



Name _____ is feeling _____ Write your mood here _____

TUESDAY
SEPTEMBER 12, 2023

Landslide victory

Tharman elected S'pore's next president
page 3



Reshaping England

King William I made French the country's official language
page 5



The Globe goes up in flames

The theatre was destroyed after a cannon misfired during a show.



page 4

Embrace your mother tongue

UP FRONT WITH...
PURPOSEFUL



I recently read a news article about how the mother tongue curriculum will be refreshed from next year.

The new curriculum aims to promote cross-cultural literacy, which got me thinking about the importance of bilingualism.

As many families in Singapore shift to using English more frequently at home, remaining proficient in one's mother tongue language is a challenge.

But, I think one way to remind ourselves why it is something worth doing is to think about the possible advantages.

Being fluent in your mother tongue ensures that you can express yourself clearly and confidently, no matter the setting.

That confidence will then translate into a solid foundation for learning other things.

When you master your native language, it becomes easier to

explore other languages and cultures.

I also think that one's mother tongue acts as a compass that guides you back to your cultural roots.

By embracing your mother tongue and learning more about the culture and traditions, you can preserve a piece of history.

Purposeful Dot

Purposeful Dot is a member of this magazine's extensive Dot family. Watch out for their messages every week in Little Red Dot.

Sprinting towards success



TEACHING TIP

The content on the teaching pages has been carefully created to match ability levels.

Each page is categorised as High, Middle or Foundation and contains activities that correspond to these levels.



You will also see icons on each page to indicate activities for:



Listening



Speaking



Reading



Writing



Grammar



Vocabulary



Critical Thinking



Character Education

PHOTOS: CMG
FILE, ST FILE

Shanti Pereira has been running since she was in primary school. But 2023 has been her best year to date.

Now 26 years old, Pereira is the first Singaporean to reach the semi-finals of the World Athletics Championships. She has also qualified for the Paris Olympics next year, a dream for any athlete.

She managed to run 200m in just 22.57 seconds; her personal best for the 100m race is 11.20 sec.

From Sept 23 to Oct 8, she will represent Singapore at the Asian Games in China. She has the fastest times for the 100m and 200m sprints.

Her coach Luis Cunha said: "At the SEA Games, she put Singapore on the South-east Asian sports map. At the Asian Championships, she put Singapore on the Asian athletics map. And now, she's putting Asia on the sprint athletics map and Singapore on the world athletics map."

Source: The Straits Times

ACTIVITY



What qualities do you think Pereira demonstrates through her achievements? Discuss as a class.

Meet S'pore's next president

As you return to start your new school term this week, Singapore's new president, Mr Tharman Shanmugaratnam, will too start his new job.

His six-year term will start on Sept 14.

Mr Tharman, 66, was a senior minister from the ruling People's Action Party before he resigned to contest the presidential election held on Sept 1.

He won 70.4 per cent of the votes, beating two other candidates. Mr Tharman is the first non-ethnic Chinese to be elected president in a contest.

His competitors were Mr Ng Kok Song, the former chief investment officer of GIC, one of the entities that manages Singapore's reserves through investments; and Mr Tan Kin Lian, the former chief executive officer of insurance company NTUC Income.

Both Mr Ng and Mr Tan are 75 years old. Mr Ng received 15.72 per cent of the votes while Mr Tan received 13.88 per cent. It was Mr Tan's second time running for president, with the first being in 2011.

One key factor that analysts said tipped the scales in Mr Tharman's favour was that he had built up his credentials over his years as a member of parliament and minister. He was also relatable to the general public.

Mr Tharman also acknowledged his experience, saying: "My on-the-ground experience, my policymaking experience and, of course, my international experience have been a huge source of strength, and it wouldn't have come about if I hadn't spent 22 years in politics."

Asked if he had anything to say to the voters who did not vote for him, Mr Tharman said he would nevertheless serve them to the fullest.

On Sept 2, the day after the election, Mr Tharman visited different parts of



Mr Tharman Shanmugaratnam speaking to the media after the early sample vote count results put him ahead of his fellow presidential candidates. CMG FILE PHOTO

2.5m

The number of Singaporeans who went to the polls on Sept 1 at 1,264 polling stations across the island.

3,400

The number of overseas Singaporeans who voted by post.

Singapore to thank his supporters. He greeted residents and took photos with them.

As Mr Tharman's campaign symbol was a pineapple, some businesses also rolled out promotions featuring pineapple or pineapple-flavoured products to celebrate his victory.

Countries including the United States, India and Ukraine have congratulated Mr Tharman on becoming Singapore's ninth president.

President Halimah Yacob's six-year term ends on Sept 13, and Mr Tharman will be sworn in as president at the Istana the next day.

Source: The Straits Times



ANSWERS

Page 10 1. c 2. b 3. d 4. b 5. c 6. d 7. d 8. d 9. d 10. b Page 11 1. recipient 2. created 3. carved 4. enjoy 5. sculptor 6. creatures 7. memorial 8. cut 9. stroking 10. tiring
Page 12 1. The stall, which was run by an elderly couple, was well-loved for its fragrant bee hoon dish.
2. Despite its popularity, Mr Teo says the owners could only operate three days a week due to health issues.
3. Besides satay bee hoon, other dishes that are seemingly getting harder to find include Fuzhou oyster cakes and yam abacus seeds.
4. Mr Teo, who expanded his wife's mutton soup business, spends up to four hours brewing his soup.
5. Danny said that it was challenging to convince the younger generation to consider a career in the hawker food industry.

Tragedy at the theatre

Shakespeare's Globe Theatre burns to the ground

The Little Red Dot Times

June 30, 1613
LONDON, ENGLAND

A tragedy has set the theatre world ablaze. Yesterday afternoon, England's most famous playhouse, the Globe Theatre, burned down during a performance of Henry VIII.

No one was reported dead.

According to police investigations, some small cannons filled with gunpowder and wadding were fired during yesterday's performance.

A piece of burning wadding came loose and landed on the Globe's thatched roof.

Within minutes, the roof caught fire and flames began to engulf the building's wooden structures.

The theatre burned down in about an hour.

The Times spoke to a young man who requested to remain anonymous.

"We did not notice there was danger at all. The play was just that exciting," he said. "It wasn't until I realised that my trousers were on fire that I began to panic. Thankfully, there was someone next to me with a large glass of ale, and he threw it on me to put it out."

The Globe Theatre was home to the Lord Chamberlain's Men, a theatre company which popular playwright William Shakespeare is a part of.

The distraught Shakespeare admitted to some mistakes the group had made when building the Globe back in 1599.

"We had no money back then to pay for fireproof tiles, so we used reeds instead. That's why the theatre caught fire so quickly.



I just never thought that something like this would happen," he said.

The troupe has one remaining theatre, Blackfriars.

It is a small indoor theatre which can seat about 400 people. In contrast, the Globe could seat up to 3,000 people.

The construction of the new Globe is expected to cost a hefty £1,400 and is set to reopen next year.

But can the Lord Chamberlain's Men sustain its operations until then?

So far, it has been reliant on large audiences at the Globe to make money.

So, staging shows at Blackfriars' may not sustain the

company.

Additionally, Shakespeare's health seems to be deteriorating.

He may not be able to keep up with the ever-demanding audiences' thirst for new plays.

This is a fictional news article based on a real event.

ACTIVITY



If you could design and open a theatre of your own, what would it look like and what would you name it? Sketch a design of this theatre and explain its features to your friends.

BACKGROUND

The Globe Theatre was a large outdoor theatre also known as a playhouse.

It had some covered seating, but the yard in the middle was open to the sky.

A person who wanted to stand in the pit near the front of the stage paid one cent, while a person who wanted covered seating paid six cents or more.

Many of Shakespeare's first plays were performed at the Globe, although his plays were also performed at other theatres.

The first play performed at the Globe was likely Julius Caesar, which was staged in 1599.

After the original Globe burnt down, a new theatre was rebuilt on its original foundations.

This time, it had a fireproof tiled roof.

This second Globe Theatre was closed by parliamentary decree in 1642. It was shut down along other London theatres to make way for housing.

The current, and third, Globe Theatre opened in 1997. In 1971, American actor and director Sam Wanamaker set up the Shakespeare's Globe Trust to pursue his long-term dream of building a reconstruction of the original Globe Theatre. It took 23 years to find land, get planning permission, and raise money for the work.

Although a law was passed banning thatched roofs in London after the Great Fire of London in 1666, the Globe Theatre is the only building in London permitted to have such a roof today.

Crowned on Christmas

King William I was known as William the Conqueror after battling King Harold II for the English throne

King William I was a powerful and determined monarch who ruled over England from 1066 until 1087.

Most records state William was born in 1028 in Normandy, which is a region in northern France.

After his father, Duke Robert I of Normandy, died in 1035, William inherited the dukedom even though he was only around eight years old at the time.

FIERY AMBITION

However, William wanted to gain even more power.

After he conquered a French province called Maine in 1063, he set his sights on England.

In 1066, King Edward III, the ruler of England, died. William claimed that Edward III had named him his successor during his reign.

However, on his deathbed, Edward III changed his mind and promised the throne to his brother-in-law Harold Godwinson instead.

As a result, William decided to fight for the English throne.

That same year, he sailed with his army, which included skilled archers and knights, across the English Channel and invaded England in what became known as the Battle of Hastings.

The battle was fierce, but William eventually emerged victorious. Sources say King Harold II was wounded by an arrow, and the English forces fled once their leader died.

William then marched to London and conquered the city. On Christmas Day, he was crowned the King of England.



PHOTO: WIKIMEDIA COMMONS

CREATING A NEW ORDER

As king, William I made many changes to England. By bringing Norman influences and customs to England, he shaped its culture and history.

French became the official language as William did not speak English. Thousands of French words, like beef and judge, were introduced to the English language during this time.

He faced many challenges during the earlier years of his reign. Many castles were built to protect against invaders who wanted to take William's crown.

Many English nobles were not happy with Norman rule and revolted against him, but the king quashed these rebellions.

Given his firm hold on the country, the people began to accept their new way of life.

The king improved how the kingdom was run and restructured the church.

To collect fair taxes and keep track of who owned what, William also ordered a survey of all the land in England. This report was called the Domesday Book. Today, the book serves as a valuable record of what life was like following the conquest.

LEAVING A LEGACY

William the Conqueror died on September 9, 1087, after a reign that lasted for more than 20 years.

His descendants ruled England for generations. The current king of England, King Charles III, can trace a line across 34 generations to King William I.

William's conquest forever altered the direction of English history, and the king is remembered as one of the most important royals in mediaeval Europe.

Sources: Britannica Kids, Ducksters, Kiddle

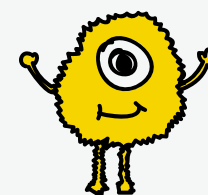
ACTIVITY



The Domesday Book is one of the earliest written public record of life in Britain.

Creating a record of your life allows you to look back on your life many years down the road, and share details about it with someone who was not there. This can look like keeping a diary where you write down what happened every day, or creating a scrapbook with photographs taken at major milestones (eg. graduation, school competitions) in your life.

If you were to create a record of your own life, what memorable moments or photographs would you include? Share your answers with the class.



Here is what happened around the world recently. How do you feel after reading about these events? Write to stdot@sph.com.sg and tell us.

Killed in the Antarctic



Thousands of emperor penguin chicks drowned or froze to death at multiple breeding grounds along the west coast of the Antarctic Peninsula in late 2022.

ANTARCTICA

Thousands of emperor penguin chicks drowned or froze to death last year when the sea ice which they lived on broke into pieces.

Of the five breeding sites in the Bellinghausen Sea region monitored by scientists, all but one experienced a 100 per cent loss of chicks.

"This is the first major breeding failure of emperor penguins across several colonies due to sea ice loss, and is probably a sign of things to come," said one of the scientists involved in the study.

Global warming caused the sea ice to erode.

In the past, the chicks would often have developed waterproof feathers by mid-December, preparing them for the cold ocean waters.

However, the ice started to give way earlier than usual in late November.

Scientists said that even if these chicks managed to climb back on the sea ice, they may drift away and starve as a result.

Emperor penguins lay their eggs and raise their young on sea ice at the edge of the Antarctic continent. As more sea ice disappears, there will be fewer hospitable spots for the penguins to make their homes.

Did you know?

BRITAIN

Cinema chain Curzon Cinemas now lets dogs join their owners for special movie showings.

These dog-friendly screenings happen once a week, at only one of the chain's London locations.

The dogs do not require separate tickets. They are not allowed on the seats, and their owners must clean up after their pets.

The movie is played at a lower volume than usual, creating a calm atmosphere for the furry audience.

INDIA

On Aug 23, India landed a rover on the Moon's south pole. It was launched with a spacecraft from Earth on July 14.

For two weeks, the rover conducted experiments and examined moon minerals. The goal was to find out if there was ice present at the south pole and if it was possible to sustain life there. It travelled for more than 100m, confirming the presence of sulphur, iron, oxygen and other elements.

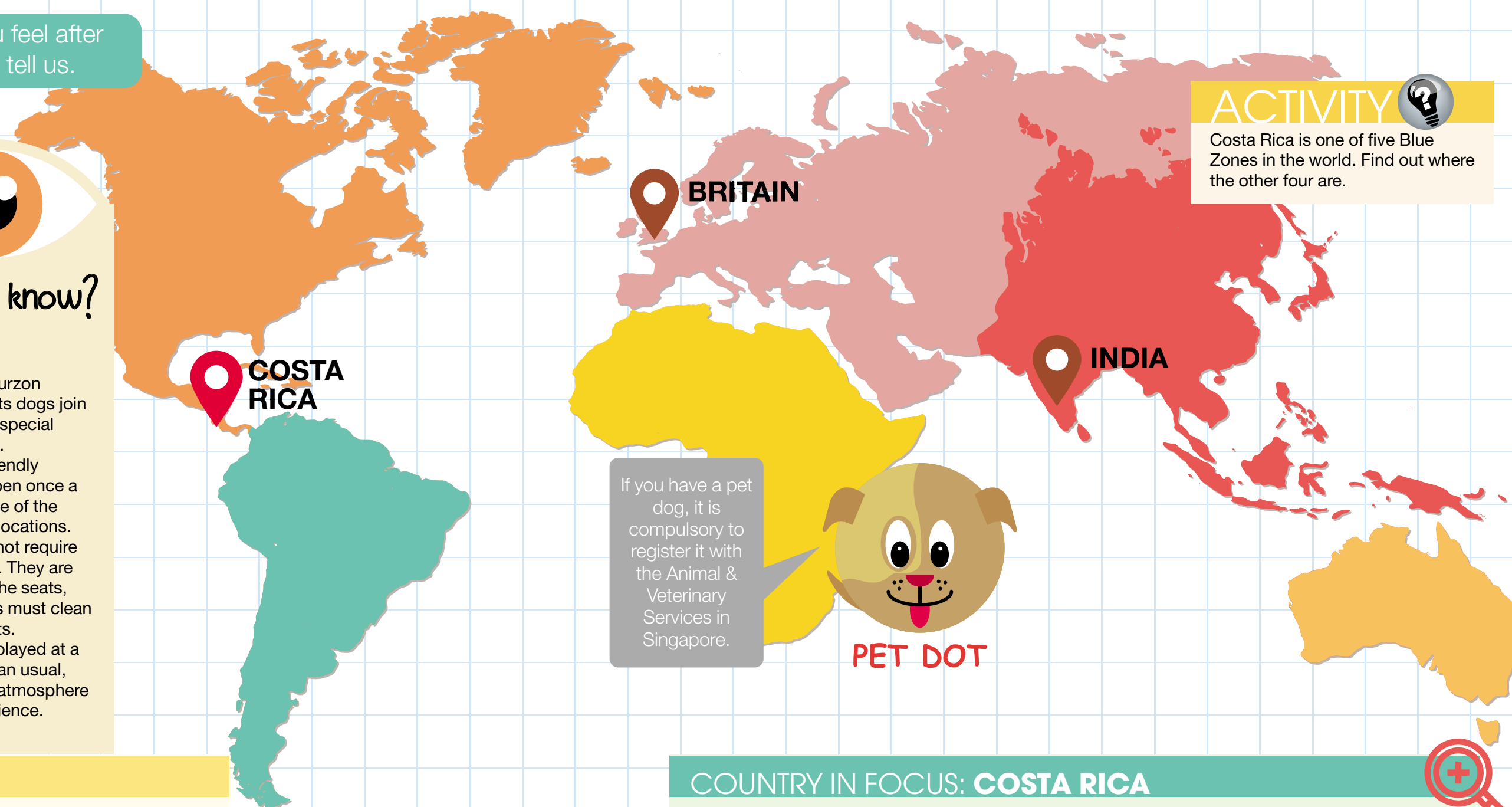
Now that the mission is complete, the rover has been "set into sleep mode" but with its receiver on, in case it is needed for future use.

This landing makes India the fourth country to successfully land on the moon, behind the United States, Russia and China.

India also launched a spacecraft to the sun on Sept 2. Through this mission, scientists hope to learn about solar winds, auroras and the sun's influence on the Earth's climate.

ACTIVITY

Costa Rica is one of five Blue Zones in the world. Find out where the other four are.



If you have a pet dog, it is compulsory to register it with the Animal & Veterinary Services in Singapore.

PET DOT

ANTARCTICA

COUNTRY IN FOCUS: COSTA RICA

Location: **Central America**
Population: **About 5.2 million**
Language spoken: **Spanish**

Costa Rica is bordered by Nicaragua to the north and Panama to the south. The country is renowned for its diverse ecosystems, including pristine beaches, dense rainforests, and towering volcanoes.

Costa Rica is one of the few countries in the world to have abolished its army, which it did in 1949. The government budget for the armed forces was instead invested in education, healthcare, environmental protection and culture.

One of the most famous festivals is Dia de la Independencia (Independence Day). It is celebrated on Sept 15 and features parades, traditional costumes, and vibrant street celebrations marking the country's independence from Spain in 1821.

Popular dishes in Costa Rica include gallo pinto, a mix of rice and black beans, and



Dancers performing during a carnival which commemorates those of African descent living in Costa Rica.

casado, a traditional meal combining rice, beans, meat or fish, and plantains.

Fun fact: Costa Rica's Nicoya was named a "Blue Zone" by National Geographic in 2004. It is one of five places in the world where residents often live to more than 90 years old.

This is the last of the scavenger hunt series, where you journey around Singapore to uncover trivia about our country. Did you manage to try all six? Scan this QR code to check your answers for all six pages.



Changi Airport opened in 1981 with just one terminal. Now, it has four terminals, with a fifth in the works. When the connected shopping mall Jewel opened in 2019, it became an attraction on its own – with its indoor waterfall as well as paid experiences such as a hedge maze and canopy skywalk.

Beyond being a place for catching a flight or sending off friends or receiving visitors, Changi Airport is also a popular hangout spot.

It is also a frequent name on lists ranking the best airports in the region and the world, making it an award-winning airport.

Follow our trail to explore the different sections of the airport and answer the questions!

Changi Airport was named the world's best airport earlier this year by London-based research firm Skytrax. Hamad International Airport in Doha, Qatar, came in second overall, followed by Haneda Airport in Tokyo, Japan.

PURPOSEFUL



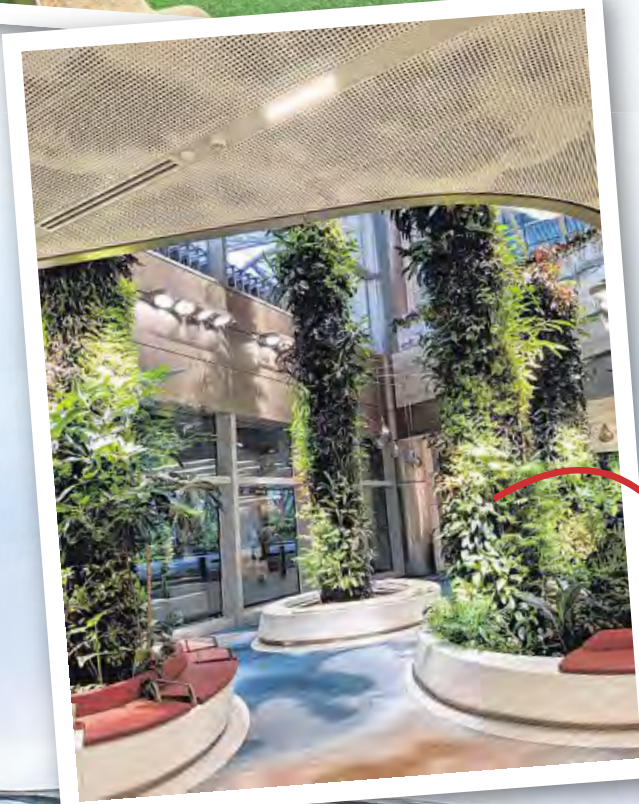
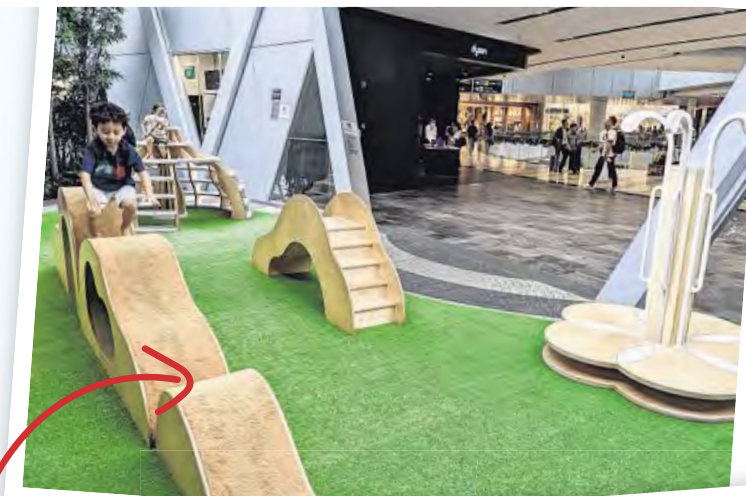
An attraction even if you are not travelling



1 There is a children's playground on the second floor of Jewel. Other than wooden structures children can play on, there is also a statue of a creature at one corner of the playground. What is this creature?

2 The bamboo grove garden in Jewel features some cute panda statues. How many such statues are there?

3 This garden at the arrival hall of Terminal 1 has three topiaries (shrubs or trees clipped into ornamental shapes). What insects are the topiaries shaped after?



4 On the skytrain from T1 to T3, there are stickers reminding passengers not to leave their belongings behind. What object is the sticker shaped like and what does it say?

5 At Row 7 of the Terminal 3 departure hall, what do passengers of Singapore Airlines do at counters 1 to 6?

6 Between which doors is the Changi Recommends booth located in Terminal 2's departure hall?

7 How many such columns with vines are there in the arrival hall of Terminal 2?



Text: Ang Yiying and Nur Syahidah Zainal
Photos: Ang Yiying
ST Design: Jaster Ngui

GRAMMAR MCQ

For each question, choose the correct answer (a, b c or d) and write it in the brackets provided.

1. These days, if you are not a cuber, you are a _____.

- a. oval
b. circle
c. square
d. rectangle

()

2. The Rubik's Cube scene here is _____ after more people picked up the retro puzzle to keep their fingers busy during pandemic lockdowns.

- Clips of nimble-fingered teens solving a cube in mere seconds or even while blindfolded have gone viral on social media.
a. ticking
b. booming
c. zooming
d. slamming

()

3. The classic puzzle, which features six sides in six colours, was invented in 1974 by Hungarian sculptor-architect Erno Rubik and took the world by _____ in 1980.

- a. fog
b. rain
c. wind
d. storm

()

4. Actor Chris Pratt _____ his new skill of solving a cube in under a minute on Instagram.

- a. grilled
b. flaunted
c. haunted
d. poached

()

5. To promote speed-cubing, Cubewerkz Cubing Academy _____ lessons in tuition centres in 2016.

- Since 2020, it has conducted over 2,000 training sessions for more than 800 students. These enthusiasts are mainly students aged five to 14, but include seniors in their 60s. Most of its students are male.
a. rejected
b. weaved
c. conducted
d. orchestrated

()

6. The company declined to _____ how much its fees are.

- a. confess
b. contract

()



Singapore cubing organisation Mofunland held its inaugural cubing cruise competition on the Genting Dream cruise ship in June 2023. PHOTO: COURTESY OF VIVIAN XIE

- c. retain
d. reveal

d. produce

()

7. Cubing is about _____ challenges and reaching your potential.

- a. retaining
b. restraining
c. eliminating
d. overcoming

()

8. _____ like branded bags from popular cubing brands such as Moyu and Qiyi Mofangge also attract youth to give the puzzle a go.

- a. Consumers
b. Harvest
c. Produce
d. Merchandise

()

9. Modern cubes apply magnets along the core edges and corners of the cube to _____ smoother turns.

- a. exaggerate
b. force
c. destroy

10. While there has been an _____ of rookies and increased competition, Singapore's top cuber Wong Chong Wen remains unfazed.

The master's student in chemical instrumentation at Nanyang Technological University is ranked first nationally in the category for fewest moves to solve the puzzle.

He said: "I enjoy a challenge, so if they want to come, then come. There's nothing you can do to stop newcomers, you just have to defend your title."

- a. exit
b. influx
c. expulsion
d. indulgence

()

Adapted from "Squaring off: Rubik's Cube makes a comeback with competitions and viral videos" by Elijah Wong, STQ, Aug 27, 2023



ANSWERS ON PAGE 3

LEARNING OUTCOMES

These lesson activities have been designed to help you practise the following:

- ◆ Grammar (LO2) – Apply knowledge of grammatical rules at word and phrase levels.
◆ Vocabulary (LO2) – Build rich vocabulary knowledge that supports the development of listening, reading, viewing, speaking, writing and representing skills.

VOCABULARY CLOZE

Fill in each blank with a word from the box below. Each word can be used only once.



Artist Chong Fah Cheong with his sculpture Once A Tree at Pasir Ris Park. ST PHOTO: CHONG JUN LIANG

creatures carved tiring created stroking recipient sculptor cut memorial enjoy

Cultural Medallion 1. _____

Chong Fah Cheong is well known for his bronze sculptures of children playing, like the one of boys jumping into the Singapore River near Cavenagh Bridge (The First Generation, 2000).

For the 2023 Wood Sculpture Symposium, the 77-year-old

2. _____ a more abstract work.

Working with tools like chisels and an electric-powered saw, he

3. _____ a sinewy

sculpture, 1.5m at its widest, from a felled tree supplied by NParks.

"I 4. _____ the physicality of the work. There is romance in being a 5. _____, but the bottom line is, there's a lot of blood, sweat and tears," he says.

Look closely at the sculpture, and abstract forms of small

6. _____ will start to reveal themselves. As the title of the work

suggests, the sculpture is also a

7. _____ to the felled tree.

Chong says: "We forget the wood once it is 8. _____ down, but it was once part of the ecosystem."

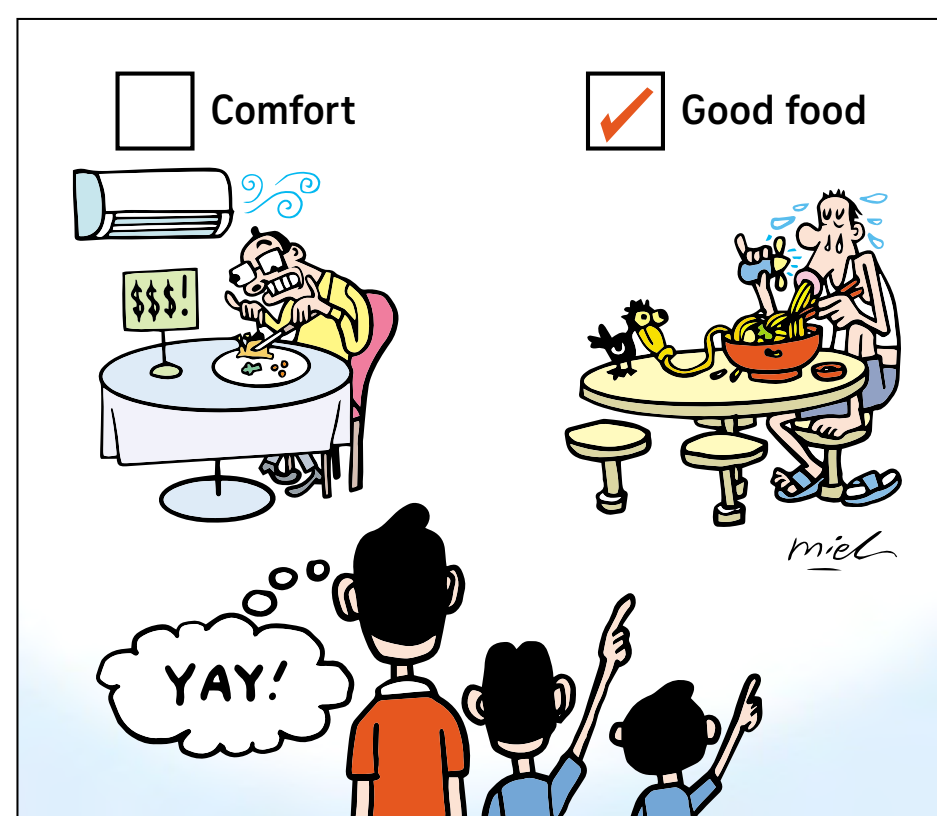
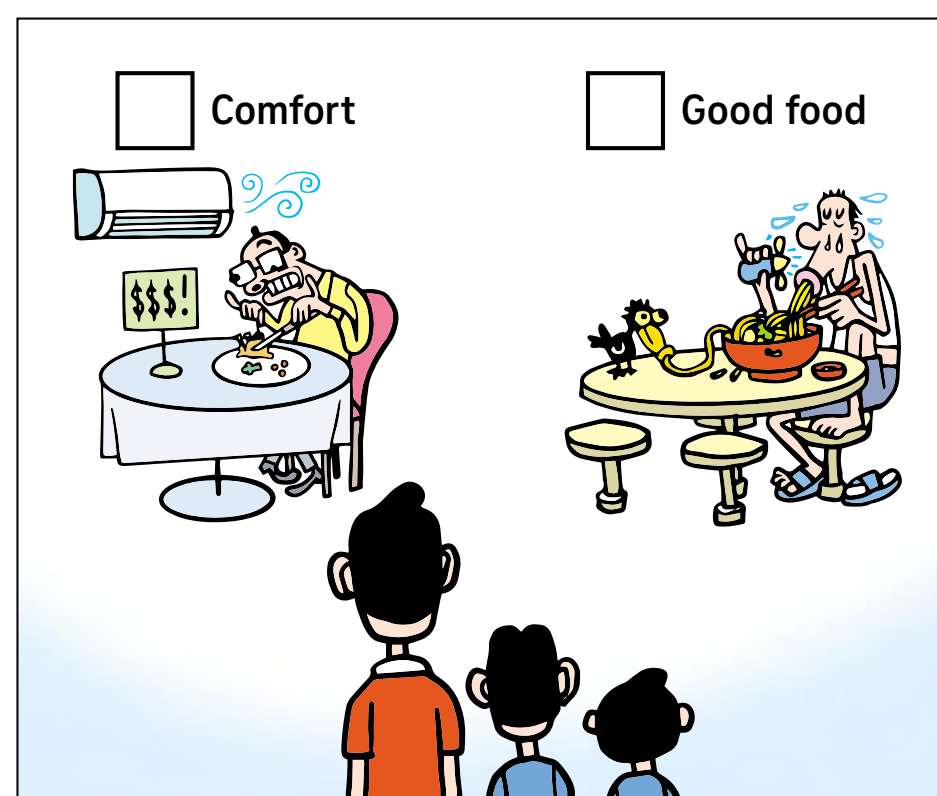
He believes that public art needs to be interactive, so touching, petting or

9. _____ the work is allowed. You can also sit on it if the trek to it proves 10. _____.

Adapted from "Singapore's free outdoor art trails offer sculptures, murals and more" by Arthur Sim, STQ, Aug 27, 2023

SYNTHESIS AND TRANSFORMATION

For each of the questions 1 to 5, rewrite the given sentence(s) using the word(s) provided. Your answer must be in one sentence. The meaning of your sentence must be the same as the meaning of the given sentence(s).



ST FILE GRAPHIC

LEARNING OUTCOMES

These lesson activities have been designed to help you practise the following:

- ◆ Writing and representing (LO6) – Produce a variety of texts for creative, personal, academic and functional purposes, using an appropriate register and tone.
- ◆ Grammar (LO3) – Apply knowledge of grammatical rules at sentence level.

1. The stall was run by an elderly couple. The stall was well-loved for its fragrant bee hoon dish.

..., which

2. Although the stall was popular, the owners could only operate three days a week.

Despite its

3. Satay bee hoon is seemingly getting harder to find.
Other dishes like Fuzhou oyster cakes and and yam abacus seeds are getting harder to find.

Besides _____
other _____

4. Mr Teo spends up to four hours brewing his soup.
Mr Teo expanded his wife's family mutton soup business.

_____, who

5. Danny says: “It is challenging to convince the younger generation to consider a career in the hawker food industry.”

Danny said that

Adapted from "From roti jala to tau kwa pau : Can you help save these much -loved hawker fare from disappearing?", STO, Aug 23, 2023

**ANSWERS ON PAGE 3**

SITUATIONAL WRITING



**Support City Hawker Food Hunt
& win prizes worth up to \$1,188**

Which is your favourite national dish? Now you can vote for your top choice in the City Hawker Food Hunt. You'll stand to win NETS FlashPay cards with \$60 value plus a smart, eco-friendly **Küche** gas hob worth \$888. You can vote for any category. **The 8 most-voted stalls will each win \$500 cash.**

Save Hawker Dishes From Extinction

Apart from voting, you can also help keep the legacy alive by visiting our website to share the rare hawker fare or the fast disappearing dishes that you would like to preserve.



Scan
to vote
or visit

Voting deadline **15 Sep 2023**

Jointly organised by:



SPH MEDIA LIMITED. FOR EDUCATIONAL PURPOSES ONLY

YOUR TASK

You saw this poster in the newspaper. You are interested to participate in this contest and vote for your favourite hawker dish. Write an e-mail to your cousin, Mary, inviting her to join you in the City Hawker Food Hunt 2023.

In your e-mail, include the following points:

- the title of the event;
- the voting deadline;
- prizes she stands to win by voting in the “City Hawker Food Hunt” ;
- how to vote for her favourite hawker food; and
- the names of the organisers.

You may reorder the points. You should write in complete sentences.

[illegible]



Supporting the caregivers of dementia patients

LEARNING OUTCOME

This lesson activity has been designed to help you practise the following:

◆ Character and citizenry education (LO7) – Demonstrate care for others and contribute actively towards improving the lives of others to build a bright future for ourselves and to progress together as one nation.

When dementia strikes, some family members may eventually decide to give up their careers to spend time with the patient.

This was what Ms Babara Seet and Ms Suzie Low did when their parents had dementia.

Ms Babara Seet was the general manager of a counselling academy before her contract ended in 2019, and she decided to top working to become a full-time caregiver to her mum, called Auntie Kat.

Now 59, she has exhausted her savings, including what she set aside for her retirement.

"We worry about our retirement because a lot of us have given up our jobs to become caregivers at the prime age of 40. When you want to go back to work, it is not that easy," she added.

Dementia Singapore has a post-diagnostic support team, which will help those who are newly diagnosed with dementia for one year.

A whole-of-community effort is required to support caregivers in their journey.

Ms Seet said: "This is about mindset change, so caregivers do not feel so burdened and fearful about taking their loved ones with dementia... on a walk."

She added that "it is not concrete help that caregivers are expecting. They just want someone else to be more open and understanding" of their loved ones who behave differently.

Ms Low, 56, agreed and said: "Be patient with people with dementia exhibiting disruptive behaviour, and their caregivers because it is something beyond their control.

"Instead of passing stares, offer assistance or a word of encouragement."

Ms Seet has this message for society: "My mum will tell you, 'Be patient with someone living with dementia.'

"My mum can ask me the same question seven to 14 times within an hour, and we make the effort to answer her seven to 14 times.

"It is important to get the person living with dementia talking. If not, they will forget what words to use, and they stop talking



Both Ms Babara Seet (right) and her sister Belinda quit their jobs to care for their mother, who has dementia. PHOTO: COURTESY OF BABARA SEET

altogether.

"Have conversations. It may be a conversation that keeps repeating itself, but it is always better to have the conversation than not to have it in the long run."

Ms Seet said, "Be patient with persons with dementia exhibiting disruptive behaviour, and their caregivers because it is something

beyond their control. Instead of passing stares, offer assistance or a word of encouragement."

Adapted from "Try a little kindness: What help is available for caregivers of those with dementia?" by Chor Khieng Yuit, STO, Aug 30, 2023

CLASS DISCUSSION

Answer these questions individually before sharing your responses with your teacher and classmates.

1. What is dementia? Include at least two symptoms of dementia.

2. How should we respond to patients with dementia?

3. Ms Seet, who became a full-time caregiver to her mother after her contract with a counselling academy ended, had exhausted her savings. What difficulties might she face now?

4. Give a reason why Ms Seet decided to look after her mother full-time.

PERSONAL REFLECTION

Answer this question individually.

5. People with dementia will experience memory loss. This can be devastating for their family members and close friends. Speak to two elderly people in your life. Find out more about their life experiences to get to know them better. What questions would you ask them? Write them in the space below before interviewing them.

Question:

Answer:

Question:

Answer:

Question:

Answer:

Hooked on hobbies

Hobbies can relieve stress and provide an alternative to the routine of school and homework. What are some activities you enjoy doing in your free time?

SKATE



- 9 Singapore is a city-____ located at the southern tip of the Malay Peninsula. (Clue: Change one letter and add one more)
- 8 At this _____, you will not be able to complete all your homework before 10pm.
- 7 When you _____ about something or someone, it means you think that the item or person is great. (Clue: Change one letter and remove one)
- 6 _____ (Clue: To show that something is true)
- 5 To _____ is to find out information about someone or something (Clue: Change one letter and add one more)
- 4 _____ (Clue: Jab. Remove two letters)
- 3 If something is _____-sized, it is something you can bring around easily.
- 2 _____ (Clue: A type of necklace that holds precious photos or items.)
- 1 You can keep your textbooks in your school _____ if you do not want to bring them home.

INSTRUCTIONS

Start at the bottom of the ladder. Add, remove, or change letters with each word as you take each subsequent step up the rungs of the word ladder, until you reach the top. Use the clues provided to help you.

SOCCER



Answers: 1. Locker 2. Pocket 3. Pocket 4. Poke 5. Probe 6. Prove 7. Rave 8. Rate 9. State

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