

Walk for Rice 2020

Jan 2021—Jun 2021 Issue 1

You Will Never Walk/Run Alone!

“Alone, we can do so little; together, we can do so much” – Helen Keller

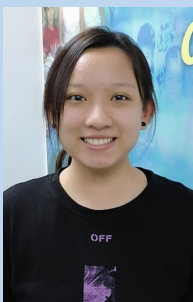
The year 2020 marked the 12th year of the NTUC FairPrice Walk for Rice @ South East. This initiative is a collaboration between NTUC FairPrice with the South East Community Development Council (SECDC) with the purpose to lend a helping hand to residents in need.

This year was a little different as we were not allowed to participate in big groups due to the safe-distancing measures. Instead, participants could still participate individually or in groups of not more than five people. The pandemic and the measures did not stop us as Bethel Community Services (BCS) and our volunteers enthusiastically participated, doing their part to support the community while being mindful of safe-distancing measures.



Similar to last year’s event, for every 300m clocked by walking or running, brown, white rice and oatmeal were donated to support residents who needed. Walk for Rice @ South East aims to inculcate a giving spirit among residents and in true kampong spirit fashion, our volunteers helped to slowly rope friends and families to contribute towards the meaningful cause. Some were already exercising regularly and took the chance to group up with friends to exercise together and some took up jogging because of the event. And after two and half months of walking and running, our community collectively clocked over 2,500 kilometres in distance.

I too took the opportunity to participate as I found it to be a pleasure to exercise while contributing to something meaningful. I believe that every small effort plays a part in having a collective success. No matter the distance walked or run, by seasoned veterans or beginners, all it takes is just a little encouragement and we can definitely go a long way in helping the less fortunate. While running, it felt great knowing that every metre clocked added up to the total amount of food we could provide to people who need it. It was truly humbling, being able to participate in such a memorable event, and I am looking forward to next year’s participation! It is truly heartening to witness everyone doing their part in benefiting the vulnerable in society, and most importantly, the spirit of helping one another to overcome the crisis.



Jania Lee
BCS Intern

Greetings From the Chairman

Jan 2021—Jun 2021 Issue 1

BUILD STRONGER NEIGHBOURLINESS

One evening, while my wife and I finished shopping and were walking to the car park at Bedok Heartbeat, we met an elderly couple who lived in our block. As it was raining, we decided to walk over and offered to give them a lift home. They were surprised and showed a little reluctance to accept our offer. We expressed our concern as it was raining. They relented. We chatted as we walked together towards the car park. The wife, who was very appreciative, commented in Mandarin, “...相近的邻舍强如远方的弟兄姐妹...” (Meaning: a neighbour who is close is better than a brother and sister at a distance.)

I pondered what she said and agreed quietly in my heart. How true it is that during the Circuit Breaker period, when family members were not allowed to visit each other, neighbours became the closest when help was needed! Some people helped their elderly neighbours- a vulnerable group when it comes to COVID-19- to buy grocery and food, knocking on doors to check if they are well.

As we move into Phase 3, we are able to visit our families and friends and even have meals with them. I think it is also a good time to build stronger friendship with our neighbours. When help is needed, they are probably the closest, and you too can be the closest to extend your help to them. Let's build a stronger sense of neighbourliness.

建立更强大的邻里

一天晚上，我和妻子完成购物，然后步行前往勿洛中心的停车场，我们遇到了一对住在同一座大楼的老年夫妇。因为下雨，我们决定要主动送他们回家。他们感到惊讶，并表示不太好意思接受我们的好意。我们表示我们只是关心。我们一面聊天，一起走向停车场。他的妻子（用普通话）非常感激地说：“远亲不如近邻”意思是：“近距离的邻居比远处的兄弟姐妹更好。”

我思索她所说的话，并在心里默默认同。在“阻断措施”的期间，大家都不允许与家人互相探望，当需要帮助时，邻居变得最为深切！有些邻居帮助邻里的老人（因冠状病毒疫情受影响的群体）购买杂货和食物，并敲门检查他们是否健康。

在进入第3阶段时，我们能够拜访我们的家人和朋友，甚至可以和他们一起吃饭。我认为现在也是与我们的邻居建立更牢固友谊的好时机。当需要帮助时，它们可能是最接近的，您也可以最直接地帮助到他们。让我们建立一个更强大的邻里。



Rev Dr Chia Beng Hock
Chairman

Greetings From the Executive Director

Jan 2021—Jun 2021 Issue 1

From the ED's Desk...

Bethel Community Services (BCS) continues to be an arm to reach out to the community. With God's help, we have been well positioned within our Geylang East and Aljunied community to meet various needs.

These needs may be brought to our attention by individuals or through our personal encounters. The key to identifying and meeting a need is to be sensitive, which is an important attribute needed to help others.

Towards the end of last year (2020), Ms T came to our office for a job interview but her skill sets and qualification were not suitable for the vacant position. However, through the interview, we found out that Ms T was a single mother with a young primary school child. While being out of a job, Ms T had started a home-based baking business. She had financial challenges and we contacted her following the interview. This is where being sensitive to needs comes in. The Bible encourages us to be merciful as God, our Heavenly Father, is merciful (Luke 6:36).

Subsequently, we visited her with two food bundles and a few bags of flour for her baking business. Ms T thanked us for our concern and help, sharing that she preferred to approach a Family Service Centre if further help was needed. This is how we can show mercy, to be compassionate and meet an immediate need. Ms T's story illustrates just a small way we can meet our community needs.

Looking ahead in 2021, more needs may arise for us to meet as a result of the COVID-19 pandemic fallout. Thus, let us be more sensitive and merciful as the Bible teaches.

Finally, on behalf of BCS's management committee and staff, I would like to wish our readers and supporters a blessed 2021 year ahead!

伯特利社区服务（BCS）仍然是伸出援手与社区联系的中心。在上帝的帮助下，我们在芽笼东部和阿裕尼社区里，都可以满足各种需求。

这些引起我们注意的需求或所遇见的需求，是否能够识别并满足需求的关键是要敏感，这是帮助他人的重要性。

去年年底（2020年），T女士来到我们的办公室进行面试，但她的技能和资历并不适合我们的空缺。但是，通过访谈后，我们发现T女士是位单亲母亲，还有一个在读小学的孩子。在失业期间，T女士开始了家庭式烘焙业务。过后她遇到了经济挑战，我们继续与她联系。圣经鼓励我们像上帝一样仁慈，我们的天父是仁慈的（路加福音6：36）。

随后，我们带着两大袋的食品和几袋面粉去了她的烘焙厨房。T女士感谢我们的关心和帮助，但，如果她有需要进一步的帮助，她更希望能与家庭服务中心联系。这就是我们表现出怜悯的方式，那就是要富有同情心并满足个人的需求。T女士的故事仅说明了我们能够满足社区需求的一种方式。

展望2021年，经历了新冠肺炎大流行病后，未来的需求将会更加的多。因此，作为基督徒的我们，要更加敏感和仁慈。

最后，我谨代表伯特利社区服务的管理委员会和工作人员，祝愿读者和支持者在2021年，天天走在神的恩典里。



Lilian Sze
Executive Director

Bethel Child Development Centre

Jan 2021—Jun 2021 Issue 1

The Show Goes On!



2020 has been a very challenging year for many of us. All of us have had to adjust our routines, lifestyles and habits to curb the spread of COVID-19. Likewise, for our K2 Graduands this year, we were unable to plan their graduation ceremony as we normally have for the past 20 years.

Our K2 Graduation Ceremony this year was pre-recorded with just barely 50 persons in attendance.

Attendees included the graduands, their teachers and staff members who helped with the recording, preparation of props and managing the children. With everyone donning masks, it was truly a different experience. Graduation Ceremonies for both the Bethel Kinderlites and Bethel Child Development Centre were held on two different days, so children from both centres would not intermingle, and we ensured that we adhered to the safe-distancing measures.

Even though the event lacked the grandiose of a Graduation Ceremony and parents were not in attendance, our K2 graduands put their best foot forward in their performances. The Bethel Kinderlites performed a musical drama, 'The Three Trees' choreographed and arranged by their teacher, Ms Tan, and her niece, Ms Kendra Tan. The children from Bethel Child Development Centre performed a skit, arranged by their Speech & Drama teachers. The event was then recorded into DVDs, which were shared with the graduands' parents.

Our K2 children enjoyed the entire process although it had been done in an unconventional way. Despite the limitations, we managed to give them a graduation that they deserved. We wish all our graduands of 2020 a blessed journey into their primary-school years. Happy Graduation, K2s!



Michelle Ding
Cluster Principal

Bethel Child Development Centre

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愉快的毕业聚餐活动

2020年11月30日是这届K2毕业班的最后一天。小朋友们各自带着家长们为他们精心准备的美食，穿上自己喜爱的派对服装，高高兴兴的来到学校，准备参加中午举行的聚餐告别活动。

午餐时，老师分配食物给幼儿们。他们吃着美味食物的同时，也收到耀光妈妈、靓莹妈妈和老师们送给他们的小礼物，每个幼儿都很开心。若滢小朋友吃完午餐就要离开学校了，她眼含着泪水紧紧地拥抱着老师，怀着依依不舍的心情离开了学校。

今天的午餐告别活动，希望能给孩子们带来一个难忘的回忆，给即将离开幼儿园的小朋友画下一个完美的句号。



Bai Liping
Chinese Language Teacher

Bethel Kinderlites

Jan 2021—Jun 2021 Issue 1

Strengthening Partnership with Parents, Bethel Kinderlites PTM 2020



Pre-Nursery



Nursery



Kindergarten 1



Kindergarten 2

I believe that forging a strong bond between parent and teacher is essential in ensuring healthy child growth, especially highlighted during this pandemic. Parent-Teacher Meetings (PTM) has always been the main bridge for parents and teachers for engagements and are useful for the teachers to communicate with parents important pointers and keep them updated on their children’s progress. Parents can then work in tandem to keep their children on a positive note in their academics. Before the Coronavirus pandemic, PTMs have always been in-person, however, due to the new rules and social-distancing measures, PTMs were conducted differently last year where everything was communicated through a screen. As foreign as it was, what used to be viewed as a limitation, is now a useful tool where moving forward a virtual PTM can be a viable alternative.

PARENTS TEACHER MEETING

Class: Kindergarten 1

Date: 20 November

Dear Parents, please write your child's name and choose a time slot you want for Parents Meeting and if you prefer *CALL* or *Whatsapp Video call*. Please take note that each meeting will be limited to **10 minutes**. **This is to ensure** that all parents are able to meet the teachers. There might be some delays but we will try our best to keep to the allocated time slots. Thank you for your understanding.

	Child's Name	CALL	WA Video Call
08:30		<input type="checkbox"/>	<input type="checkbox"/>
08:40		<input type="checkbox"/>	<input type="checkbox"/>

PTM Google Sheet Survey Form (Parents can choose their preferred time slot for the PTM)



Esther Chan
English Language Teacher

Bethel Kinderlites

Jan 2021—Jun 2021 Issue 1

让幼儿学好华语

新加坡是一个多种族的岛国，多元的族群也带来了各自不同的语言。掌握双语是我国重要的教育国策，因此政府一直鼓励大家学好母语，致力培养双语人才，其中以提升华文教育最为突显。我们博特利幼稚园的家长也很重视华文教育，甚至连印度族的家长也都希望自己的孩子能学好华文。新加坡是一个以英语为主的教育环境，所以教导幼儿学好华文并不是一件简单的事。作为一名华文启蒙教育者，需要的是一份热忱、一份执着，所谓功夫不负有心人，只要你付出努力必定能收获成果。

在华文教学方面，除了对幼儿进行常规教学，我会努力创造一个适宜的环境，为幼儿使用口语提供机会。如：教学活动中的游戏环境、课堂上的口语接龙，鼓励幼儿在自己种下的果树上每天说一句话。我也会尽量多使用带有语境问答的词汇：你饿了吗？想吃什么？今天妈妈煮什么给你吃？使幼儿不得不回答。在回答的过程中引导幼儿逐步丰富词汇。创编歌曲对幼儿的语言培养是一个不错的教学手段，幼儿对于创编通常都很感兴趣，只要你给出时间他们会乐此不疲地往下接。无形之中不仅拓展了幼儿的思维空间，同时也提升了口语表达能力。还有课堂活动中的认字教学、从字变词、从词变句、聆听故事、上台表演等等，这些对于幼儿来说，都能有效地提升孩子的听、说、读水平。另外读诵儿歌、唐诗对幼儿四声调和语感的培养也非常有益。



鉴于平常我在幼儿华文口语使用方面的不断坚持，所以每年的毕业典礼致词，我有信心让印度族的幼儿来演讲致词，当然这之间你需要有足够的耐心。尽量运用幼儿已认识的字、词来编写演讲内容。除了要耐心的指导幼儿反复地练习，还要让幼儿了解文中逐句的意思，要求逐句跟读，尽可能地让幼儿认读而不是死背。幼儿非常聪明记忆力也强，一个礼拜背诵几句是完全可以做到的。这样下来一篇演讲稿用一个月左右的时间也就能全部记下来了。

总而言之要想提升幼儿的华文学习兴趣，我们不能有松懈的思想，要有持之以恒、坚持不懈的精神，才能让幼儿在华文的田园里茁壮成长。

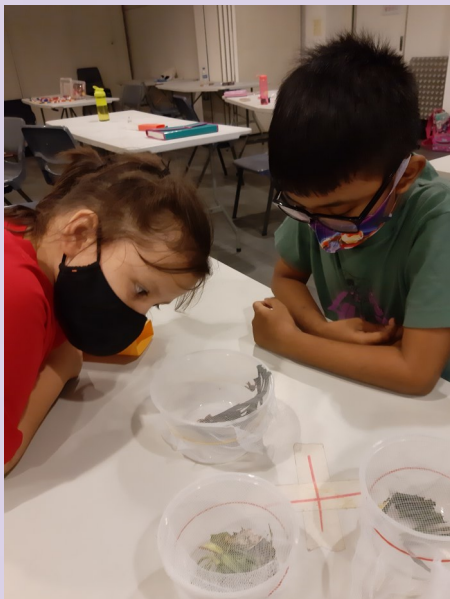


张老师
Chinese Language Teacher

Bethel Student Care Centre

An Observational Learning Experience! Learning about a Butterfly's Lifecycle

To create an engaging learning environment, activities need to be child-led and children need to be provided interest-based projects. Over the past 3 weeks, the children had the opportunity to observe nature at work; watching caterpillars turn to butterflies. Butterfly eggs were carefully retrieved and brought to the classroom environment. A piece of the caterpillar's natural environment was recreated in a see-through box so that the children could also observe its natural transition into a butterfly. The children were tasked to ensure its well-being as it transited through its lifecycle.



In a time where technology is in abundance, we can often overlook the traditional ways of learning such as real-life observations. Today, one can simply do a quick search on the internet about a butterfly's lifecycle to retrieve similar information, however, it is still believed that learning through activities promotes a much deeper learning for the students. It gives them a break from the technology-laden of today, let them experience the values of taking care of a living being and the knowledge is better retained.



Cynthia Kua
BSCC Teacher

Bethel Tots Centre

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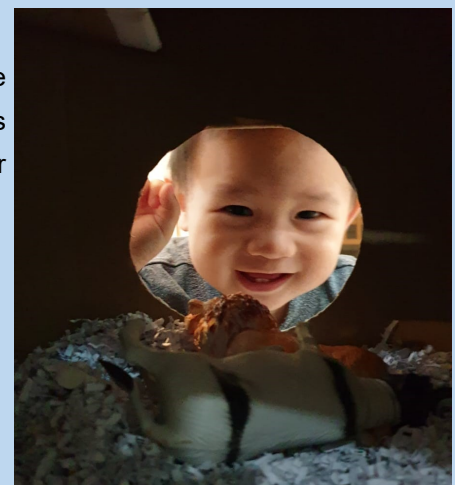
Please Play with Us!

Through our theme exploration on animals (pets, sea creatures, farm and zoo animals), our teachers plan many fun and engaging activities for our infants (2 - 18months). Through exploration and experiential play, our infants get to learn more about animals. There are many interesting activities that we do in school. One example is Milking The Cow where the children get to feel what is it like to express milk from the cow's udder.



In addition, the children enjoy the Farm Animals Sensory Bin where they get to pretend play with all the farm animals in a barn filled with shredded paper.

Infants are not fussy during play. When they are engaged, that is the time where they discover and learn, gaining knowledge while exploring. That is how they find out the answers to the world. They feel secure in a familiar environment, a place where they are comfortable to be themselves.



Li Peixuan
BTC Principal

Community Projects / Volunteers

For the sake of our children, Life MUST go on!

Across the globe, the COVID-19 pandemic has impacted communities and daily activities in unprecedented ways. Coping with the safety aspects for our children, staff members and volunteers had to put many of the scheduled volunteer-led activities on hold with a heavy heart, as we waited for the situation to stabilise. However, amidst this heavy period, we were deeply encouraged by our community, as we received more volunteer applications than usual and continued to receive proposals to organise activities during this trying period!

With the help of our volunteers, we were able to conduct some small activities despite the pause. Instead of the traditional face-to-face volunteering, they started to volunteer their time remotely by creating interesting videos for our children to follow along; exercises, creating various interesting items; activities to keep up with their education. Some of our creative volunteers even created videos about COVID-19 safety precautions through song and dance while others produced video guides on school topics, creating handicraft such as friendship bands and bookmarks.



Our children enjoyed the activities and videos very much, as they could tap on their creativity and create items for themselves and their friends. Such activities are crucial to the children's development and also brought back some form of normalcy to their lives. Amidst such a crisis, it is critical to ensure our children are supported socially, emotionally and mentally, as trauma or disruptions during developmental stages can have long-term consequences. Such normality may seem small, but it does its part to protect a child's precious innocence and growth.

How will the new post-COVID-19 world look like? No one knows, but just as how our volunteers' have the steadfast spirit to support our community throughout a crisis, we at Bethel Community Services Social Services are committed to do our best in supporting every individual, child and family. We hope to take this chance to ask readers like yourself to continue supporting our work at BCS, as your support encourages and motivates us!

A big "Thank You" to all our volunteers and community partners for bring a sense of normality to our students in these abnormal times!



Elijah Xu and Gregory Yeo
Case Coordinators

Community Projects / Volunteers

Jan 2021—Jun 2021 Issue 1

Should We Still Celebrate Happy Occasions?

Amidst a crisis like COVID-19, it is easy to drown ourselves in the negativity of what is happening all around us. That is precisely why the answer to the above is YES! Research has shown that the things that impact our happiness and our misery the most are our relationships, our mental and physical health. The pandemic has already forced us to limit our social interactions, but we cannot allow it to take away the spirit of love and further disrupt our relationships!

We at Bethel Community Services hope to remind everyone to continue celebrating joyous occasions, as these celebrations are crucial to our journey back to normality. In the spirit of celebration, in December, we collaborated with the Assembly of God churches and some kind donors to prepare a care packet for our service users. These packets were distributed in the spirit of Christmas to community members regardless of race, language or religion. The intention was to rejoice together as a community. In the packet, we were able to distribute more personal protection equipment, festive treats and toys for the children.



This would have only been possible with the generous support from our kind donors and community partners. On behalf of all the stakeholders, please accept our sincere gratitude and we hope that you can continue supporting us as a community. Let's continue to celebrate the joyous moments of our lives, and most importantly, the grace of our Lord during and beyond this pandemic, together.



Elijah Xu and Gregory Yeo
Case Coordinators

Management Committee and New Staff

Jan 2021—Jun 2021 Issue 1

Getting to know our New Staff



Cynthia Kua
BSCC Teacher



Eileen Leong
BCDC Assistant Cook



Juliana Chio
BCS Accounts Assistant



Li Peixuan
BTC Principal



Mahirah Binte Abul Wafa
BTC Assistant Teacher

Management Committee (2019- 2021)

Chairman:	Rev Dr Chia Beng Hock
Vice Chairman:	Rev Dr Moses Pi
Hon Secretary:	Mr Phillip Teo
Hon Treasurer:	Pastor Siow Soon Chew
Members:	Dr Ong Pui Sim
	Mr Chia Eng Giap
	Mr Steven Foo
	Dr Tan Eng Chun
	Mr Thomas Foo
	Mr Tay Soon Khuan

Due to current Covid-19 safety measures, do take note that some of our services 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

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

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: 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

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.