

Nuggets Takeaway

Dear Rivervale,

Welcome to the inaugural ***Nuggets Takeaway 2014*** from your chummy School Counsellor!

My name is Pheng. The children at Rivervale Primary call me Ms Pheng. ")

In this bimonthly ***Nuggets Takeaway***, you will be treated to some **bite-size information** that may motivate and inspire you to become a happier and healthier person with a positive well-being.

In this bimonthly issue of April/May, we are going to focus on ***Love is in the Air***. In fact, we would like to promote a culture of **LOVE and CARE** at Rivervale all year round. What better way to demonstrate our **leading by serving** if we could start showering one another with our love and care?



We kick start this inaugural bimonthly issue with a tribute to our

CARING Icons@Rivervale:

Mdm Tan Koon Loo (2006)

Mrs Angie Liu (2012)

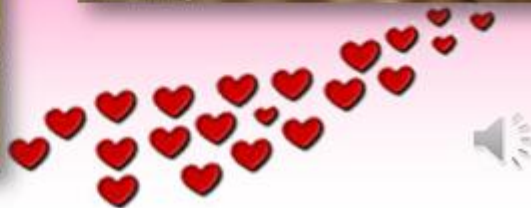
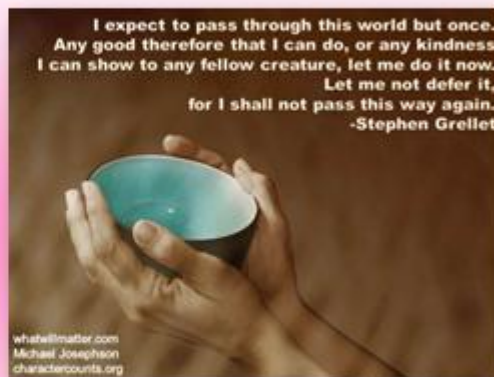
Mrs Janis Chan (2014)

These teachers are the recipients of the Caring Teacher Awards, past and present. They are exemplary role models of **Leading by Serving** with their love and care for their students.

The Caring Teacher Awards aims to pay tribute to teachers who show care and concern for the holistic development of their students, and go the extra mile to ensure their charges grow up to be confident and independent learners.

Source: <http://www.cta.nie.edu.sg/index.php>

Mdm Tan Koon Loo (2006)



Mrs Angie Liu (2012)



*They don't care how much you know
until they know how much you care.*

John C. Maxwell

This is so true for teachers. I believe that every teacher is caring. They make time to nurture their pupils; inspire them and guide them to be the best that they can be.



Mrs Janis Chan (2014)



Every teacher matters.
Every child can learn
and achieve more because
we **care.**



If you are inspired and you know of a caring teacher in your midst, you can show your love and care by nominating this teacher. Check out the website: <http://www.cta.nie.edu.sg/index.php> for more information.

Leading by Serving:

How do I love me and love others?

I love me.

I love me by accepting who I am.

I love me by taking good care of myself.

I love my family.

I love my family by being there with them.

I stand by my family.

I love my school.

I love my school by taking good care of the school's facilities.

I am a responsible pupil.

I love my friends.

I love my friends by being helpful and kind to them.

I love my teachers.

I love my teachers by listening to them and respecting them.

I love my teachers by doing my homework.

I love Singapore.

I am loyal to my country and I am proud of Singapore.

Read ***Healthy Nuggets for a Happy Child*** for more information.

Love yourself!



Love and Care for someone today.