on eating right, health, fashion, beauty and how to live a healthy lifestyle. Thank you for your continuous support for VOICES and we hope you will have a great semester ahead!

Choy Seng Hean

Editor-in-Chief, VOICES
Year 4, Bachelor of Arts (Ed)
27th Trainee Teachers' Club

READER'S COMMENTS

.....
"The articles are useful and informational. Keep up the good work!"

—
"It's great to read about the vibrant student life we have here at NIE! Thank you, VOICES!"

—
"VOICES could feature interesting places students can explore during their breaks."
*We heard you and have taken your comment on board to improve VOICES!

—
What do you think of VOICES? Share them with us at @niettc on Facebook!

GETTING TO KNOW

ASST/P LEONG WEI SHIN

We welcomed Asst/P Leong Wei Shin as the Assistant Dean for Degree and Student Life at the start of this year. VOICES is very fortunate to have the opportunity to speak to Asst/P Leong and get a sneak peek into his career, personal life and vision for the future.



ABOUT

POSITION

Assistant Professor

DESIGNATION

Assistant Dean, Degree & Student Life

DEPARTMENT

Office of Teacher Education (OTE), Curriculum, Teaching and Learning (CTL)

OFFICE LOCATION

NIE2-03-74

What is the most defining moment in your career thus far?

I will say there are two: setting up Music Elective Programme in RI and elevating Music as a Humanities Subject for computation of L1R5 at 'O' level, while with MOE HQ. Such 'moments' do not come serendipitously and I have learnt that it is much better to start preparing our student teachers early for important decisions to make in future.

What is something you look forward to the most, working as the Assistant Dean for Degree and Student Life?

A sense of adventure in a dynamic team – that there will be new things to learn and student teachers I can help in whatever small ways. The degree programme is so different from the one I had experienced in my time.

Describe the biggest obstacle in your life and how you overcame it.

Probably being diagnosed as having epilepsy in secondary school after having different episodes of fits (In one episode, I fell down huge flights of stadium steps in school). The condition did inhibit the span of my activities but overall I have tried to stay active within safety limits.

Share with us your biggest epiphanies: the moments of life-defining change that shaped you into the person you are today.

I don't quite believe there is one particular life-changing moment. If I try to join the dots of some past events and encounters that will probably better explain why I am who I am today. These 'epiphanies' will include

being raised by my teacher parents (yes both are teachers), deciding to do my degree programme in NIE, and later studying/living overseas in Chicago and Cambridge.

Share with us something about yourself that you are currently working on.

I have just come back from Phnom Penh to recce for a Service and Leadership Training Programme (SALT) trip this coming October. We are currently forming a team of student teachers and faculty members to spend a week in Sangkhoem Khmer Learning Centre (<http://khmerhope.net/pages/index.php?p=contact>) during the October term break. Students and colleagues are welcome to email me (weishin.leong@nie.edu.sg) if you are interested to find out more.

Where do you envision yourself in the next 5 years?

Honestly, I am still envisioning where I will be in one year and not quite ready to think about in 5 years. But if pressed for an answer, I will say that I see myself still working to improve quality of teacher education albeit not necessarily for just the mainstream school context. We need good teachers and educators in every sector of our society.

CHANGES OF KEY APPOINTMENT HOLDERS AT OFFICE OF TEACHER EDUCATION (OTE)



Choy Seng Hean
Year 4, Bachelor of Arts (Ed)
Editor-in-chief, VOICES



DEAN, TEACHER EDUCATION

Prof Low Ee Ling



ASSISTANT DEAN, DIPLOMA

Dr Jessie Png Lay Hoon



ASSOCIATE DEAN, PRACTICUM & PARTNERSHIPS

Dr Alexius Chia Ti Yong



ASSISTANT DEAN, PGDE

A/P Eddy Chong Kwong Mei



ASSOCIATE DEAN, PROFESSIONAL PRACTICE

Dr Chua Bee Leng



ASSISTANT DEAN, PRACTICUM

Dr Lim Seok Lai



ASSOCIATE DEAN, PROGRAMME & STUDENT DEVELOPMENT

A/P Chow Jia Yi



ASSISTANT DEAN, PROFESSIONAL PRACTICE & INQUIRY

Asst/P Stefanie Chye Yen Leng



ASSOCIATE DEAN, PROGRAMME PLANNING & MANAGEMENT

A/P Vivien Huan Swee Leng



ASSISTANT DEAN, STUDENT DEVELOPMENT & COUNSELLING

Dr Tan Soo Yin



ASSISTANT DEAN, DEGREE & STUDENT LIFE

Asst/P Leong Wei Shin



ASSISTANT DEAN, TEACHER LEADERSHIP

Asst/P Suzanne Choo Shen Li

You might be familiar with co-curricular activities; more widely known as CCAs in your schooling years. These activities help students discover their interests and talents while promoting friendship among students. Do you know that in NIE, student teachers pursuing a full-time course of study have the option of joining any of its 10 clubs? Together with its sub-clubs, the Trainee Teachers' Club organises a range of social, sports, cultural and educational activities for student teachers. How well do you know about the clubs in NIE and what they offer?

1. Trainee Teachers' Club (TTC)

Trainee Teachers' Club (TTC) is the Academic Constituent Club of the National Institute of Education (NIE) and one of sixteen constituent bodies of the Nanyang Technological University Students' Union (NTUSU). TTC plays the role of promoting and safeguarding the interests and welfare of student teachers in NIE. It organises numerous events in campus all year round such as the NIE t-shirt sales, welfare pack giveaways and student team building activities.

2. Club Arnex

(Previously known as Bachelor of Arts Club)

Club Arnex aims to bring together NIE students from different walks of life and specialisations together to make new friends, expand their social network and bond over exciting activities. Over the years, the club has organised many activities such as Valentine's Day, Motivation Day, Reperio and many more!

3. Club Sci.Napse

(Previously known as Bachelor of Science Club)

Formed to serve only student teachers in the BSc community in its beginning years, Club Sci.Napse has been rebranded and extended to all student teachers. Over the years, Club Sci.Napse has organised many fun-filled events such as Stargazing, Insomniac (night cycling) and ScienceKidz.

4. Chinese Language Education and Research (CLEAR) Club

Established in 2002, the CLEAR Club was formed to unite student teachers majoring in the Chinese Language. CLEAR Club is a platform for its members to interact, exchange ideas and be exposed to different dimensions of the Chinese culture. The club organises events centred around the Chinese culture such as the Chinese New Year celebrations and Mid-Autumn festival.

5. Club Jeux

Drawn by the potential of using board games as a tool in the classroom, a group of student teachers in NIE launched Club Jeux in 2008. Driven by the belief in this alternative mode of instruction, Club Jeux strives to help student teachers discover the learning potential of games. Ever since, they have been spreading the gaming culture for education in campus.

6. DanceFuzion

DanceFuzion, established in 2006, was founded on the basis that everyone can learn to dance regardless of anyone's background experience. The club strives to provide a platform that is open to all student teachers, to expose them to the art of dancing and allow them to showcase their talents through various performances. Up to date, DanceFuzion has actively taken part in various performances both within and outside of NIE and brought vibrancy to the student community.

7. Food and Consumer Sciences (FCS) Club

The Food and Consumer Sciences (FCS) Club aims to bring NIE student teachers from various programmes together through a variety of events that involves food, craft and well-being. Many of these events provide a hands-on experience, reflecting the club's vision of "Connecting People Through Experiential Learning". Participants get the opportunity to pick up life skills and become more aware of healthy living.

8. Physical Education and Sports Science (PESS) Club

The Physical Education and Sports Science (PESS) Club is a club in NIE that seeks to promote sports and an active sporting culture within and beyond the NIE student community. Within the NIE student community, PESS Club organises intra-school sports events, outdoor workshops/courses and provides support to NTU/NIE-related sports events.

9. Service Learning Club

The Service Learning Club (SLC) in NIE upholds service learning and its principles for all student teachers; with an emphasis on pedagogy and reflection. In order to equip student teachers with the skills to carry out service learning in the classroom, the club organizes and participates in various local and global service learning activities.

10. Tamil Language Club

NIE's Tamil Language Club (TLC) is a self-initiated club which aims to help student teachers gain a better understanding of the rich Indian traditions, heritage and culture. It organises events annually in conjunction with the Tamil festivals, uniting student teachers from various walks of life in the process.

WELCOME ABOARD!

• Nicholas Teo
• Year 1, Bachelor of Arts (Ed)
• Johan Ezran
• Year 4, Bachelor of Arts (Ed)

NIE Welcome Ceremony 2017

The incoming cohort of Postgraduate Diploma in Education (PGDE) student teachers were formally welcomed on 5th January 2018, with Dean of Teacher Education, A/P Liu Woon Chia, gracing the occasion. The ceremony began with a short screening of the NIE corporate video, which was followed with a speech by A/P Liu, who exhorted the student teachers to understand their core purpose in teaching, and who were urged to evaluate their beliefs about student teachers and learning, in light of their entry to the heart of the profession. The Visual and Performing Arts (VPA) Club provided a brief interlude, entertaining the audience before the President of the 27th Trainee Teachers' Club (TTC) delivered his speech.

In his speech as President of TTC, Johan Ezran urged the PGDE student teachers to join the student clubs in NIE. Urging them to leverage on their student experiences as former undergraduate students, he said, "Many of you ran clubs, managed teams, and worked with people from all backgrounds. Our clubs and societies are always working to improve, and your expertise can inform us, just as the learning experience we provide informs your journey here with us."

The staple of events, a post-tea reception, closed the Welcome Ceremony. The cohort of student teachers were given opportunities to network with the NIE academic staff who were present, and interact with the current student teachers and student leaders, including the President of TTC. The event indeed served as a memorable introduction to both academic and student life experiences in NIE.



NIE Clubs Fair January 2018

On the 31st January 2018, student teachers gathered at the function hall in the U.iD to celebrate the inclusivity and the vibrancy of campus and student life as one NIE community. Organised by the Trainee Teachers' Club (TTC) and her subsidiary clubs, the newly matriculated PGDE student teachers were given a glimpse into the various clubs and upcoming events in NIE. The fair featured live music performances by the Visual and Performing Arts student teachers and had interactive booths set-up by the various clubs in NIE to showcase the clubs' identity, upcoming events, and more importantly to create interest in joining them. At each booth, the student teachers participated in a series of interactive games and short activities. They received a stamp upon completion of the games and redeemed exclusive NIE merchandises such as NIE power banks and T-shirts. There was also a recruitment drive to form a sub-committee for the upcoming Senior's Camp and NIE Freshmen Orientation Programme 2018.

Missed the 'NIE Clubs Fair 2018' session? Find out more about NIE Student Clubs by visiting the Trainee Teachers' Club's Facebook or Instagram page!



IT'S A CELEBRATION!

- Ran Yijun
Year 2, Bachelor of Arts (Ed)
- Sim Shin Jie
Year 3, Bachelor of Science (Ed)
- Shammini d/o Padmanaban Vasheela Mumtaj
Year 1, Diploma in Education

CLEAR Club Chinese New Year (CNY) Celebration 2018

Over the years, CLEAR Club organized the annual Chinese New Year (CNY) celebrations for NIE staff and student teachers alike to come together and celebrate. This year, we had a few sessions of pre-event publicity where our mascot, the God of Fortune, went around campus to publicise the event. We got creative and gave out red packets along with the details of the event.



Due to high level of participation of the pre-publicity competitions in the previous years, we continued with the tradition and carried out the “Year of the Dog’s Facebook Photography Contest” competition. This year, the top three winners received more than 600 likes before the deadline. These photos continued to receive more likes even after the event - a testament to the popularity of this event. During the Chinese New Year period, most households will embrace the custom of putting up “Hui Chun” (“挥春”) in their homes. The Chinese character “福” (fu) is the most common form of “Hui Chun”. Literally, “福” (fu) can be translated to mean good luck, good fortune, and happiness. Hence we decided to open a “Hui Chun” booth on campus, allowing participants to bring some “Fu” home.

FCS CNY Baking Workshop

In line with the Chinese New Year celebrations, the Food and Consumer Education Sciences (FCS) Club organized a baking workshop on 7th February 2018. The workshop allowed participants to pick up some baking skills and prepare their very own festive goodies.



Time-honoured classics like peanut cookies have paved the way for trendy new flavours such as salted egg cookies. Participants learnt how to make salted egg cookies along with timeless classics such pineapple tarts. As a bonus, participants also learnt how to make doggie-shaped pineapple tarts using ingredients such as Koko Krunch cereals and chocolate chips. The baking workshop allowed participants with varying baking experiences to come together and be engaged in a fun, hands-on session.

TLC Pongal Celebration 2018

The Tamil Language Club (TLC) organized the annual celebration of Pongal, also known as the Festival of Harvest, on 7th February 2018 at the NIE Function Space between Block 2 and Block 3. The Function Space was decorated with Thoranams (hanging decorations), mango leaves, sugarcane, and kolams. Posters of interesting facts about Pongal, in both English and Tamil languages, were also on display. Student teachers and staff adorned the saree and other ethnic attires to commemorate this joyous occasion. Both Sweet Pongal and Ven Pongal (salty) were made on the spot under the supervision of Dr A Ra Sivakumaran.



LOVE IS IN THE AIR

Karina Lalchand Sheri
Year 1, Bachelor of Arts (Ed)

DanceFuzion Valentine's Day Flashmob

What's a better way to kickstart your Valentine's Day than with great music and an energetic dance performance by your very own friends and fellow student teachers?

For yet another year, the members of DanceFuzion celebrated Valentine's Day with an annual flash mob that took place right in the middle of NIE's very own canteen. This year, the fun and smile-inducing dance was once again choreographed by a member of our very own alumni, Tobias Teo, who took time out of his own full-time teaching schedule to train and groom the dancers for this day. The dancers themselves worked hard to learn the choreography on top of their weekly dance training sessions for the sole purpose of creating a joyous atmosphere within NIE itself.

The song, "Good Time" by Owl City and Carly Rae Jepsen was chosen and it was indeed a 'Good Time' for both the dancers and the spectators. The dancers were even joined by a canteen vendor who stepped in to groove along with the beat!



"The Valentine's Day Flash Mob is something I look forward to every year! The choreography is always fun and happy. It's also an opportunity to perform and it's worth the smiles and excitement we bring!"

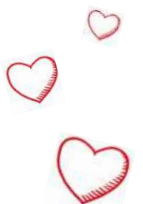
Soon Huey Mynn Lorraine
Year 3, Bachelor of Science (Ed)

"It brought people from different courses together. It was really nice to meet them and dance it out!"

Sugitha d/o Sujith
Year 1, Bachelor of Arts (Ed)

Did you know?

How did Valentine's Day start? It is said that the first Valentine's Day was in the year 496! The day gets its name from a famous saint - St Valentine, a priest from Rome in the third century AD. Back then, Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret. When Claudius found out, Valentine was thrown in jail and sentenced to death. There, he fell in love with the jailer's daughter and when he was taken to be killed on 14 February, he sent her a love letter signed "from your Valentine".



NIE OOTD

Choy Seng Hean
Year 4, Bachelor of Arts (Ed)
Editor-in-chief, VOICES

NIE OOTD is your source for the latest fashion trends on campus! These campus belles and beaus caught the attention of the editors of VOICES. We had a chat with them and learnt about how they managed to stand out on campus! Read on to follow our short interview.

Questions we asked:

1. Tell us what you're wearing.
2. How would you describe your dress sense?
3. Give us some tips to dress fashionably!



"I'm wearing a Hollister t-shirt, a pair of cotton jeans and my favourite watch from Guess. I often dress in a consistent colour scheme such as black, white or grey. Not only are these colours versatile and easy to match, it also helps to make dressing fuss-free. While colour coordination is key, it is also important to find your own image and dressing style."

Teo Wei Chi, Nicholas
Year 1, Bachelor of Arts (Ed)

"I'm wearing a dress coat that has a 'modern vintage' feel to it. I frequent this women's clothing store called "NanaRoom" as they offer one-of-a-kind clothing that is both classy and affordable. I like to dress in no more than 3 colours while paying attention to the design and cutting of my outfits. To top off my outfit, I love to use accessories to make a statement. One great tip I find really useful is to dress with confidence!"

Glenda Ding Shi Yu
Year 4, Bachelor of Arts (Ed)

"I'm wearing a tulle skirt and a Tudong with a similar shade of brown. My outfit today makes use of Analogous colours. They create a minimized contrast while giving a very consistent look at the same time. Analogous colour schemes are great for looking a little more restrained. One dressing rule I abide by is 'modesty over style' - one does not need to reveal to be attractive."

Nur Nadiah Binte Junadi
Year 4, Bachelor of Arts (Ed)



"The outfit I'm wearing today is 'Japanese inspired' and this method of dressing is called 'layering'. I like to layer clothes as it allows me to mix and match a wide variety of different styles and add more accent to my outfit. I would describe my dress sense as casual and chic. I believe dressing must be purposeful, appropriate and done mindfully. One tip to dress fashionably is to always have a plan – decide on what to wear in advance!"

Clarissa Soh
Year 1, Diploma in School
Counselling



LET THE GAMES BEGIN!

• Zhang Hua'an, Noah
• Year 4, Bachelor of Arts (Ed)
• Jaslynn Lai Yi Loo
• Year 1, Bachelor of Arts (Ed)
• Joseph Lim Jik Phang
• Year 1, Bachelor of Science (Ed)

Club Jeux 10th Birthday Bash 2018

On 23rd February 2018, committee members from various clubs in NIE, as well as NIE staff and alumni gathered at The Mind Cafe to celebrate the 10th Anniversary of Club Jeux. The event featured a bespoke games show programme and board game prizes worth more than \$150.

The birthday bash brought together more than 60 participants, including the founder of Club Jeux, David Teo. "Club Jeux began as a group of students who loved to get together and have fun playing board games," recalls David. "It is heart-warming to learn that Club Jeux continues to bring a unique brand of fun to the NIE community." Further titles keeping guests and gamers entertained on the night included The United Nations, Card against Humanity, Quack-A-Doodle Moo!, Reverse Charades and Let's eat Durians.



Over the past decade, Club Jeux has grown into something bigger than board games – today, it is a community of avid gamers who have a strong passion and desire to share the joy of playing board games with their peers. "What I admire about board games is that it connects people together," says Hanyun. As the former Chairperson of Club Jeux, her hopes for Club Jeux are simple: "In this digital age, many are glued to online games and social media. But board games will always offer a different experience. After all, they are the easiest platform to spend unhurried and enjoyable time together. My wish is for more people to come forward and experience the immense thrill and excitement of playing board games."



Club Jeux now promises an exciting year ahead with more collaborative and themed-based events: "I can see that more student teachers are opening up to board games," says Noah, the current Chairperson of Club Jeux. "During the past year, we have introduced new games and lucky draw prizes. We believe that there is great potential for this culture of fun to be exported to other club events in NIE."

Club Jeux Game of the Month

Dixit

The featured game, Dixit, is one where players select from a series of illustrated cards to match a title given by the "storyteller", while simultaneously guessing which card the "storyteller" selected. The game taps on the player's ability to think creatively as they weave a story out of the dreamlike illustrations. The event closed with a lucky draw, where one of the participants won the grand prize of a set of Dixit!



Avalon

Avalon trains players in the art of persuasion and managing people's trust, without which, the game cannot be won. It was heartwarming to be joined by our friends from the School of Engineering in NTU. "It provided me with opportunities to get to know my cohort mates better and it was interesting trying to deceive and read others," says Tan Ying Rui, a first year student from the Bachelor of Science (Ed) programme.



FROM TTC TO YOU

Goh Shu Han
Year 2, Bachelor of Science (Ed)
Goh Wei Ting Sandy
Year 1, Bachelor of Arts (Ed)

Trainee Teachers' Club (TTC) Merchandise Sale

The NIE T-shirt Design Competition 2017 was organised by the 27th Trainee Teachers' Club (TTC) to invite the NIE community to come up with a new NIE T-shirt design. The competition saw many NIE staff and students unleash their creativity and come up with unique designs to represent NIE. The design by Adibah Azri Binte Zulkifli, a BA(Ed) Year 4 student teacher, was ultimately chosen as the winning design and was released during the TTC Merchandise Sale (21st - 23rd February 2018).

In addition to the winning design, the 27th TTC also brought back the ever-popular standard varsity design in navy and dark green during the TTC Merchandise Sale. The featured winning design was a hit with the NIE community and sold out every day during the 2-hour sale. The standard varsity design has yet again proven its popularity among the community in NIE. There was an overwhelming demand from both NIE staff and students alike. On a whole, the TTC Merchandise Sale was a huge success! If you missed the opportunity to get a T-shirt this time, look forward to the next TTC Merchandise Sale held next semester! Do check out TTC's Facebook (@niettc) and Instagram (@niettcsg) for information on upcoming events!



Trainee Teachers' Club (TTC) Welfare Pack Giveaway

This semester's Welfare Pack Giveaway came around again on April 4th and was aptly entitled "FIESTA", which means "festival" in Spanish. The 27th TTC brought the festivities to participants with lots of photos, food and fun to give students a well-needed break from the pressures of the examination period.

This semester's giveaway featured a brand new exciting style of the collection of welfare packs. As part of the EcoPromise initiative under Earthlink NTU, TTC sought to reduce any possible wastage from the event by allowing participants to customise their own welfare pack and take only what they need or want. Students were given a bag, kindly sponsored by the Singapore Teachers' Union, upon registration and were allowed to pick and choose from a wide array of snacks, instant food and drinks, writing materials and even daily necessities such as toothpaste and beauty products such as 24K Gold Serum sponsored by Bio-essence which are supplements to help student teachers combat examination stress.

"I think it is a good concept that we could mix and match what we want in our welfare packs! This is good step towards reducing wastage."

Tang Zhi Feng
Year 1, Bachelor of Science(Ed)



Be sure to follow us to receive the latest updates!



@niettc



@niettcsg

5 WAYS TO EATING RIGHT

Choy Seng Hean
Year 4, Bachelor of Arts (Ed)
Editor-in-chief, VOICES

University life is one of the busiest times in our lives – as a student teacher at NIE, we are very busy attending lectures, meeting assignment deadlines and studying for our exams. We know that to keep up this hectic lifestyle, we need to eat right to fuel our bodies. Sometimes, we feel like we do not have the time to sit down and have a proper meal. Perhaps to some of us, we are unsure of what it means to “eating right”. Let’s begin with that:

As a guide to eating a balanced and healthy meal, the Health Promotion Board (Singapore) recommends filling half a plate with fruits and vegetables; a quarter with whole grain foods such as brown rice and rolled oats; and a quarter with meats and others including poultry, seafood or dairy products. Here are 5 tips to start “eating right” as a busy student and to work towards enjoying a better quality of life!



1. Drink more water

It’s no secret, but the benefits of water are many. Drinking water helps to maintain the balance of body fluids, control calories and keeps the skin looking good. Yes, you heard that right. So ditch the habit of buying sweet drinks from the canteen and fill that water bottle with good ole plain water! Feeling bored with water? Try infusing your water with a slice of cucumber or your favourite fruit.



2. Add a slice of fruit or vegetable to every meal

Fruit and vegetables are naturally low in saturated and trans fat and rich in dietary fibre, vitamins and minerals. They can help lower your risk of developing heart disease, stroke, and certain types of cancer. Sadly, most people don’t get enough of them every day. Add some berries to your oatmeal or cereal breakfast. Instead of desserts after lunch, have an apple or banana. For dinner, leave some room for a hearty mixed vegetable salad. Treat yourself to the full colour spectrum of nature’s bounty for maximum benefits!



3. Choose healthy snacks

In case you don’t know, Millennials love to snack – a lot. It’s nice to have something to snack on in between lessons or back in your hostel, and as long as you pick snacks that are good for you, it may help to supplement your diet. Care for some potato chips or a cup of instant noodles? Before you get your hands on these handy snacks, consider this: Yes, they may be tasty but they are high in excess fat, calories and perhaps aren’t that nutritious. Why not try some nuts like almonds, pistachios and walnuts? Nuts are a good source of fibre and protein. Besides, studies have shown that nuts have health benefits especially in regards to reducing risk factors for heart diseases.



4. Try new foods at the canteen

Always having your favourite bowl of minced meat noodles at the canteen no matter how long the queue gets? Why not be more adventurous in the canteen for a change? Try something new that you are unsure of. Over time, you will learn to accept new foods. The important point here to note is that it becomes easier to eat a healthy and balanced diet if you eat a variety of foods. Bored with food from the NIE canteen? Head over to North Spine and expand your flavour palate!



5. Use Technology

There are some really good nutrition apps that you can download to your smartphone and most of them are free. Some apps count your calories while others offer tips, advice, and recipes. Using an app might keep you motivated, and it’s easier to use than a pen and paper food diary. One such app is “Healthy 365”, a health and diet tracking mobile application designed by the Health Promotion Board (Singapore). The free app enables you to track your daily step counts and calculate the corresponding calories burned as you move. It also helps to track your daily food & drinks intake and the corresponding calories consumed.

MLCS Zoombara 2018

Conducted similarly to American reality competition show “The Amazing Race”, Zoombara 2018 aimed to strengthen the basic Malay Language skills of secondary school students through various interactive and educational activities. The event also aimed to cultivate the love and appreciation for the Malay Language and culture as well as creating awareness of the Malay Literature & Arts amongst students. We hoped that students will develop positive self-esteem and effective oratorical skills in the Malay Language when presenting and performing for the station games.



The theme for this year focused on the entertainment industry - television shows and movies. Students of today may be very familiar with content in the English Language but less so in the Malay Language. Hence, we would like to bring about more awareness of the Malay language through Malay shows and movies. Additionally, as the theme was not as limited as compared to previous years, it gave us room to educate and inform participants (students and volunteers) regarding the Malay culture, its history and heritage. Some of the activities included the learning of the martial arts and cultural aspects which include ‘silat’ and traditional musical instruments. Students were given the opportunity to learn the Malay language through problem solving and games which were linked to the storyline.



“The storyline and programme for the day were well thought out and novel. We finished on time and the programme went smoothly. Students seemed to be excited every time they see a character at the station. I’m certain that the students have learned more about the Malay language and culture through the games. I hope to see more of such events in future!”

Ms Herianti Samsudin
Teacher, Gan Eng Seng Primary School

MLCS Zoombara 2018

Teroka Si Cilik 2018 was a one-day event organised and designed for primary four students from various primary schools who take Malay language as their Mother Tongue. The main objective of this event was to foster interest in the Malay language through fun and educational activities. It also aimed to expose and raise awareness of the Malay culture and arts amongst the students.



This year, participants were grouped according to their schools and role-played young Malay Language adventurers to complete a quest to save the Malay language and culture. They completed adventurous missions that tested their language capabilities in the fields of proverbs and suffixes as well as exposing them to different types of Malay arts and literature. The participants were fully engaged and invested in the storyline of the event, making a huge impact on the participants. Clearly, the participants were excited and hyped up even before the commencement of the event. This event could not have been possible without the help of our facilitators who were enthusiastic and spontaneous.

WINNERS NEVER QUIT

Wan Aliff
Year 1, Bachelor of Arts (Ed)

PESS Club & NTU Inter-School Games 2017/2018

Once again, NIE has defended her title and emerged the champion in the NTU Inter-School Games 2017, bagging a total of 6 Gold, 2 Silver, 2 Bronze medals and 6 Participation records. NIE came in first with a total of 97 points, narrowly beating the team from the School of Physical and Mathematical Sciences (SPMS) with 93 points and the Nanyang Business School (NBS) with 85 points.

A record number of 16 schools competed in 14 different sports categories which were held throughout the month of December. This year's contingent included students from all the different programmes in NIE as well as students from the Sports Science & Management (SSM) school. NIE has also successfully hosted the Basketball Games for both Male and Female Categories. Congratulations to the teams who participated!

We would also like to thank the captains of the various sports for lending their time and effort to lead their teams and to conduct trials as well as thanks to all the athletes who displayed excellent sportsmanship and perseverance throughout the games and of whom without which we would never have defended our title. Also, a huge thanks to all the volunteers who came to help during the games and last but not least, to the backbone of this whole competition, the Sports Secretaries: Khairul Nizam (PESS), Si Yinn (PESS), Austin Ong (SSM) and Christine Yep (SSM), who have tirelessly worked behind the scenes for the welfare of the athletes, recruitment of athletes, organising the basketball games, and ensuring a fair game throughout.



PESS CLUB & NTU INTER-SCHOOL GAMES 2017/2018

TEAM NIE



GOLD (6)

Ultimate Frisbee, Basketball (F), Netball, Futsal (F), Race Relay, Floorball



SILVER (2)

Futsal (M), Tchoukball



BRONZE (2)

Volleyball, Touch Rugby



PARTICIPATION (6)

Basketball (M), Swimming, Table Tennis, Squash, Badminton, Captain's Ball



IT'S ALL ABOUT THE FUN

- Chau Pearlwe
- Year 2, Bachelor of Science (Ed)
- Amanda Soo Li Xin
- Year 3 Bachelor of Arts (Ed)

The Amazing Race: Hayley's Diary

Why did the Devonshire family vanish? What happened to them? The mystery of the disappearance of the Devonshire family was finally solved after 147 years. An event co-organized by Club Sci-napse and NIE Clubs (Club Arnex, Dancefuzion, and TTC), Amazing Race 2018 brought NIE student teachers together during the recess week to solve the ultimate mystery: the disappearance of the Devonshire family. Participants had to put on their sheriff's (thinking) cap and solve the case of the missing Devonshire family. Braving through missions, participants had a fun and enjoyable time travelling around Singapore to hunt for clues.

The competition was intense and as the groups raced against time and each other to solve the mystery and be crowned as the best sheriff of Warthford. Despite the intense competition, participants forged friendships with each other and enjoyed the challenges throughout the amazing race. Ultimately, every group managed to solve the mystery and were all rewarded for their hard work and effort.

"The challenges were really quite fun, but the highlight was definitely the escape room at the end! Getting to interact with other NIE students that we normally wouldn't have the chance was the best part of the event!"



Soon Huey Mynn Lorraine
Year 3, Bachelor of Science (Ed)

SLC Art Facilitation at St. Luke's Hospital - Finger Puppet Making

As part of the NIE Service Learning Club's sustained service learning experience, NIE student teachers and students from West Spring Secondary returned to St Luke's Hospital again on 27th January 2018, to guide the patients through the making of Finger Puppets. As the task at hand posed some challenge to the participants, the volunteers paced the art facilitation and placed greater emphasis on the engagement and communication with the elderly. The patients were thoroughly engaged as they had the freedom of creating their own personalized animal finger puppet with a variety of materials such as felt and chenille stems. During the session, each patient was also given an instant photo that had been taken earlier and this brought greater smiles to their faces. At the end of the activity, our volunteers reflected deeply and were spurred to do more and look towards the possibility of including other activities such as board games and song performances. This was certainly a memorable experience for both our volunteers and the patients!

"I think it was a good concept that we could mix and match what we wanted in our welfare packs! I think it was a good step towards reducing wastage."





TRAVELLERS

SATISFY YOUR WANDERLUST ONE DESTINATION AT A TIME

Choy Seng Hean
 Year 4, Bachelor of Arts (Ed)
 Editor-in-chief, VOICES

It was almost 15 years ago ever since I first stepped foot in Bangkok. High-rise buildings, a shopping paradise, heavily congested roads and intense heat are some of the things anyone who visited Bangkok would describe this place. Bangkok, one of Asia's most cosmopolitan cities is fast becoming a city of the world. It is not surprising that the Thai capital, predicted to have hosted nearly 20.2 million international tourists in 2017, was named the world's top tourist destination according to the 2017 Global Destinations Cities Index. Since then, Bangkok has been my go-to destination for a short vacation whenever I could afford the time and there are reasons for that – affordable flights, plenty of good food and massage, and not forgetting the shopping! I'm certain that Bangkok is so familiar to many Singaporeans that it has almost become like an extension of Singapore. However, there are only so many things to see and do in Bangkok, a destination which is just not able to sustain the "restless traveller" in all of us. Yet, this destination never fails to surprise. Amid the hustle and bustle of this vibrant city, there is a hidden gem awaiting to be found – Khao Yai.

By taking the road less travelled, you'll find a whimsical city that can be reached in just 3 hours from Bangkok. In just that 3 hours, the landscape changes drastically. The heavily-dense urban landscape transforms into a spacious and peaceful land filled with wineries, animal farms and glorious floral fields. Wait- such a place exists in Bangkok? No kidding? Yes, it does! Let me show you a new side of Bangkok you might not have seen before!



Getting There

Khao Yai is a 3 hours' drive from Bangkok. Renting a car is highly recommended for the ease of travel and convenience. Public transportation to, from and within Khao Yai is limited. An affordable ride from car rentals at Suvarnabhumi Airport costs as low as \$60 SGD a day.



Baan Suan Noi (Hobbit House)

This accommodation must be at the top of your list! Live your Hobbit fantasies at this incredibly unique stay. In need of a new display picture for your social media profile? This accommodation provides costume of movie characters (free of charge for hotel guests) for you to transform from Gandalf to Harry Potter as you please!



Primo Piazza

Drop by this place for a late morning brunch at the cafe. After that, interact with sheep, donkeys and alpacas at the farm! Your entrance ticket comes with a coupon for animal feeding.



PB Wine Valley

A winery in Bangkok? Wait. Do grapes even grow in hot climates? Yes, you heard correctly. At PB Wine Valley, you can explore the vineyards on your own; sample great wines with cheese and crackers; and even take up a cooking class!

A HEART FOR SERVICE

Kishan Kannan
Year 2, Bachelor of Arts (Ed)
Koh Hui Li
Year 2 Bachelor of Science (Ed)

YEP Project Sikkim 2017

In December 2017, 14 student teachers from NIE embarked on a Youth Expedition Project to Sikkim, India. As part of an ongoing partnership with two beneficiaries in Sikkim, the Padma Ozer Choeling school (POC) and the Kanchenchunga Conservation Committee (KCC), our team's 15-day trip comprised of both service and learning aspects that were instrumental in our development as teachers-to-be.

The first part of our trip encompassed an immersion programme at POC. Events such as the cultural exchange, through which we shared with the students our local delights, ethnic costumes and Singaporean culture, and the heritage trail, which involved the local students exposing us to a myriad of Sikkimese elements ranging from costumes to medicinal plants, rendered the exchange bilaterally-rewarding. We were both able to learn from the local students as well as reinforce our own cultural identities. Moreover, the interaction with the founder of the Human Development Foundation of Sikkim, Miss Keepu Lepcha, as well as the principal of the school, allowed us to glean valuable insights on their takes on service learning, the empowering nature of education and empathy, and the pedagogies used in their classrooms.



The second part of the trip involved interactions at KCC, a non-profit environmentalist organisation at Yuksam, where we not only provided resources to aid them in their environmental conservation efforts but also learned from their initiatives, such as the Zero Waste Management System. We deepened our understanding of sustainability through the various sharings. In other news, we even managed to attend a Sikkimese traditional wedding at Yuksam!

YEP Project Nalanda 2017

The assistant village chief of Chakma community once said that being able to reach them from a faraway country like Singapore is a testament that we have a strong affinity with them. Indeed, making the decision to go to India, Arunachal Pradesh, for service learning is a fateful encounter and connection for all of us. Without access to the Internet for more than a week, we disconnected from our mobile devices and learned how to truly connect with people and nature.

The Chakma community and our overseas host partner, Help Tourism, went the extra mile for us with their generosity, kindness and sincerity to ensure that we could not only enjoy the trip but also return home with a fruitful learning. Being my second trip, I was really amazed at how the people of Chakma were so meticulous and thoughtful. They were observant of the smallest of details, making our stay really comfortable. The Chakma community taught us how to pitch our tents and looked out for us whenever we were sick. Their acts of kindness and hospitality never failed to warm our hearts.

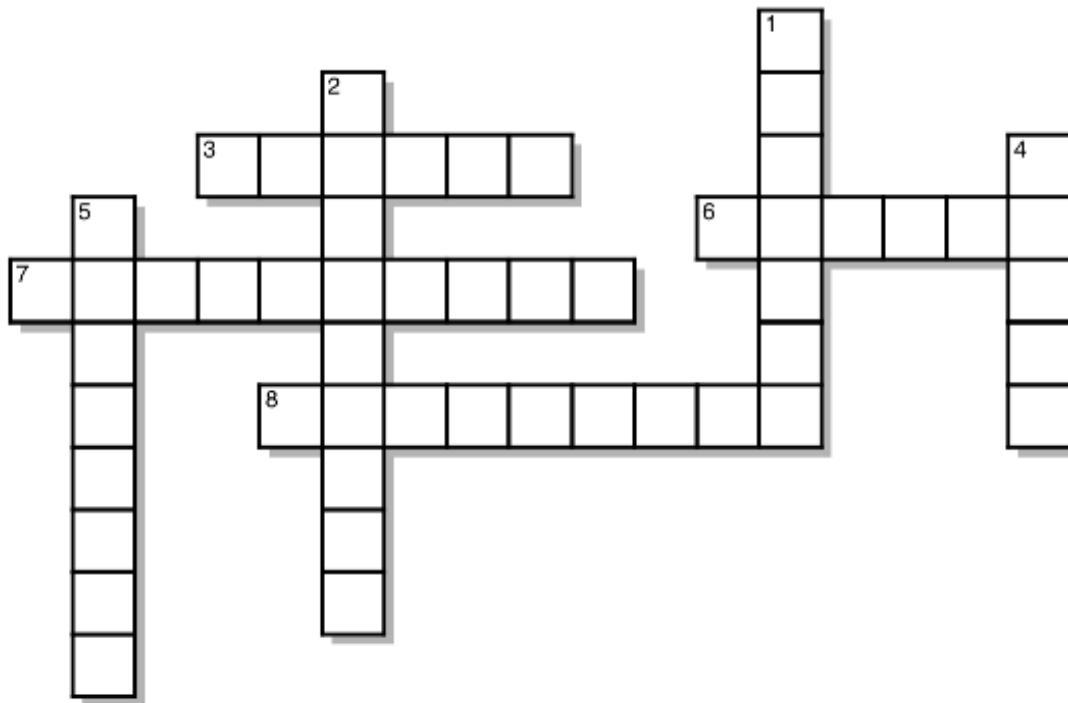


The Chakma community was finally granted citizenship rights by the Supreme Court on September 2015. However, they were still not receiving the rights that they should be given. Yet, the Chakma community did not give up on their hope on receiving their well-deserved citizenship rights one day. Their resilience and spirit are truly admirable!

TRY SOLVING THIS!



• Choy Seng Hean
• Year 4, Bachelor of Arts (Ed)
• Editor-in-chief, VOICES



Across

- 3) Which community was finally granted citizenship rights by the Supreme Court on September 2015?
- 6) The Welfare Pack Giveaway held on 4th April, 2018 was aptly entitled “_____”, which means “festival” in Spanish.
- 7) Drawn by the potential of using _____ as a tool in the classroom, a group of student teachers in NIE launched Club Jeux in 2008.
- 8) During the celebration of Pongol, what is put up as part of decorations?

Down

- 1) “Let’s eat _____” was one of the games played during Club Jeux’s 10th Birthday Bash in 2018.
- 2) Ast/P Leong Wei Shin is currently forming a team of student teacher and faculty members to spend a week in _____ Khmer Learning Centre in October 2018.
- 4) The Zero _____ Management System was one of the environmental conservation efforts by the non-profit environmentalist organisation, Kanchenchunga Conservation Committee (KCC) at Yuksam.
- 5) What was the theme song of DanceFuzion’s Valentine’s Day Flash Mob 2018?

Answers: 1) Durians, 2) Sangkhom, 3) Chakma, 4) waste, 5) Good Time, 6) Fiesta, 7) board games and 8) Thoranams.



NIE INSTALIFE

Check out all these activities happening around campus! From jump shots to sports lessons, looks like the Instagram community here had a great time in school. Follow us (@niettcsg) and hashtag #myNIElife on your photos and you might be featured in our next issue!





UPCOMING

EVENTS BY
CLUB AND FOR
CLUBS

NIE T-SHIRT SALES
SPORTS CARNIVAL
CLUB SCIENCEKIDZ
BAZAAR PONGAL
HARI CELEBRATION
RAYA REPERIO
CELEBRATION
NIE CLUB WELFARE PACK
AWARD AND GIVEAWAY
PASSION SERVICE
AWARD LEARNING
CEREMONY PROJECTS



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NIE Wellness Centre

The NIE Wellness Centre provides psychological and counseling services to National Institute of Education student teachers, Nanyang Technological University students and to the general public offering affordable psychological services and counseling to a high standard.

A medical referral is not required.

Appointments can be arranged by phoning the centre at this number 6790 3318.

<http://www.ps.nie.edu.sg/WELLNESS.htm>

The NIE Wellness Centre operating hours :
9am to 5pm (Mon - Fri)
5pm to 9pm (Mon - Thurs upon request)

The NIE Wellness Centre is located in
the basement of the Education Building
(Block 2) at the National Institute of Education.