

# Care and Support

We aim to nurture future-ready Bowenians who are self-disciplined individuals of sound character and caring peers.

Young people may face new challenges in their growing up years. However, surmounting them together with your supportive peers can turn these challenges into welcomed and fun opportunities for growth. So Bowenians, navigate your **Bowen Experience (BE)** with your peers as a cohesive team; and seek always to develop a strong sense of personal well-being and confidence.

To navigate your Bowen Experience confidently, the school encourages you to embrace a set of learning routines, **R-E-A-D-Y BE!** These routines will prime your mind to practise good habits that will help you succeed as when you go immerse yourself with enthusiasm and daring in your school experiences.

## BOWENIANS, R-E-A-D-Y BE\*!

\*for the Bowen Experience

### R Be Responsible and Respectful

- Be a responsible and respectful learner, paying attention to 5As: **A**ttendance, **A**ttire, **A**ssignments, **A**ttitude and **A**spirations.
- Treat our learning venues, furniture and fixtures, equipment and tools with care and respect.
- Use online resources and platforms responsibly and respectfully.



### E Be Engaged and Participative in all your Learning

- Be engaged and self-directed, completing your work with your best effort.
- Ensure you prepare all necessary tools and materials; be fully present during lessons.
- Employ the Traffic Light Rules to guide your engagement in learning:

	<b>STOP</b>	<b>From all unrelated activities, and focus on the task at hand.</b> No device allowed, until further instructions are given.
	<b>THINK</b>	<b>Of what needs to be done, asking questions to clarify.</b> Get ready your learning device; know which applications to launch.
	<b>DO</b>	<b>Go ahead to participate in the learning activity as instructed.</b> Go ahead and use your Chromebook and/or other personal devices allowed.

### A Be Adaptable and Mentally Agile - Adopt a Growth Mindset

- Be adaptable - persevere through challenges, and stay calm.
- Be **Active Learners** - especially during independent learning activities like HBL days.
- Be **proActive** - seeking help when you really cannot understand.
- Be a **Peer Supporter** - progress and succeed as a team.



### D Be Disciplined - Maintain Safety and Security Diligently

- **Safekeep your valuables.** Do not leave them unattended.
- Safeguard the safety and security of your accounts and data.
- Be cyber-safe - click on links only when you know they are safe; fact-check against official sources. Never forward doubtful information.
- **Keep yourself and your peers safe;** stand up for a friend who is a victim of bullying - online or offline. Tell a teacher.



### Y Be You - A Learner, Leader and Champion who is Self-Directed and Future-Ready

- Be a keen future-ready learner who knows how to learn, unlearn and relearn.
- **Do good** wisely, with a strong sense of right and wrong. Champion the needy and underprivileged.
- **Do well** skillfully, employing your talents and abilities to contribute meaningfully. Lead and help shape the future!

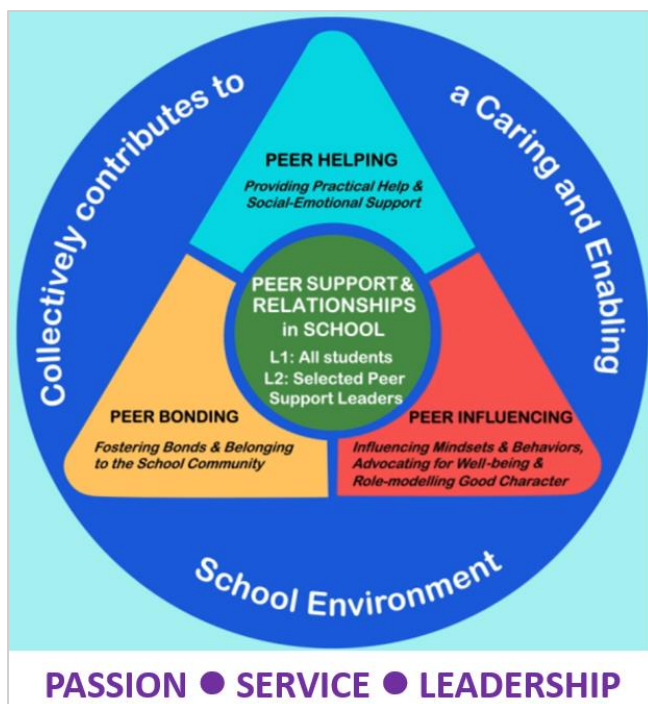


Building positive peer relationships is crucial aspect of your **BE**. Every Bowenian should strive to be a

**caring peer supporter** and **confident up-stander** who helps make Bowen a caring and enabling school environment. So, build a supportive network of diverse friends from your form class, teaching groups as well as CCAs. Advocate each other's well-being and safety as you forge meaningful bonds with each other.

In your network of supportive friends, exercise positive peer influencing, peer bonding and peer helping. When your peers have concerns, personal troubles or are bullied, reach out to them. Be by their side. Notify the teachers to further extend help to your friend

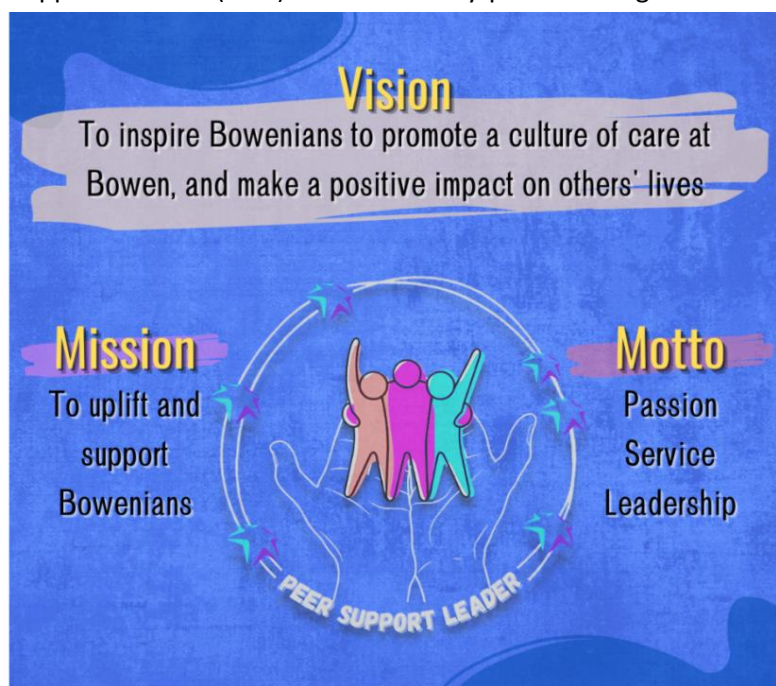
If you yourself wish have a Care Chat with a Student Well-being Teacher, go to this link: <https://tinyurl.com/BowenCares>:



	Student Wellbeing (SWB) Team		Discipline	YH
Secondary 1 Level Team	Mr Ainsley Liew (1T FT) - S1 IC Mrs Chan Soo Yong (S1 YH)	Mr Juraimy (Lower Sec IC)	LOWER SEC DTs: Mdm Uma (LS Coordinator)	Mrs Chan Soo Yong
Secondary 2 Level Team	Mr Chen Qinghua (2P FT) - S2 IC Mrs Audrey Gan (2L FT)		Mr Sean Ross Mr Muhd Noor Hairil	Mdm Sharifah
Secondary 3 Level Team	Mrs Sandra Lim (3R FT) - S3 IC Mdm Angie Goh (3R FT)	Ms Tan Shuming (Upper Sec IC)	UPPER SEC DTs: Mr Derrick Lim (US Coordinator)	Mrs Estelle Chong
Secondary 4 Level Team	Mr Winston Chua (5E FT) - S4,5 IC Mrs Sankar (4P FT)		Ms Suraiya Ms Siti Norrulhuda	Ms Bernice Tey
Supporting AEDs	<ul style="list-style-type: none"> <li>Mrs Magdalene Lee Senior school Counsellor</li> <li>Mr Farisudin Special Education Needs Officer</li> <li>Ms Joyce Gan Student Welfare Officer</li> <li>Ms Catherine Ng Education Career Guidance Counsellor</li> </ul>			

## Peer Support & Relationships (PSR), FCBT & CAREbean Programme

In 2024, look out for a series fun-filled activities that await you. The Care Teachers and your Peer Support Leaders (PSLs) will drive many peer bonding activities throughout the year like your Friday



Class Bonding Time (**FCBT**) and our twice weekly, after-school **CAREbean Programme**, which will be available both as a face-to-face and online event.

For our face-to-face CAREbean Programme, anticipate using new recreational facilities like our pool table, gaming consoles and board games. Do register ahead of time before you drop by our **CAREbean Corner** (which is just next to the front of the hall, on the right, along the corridor). Please note that the number of students allowed at the CARE-bean may be limited due to space constraints.

On our CAREbean days (Monday and Thursdays), our Care Teachers and PSLs will be stationed at the CAREbean Corner. If you need a Care Chat, simply walk in for a chat.

For more information about care activities, check out the following links:

- our PSL Instagram <https://www.instagram.com/bowen.psl/>
- our PSL microsite at <https://go.gov.sg/bowenpsl>.

### Reaching Out and Getting Support outside Bowen

If you would like to talk to other trained professionals, you can also call the following organisations:

Name of Agency	Hotline	Time
AWARE Helpline	1800 777 5555	Mon - Fri (10am - 6pm)
CARE Corner Counselling Centre (In Mandarin)	1800 353 5800	Mon - Fri (9am - 6pm)
TOUCHline (Touch Youth Services)	1800 377 2252	Mon - Fri (9am - 6pm)
Youthline (Youth Challenge)	1800 377 2252	Mon - Fri (9am - 6pm)
Singapore Association for Mental Health (SAMH)	1800 283 7019	Mon - Fri (9am - 6pm)
Samaritans of Singapore (SOS)	1800 221 4444	24 hours
Institute of Mental Health Helpline	6 389 2222	24 hours
Teenage Crisis Centre (Teen Challenge)	6 793 7933	Mon - Fri (9am - 5pm) Sat (9am - 1pm)