



Cope-ability

The ability to cope with changes and bounce back from challenges.

HOW HAS THE PANDEMIC AFFECTED YOU
AND HOW DID YOU OVERCOME YOUR CHALLENGES?

Keep
C.A.L.M
&
Give

I feel sad that I can't visit my grandparents in Malaysia due to the pandemic. To keep in touch with them, my mother and I would find time to chat with them over video calls. On special occasions such as Chinese New Year, I made handwritten cards and mailed them to my relatives.

- Kam En Ci, P4 Prefect



Ever since the start of the pandemic, I had to stop exercising outdoors with my grandma which was something we enjoyed doing together. However, it did not stop us from finding ways to keep fit. In the past year, my grandma and I continued our exercise routine by doing light exercises and stretching at home.

- Jayron Low, P3 Prefect





HOW DO YOU STAY RESILIENT IN DIFFICULT TIMES?



I often remind myself to look at the bright side of life and that these tough times will soon be over. I am grateful that my family members are safe and healthy. While I miss the social interaction I used to have with my friends, I appreciate that I have more time with my family now.

- Nur Shahana, P3 Prefect

Thankful

WHAT ARE YOU GRATEFUL FOR AMIDST THE PANDEMIC?

Through this pandemic, I have learnt to see the good in all things. In the past year, we overcame many challenges together and I am thankful that we can still attend school and continue our learning.

- Paauni, P5 Prefect



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