

ACS(J) PSLE Study Break Day 1 - Thought of the Day

THE ACS CHECK-POINTS

As you go into your three-day study break, I'm wondering how you are making the best use of your time. I'd like to share with you how you can do so by introducing this thing called **Checkpoints**. What are checkpoints? Checkpoints are pause points that you reach as you go along in your day. Checkpoints help us consider how we have spent our day and if we should do anything differently. The objective is to ensure our day is well-spent, we are enriched with intentional activities, and end the day feeling satisfied and purpose-filled.

I will use our school acronym ACS to guide you along.

The first is an **ACTIVE checkpoint**. An active checkpoint helps us stay fit, improves our bodily functions, helps improve moods, boosts energy and even helps us sleep well at night. So, perhaps you can spend 10mins a day doing an exercise or sport. You can do 20 push-ups in between revisions. Helping out at home counts too!

The second is a **COGNITIVE checkpoint**. This requires us to stimulate our brains, it keeps us sharp and focused on tasks. It can even help us relax and soothe our minds. How do we do this? Complete a puzzle – either a jigsaw puzzle, a Wordle or Sudoku. You can read a short story, and try reading it out loud. Or get on your creative juices – draw or make origami with someone at home.

And lastly, the third is a **SPIRITUAL checkpoint**. A spiritual checkpoint feeds our soul, you gain a sense of peace and purpose in life. Spiritual checkpoints include mindful reflective thinking, you can spend time praying, or reflecting on bible passages. Some of you may even feel spiritually lifted when you have an open-hearted conversation with a loved one, or when you watch the sunset and admire the colors in the sky.

That's all from me today. Let us now pray.

Heavenly Father, thank You for these three days of rest for our P6 boys. We pray You will help them make good choices in how they use their time, help them be diligent and intentional in working on their active, cognitive and spiritual checkpoints. May their rest be made complete, and may they be adequately rejuvenated for the upcoming PSLE exams. Thank you for Your faithfulness and love for us. We pray this in Jesus's name. Amen.