

***Starting Right: The Joy of Learning – a letter to our SACSS students***

February 2019

You have just spent hours on learning and you barely notice how your whole being is involved, and you're using your skills to the utmost.

Even after your lesson, you want to find out more. You have many questions to ponder over and you want to learn more. You want to be better at it.

If you have been through this, what you are experiencing is the joy of learning, a state of complete immersion in learning. Psychologist Mihály Csíkszentmihályi refers to this mental state as “flow”.

Achieving a state of flow makes the activities you pursue more engaging and enjoyable. Research has shown that not only do people often perform better when they are in this state of flow, they are often able to improve their skills in that area.

Imagine that you could experience such flow and joy in your learning. Learning will no longer be a chore. You enjoy learning and grow to excel in it.

While you seek teachers who create fun, interesting and challenging lessons, the onus is on the individual to be proactive and take action in order to enhance the flow in learning.

So if you are trying to achieve this state of flow, it will help if:

- You first embrace learning and takes ownership of your learning
- You have a specific goal and action plan
- You challenge yourself and find ways to stretch your current skill level.

When teachers work with motivated students like you, they too, will be energised and experience great joy in teaching.

As we begin this new academic year, I urge you to start right and take action to achieve joy of learning today!

Mdm Tay Hui Cheng
HOD (Mother Tongue)

The Month of February

At a glance.....

Chinese New Year Concert Rehearsal (PM)
1 February 2019 (Friday)

Chinese New Year Celebration
4 February 2019 (Monday)

MTL Fortnight
4, 7 and 8 February 2019 (Monday, Thursday and Friday)

Public Holidays – Chinese New Year
5 and 6 February 2019 (Tuesday and Wednesday)

Sec 1 SwimSafer Programme (PM)
12 and 14 February 2019 (Tuesday and Thursday)
19 and 21 February 2019 (Tuesday and Thursday)

Sec 2 History Investigation Learning Journey (PM)
12 and 14 February 2019 (Tuesday and Thursday)
19 and 21 February 2019 (Tuesday and Thursday)

Meiko Gakuen Visit
13 February 2019 (Wednesday)

Total Defence Day
15 February 2019 (Friday)

Sec 2 Parents' Night
15 February 2019 (Friday)

Sec 4 and 5 Parents' Night
22 February 2019 (Friday)

Sec 3 Leadership Workshop
23 February 2019 (Saturday)

Sec 1 – 5 Weighted Assessment (Term 1)
25 to 28 February 2019 (Monday to Thursday)

Sec 4E and 5N Geography Fieldwork (PM)
28 February 2019 (Thursday)