

**The most defining moment...**

Dear Parents,

This is the 4<sup>th</sup> year of COA and we want to sincerely thank you for your faith and confidence in us.

The two over-arching objectives of COA are **to anchor our children firmly on values** and **to develop desirable behaviour** – promoting self-regulation (self-control, or self-discipline). With much research, this year, we will support self-regulation with mindfulness. Mindfulness is the non-judgemental awareness of the present moment. With the space that comes with the awareness of thought, emotion and behaviour, it is more likely for our children to exercise greater self-regulation.

Self-regulation plays a vital role in our children's successes in school and in life.

COA signifies a period of maturity and growth. Having seen three batches of COA graduates, the transformation can be significant.

Often we only learn to appreciate what we have when we no longer have them. The love you shower on your children; the constant worry and concern you have for them; the good food that they have; the comfort of the home mean nothing to them until they rough it out in COA.

COA presents our children with many opportunities to learn, grow, and mature; the benefits often extending far beyond COA.

COA will arguably be the most defining moment in your child's adolescent life.

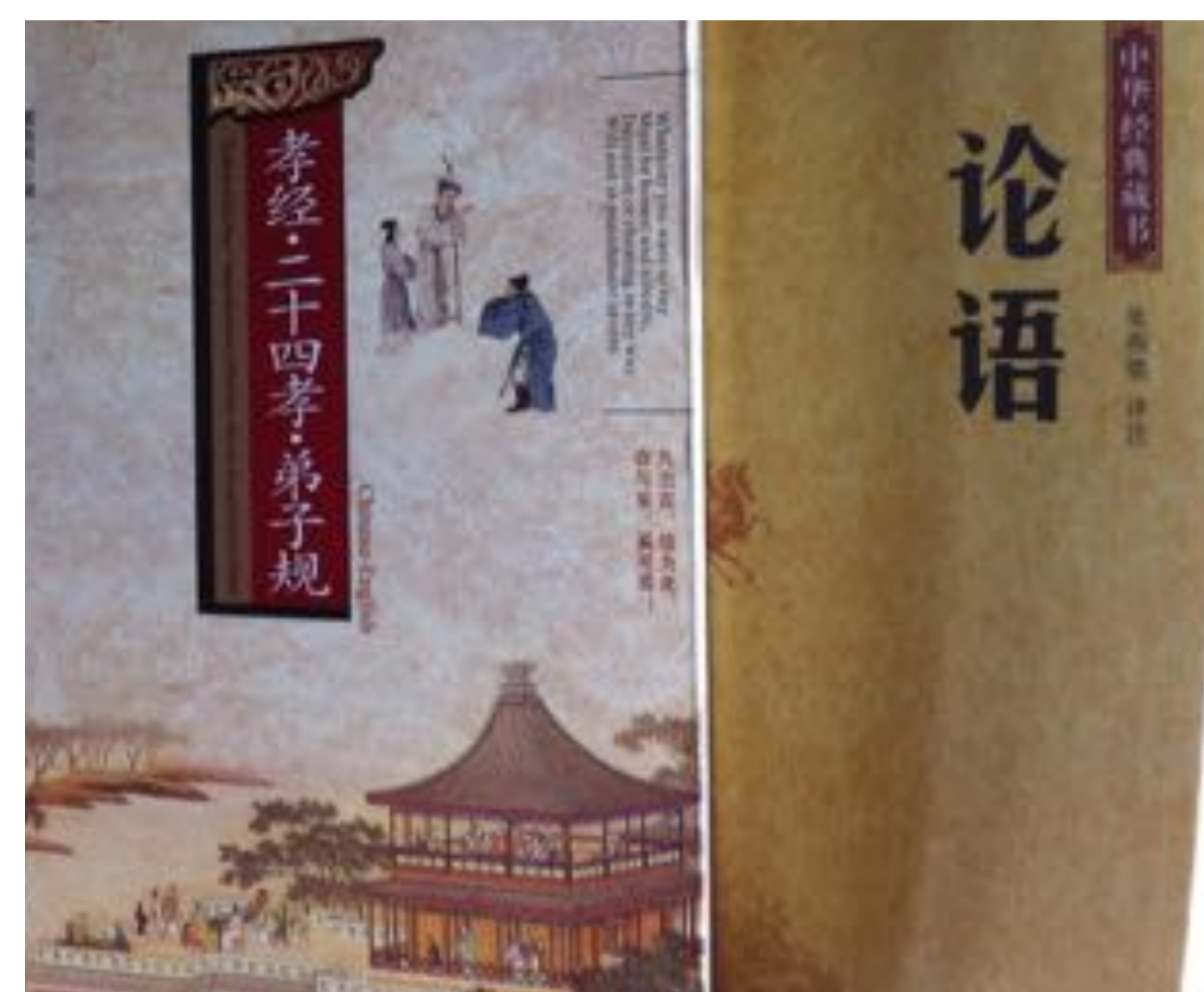
Simon Leow (Chief Mentor)

30 June 2016

(Top Right) Send-off at Jakarta International Airport. (Middle Right) Send-off at Surabaya International airport.(30 May 2016)



(Right) Two important texts - Lun Yu(论语) and Di Zi Gui (弟子规) - that will stimulate critical values discussion and reflection during the Coming of Age 2016. (30 May 2016)



Boarding the plane at Hong Kong Airport.  
(30 May 2016)



Arriving at Hangzhou Airport. (30 May 2016)





Ronghuai International School is the international section of Ronghuai School in Zhuji, Zhejiang Province.





(Left) Ronghuai International School Classroom Block.

(Left Middle) Our classroom.



"I have heard Confucius' name many many times in my life. My grandparents admire him very much. I learnt a bit about this man in history class. However, the film I watched really helped me see some strengths in Confucius. Even though he grew up in a period where people were killing each other during wars, he kept on dreaming about a peaceful era. I love how despite all the violence he witnessed, he stayed a peaceful man. He helped many people and was very humble. I am glad that his dreams have finally come true at least partially as his ideals are popular worldwide." (31 May)

**Aileen Liman Y8.02 SNA**

"(The movie Confucius has) inspired me because I feel more confident to overcome my fears, I also learn to try my best no matter if I win or lose and also to be more confident instead of feeling scared to lose." (31 May)

**Wesley Laurence S2P NH**

(Bottom Left) Top view of the outdoor exercise area - Basketball court, track, and field.

(Bottom Right) Hostel Block







George, being the Student In-Charge, is leading us with a prayer before breakfast. (31 May 2016)



Students learning Tai Chi from Master Feng. (31 May 2016)



Ronghuai International School warmly welcomes us to their school. (31 May 2016)



Students having a lively lesson with Teacher Yu Dan (俞丹) who introduces them to Chinese History. (31 May 2016)



Cultural lesson - Students learning Chinese Culture through Paper Carving (刻纸).  
(31 May 2016)



“Confucius has taught us to believe in the right things and to not follow what is wrong. Even if no one believed or follow him, he would still stand strong and have faith. He would sacrifice his life for others, never give up, spreading his ideas for people to be inspired. These are the strengths that inspired me.” (31 May)

**Sharrey Suhendra S2P NH**





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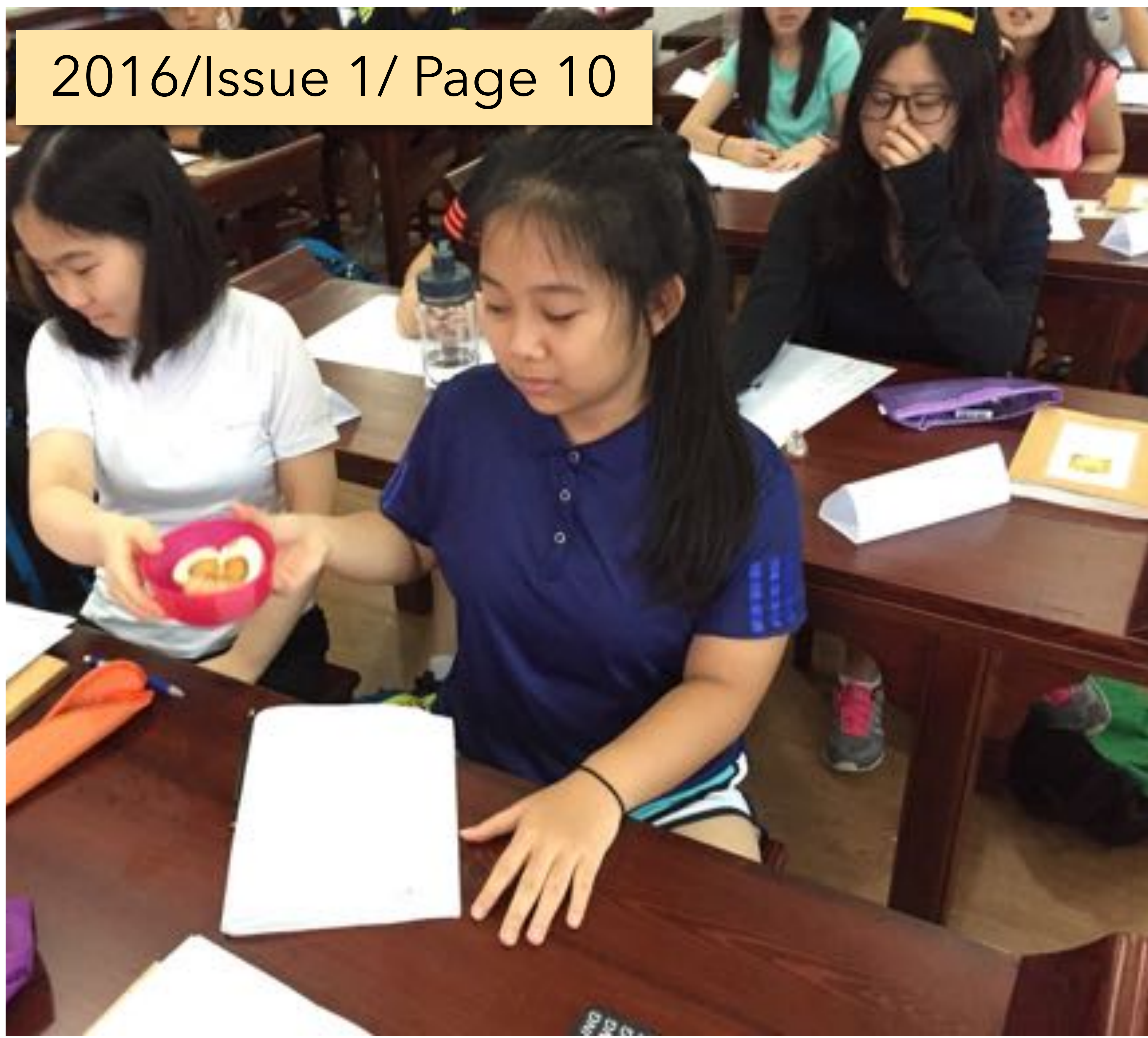
“Confucius is a very good person and has a very strong mind. I think that Confucius is a patient and kind person. He does the right thing although others don't agree with him. I am inspired to become more like Confucius and become a better person. I am also inspired to find many solutions to problems and be more kind to others.” (31 May)  
**Andhika Tirtawisata S2I NH**

“He teaches me to never choose the fighting way first. He teaches me also about wise options I can take when in difficult moments. He teaches me to never give up and also to forgive others without hesitating.” (31 May)  
**Winston Kurniadi Y8.02 SNA**

“Confucius always sees the best in people and not the negative sides. I want to be able to have a positive mindset at all times.” (31 May)  
**Richelle Hanusi S2P NH**

“(Confucius) teaches everyone to learn how to care for one another” (31 May)  
**Rian Nur Muhammad Y8.01 SNA**

“Confucius inspired me as he makes me want to be a better person, as he always treat everyone with kindness.” (31 May)  
**Jade Lydia Permata Tjandra Y8.01 SNA**



(Top) Aileen and Jade learning about one of the sayings from Confucius - 己所欲，勿施于人 (What you like, it doesn't mean others will like it too – cultivating understanding) - in an experiential way.

(Top Right) Jason and William like the smell of salted egg and fermented garlic more than the girls.

(Left) We can see it from Sean's face that he doesn't like it. (1 Jun 2016)



(Above) Students in Di Zi Gui lesson. (1 Jun 2016)

“Confucius displayed a great sense of leadership. He was able to easily gain the trust of his followers and make them loyal to him, doing no matter what he says, as long as its morally right, which most of his decisions are.” (31 May)

**Nicholas Handoyo J2 NH**

“Confucius have also told me that we should stop fighting and going to war and think about humanity and living in a very peaceful environment. ” (31 May)

**William Djaja Tjoek S2I NH**



Cultural lesson - Chinese Calligraphy (书法) teaches the students focus and patience. It is believed that Chinese Calligraphy can help one to cultivate oneself (修身), such as the ability to self-regulate. Students patiently practise the strokes of the Chinese character “仁” which means Humanity or Benevolence. (1 Jun 2016)



“I saw that Confucius imbedded deeply his loyalty and integrity towards his disciples, wife and motherland (Lu). Confucius also displayed great honesty and adaptability as he and his team braved through the elements of nature such as the harsh cold winter. I saw that it led him to many great things. He was also very patient in waiting for the return of his disciples and he was extremely passionate about his ideas and thinking. This has inspired me to be a better person as good things will come in your way.” (31 May)  
**Clairine Wantah S2P NH**



Chinese character “仁” which means Humanity or Benevolence. (1 Jun 2016)



Afternoon team sports at the Indoor Basketball Court. (1 Jun 2016)



Playing basketball in the Indoor Basketball Court. (1 Jun 2016)



Going for a 3-pointer. (1 Jun 2016)