

RAFFLES SCIENCE SYMPOSIUM

1 FEBRUARY 2023



YOU ARE INVITED!

Natural Science	0900 - 1200 (ISH)		1200 - 1300 (ISH)		1300 - 1400 (LT2)		1400 - 1500 (LT2)		
	RSS Judging (Closed-door. Only for SSEF 2023 participants)		Lunch		Keynote Lecture by A*STAR Chief Sustainability Officer, Prof. Yeoh and Dr. Jim Lee		Briefing on research and science enrichment opportunities in Year 5. Super Senior Talks : Invited seniors return to share about their Yr5-6 experiences and opportunities.		
Sports Science	1100 - 1115 (MPH)	1115 - 1130 (MPH)		1130 - 1245 (Various Venues)		1245 - 1330 (MPH)		1330 - 1445 (Various Venues)	
	Registration	Welcome & Opening Address By Mr Gary Ortega, Dean of Co Curriculum Activities and Physical Education		Concurrent Hands-on Workshop 1 <ul style="list-style-type: none"> • Gym Basics • Soccer Game Prep • Sports Taping • Overcoming Injuries • Body Matters • Mindful Eating 		Lunch		Concurrent Hands-on Workshop 2 <ul style="list-style-type: none"> • Gym Basics • Sports Taping • Foam Rolling • Body Matters • Mindful Eating 	
Mental Health Science	0820 - 0830	0830 - 0930	Student Track (InnoC)	0935 - 1020	1020 - 1100				
	Welcome and Opening Address	Dr Tan Wah Pheow, Head, Centre for Applied Behavioural & Social Sciences, Temasek Polytechnic Title: Applying Behavioural Insights to Mental Wellness and Education		Professional Track (LT2)	Title: It may not be ok. Chong Pao-Er, Counselor at About Counselling and lecturer at College of Allied Educators	Sharing by winning teams of Youth Mental Wellbeing Challenge (HCI, RI, MGS, SJI)			
0945 - 1100			1100 - 1115		1115 - 1230	1230 - 1330	1330 - 1500		
				Here for You(th): Mental Health and Well-Being among Youths in Singapore Chan Karyan, Senior Manager, Research, NYC Fadzli Baharom, Assistant Director, Youth Division, MCCY	Break / exhibition (InnoC)	Students Mental Health Projects Sharing by Peer Helpers (topics include Emotional Awareness, Loneliness, Toxic Friendships and Investigating RI's mental health)	Lunch / MRS Tour/ exhibition	Small group discussion and sharing of best practices of peer support initiatives & support for students with special needs in schools	