



30 July 2018

Dear Parents/Guardians,

I had an opportunity to meet with a small group of parents last week and we talked about the use or more like excessive use of smartphones and computers by their sons. I thought that the following advice from a guidebook to parenting teenagers is helpful for our consideration:

“Having a mobile device in the home is quite unavoidable. The device is required for the teenager to do his schoolwork. At the same time, it is also used as a platform for socialisation as well as for entertainment. The dilemma that parents have is the amount of time the teenager spends on the device for his schoolwork vis-à-vis socialisation and entertainment. There is also the danger of the teenager gaining access to unhealthy sites that promotes pornography and gambling.

The very first step to managing a teenager’s use of devices at home is to ensure that device usage is in the public domain, or accessible by parents for supervision. In other words, the computer or smartphone should never be used behind locked doors. Secondly parents should install internet filters that block off unsavoury sites. Parents can buy such internet filters to install. Internet service providers should also be able to provide some form of internet filters for home use. However, internet filters do not necessarily provide 100% protection. Parental supervision and monitoring is still required to ensure the safety of the teenager who spends much time in cyberspace.

When parents want to work with their teenager on device usage, it is usually because of two reasons. The first is the amount of time spent on the computer. The second is the teenager using the device until the wee hours of the morning. As a result, the teenager lacks sleep. Either way, the teenager’s education is affected. This situation is very difficult to handle and, usually, this is the flash point of parent-teenager relationship.

The main reason why parents are looking to reverse the situation is because when the teenager was young, he was allowed liberal and unbridled access to mobile devices. Hence, parents whose children are still young must not allow them device usage that would cause them to arrive at this situation. The emphasis is early control with proper boundaries and consequences.

In trying to reverse the habit of long hours of device usage on gaming, social networking and surfing, parents must be prepared for a long struggle with their teenager. There is no

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shortcut or instant reversal to the situation. Parents are in it for the long haul to change the teenager's habit of device usage.

In the process of helping the teenager overcome his computer problem, parents will have to concurrently establish and maintain a good level of parent-teenager relationship. Communication between parents and the teenager has to be kept open despite constant tensions. These tensions arise because parents are involved in the help process. Trying to break the teenager's device usage problem will often lead to much anger and frustration for both teenager and his parents. Despite the tensions, parents must avoid being angry. Anger will only undermine this help process and a downward spiral of the parent-teenager relationship to low points where the teenager gives up trying to break his habit."

Some strategies to consider in helping your son manage his habit of usage include:

- a) Getting your son to agree to break the habit - Through patience, gentle persuasion and quality communication, help your son to realise the real consequences of spending long hours on their devices. Help your son to see that these consequences include his education; his relationship with family members and friends; and, plans for his future.
- b) Reducing usage bit-by-bit - It may be good for parents to help your son reduce his device usage bit-by-bit: for example, reducing the computer usage by blocks of half-an-hour
- c) Being persistent and consistent - After parents and their son have agreed to work on the device usage problem, parents have to be persistent and consistent in helping your son keep to the agreed time reduction process
- d) Accept failures and praise successes - The process of helping your son reduce his device usage will be a roller coaster ride, with highs and lows. Parents must be prepared for this ride with their son all the way if the help process is to succeed
- e) Having boundaries and consequences – Support your son through the process of reducing the time he uses his devices before imposing the boundaries and consequences.

Achievements of our CCAs

We are proud of the achievements of our students in the National Schools Games.

CCA	Achievement	Acknowledgement
Bowling	C Division – 3 rd Runner-up in Nationals	Our gentlemen worked hard to bring the trophy back to ACS(BR) in spite of the challenges they faced. They displayed tenacity in all the rounds of competition and the achievement was a testimony of team effort and unity.
Handball	B Division – Runner-up C Division – 2 nd Runner-up	Our gentlemen beat teams from Temasek, Damai, Regent and West Spring Secondary Schools. In a closely fought finals, we played a very good game only to lose by a single point to West Spring Secondary School. The camaraderie and sportsmanship were palpable throughout the tournament.
Tennis	C Division – Runner-up	Our gentlemen did the school proud by defeating RI in the semi-finals and doing their

		best in the finals against ACS(I). The lessons learnt will serve them well in the coming year.
Waterpolo	C Division – 2nd Runner-up in Nationals	Our gentlemen grew through the competition improving with every game. They narrowly missed out on the finals through goal difference but lifted themselves to defeat Hwa Chong Institution for the 3rd placing.
Concert Band	Silver at SIBF 2018	Our Band competed at the Singapore International Band Festival 2018 and attained a high Silver with a score of 78.89. It was a testimony of their hard work and perseverance.

Fund-raising events for the Indoor Sports Hall

We continue to trust God for the fund-raising projects to raise the \$734,000 needed. We have raised about \$350,000 to date and the recently completed fundraising lunch by alumni chefs held at New Ubin Seafood was well-attended by old boys, parents and supporters. It was an afternoon of renewing ties and enjoying the wonderful fusion meal prepared by our alumni chefs. The cooking demonstrations by Les Amis chefs at the Temasek Culinary Academy have also been well-attended. We also are thankful that all seats for the dinner at Les Amis on 7 August 2018 are completely sold out.

Implementation of Season Parking

As announced in March 2018, all public officers who park in school are required to pay for parking from August 2018 onwards. Season parking charges will be imposed to be in line with the Public Service Division's "clean wage" policy, which stipulates that salaries are fully accounted for, with no hidden perks and privileges. This also applies to non-public officers who require a car park lot whose work place is within the school premises (e.g. the canteen vendors, contract workers).

In view of the implementation of season parking on Mondays to Fridays, 5.00 a.m. to 6.00 p.m. in the Transport Centre, the car park lots in the ACS (Barker Road) Campus will be changed to only red and white lots. The existing number of red lots in the campus remains unchanged for officers who have a Season Parking Decal. As the red lots are reserved and paid for, please note that those with no Season Parking Decal are strictly not allowed to park at the red lots. **The security guards will wheel-clamp your car if your car is found parked in the red lots without a Season Parking Decal. A fee of \$100.00 will be charged to release your car.**

The terms and conditions for parents/guardians who are having the ACS (Barker Road) Campus car park label remain unchanged. The car park label for parents/guardians allows you access to the Transport Centre but it does not allow you to park at the Transport Centre. Other designated drop-off/pick-up points include the Chancery Lane Activity Area and Gates 'C'/'B3' along Barker Road. We seek your understanding in this matter so that staff can park easily in the morning when they need to be in school quickly to take care of school matters. Parents/Guardians are also advised to refrain from parking your vehicles outside the school gate or bus bay in such a way that it obstructs the flow of traffic. Such indiscriminate parking is a danger to other drivers as well as pedestrians.

We would like to remind you that parallel parking inside the Transport Centre is strictly not allowed as it will cause traffic obstruction and affect the security level within the area. In addition, the security guards will only allow cars to enter the campus at arrival and dismissal times of the kindergarten, primary and secondary schools. We seek your co-operation with the security guards as they will provide you with the necessary directions.

If you need to wait for your son/ward in the Transport Centre after dismissal because he has not come down from the teaching block, please note that you are not allowed to parallel park as you will be creating a road block. You are required to drive around the Transport Centre till he arrives.

Reminders about upcoming school events

No	Event	Date/Time	Remarks
1	National Day Celebrations	Wednesday 8 August	The Guest-of-Honour for the celebrations is BG Dinesh Vasu Dash, Commander of 2 nd People's Defence Force (2PDF). Students are required to report at 7.40am and will be dismissed after the celebrations at 10.30am
2	National Day School Holiday	Friday 10 August	Not a school day
3	Teachers' Day Celebrations	Thursday 30 August	School will be dismissed at 10.30am
4	Teachers' Day School Holiday	Friday 31 August	Not a school day

Yours sincerely,

Loo Ming Yaw
Principal