

# A Child's Wholistic Development

Issue 2: Jul 2022—Dec 2022

## Is There Ever a Right Way to Nurture a Child?

As the Singapore education system has continued to collect accolades over the years, there have also been various debates and discussions held over its rigidity and the overemphasis on academic results.

The Ministry of Education (MOE) has recognised the impact on our young due to this overemphasis and has implemented change in the recent years. This shift has seen a change in the education system where there is special focus on preparing our young to have the ability to seek out success based on their own interests and abilities, along with the reduction of unwanted stress.



This change is important to future-proof our youths and prepare them for upcoming challenges in the ever-changing job markets. Jobs like App Developers, Drone Operators or Artificial Intelligence Engineers and many more only started appearing just over a decade or two ago. This reminds us that change will continue to take place, and whilst the traditional subjects in school still form the basis of what is currently trending, more can be done for our students to nurture that interest and creativity that propels them in their own paths.

This stance is verbalised in a speech by our Minister for Education, Mr Chan Chun Sing at the Redesigning Pedagogy International Conference.

**“Teaching today must go beyond imparting knowledge to helping students make sense of a world overloaded with information. It should also be about finding solutions to future challenges and preparing for tomorrow's needs.”**

In the speech, he also went on to emphasize the need to strengthen this development of interest with strong values and help them acquire the ability to use these values to critically discern with the information and happenings around them.

**“We need to help our learners make sense and make choices anchored by our values. We must help our students acquire the skills of critical thinking, verification of sources of information and appreciate diverse perspectives, so that they come to their own, deeper conclusions and understanding of an issue.”**

A combination of fostering strong values with a holistic development approach resonates strongly with BCS. Throughout our existence, we have constantly emphasized on the nurturing core values of our children and in recent years adopted a holistic approach towards a child's development. Imparting values have always been a huge part of our curriculum and evident through our daily interactions with our students. Our new Study Hall program also attempts to create a space that not only help to support the children's school academic subjects, we try to build on their interests and abilities. The program also leaves no children behind, ensuring each of our children are given an equal chance to educational and/or electives opportunities.

We would like to take the chance to encourage each parent to review their guidance for their child. To reflect if too much focus has been on just academics or results-oriented and if possible, try relieving any pressures on them, allowing them to blossom in their youthful innocence and allow their curiosity to develop naturally.



Elijah Xu and Gregory Yeo  
Social Workers

# Greetings From the Chairman

Issue 2: Jul 2022—Dec 2022

## BLESS, CARE, SHARE

I am thrilled to honor and give thanks to God for volunteers from Bethel AG that the two years of Covid restrictions did not dampen their enthusiasm to bless the community. Some of the volunteers kept in touch with the residents by messaging and calling them, and even visiting those who are not tech-savvy to ensure their well-beings.

We are glad to inform that on the 25th March, we restarted our free haircut services with 5 volunteer hairstylists and 5 volunteer helpers and it warmed our hearts to see 33 residents who came for the haircut. It was indeed a joyful moment to reconnect in-person with these friends whom we have been serving before the Covid restrictions.

Also, in June 2022, our volunteers initiated a project to help the disadvantaged to replace some old lightings to energy-saving LED lightings in their homes. A quick survey was done and immediately 60 residents responded positively. The project started when one of our volunteers went for a visitation to Block 94, they were extremely saddened to see an elderly lady living in an apartment with only one light bulb in her living room that was working.

Amidst her darkness, our volunteers brightened her day, when they went on to replace all the lightings that were not working which included the sole surviving light in her living room with LED lighting. The volunteers also heard of another resident who asked for help to replace his home's electrical distribution board that was badly broken. One of our volunteers who is a licensed electrician was extremely concerned for the safety of this family and immediately went to buy and replace the setup with a new electrical distribution board. This kind deed brought back safety to the household and showed a smile of relief on the resident's face.

BCS is blessed to have our kindred partner, Bethel AG working hand in hand, shoulder to shoulder together with us to constantly Bless, Care for and Share with (BCS) the disadvantaged in our community. Thank God for our dedicated volunteers!

## 祝福、关怀、分享

我很激动，并感谢上帝为教会的志愿者服务，两年的新冠疫情限制并没有削弱他们祝福社区的热情。一些志愿者通过短信和电话与居民保持联系，并拜访那些不精通技术的人，以确保他们身体健康。

3月25日，我们设法与5名志愿者发型师和5名志愿者助手一起重新开始了我们的免费理发服务。我们很高兴看到33位居民来理发。与我们在新冠疫情的限制之前一直服务的这些朋友，重新建立联系是一个非常快乐的时刻。

六月间，我们的志愿者发起了一个项目，帮助有需要的人在家中将旧灯更换为节能LED灯。进行了一项快速调查，立即有60名居民做出了积极回应。上个月，在一次对94街区的探访中，我们的志愿者看到一位老妇人住在公寓里，她的客厅里只有一个还在运作的灯泡，这让他们很难过。我们的志愿者用LED灯替换了所有不能运作的灯，包括她客厅里的灯，让她的一天变得更加美好。另一位居民请求帮助更换他家严重损坏的配电板。我们的一名志愿者，一名持牌电工，担心这个家庭的安全，立即去买了一个新的配电板并更换了它。这一善举让居民脸上露出了如释重负的笑容。

教会与伯特利社区服务 (BCS) 携手合作，为有需要的人祝福、关怀和分享。感谢上帝赐予我们敬业的志愿者！



Rev Dr Chia Beng Hock  
Chairman

# Greetings From the Executive Director

Issue 2: Jul 2022—Dec 2022

## From the ED's Desk...

We have just passed the mid 2022-year mark, at points of the year like that, common questions that we ask ourselves as we take this moment to reflect. Are we unhappy about the year and if so, is there anything we can do better to improve it? Or are we happy with how our year has progressed and if so, maybe we should maintain status quo and continue what we have been doing? Reviewing the first half of 2022, I felt that it is a good time to share with our readers on the progress of our organisation Bethel community Services (BCS).

In our previous iCan newsletter at the start of the year, I shared that it will be a challenging year ahead and unfortunately indeed, it turned out to be. As we enter a phase to live with Covid-19, we see more challenges in our community amongst the lower- and middle-income families and it is sad to say that the woes do not stop there. The world since, had been impacted by an all-time high fuel costs, scarcity of certain food items, inflation, increased cost of living and a war without an end in sight. Albeit our government has announced a financial package to support families, lower and mid-income workers together with retirees without any income, just relying on government support is insufficient and it requires the help of the whole community to prop up those in need.

I previously shared too that our organisation exists to do good where God has placed. We exist to support those who are underprivileged and lack opportunities to realise their potential. Assuming such supportive role, the tougher the environment is, the more critical our work will be as we ourselves have to deal with the harsh environment while supporting our community. Recently, in our local press, I read about a woman who was in a flat with her dead son for a week and the police was only alerted by their neighbours after her flat started emitting an overwhelming stench. Such happenings are a constant reminder to me that despite the gruelling circumstances, our work at BCS is important as we strive to avoid such situations ever happening in our community.

Whilst our immediate work is important, I always recall back on one specific bible verse, 2 Timothy 4:7: "I have fought the good fight, I have finished the race, I have kept the faith". For BCS, we are in a marathon race and not a short sprint. Marathons require us to keep ourselves strong both mentally and physically over a long period of time and similarly, BCS need to prepare ourselves with necessary resources for the long race ahead to meet current and future needs of the community.

As an independent, non-profit organisation, BCS constantly grapples with funding support to ensure continuity and expansion of services. In this regard, since April 2022, we have started a fund-raising campaign, "Going the Distance 100k" tapping on the government supported portal, giving.sg (Going the Distance 100k - Giving.sg). Our objective is to raise funds and at the same time remind ourselves of the distance ahead to meet our community needs. The campaign is additionally a creative way to gather our community to work towards a collective goal while promoting a healthy lifestyle through walking, cycling, or running to clock the 100,000 km collectively. Personally, I have taken the commitment to cycle weekly as part of my contribution towards the 100K distance. This has been a personal commitment and a challenge to me physically and dedication because I am not physically very fit and suffers from backaches occasionally. Furthermore, I take on multiple roles, being a wife, mother, grandmother, and daughter while juggling a full-time position at BCS. Despite all that, I am determined to play my part and fulfil my pledge to this campaign, which runs until the end of October 2022. Do join me to achieve the 100K distance as a community together. Find out more about the campaign through the giving.sg portal.

Finally, in December 2022, we are hosting a Charity Gala Dinner at a local hotel as a fundraiser for our organisation. As the dinner is at the end of the year, where we normally associate it with a time of giving and celebration, we hope you could support our gala dinner as a form of charity or even as part of your company's year-end celebration. It is also a good way to have a bonding time together with a group of friends or family while enjoying a sumptuous dinner in a hotel that well known for its exquisite food. In addition to the food, our Speaker of Parliament, Mr Tan Chuan-jin, has kindly donated one of his artworks which will be up for auction during the dinner. His piece has received wide acclamation, and we are fortunate to receive his support in our endeavour. Do contact BCS if you want to purchase a table, support the gala charity dinner in any ways or interested to understand more about the artwork by Speaker Tan. Just as I promise that BCS will continue to do its part for our community, similarly, I promised you a beautiful evening with good food, company and an enjoyable programme. Please consider supporting our dinner.

In this light, I wish every reader a healthy and blessed rest of 2022!

# Greetings From the Executive Director

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## From the ED's Desk...

我们刚刚过了 2022 年的年中大关，在这样的一年中，我们利用这一时刻进行反思时，会问自己的常见问题。我们是否对这一年不满意？如果是，我们可以做些什么来改善它？或者我们对这一年的进展感到满意，如果是这样，也许我们应该保持现状并继续我们一直在做的事情？回顾 2022 年上半年，我觉得现在是与读者分享我们组织伯特利社区服务 (BCS) 进展的好时机。

在我们之前的年初 iCan 时事通讯中，我分享说这将是充满挑战的一年，不幸的是，事实证明确实如此。随着我们进入与新冠疫情共存的阶段，我们看到社区中低收入和中等收入家庭面临更多挑战，遗憾的是，困境并不止于此。从那以后，世界受到了空前高昂的燃料成本、某些食品的稀缺、通货膨胀、生活成本的增加以及一场看不到尽头的战争的影响。尽管我们的政府已经宣布了一项财政计划，以支持家庭、中低收入工人以及没有任何收入的退休人员，但仅仅依靠政府的支持是不够的，还需要整个社会的帮助来支持有需要的人。

我之前也分享过，我们组织的存在是为了在上帝放置的地方行善。我们的存在是为了支持那些处境不利且缺乏发挥潜力的人。假设这样的支持角色，环境越艰难，我们的工作就越关键，因为我们自己必须在支持我们社区的同时，应对恶劣的环境。最近，在我们当地的媒体上，我读到一个女人和她死去的儿子在一个公寓里待了一个星期，警察只是在她的公寓开始散发出强烈的恶臭后才被邻居报警。此类事件不断提醒我，尽管环境艰苦，但我们在伯特利社区服务的工作很重要，因为我们努力避免此类情况在我们的社区中发生。

虽然我们当前的工作很重要，但我总是回想起一段特定的圣经经文，提摩太后书 2 章 4:7：“我已经打了一场美好的仗，我已经完成了比赛，我一直保持信仰”。对于伯特利社区服务，我们正在进行一场马拉松比赛，而不是短距离冲刺。马拉松要求我们在很长一段时间内保持身心强壮，同样，伯特利社区服务需要为未来的长跑准备必要的资源，以满足社区当前和未来的需求。

作为一个独立的非营利组织，伯特利社区服务不断努力获得资金支持，以确保服务的连续性和扩展性。在这方面，自 2022 年 4 月起，我们在政府支持的门户网站 [give.sg](http://give.sg) (Going the Distance 100k - Giving.sg) 上发起了“Going the Distance 100k”筹款活动。我们的目标是筹集资金，同时提醒自己距离满足社区需求还有很长的路要走。该活动也是一种创造性的方式，可以让我们的社区团结起来朝着一个集体目标努力，同时通过步行、骑自行车或跑步来促进健康的生活方式，共同计时 100,000 公里。就个人而言，我已经承诺每周骑自行车作为我对 100K 距离的贡献的一部分。这是个人的承诺，也是对我身体和奉献精神的挑战，因为我身体不太健康，偶尔会背痛。此外，我担任多个角色，作为妻子、母亲、祖母和女儿，同时在伯特利社区服务担任全职职位。尽管如此，我仍决心发挥自己的作用，履行我对这项活动的承诺，该活动将持续到 2022 年 10 月结束。请加入我，共同实现成为 100K 距离的社区。通过 [give.sg](http://give.sg) 门户网站了解有关该活动的更多信息。

最后，在 2022 年 12 月，我们将在当地一家酒店举办慈善晚宴，作为我们组织的筹款活动。由于晚宴是在年底，我们通常将“给予”和“庆祝”的时间联系起来，我们希望您能支持我们的晚宴作为一种慈善形式，甚至作为贵公司年终庆祝活动的一部分。这也是与一群朋友或家人共度美好时光的好方法，同时在以精致美食而闻名的酒店享用丰盛的晚餐。除了食物，我们的议会议长陈川仁先生还捐赠了他的一件艺术品，将在晚宴上拍卖。他的作品获得广泛的赞誉，我们很幸运能在我们的努力中得到他的支持。如果您想购买餐桌、以任何方式支持慈善晚宴或有兴趣了解更多关于陈议长的艺术作品，请联系伯特利社区服务。正如我承诺伯特利社区服务将继续为我们的社区做出贡献一样，请考虑支持我们的晚宴，同样，我向您承诺，过一个美好的夜晚，有美食、陪伴和愉快的节目。

有鉴于此，我祝愿每位读者在 2022 年身体健康、幸福安康！



Lilian Sze  
Executive Director

# Bethel Child Development Centre

Issue 2: Jul 2022—Dec 2022

## BCDC Staff Training cum Day Out

This year's staff training was conducted with a healthy lifestyle in mind; mentally and physically. We had a time of indoor learning via Zoom. The trainer enlightened us that with a "plus" and "multiply" mindset, positivity grows and reproduces more; when things are done better and differently, when we see and share the bigger picture, when we empower others and when we model the right way, complimenting and edifying each other. Then, negativity is divided and lessens. The better change that we want to see tomorrow begins with us today! Spread some positivity!

All work and no play makes Jack a dull boy, so after training, we brought the staff out for a time of fun and team building. We headed out for some movement and fresh air. The group was split into two teams to compete in a game of treasure hunting at the Kallang Wave Mall. First, they had to get to know each other better to complete an arithmetic sum of "+", "-", "x" and "÷". This got them to their first station. After which, they worked together as a team to locate the different stations and were tasked to take pictures after completing each one.

All in all, the outing brought lots of laughter and entertainment to everyone. Looking forward to the next outing together again!



Mrs Eden Chau  
Principal

# Bethel Child Development Centre

Issue 2: Jul 2022—Dec 2022

## 端午节庆祝活动

绿粽飘香，又是一年端午节。为了让孩子们感受端午节独特的习俗，我校开展了“浓情端午”的主题活动。

各班老师组织小朋友通过观看视频故事《端午节的来历和习俗》让幼儿了解有关端午节的一些风俗和趣事。接着，各班老师再根据幼儿年龄的特点，开展相关的主题活动。老师为豆豆班的小朋友预先做好了一些手工“粽子”，让他们在扮演区玩“煮粽子、吃粽子”的游戏活动。幼儿班一年级的小朋友制作了一个可爱的“粽子”脸谱，然后轮流戴上它，就成了一个可爱的小“粽子”。



幼儿班二年级的小朋友，在老师的巧手带领和指导下，学习动手包粽子，课堂里散发着浓浓的粽香味。幼儿班一年级的小朋友在玩头顶粽子“过独木”的游戏。幼儿班二年级的小朋友在课室里进行“划龙舟”比赛，他们巧妙地使用布料和头饰，把“划龙舟”扮演地惟妙惟肖。各班各种游戏活动结束后，小朋友们品尝各种口味的粽子，也更认识了解节日的由来。



通过这次活动不仅锻炼了孩子们的动手能力，还增进了孩子们对华族传统文化的了解。孩子们感知端午、走进端午、品味端午，体会着传统节日的快乐与童趣。



Bai Liping  
Language Teacher

## Bethel Kinderlites

Issue 2: Jul 2022—Dec 2022

### Bethel Kinderlites “Field Trip”

Over the past years, unfortunately, the early childhood centres had to prioritise our children’s safety and were not able to bring our children out for outdoor activities or field trips. This restriction should however, not hinder our children’s development and we decided that, since we could not bring our children out to experience, how about we bring the experience to our children in the centre?

For our Bethel Kinderlites Term 2 “Field Trip” this year, our N2, K1 and K2 students were blessed to experience a hybrid enrichment on Aquaponics as they gained knowledge in a fun and interactive classroom environment over Zoom while given a chance to gain hands-on experience in assembling their own DIY Aquaponics Mason Jar with a small pet fish in it. Being deprived of out-of-classroom activities, we received an overwhelming response from our N2, K1 and K2 students. The indoor virtual programme allowed our children to experience a field trip without needing to be outdoors and after the activity, the children got to take back these jars to observe over time in the comfort of their homes.



“What is Aquaponics?” one may ask. It is a combination of aquaculture (the growing of fish and other aquatic animals) and hydroponics (the growing of plants without soil in a recirculating environment). Today, the majority prefers aquaponics farming to growing food in the ground because it is a sustainable and organic way of producing food. There is a huge demand for organic food in urban areas and through this hybrid experience, our children are able to expand their knowledge in an up and coming real world technology and have some fun learning “Outside” of the normal classroom.



**“The “Aquaponics Indoor Virtual Class Programme” (a holistic learning journey) was enjoyable. Thank you for organising this aquaponics session! Olivia is so happy!”** This is one of the comments made by one of our Nursery 2 students’ mummies shared in our Parents’ WhatsApp Communication group.

As the endemic status continue to solidify, interactive classroom environment over Zoom represents a new era of learning especially for pre-schoolers of the future. As per some of the feedback by our children’s parents, such an environment still allows the participating children to happily enjoy the hands-on activities while gaining much knowledge too!

We are devoted to the development of our children and we sincerely look forward to more lovely moments of our children.



Pauline Low  
Principal

# Bethel Kinderlites

Issue 2: Jul 2022—Dec 2022

## 伯特利社区服务华文补习班开



现今社会上各种补习费用高不可攀，使得很多家庭对孩子的补习费一筹莫展无法应付。伯特利社区服务本着为民众减轻生活压力减少开支，同时又能把家里在学孩子的华文程度同步提升。现在特别举办华文补习课程。我们承办的华文补习班收费亲民，最主要是所有家庭都能负担的起，让大家携手同心一起为我们的下一代共同努力吧！我们的补习范围从小一预备班一直到小六毕业班共7个班级。课程从听、说、读、写、练五个方面进行教学，紧跟教育部的课程进度及时进行课后辅导。根据学习内容我们还提供练习卷子供学生回家练习。大家快来报名吧！



Zhang Xiao Hong  
Language Teacher

# Bethel Student Care Centre

Issue 2: Jul 2022—Dec 2022

## Treat and Be Treated with Respect, Nurtured with Care and Concern

At BSCC, we strive to create a positive environment for our children while we impart values in our day to day interactions and are purposeful in the activities that we prepare for our children. Each student is met with respect from our teachers and constantly encouraged to show the same respect for the people around them. On top of that, we incorporate as much out of the academic interest activities as possible so that our young ones can explore and relate to their own interests. When our students do find an interest, whenever applicable, we often encourage our students to hone them as much as possible.

We are thankful to receive kind words from some of our parents and would like to share them with our community.



I want to thank the teachers in Bethel Student Care Centre for your guidance and for taking care of my daughter. She is very happy studying in Bethel Student Care Centre. Thank you!

**Mdm Lee Geak Ying (Pri 1 Jia Xuan's mummy)**

We would like to thank all teaching and non-teaching staff at Bethel Student Care for caring and guiding my children at the centre.

Bethel has put in place a system where I know my kids have safely arrived in the centre and it constantly ensures hygiene is their top priority. This eases our minds as parents when we are working.

Both Jing Yi and Jing Ying (including my elder son, Jing You, who has left the centre) always remember the delicious food prepared by Auntie Fe and Uncle Vincent.

They also get to participate in many interesting enrichment activities and gain insights that relate to the environment which help them to grow in-depth in knowledge. (E.g. Recycle musical instrument-drum, painting competition, drawing activities, dictionary tests and movie dates)

Jing Yi always shares his day with us and how he had enjoys his time in Bethel, always looking forward to go to the centre.

**Janice (Jing Yi's & Jing Ying's mummy)**



Ying Yi has been with Bethel Student Care (BSC) since primary 1. This is her 4th year in the centre. She enjoys her days at BSC although in the early years, she cried a lot ☹️.

BSC has various activities such as art and craft, badminton, balloon games, swimming during school holidays, etc. Ying Yi enjoys the activities.

Aunty Fe's cooking is nice. Teachers at BSCC are caring, understanding and patient. Special thanks to Teacher Mei, Teacher Cynthia, Teacher Monica and Mrs Low for taking care of Ying Yi in BSC.

**Mrs. Stella Ng (Ying Yi's mummy)**

# Bethel Student Care Centre

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## Treat and Be Treated with Respect, Nurtured with Care and Concern

My son has been enrolled in Bethel Student Care since P1 and he is now in P4. We are so glad we made the right choice. The centre has caring and helpful teachers. The activities are fun and educational. Some of them include pizza making, sushi making, muay thai, ukulele playing, etc. The centre also organizes tuition lessons recently which help to enhance the students' academic studies. It also reduces unnecessary tuition when they reach home. Highly recommended.

**Mrs. Hazel Chian (Yuk Liong's mummy)**



这里我想感谢老师们对孩子们的照顾和教育，在这半年里，我们也有注意到Nathalie的学业水平有所进步，很遗憾的是Nathalie目前没法就读Primary1，可是在伯特利学生托管中心，Nathalie也可以学到一些知识，可以和其他同学一起讨论功课，学习，玩耍。真的很感激老师们的用心。

**Mrs Look (Nathalie's mummy)**

Fate brought me to the student care. I am blessed with warm welcome from Teacher Monica and all the info provided and assistance when I first contact with her.

Another blessing from Teacher Cynthia to guide my daughter in her studies and sharing ways to help my daughter. I am thankful and appreciated the Student Care providing enrichment and community programmes to assist my struggling daughter. Which also help our struggling family.

Yours blessing will be reminded and stay in our heart and soul

**Mr Chin Kim Chow (Yong Ning's Daddy)**



Every child is precious and deserving of an equal chance to shine regardless of their household situation. Bethel Community Services remains committed to help each one of them realised their innate potential, do reach out to us for any enrolment matters.



Grace Low  
Manager

# Bethel Student Care Centre

Issue 2: Jul 2022—Dec 2022

## 学校假期的春夏秋冬

又是一个疫情下的6月学校假期，不少人选择度宅假，伯特利学生托管中心则采取了春夏秋冬四季的主题为学生们举办了这一个月的假期活动。内容包括手工美术、文化之旅、体育游戏、户外活动等等。

这个学校假期，即使没得出国，还是能过得多姿多彩！学校假期第一天，学生们就以春天为主题开始了手工美术。

**手工美术** - 老师在假期的第一个礼拜设定的主题是春天，孩子们则根据这主题发挥着自己的想象力，以彩笔画出春天在自己心里的样子

**户外活动** - 在老师的监督下，学生们带着水壶在户外游乐场尽情玩耍，玩得不亦乐乎，老师也会时不时提醒学生们补充水分以及自我安全。

**休闲观看电影时段** - 在完成学校作业后，学生们带着自己的零食享受着和朋友们一起看电影的欢乐。

**果冻制作** - 老师们提前准备好食料（例如：果冻粉，杯子，切好的菠萝块）教导学生们如何制作果冻，在过程中孩子们也能间接了解父母平常在家煮饭的不容易。品尝着自己做的果冻，满满的成就感！



**气球制作** - 此外，我们的活动项目其中一项也包括了制作气球，这是孩子们最喜欢的一项活动，制作好自己心仪的气球形状都纷纷开心得手舞足蹈。

老师们准备了足够的气球，然后根据孩子们的需求，寻找教学影片。在适当的时候给予孩子们援助，让孩子们有自由发挥的空间，展现自己的手艺。有些孩子虽然有些害怕气球，但随着朋友们的鼓励，也鼓起了勇气克服恐惧。



**文化之旅** - 在我们伯特利学生托管，我们相信孩子们除了应专注在学业上的本科科目以外，美术方面也不容小觑。此次文化之旅带领着孩子们前往新加坡国家美术馆，让孩子们了解从19世纪至今的新加坡及东南亚艺术，呈现新加坡和区域文化的社会，经济和政治的历史。

从中，孩子们可享用独特的艺术体验，透过趣味性的多感学习和体验让学生们都乐在其中。



Len Jia Boon  
Teacher

# Bethel Tots Centre

## Meal Times At Bethel Tots Centre

From birth to 6 months, infants' main source of nutrients comes either from breastmilk or formula milk. At 6 months, we start introducing solids to the infants under our care. They start off with fruit or vegetable purees and cereals. Some examples of food include steamed broccoli, carrot, mashed sweet potato and potato, pumpkin puree and iron-fortified cereal. When they are about 8 months, we introduce them to meals like fish and chicken porridge or fish and chicken cooked with organic pasta.

During meal times, we allow infants as young as 6 months to practise self-feeding.



How's your food??

Yum! Nom Nom Nom



### Benefits of self-feeding

- Motor skills development, promotes eye-hand coordination
- Infants are active participants in the feeding process rather than passive recipients
- Allows children to eat at their own pace
- Develop healthy eating patterns

### Tips for parents:

1. Avoid adding seasoning to your infants' food. Allow them to explore the natural sweetness of the food itself. This helps them to accept natural flavours and start with good eating habits like avoiding salt and sugar in foods from young.
2. Food should be soft enough for infants to swallow (easily mashed). Allow infants to self-feed. Cut vegetables/fruits into strips that are easy for infants to grasp in their hands.
3. Give time for children to finish their food. Read cues from them that indicate when they are full. Do not rush or force them to eat if they are not interested. Allow for mess.



Li Peixuan  
 Principal

# Bethel Tots Centre

Issue 2: Jul 2022—Dec 2022

## 活动的重要性

在设计婴幼儿课程时，主要的活动包括婴幼儿日常护理活动，以及培育师提供的游戏活动。主要的目标是促进婴幼儿与培育师之间的互动、关系和体验，来激发婴幼儿的兴趣，在体验和探索中学习。让婴幼儿更多地认识自己及周围的人和环境，开拓视野。

婴幼儿课程里最重要的元素之一就是游戏。通过玩游戏的方式来引导婴幼儿探索学习，这可以更好地促进婴幼儿全方位地发展。我们希望孩子们能够适应时代的需求，来迎接未来生活的挑战，让他们日后的成功奠定基础。



### 活动名称：鸭子游呀游

提供材料：在封口袋里加入绿色的食用色素、水和五只黄色的塑料小鸭。

活动描述：培育师让婴儿趴在地垫上面，一边摇动封口袋，一边引导婴儿观察鸭子在水面上游呀游，鼓励婴儿用手去触摸、抓或拍打封口袋和鸭子。并用儿歌《五只小鸭》来引导婴儿，来激发婴儿对活动的兴趣。

### 活动名称：找星星

提供材料：发出星星图案的手电筒

活动描述：培育师把发出星星图案的手电筒照射在墙壁上面，当墙壁上发射出小星星的影像时。培育师哼唱儿歌《小星星》，并鼓励婴幼儿用手去触摸、拍打和扑捉星星的影像。当婴幼儿用手去扑捉时，与他谈谈光影之间的关系，初步促进婴幼儿关于科学方面的概念，激发婴幼儿的兴趣和探索能力。



Choa Siew Hong  
Senior Teacher

# Community Projects / Volunteers

## For the Community, By the Community

The little bug halt the progress of many things over the recent years and it continues to affect a number of people. That being said, BCS is still committed to initiate community building driven events and services to nurture the potential each individual has.

### Snip Snip Snip~ FREE Haircut for ALL Elderly in the Community!

We are delighted to announce that our Monthly Haircut and Birthday celebrations resumed on the 25<sup>th</sup> of March 2022 after the halt due to the pandemic. The celebration is being held on every last Friday of the month. If you are or know of any elderly residing in our community, feel free to sign up with any of our friendly volunteers!

Our celebration first started in 2019 to gather our beloved elders in the community to celebrate life and to help them tidy up and feel refreshed to go about their day. It became a monthly ritual for some of our elders as they eagerly look forward to meeting their friends and bond over a cup of coffee or tea. On their birthday month, they receive a bowl of freshly cooked longevity noodles.

It was unfortunate that the celebrations had to be halted due to the pandemic, but we are glad that the situation has become stable enough for us to bring it back. Over the first few months of restarting, we have once again seen the beautiful smiles of our elders. Joy could be seen on their faces as they were happy to be back together. While we are temporarily unable to provide food for consumption on our premises, we are still able to pack small delights for the elders to bring home to eat. Not forgetting our birthday boys and girls, we give them a pair of longevity buns to continue blessing them.

Our elders' needs are simple. A listening ear, great company, and the simple pleasures in life like a hot bun or a hot drink can delight and satisfy them. Regardless of their past, our elders will always be precious to us. We will continue to celebrate them and seek to bring a blissful smile to their faces.

To safeguard our precious elders' health, do note that haircut slots are limited so do register with us quickly! To register, you can either approach Bethel Community Services or Bethel Assembly of God office. Our staff will help with the registration accordingly.



### Being the Kampong that Nurtures

We are proud to announce that in the month of March 2022, we launched our Bethel Study Hall program. At BCS, we adamantly believe that regardless of race, social status or family situation, every child deserves a chance to enjoy their childhood and develop in ways or areas that they are passionate about. Unfortunately, due to family circumstances, some children are unable to gain access to activities or lessons that aid in their development. Bethel Study Hall aims to provide all children with equal opportunities to receive academic support, develop non-academic interests, pick up various life skills and build a community of peers.

Currently our launch of the Study Hall program only offers academic support to the students at our student care, but we are slowly expanding our offerings to include various non-academic interest electives and regular out-of-class experiential learning. Most importantly, we hope to provide this avenue to the rest of the students in the community and beyond. If each child is given an equitable chance to develop holistically, we believe they can maximise their potential regardless of whatever "cards they were dealt with".



We are determined to improve and provide the levelled playing field for our children. We hope that you can support us in our efforts. We are constantly looking out for skill-based volunteers for various electives. If you have a skill that you would like to impart to our young or are doing it professionally and would like to collaborate, please reach out to us for further discussion.



Elijah Xu & Gregory Yeo  
Social Workers

# Management Committee and New Staff

Issue 2: Jul 2022—Dec 2022

## Getting to Know our New Staff



**Blake Tun**  
BSCC Teacher



**Goh Back Ching**  
BCDC Cleaner



**Lim Lay Keow**  
BCDC Teacher



**Lin Fangyu**  
BTC Infant Educator



**Low See Hong**  
BTC Assistant Teacher



**Pauline Low**  
BK Principal



**Yenny Kumala Dewi**  
BK Teacher



**Sangeetha Alagappasamy**  
BSCC Eng & Math Teacher

## Management Committee (2021- 2023)

<b>Chairman:</b>	Rev Dr. Chia Beng Hock
<b>Vice Chairman:</b>	Rev Dr. Moses Pi
<b>Hon Secretary:</b>	Mr. Phillip Teo
<b>Hon Treasurer:</b>	Mr. Thomas Foo
<b>Members:</b>	Dr. Ong Pui Sim
	Mr. Chia Eng Giap
	Mr. Steven Foo
	Dr. Tan Eng Chun
	Ms. Yvonne Tan
	Mr. Lim Kok Tiong

Due to current Covid-19 safety measures, do take note that some of our services and volunteering opportunities are temporarily unavailable.

For more information, please call  
**6744 7422**

Tuition is available for needy students, please call:  
 伯特利社服班，予低收入家庭的学生:

**6744 7422**

### INFANT CARE

- Infant Care (2 mths - 18 mths)

#### Opening Hours:

- Mon - Fri : 7am - 7pm
- Closed on Sat, Sun & Public Holidays

#### Bethel Tots Centre

Blk 100 Aljunied Crescent  
 #01-369  
 T: 6841 8762

### CHILDCARE

- Playgroup (18 mths - 30 mths)
- Nursery 1 (30 mths - 3 yrs)
- Nursery 2 (3 yrs - 4 yrs)
- Kindergarten 1 (4 - 5 yrs)
- Kindergarten 2 (5 - 6 yrs)

#### Opening Hours:

- Mon - Fri : 7am - 7pm
- Sat : 7am - 2pm
- Closed on Sun & Public Holidays

#### Bethel Child Development Centre

Blk 111 Aljunied Crescent  
 #01-110  
 T: 6846 9287 F: 6844 4915

### KINDERGARTEN

#### Opening Hours:

- AM Session  
 8.30am - 12.30pm

#### Bethel Kinderlites

Blk 114 Aljunied Ave 2 #03-75  
 T: 6744 5860

### TUITION SERVICE

服

Blk 114 Aljunied Ave 2  
 #03-75  
 T: 6744 7422

#### Opening Hours:

- Tue & Wed  
 7.30pm - 9.00pm

### STUDENT CARE

#### Opening Hours:

- Mon - Fri :  
 1.30pm - 7pm  
 7am - 7pm (school holidays)
- Closed on Sat, Sun & Public Holidays

#### Bethel Student Care Centre

Blk 114 Aljunied Ave 2 #03-75  
 T: 6744 4243 F: 6744 5859

### SOCIAL SERVICE & COUNSELLING

Blk 114 Aljunied Ave 2 #03-75  
 T: 6744 7422

### TRADITIONAL CHINESE MEDICINE (TCM) CLINIC

服

Blk 81 Aljunied Ave 2  
 T: 6744 7422

#### Opening Hours:

- Wed & Fri  
 8.30am - 1.00pm

*Note: The above Services are only available for families and individuals residing in Aljunied Ave, Aljunied Crescent, Circuit Rd, Pipit Rd, Sims Drive, Geylang East, Balam Rd & Paya Lebar Way.*

注意:

以上中医服务只限于指定地点

伯特利医务合作社区福利  
**BETHEL**

**PARTNERSHIP SERVICES**  
 Medical & Dental Clinic Services 医疗与牙医诊所服务

**Student Crisis Financial Assistance 学生援助金**

For more information, please call 6744 7422. 以上咨服 · 6744 7422

Our website: [www.bethelcs.org.sg](http://www.bethelcs.org.sg)

Bethel Community Services (BCS) was registered with the Registrar of Societies in August 2004. It became a charity under the Charities Act in September 2004. BCS was admitted as a member of the National Council of Social Service in July 2007 and granted the Institution of a Public Character Status. Donors can give to Bethel Community Services and receive tax deduction for their donations.