



## STAFF TRAINING AND RETREAT 2018



On 31 May to 2 June 2018, we had our annual staff training and retreat. Our training session was held at our Student Care Centre premises. A team of 35 of us attended the training conducted by Ms Jenny Goh, an experienced corporate trainer. Ms Goh shared with us on the topic "Effective Communication". Through this training, we are more aware of the whole communication process with its three main areas - verbal, vocal and visual. We learnt the importance of each area. We also learnt the importance of active listening and how through our words and body language, we can build rapport particularly with parents of our children and students in our various centres.



As part of the training, we were split into smaller groups for discussion and activities. After this, each group presented together with our learning, which took place in meaningful contexts. The final training segment included a group activity to encourage teamwork and creativity among the staff where they got together to work in groups to create a photo board for the various centres.



After lunch, we made our way up to Malaysia, Johor Bahru (JB) by coach. We were all excited for a time of great fun and fellowship with one another. The journey was smooth and soon we reached Amari Hotel that is just a short distance from JB City Square. We checked in, rested and had dinner together. After that, colleagues from the various centres took time to interact with each other. We had more fellowship with each other for the next two days. During the retreat, we took time to shop, eat and relax.



Our annual staff training and retreat is a good avenue for staff to be away from the demands of daily operations. It is also a good opportunity to get to know our colleagues better in an informal and relaxed setting. We are already looking forward to the next one!



**SHARON HO**  
Manager (Education)





## Building Our Children's Identity

I was reading the devotional notes this week written by a very dear friend of mine, Dr Selwyn Hughes who was an internationally acclaimed speaker and author. He said that the things we think we see in the eyes of those who nurture us become the building blocks on which we construct our identity.

*If I see and sense that I belong to a loving family, then building block number one is placed beneath my feet. If I see I am valued for who I am and not what I can do, then building block number two goes into place. If I see that those who nurture me consider I have a significant role to play in the world, then building block number three is added. As far as our natural identity is concerned, we are the products of those who either loved us, or failed to love us, in a way which would have helped to put in place these building blocks. Those who regrettably do not have these three building blocks put in place rarely know who they are, and go through life with an incomplete sense of identity<sup>1</sup>.*

Begin with building block number one, a loving family. Each in the family may respond to love in different ways. Gary Chapman in his book *The Five Love Languages*, recommends 5 ways to express and experience love: receiving gifts, quality time, words of affirmation, acts of service and physical touch<sup>2</sup>. Try practicing these 5 love languages in your family.

Value one another in the family for who we are, not what we do. You love your spouse for who he is or who she is and not how well they perform in their career. Likewise you love your children for who they are, your sons and daughters, which is not dependent on how well they perform to meet your expectations. Never compare them with others.

Encourage one another in the family. Everyone has the ability to play a significant role in the world around him or her. See beyond the physical and identify their hidden gifts, abilities and talents. Create opportunities for them to use them and affirm them.

Parents, always keep in mind that children learn by modeling. Let's help them develop their sense of identity by building these building blocks in them.



Rev Chia Beng Hock  
Chairman

<sup>1</sup> Selwyn Hughes, *EDWJ June 5, 2018.*

<sup>2</sup> Gary Chapman, *The Five Love Languages. 1995*

## 建立我们的孩子的身份

我正在阅读由我的一位非常亲爱的朋友Selwyn Hughes博士撰写的奉献笔记，他是一位享誉国际的演讲家和作家。他说，我们认为，我们在培育我们的人眼中看到的事情，成为我们构建我们身份的基石。

如果我看到，并感受到自己生活在一个充满爱的家庭，那么我的脚下就会放置第一块积木。如果我看到自己受到尊重，并不是在于我能做的事情上，那么第二个构建模块就会到位。如果我看到那些培育我的人，认为我在世界上扮演着重要的角色，那么添加第三个积木。就我们的自然身份而言，我们是那些爱我们，或者不爱我们的人的产物，它们可以帮助建立这些积木。遗憾地没有这三个积木的人，很少知道他们是谁，并且经历了一种身份不完整的生活。

从第一块积木开始，一个充满爱的家庭。家庭中的每个人都可能以不同的方式回应爱。Gary Chapman在他的书 - *The Five Love Languages* 中建议5种方式来表达和体验爱：接受礼物，质量时间，肯定的话语，服务和肢体行为。尝试在家中练习这5种爱的语言。

在家庭中，我们应该珍惜彼此，而不在于我们所做的事情上。你爱你的配偶是因为他或她是你所爱的对象，而不是他们在职业生涯中的表现如何。同样，你爱你的孩子是因为他们是你的儿子和女儿，他们不依赖于他们表现如何，以达到你的期望。永远不要与他人做比较。

在家庭中互相鼓励。每个人都有能力在他或她周围的世界中发挥重要作用。找出他们隐藏的潜能，能力和才能。为他们创造机会，让他们使用并确认他们。

父母总要记住，孩子们通过长者的榜样来学习。让我们通过在他们身上建立这些积木，来帮助他们发展自己的认同感。

How times flies, in a blinking of an eye, it has been six months since I assumed my role in Bethel Community Services (BCS). In these six months, I have found it to be most fulfilling and meaningful. I am very happy to play a part in touching the children's lives together with my teachers and to make a difference in the community is indeed very satisfying.

Although there are ups and downs with bitter sweet moments, I thank God for being my pillar of support and guidance. Children has always been my passion and I look forward to every single day to be able to work with them daily. Children are God's blessing and they are so innocent and adorable. It is during their tender age that I hope to play a part in shaping positive character and values in them. The Bible in Proverbs 22:6 says- Train a child in the way he should go and when he is old he will not turn from it. How true! This is my passion to love and care for children. I pray that God will continue to use me to touch these children's lives in our centres. I feel that these children are indeed blessed to have dedicated, loving and caring teachers with the care givers to nurture them.

Through BCS's various works, I hope the community will be impacted positively. As a well-known humanitarian, Dikembe Mutombo, said, "God put us here to prepare this place for the next generation. That's our job. Raising children and helping the community, that's preparing for the next generation". Thus, I look forward to many more great years of working with my wonderful team of co-workers to serve and help the community we are in.

To God be the Glory!



Lilian Sze  
Executive Director

时间过得真快，眨眼间我在伯特利社区服务(BCS)就职已有六个月。这是很充实和有意义的六个月。我很高兴能够与老师们一起参与孩子们的的生活，并为社区做出改变，确实令人非常满意。

尽管有苦涩也有甜蜜的时刻，但我感谢上帝成为我的支持和指导的支柱。孩子们一直都是我酷爱的对象，我每一天都期待能与他们在一起。孩子是上帝的祝福，他们是如此天真可爱。在他们幼小的年代，我希望能在塑造积极人格和价值观方面发挥作用。圣经箴言22章6节中的说 - 教养孩童，使他走当行的道，就是到老他也不会偏离。是的！这是我热爱和关心孩子的情怀。我祈祷上帝会继续用我，来照料我们中心里的孩子们的生活。我觉得这些孩子真受祝福，有老师的敬业，爱心和关爱来培育他们。

通过伯特利社区服务(BCS)的各种活动，我希望社区会受到积极的影响。一位著名的人道主义者，Dikembe Mutombo说：“上帝让我们来这里为下一代做好准备。这是我们的工作，培养孩子和帮助社区，这是为下一代做准备”。因此，我期待与我的优秀团队合作，共同努力，为我们所在的社区-服务，并提供帮助。

荣耀归于神！



# SENTOSA OUTING

*Sponsored by Pace Setters (Prudential Team)*

8 June 2018 was an exciting and memorable day for the students in Bethel Student Care Centre (BSCC). They had a day of fun in Sentosa with a group of 22 volunteers from Pace Setters (Prudential Team). Students learnt about the different types of fishes and had hands-on experiences of getting up close and personal with the turtles in the S.E.A. Aquarium. Our BSCC students were served MacDonalD's lunch after the visit to the S.E.A. Aquarium. After lunch, they proceeded to Palawan beach for relay games where they learnt about working together as a team, accepting their friends' strength and weaknesses. Participants also learnt more about perseverance through the games they played.

The students had a wonderful day spent in Sentosa. We would like to thank Pace Setters (Prudential Team) for fully sponsoring this outing and making it possible for our BSCC students.



Grace Tan  
Supervisor



## 伯特利学生托管中心补习

伯特利学生托管中心提供托管中心的学生免费的补习服务。每个星期，我们有自愿人士，以英文和数学监督学生的学习。除了每星期的补习，学生也以小组形式聚集一起读书。





### 雅格巴拉斯 儿童花园之旅



**Lu Yang**  
Language Teacher



今天是2018年5月16日，幼稚园的小朋友们带着期待和兴奋的心情，坐上巴士一路向雅格巴拉斯儿童花园驶去。到了花园，两位向导分别带领小班和大班两组学生参观生机勃勃的花园。我们看到有不同形状的树叶，有绚丽多彩的花儿。小朋友们很认真地聆听向导介绍各种树木的名称，学到了很多植物知识。参观完花园，小朋友们流着汗的小脸都红扑扑的，脸上绽放出开心的笑容。最后大家来张大合影，结束这次有趣而充实的雅格巴拉斯儿童花园之旅！



## Parents' Day Celebration



**Annie Tan**  
Teacher

On 16 May 2018 Bethel Kinderlites celebrated Parents' Day. This is to create bonding between parents and children besides giving our children an excellent opportunity to appreciate their parents for everything that they have done for them.

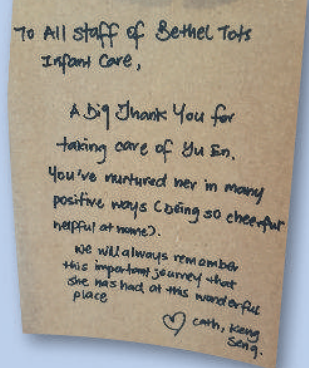
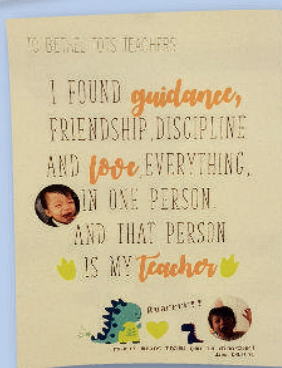
The school took pride in this celebration. We had our children involved in the preparation of this event as they took the initiative to invite their parents to the tea party.

The function started with a welcome speech by our principal, Mrs. Paggie Toh. Following that the children put up good performances for their parents. Next there was a craft session for parents and children to decorate the photo frame. The session ended with interaction among teachers and parents together with light refreshments.

It was a heart warming, good bonding and meaningful celebration. Everyone thoroughly enjoyed it and departed with smiles on their faces and a big thank you on their lips.



## BETHEL TOTS CENTRE



伯特利婴幼儿中心觉得很荣幸，因为家长感激我们对孩子们细心的关爱和照顾。家长对孩子们在中心里的学习进展，十分满意。伯特利婴幼儿中心在窗口上展示孩子的照片，觉得喜悦看到这些小孩从婴儿进展到幼儿阶段。



## Visit by Temasek Polytechnic students and staff



On 9th May, Bethel Child Development Centre (BCDC) hosted 17 Temasek Polytechnic (TP) students and two lecturers from its Diploma in Early Childhood Studies programme as part of their Learning Journey experience. This is an effort by the Early Childhood Development Agency (ECDA) to organize sector orientation, which is supported by the Polytechnics and ITE. The aim of this orientation is to foster student teachers' professional identity through meaningful learning experiences to better prepare them for their role as educators.

On that day, our TP visitors were introduced to how BCDC facilitates play, teaching and learning. Our visitors also observed our teachers and children besides interacting with them. We hope that our visitors have gained positive and valuable insights that contributed to the holistic development of young children.



**Michelle Ding**  
Principal

## 比尔里有趣健身房 (BearyFun Gym)

游戏是孩子们最喜欢的活动，而体育游戏孩子们似乎更钟爱，在钻、爬、跑、跳中孩子得到一种宣泄与释放，可以任意的活动身体的每一个部位。因此，为了满足孩子们的需求，本次开展了“比尔里有趣健身房”的体育游戏活动。

本次的活动由相关的负责人员来带领，他们将幼儿分组并轮流进行教学。在负责人员的带领下，幼儿尝试以“一字型跳跃、人字型跳跃、大字型跳跃”等不同的跳跃方式在蹦床上进行跳跃。通过玩具隧道，让幼儿体验钻和爬，并在软垫上尝试如何进行翻转。负责人员带领幼儿玩“攀岩”和走“吊桥”，让幼儿学习如何寻找平衡来进行攀爬和行走。在负责人员的指导下，幼儿不仅学会跳跃技巧和翻转技巧，还学会感知上下、前后、左右等不同的空间方位。以各种不同的游戏形式，让幼儿完成走、跑、跳、翻转和滑行等一系列动作，锻炼幼儿的弹跳力、平衡力和身体的协调性。

此次活动能让幼儿在安全、舒适和干净的环境下尽情的享受四处走动的乐趣，是一个深受幼儿喜爱的体育活动。



**Xue Ling Ling**  
Language Teacher





## Colorectal Cancer Talk

"Cancer can start anywhere in the body and when it starts in the colon or rectum, it is generally known as colorectal cancer". With this saying, Bethel Community Services was honored to have Dr Ganesh Ramanlingam from G & L Surgical on 7th April 2018, to share with us his extensive knowledge on the topic of colorectal cancer. The talk was held in conjunction with the Cancer Awareness Months in March and April.

It was indeed an educational Saturday morning for the participants who attended the talk. They learnt tips on how our daily eating habits and lifestyle could be contributing factors to colorectal cancer. Participants were also reminded that there are often no symptoms and colorectal cancer can only be detected early through regular screening.

After the talk, the participants were treated to a sumptuous buffet lunch provided by G&L Surgical. In addition, G&L Surgical donated the ticket sales and NTUC voucher to Bethel Community Services. We would like to thank G & L Surgical for their kind donation and especially to Dr Ganesh for giving the talk.



THANK YOU

## Mural Paintings

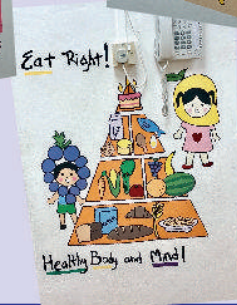
The children and teachers of Bethel Child Development Centre (BCDC) were excited to see their centre brightened up yet again with beautiful paintings. This time round, an educational slant is incorporated into the paintings, which is into its second year. A collaboration project by our BCDC with the School of the Arts (SOTA) formed part of the service learning for SOTA students. Armed with their creative and artistic flair, these students are always ready to bless our community through their paintings.

Through this year's paintings, our BCDC children can now enjoy recite the nursery rhymes painted creatively on the wall together as they wait for their turn to shower. Our children's meal time is also made more educational with a colourfully painted food pyramid as well as a digestive system painted on the wall. Through the artwork of the food pyramid and digestive system, our children learn more about eating right and the digestive system.

We would like to express our appreciation to SOTA for its dedication and relentless support as well as to Haruna Paint Pte Ltd for sponsoring the paint for the wall paintings.



**Jazlyn Chew**  
Case Coordinator





四月三日，内政部的60位员工与我们一起合作，在阿裕尼住区向有需要的居民分发了三百份食物。内政部的义工们与伯特利社区服务(BCS)的员工们同组合作，访问了各个BCS中心，也访问了社区中有需要帮助的家庭。

当活动开始的时候，我们一起把食物银行(Food Bank)送来的食物包装好，又把它们分套放好。每套事物都有一公斤大米、一瓶油、一罐沙丁鱼、一罐蒸豆、一包饼干、一套一升牛奶、一套海苔和一瓶鸳鸯饮料。之后又各个分给大家。

通过分发食物，各个义工感触良多。有位义工分享说他从未体会到比起这些乐龄老人，自己家的老人是多么幸福。义工们也在分发食物的时候与居民多次沟通。虽然很多有需要的居民生活水平不高，但是义工们都说他们从居民那里学了很多人生知识。

哥林多后书9: 6-7

6又有这话：，播撒吝啬的人，也收获吝啬；播撒祝福的人，也收获祝福。7每个人要照着心理预先订好的，不要为难，也不要勉强，因为神喜爱那乐意给与的人。



Jazlyn Chew  
Case Coordinator

THANK YOU

内政部员工分发食物袋

## Tuition Service for our Neighbourhood

Athena Sze  
Volunteer



*I took over the supervision of the tuition service from beginning 2018. It has been a fulfilling journey with our students in the tuition service as we hope to help widen their perspective of what they would like to achieve in school and life. The team of dedicated teachers have built great support and encouragement in teaching these students and doing life with them. We are thankful that we are able to be part of their journey, growing and learning together with them. It is a great joy to witness and see improvements albeit small ones of various students in their studies. We hope to help them reach closer to their goals in studies and to celebrate with them for the hard work they have put in.*

*Personally, I did not do as well academically when I was younger but through perseverance and hard work, I am able to be where I am today. I am thankful to be able to contribute in our tuition service and see my role as a service to God. It is my privilege to be able to encourage our students through my personal life story. I strongly believe in every single child. As long as they are willing to persevere and work hard towards their goal, they will succeed. The change and huge improvements may not come instantly and we can just celebrate the little improvements that the students have obtained. We also believe that one day they will see good results and know that their hard work has paid off.*





## Getting to know our New Staff



**Lilian Sze**  
Executive Director



**Amy Soh**  
BK Teacher



**Lu Yang**  
BK Language Teacher



**Julie Goh**  
BTC Teacher



**Josephine Lee**  
BTC Teacher



**Adeline Tan**  
BCDC Asst Teacher



**Janet Loh**  
BCDC Asst Cook



**Li Su Ru**  
BCDC Teacher



**Tan Xiang Yi**  
BCDC Asst Teacher



**Wendy Lee**  
BCDC Teacher

### MANAGEMENT COMMITTEE (2017 - 2019)

- Chairman:** Rev Chia Beng Hock  
**Vice Chairman:** Rev Dr Moses Pi  
**Hon Secretary:** Mr Phillip Teo  
**Hon Treasurer:** Pastor Slow Soon Chew  
**Members:** Dr Ong Pui Sim  
 Mr Daniel Ho  
 Mr Chia Eng Giap  
 Dr Tan Eng Chun  
 Mr Thomas Foo

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## Registration

2019

**BETHEL CHILD DEVELOPMENT CENTRE**

伯特利儿童发展中心

111 Aljunied Crescent, #01-110, Singapore 380111 Tel: 68469287

**BETHEL KINDERLITES**

伯特利幼儿园

114 Aljunied Ave 2, #03-75, Singapore 380114 Tel: 67445860

Tuition is available for needy students, please call:  
请电伯特利社区服务补习班，给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

伯特利婴儿中心  
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

伯特利儿童发展中心  
Blk 111 Aljunied Crescent  
#01-110  
T: 6846 9287 F: 6844 4915

#### KINDERGARTEN

##### Opening Hours:

- AM Session  
8.30am - 12.30pm

##### Bethel Kinderlites

伯特利幼稚园  
Blk 114 Aljunied Ave 2 #03-75  
T: 6744 5860

#### TUITION SERVICE

伯特利补习服务  
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

伯特利学生托管中心  
Blk 114 Aljunied Ave 2 #03-75  
T: 6744 4243 F: 6744 5859

#### TRADITIONAL CHINESE MEDICINE (TCM) CLINIC

伯特利中医服务  
Blk 81 Aljunied Ave 2  
T: 6744 7422

##### Opening Hours:

- Wed & Fri  
8.30am - 1.00pm

#### SOCIAL SERVICE & COUNSELLING

伯特利社区福利  
Blk 114 Aljunied Ave 2  
#03-75  
T: 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.