

HEALTH NEWSLETTER

Term 2 2023

About the health newsletter

In this issue, we will look at illnesses or conditions that begin with the letter M. Read on to find out more about what your peers and teachers do to keep fit!



What I do and how I keep fit!

- LIM ENQI 6I

What I do and how I keep fit!

- CHLOE LEO 6G

What I do and how I keep fit!

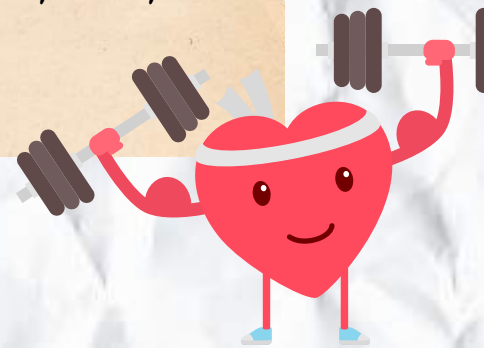
- BETH TAN 6G

NATIONAL SCHOOL GAMES (NSG)

Here you will find the highlights from the NSG.

RGPS Teachers staying healthy!

In this section, we look at how the teachers in RGPS maintain a healthy lifestyle!



ILLNESSES OR CONDITIONS:

MALARIA

MALARIA

-adapted from Health Hub

Malaria is a disease caused by a malaria parasite called Plasmodium. It spreads to humans through the bite of an infected female Anopheles mosquito. This disease is commonly found in tropical countries. In some countries, the city areas might be free from malaria while the country side might be more common.

The symptoms of malaria can develop as early as 7 days after you first get exposed to the parasite. The Anopheles mosquitoes are more active at night, between sunset and sunrise.



SYMPTOMS

- high fever (more than 38.5 degree celcius)
- chills (shivering and excessive sweating)
- muscle aches
- tiredness and weakness

TREATMENT/PREVENTION

- wear long-sleeved shirts and pants
- use insect repellent
- avoid going to an area where malaria is common



WHAT I DO AND HOW I KEEP FIT!



LIM ENQI 6I

-WRITTEN BY ENQI

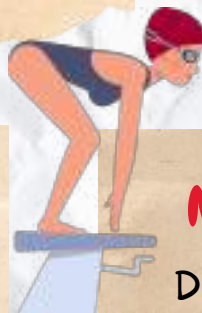
I am from the Strings Ensemble CCA. Outside of school, I swim.

I train 4 times a week in my club. Since I was 6 years old, I have been interested in being an athlete. This allows me to strive and work hard to be an active swimmer that I am today. Swimming is enjoyable for me as it helps me to release some stress that I face from studies. I also get to interact with my friends at the club who swim with me.



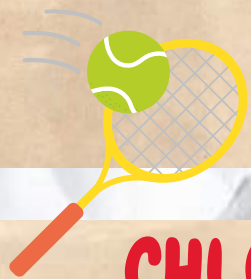
How I stay healthy

My coach always provides me with exercises to do. For example, I had to skip 2000 times before getting into the water for swimming. On days I do not have training, I look for workouts on YouTube with my mom.



My proudest moment

Despite being tired, I demonstrated resilience and kept pushing myself to swim as fast as I could during one of the competitions. I managed to emerge in the top 10! I was over the moon and continued to work hard.



WHAT I DO AND HOW I KEEP FIT!

CHLOE LEO 6G

-WRITTEN BY CHLOE

Apart from my role as a CCA leader in the Strings Ensemble CCA, I train under a coach for tennis weekly. With my family, we cycle regularly. Playing tennis trains my physical body and challenges me to make decisions while thinking strategically. I enjoy cycling the most because I get to explore many new places in Singapore. I use an application, Strava, that tracks my distance when I cycle. To make exercise more fun for me, I also play RingFit Adventure on the Nintendo Switch.



How I stay healthy

I eat a well-balanced diet and have a minimum of 8 hours of sleep each day. I take regular eye breaks when using electronic devices too. My family and I will also hit the condo's gym to work out!

My proudest moment

My proudest moment was when I completed my longest cycling route -35km! That tiring journey took me more than 4 hours. My mother was my biggest supporter and encouraged me through the journey. I persevered and pushed through the challenge.



WHAT I DO AND HOW I KEEP FIT!

BETH TAN 6G

—WRITTEN BY BETH

I am from the Drama Club in school, but outside of school, I do skateboarding. I attend lessons once to twice a week at Somerset skatepark (Skatedragons). I love it when I am blasting past everyone at top speed and the only thing I see is a blur of colours. This takes my mind off everything stressful. On Tuesdays I skate with my brother, and on Thursday, my friends. Skating can be very dangerous, which is why I always wear protective gears. For the past one year, I have seen myself improve so much!



How I stay healthy

I am a picky eater, but I make sure I take protein, fibre and some carbohydrates each meal. I love salads because it tastes refreshing especially on a hot day. I also have a personal coach that trains me weekly on strength and flexibility. Finally, I run every Sunday at the track.

My proudest moment

Every time I land a new trick on my skateboard, I get this undeniable sense of pride. During my first competition, I was so nervous. When I attempted my first trick, I fell! I wanted to just give up. I told myself even if I did not win, I would be proud of myself if I tried my best. I got back on my feet, did a "Rock and Roll", I landed it! Ultimately, I clinched 4th place! I had never felt so proud, especially since I got it from my own hard work.



WHAT I DO AND HOW I KEEP FIT! – Teachers!

MS SHAHEDAH KHAN

I enjoy running because hitting the trail consistently takes motivation.

As the body becomes more enduring, so will the mind. I love being closer to nature as it stimulates the mind and soul. Along the way, you never know what wildlife you'll spot.

My proudest moment was my first trail running experience. I was adamant about using my old shoes for fear of dirtying my brand new shoes from the mud. Lo and behold, it gave way midway through the run. The sole of my left shoe came off, it was so difficult to run as it was very slippery. With the encouragement of my husband and him looking out for me, I managed to complete my 10km run. I was glad I did not give up. To quote my husband, "All runners are tough. Everyone has a little fire in them, that even in tough times, can't be turned off."



Wherever you run, exercise makes you feel good, but the rewards of trail running are bigger and better. Regardless of your pace or ability, dealing with the hills and tough underfoot conditions makes you feel that you have done more than just running from point A to B. You've conquered something!

National School Games (NSG)

Rhythmic Gymnastics

Rhythmic Gymnastics (RG)

Our Junior and Senior teams did us very proud by demonstrating creativity and resilience in the recent NSG.

They emerged victorious in many events. Great job Raffles RG!

