

CAPT NEWSLETTER [Weeks 11-12]

AY2021 Sem 1 CAPT students <ay2021sem1-capt@groups.nus.edu.sg>
on behalf of
CAPT CSC Publicity <captcsc.publicity@u.nus.edu>

Tue 11/3/2020 10:24 PM

To: AY2021 Sem 1 CAPT students <ay2021sem1-capt@groups.nus.edu.sg>

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Hey CAPTains, it's already Week 12!

Even as the deadlines for assignments and submissions draw nearer, CAPTains have been keeping busy by donating blood, looking after their physical and mental health, and connecting with alumni. Read on for a recap of Week 11 and a glimpse into the events of the current week.

WEEK 11



From Mon to Thurs of Week 11, the Sports Committee organised Community Engagement and Health Awareness Week (CEHAW). Activities like virtual marathon, yoga and meditation, and even a 'napflix' and chill session let CAPTains take a breather from studies and have some fun.

Keep up with this and more happenings in Sports Comm on their Instagram page @capt.sports!

9th Sports Comm would like to thank everyone for coming down and hopes that you will "stay swole, stay woke!"



The Connect Project, organised by the External Affairs Committee, was an initiative that helped to connect CAPTains across generations- current residents talked to alumni from a range of majors and backgrounds over Zoom breakout rooms to find out more about possible career paths, internship opportunities and even life advice.

WEEK 12

IT'S IN YOUR BLOOD TO SAVE LIVES.

You can give life, by giving blood.
All it takes is just 60 minutes of your time today, to save lives tomorrow.

BLOOD DONATION DRIVE

Organised By: CAPT External Affairs Committee

Date: 3 November 2020 (Tuesday)

Time: 10:00 am – 4:00 pm

Venue: Multi-Purpose Sports Hall, L1



Donors aged **16 & 17 (based on date of birth)** please bring along a **signed** Bloodbank parental consent form. Form can be downloaded from www.hsa.gov.sg/parent_consent Please Bring NRIC / Student Pass / Donor Card / Work Permit for registration. For travel criteria, please visit www.hsa.gov.sg/travel_criteria For more details on donor criteria, please visit www.hsa.gov.sg/donor_criteria or call 62200183. Thank you.

In collaboration with the Singapore Red Cross, EXA brought the opportunity for blood donation right to CAPT's doorstep. The event was held in the MPSH, where residents could head down to donate blood and contribute to Singapore's blood bank.

Precautionary measures were in place to protect all donors and also to ensure safe distancing.

9th SAC presents

Welfare Week

Week 12: 2 - 5 Nov

LETTER-WRITING ACTIVITY

Hi CAPTains!

Have you seen the boards at level 1?

Wondering what your name is doing up there?

During this stressful time, its important to encourage those around us! Write notes for...

1. **Your friends at the bermuda triangle**
2. **The RFs/CAPT staff at the board outside the L1 lift**
3. **Our out-of-residence CAPTains using the QR code below**



SONG DEDICATION

We'll also be playing songs at the DH during dinner!

Dedicate a song to a friend using the QR code below.

Feel free to dedicate songs to out-of-residence CAPTains too.



Scan the QR code or use the link to write letters for out-of-residence CAPTains and to dedicate songs to your friends! Out-of-residence CAPTains are also welcome to scan the QR code to participate in these activities.

Link: tinyurl.com/SACwelfareweek

Have you seen the boards at L1? Wonder why your name is there?

The Student Affairs Committee (SAC) is having its Welfare Week, which consists of a letter writing segment! The boards at L1 have names of all stay-in CAPTains, RFs and CAPT staff. Do head down to write messages of encouragement to support your friends during this stressful period. At the end of week 12, all the letters will be collated by SAC and delivered to CAPTains.

There is also a song dedication segment. Dedicate songs to your friends by filling up the form below, and the dedications will be showcased in the dining hall during dinner.

What about out-of-residence CAPTains?

Out-of-residence CAPTains are welcome to participate as well by using the form below to write notes or dedicate songs to fellow CAPTains.

Vice versa, stay-in CAPTains, RFs and CAPT staff can also use the form to write notes or dedicate songs to out-of-residence CAPTains. However, out-of-residence CAPTains will only be informed about the song dedications made to them via Telegram.

https://forms.office.com/Pages/ResponsePage.aspx?id=Xu-lWwkxd06Fvc_rDTR-gtWxLzECfUhAtXdOz322ikZUMkxBU1JMMUE0Mjl4WVNEWIZRSIZFUVA1Uy4u

9th SAC presents

WELFARE WEEK

MENU

WEEK 12, 2 NOV TO 5 NOV

#MAROONMONDAY

Beancurd!

To redeem: Wear CAPT Maroon Tee,
write your #WHYCAPT and
leave your handprint on
our banner at the DH



#THANKFULTUESDAY

Ice cream!

To redeem: Write an encouraging note
for a friend on the SAC
letter writing board



#WOCALWEDNESDAY

Enjoy a Singaporean Themed
Dinner along with fun games and
childhood snacks



#TWINNINGTHURSDAY

Subway Cookies!

To redeem: Wear matching clothes,
accessories etc. with a
friend!

In conjunction with welfare week, SAC has organised a themed week starting from Mon 2 Nov for CAPTains to participate in and claim some much needed welfare to prepare for the busy weeks ahead.

❤️ #maroonmonday:

Come on down to the dining hall in a maroon shirt, and write down your #whycapt on a banner to redeem beancurd!

#thankfultuesday:

Write a note for your friend / staff / RF at our letter writing boards to redeem ice cream!

✨ #wocalwednesday:

Enjoy Singaporean delights as well as our childhood snacks and games during dinner!

#twinningthursday:

Twin with a friend (clothes, shoes, accessories etc) to redeem subway cookies!

Do make sure to follow SAC's instagram page @sac.capt and telegram channel <https://t.me/sacCAPT> to redeem the food.

SAC is looking forward to seeing everyone there!

For any enquiries, contact Pamela @pamelalim or Pooja @po0jj on Telegram.



The poster has a yellow background with a dark yellow diagonal stripe. At the top right is a black spotlight icon. The title 'ART SHOWCASE' is in large, red, stylized letters with a blue outline, and 'RECRUITMENT' is in smaller, red, block letters below it. The text is arranged in two columns. The left column lists positions still available, and the right column lists sign-up dates and a link. A QR code is in the bottom right corner.

ART SHOWCASE
RECRUITMENT

POSITIONS STILL AVAILABLE :

- LOGISTICS MEMBER x1
- PUBLICITY HEAD x1
- SOUND DIRECTOR x1
- VIDEO PRODUCTION CREW x2

SIGN UP OPENS:
WEEK 11, FRI 30 OCT

SIGN UP CLOSES:
WEEK 12, FRI 6 NOV, 2359

SIGN UP LINK:
<http://bit.ly/ASC2021Recruitment>



Clubsocs is still recruiting CAPTains for Art Showcase 2021!

Want to be part of the biggest Arts event in CAPT? Wave 2 of recruitment is open.

Come join us if you are interested to be part of the fulfilling experience of translating creative ideas into an actual showcase.

Positions for the following roles are open:

- Publicity Head
- Video Production Crew
- Logistics Member
- Sound Director

Sign ups close: **6th November, Fri, 2359**

Join us NOW at <http://bit.ly/ASC2021Recruitment!>

Telegram Ted @ahteckah, Matthias @matthias_oh or Yi Xuan @JYXRachel for any queries.



*CAPT Publicity
9th College Students' Committee
College of Alice & Peter Tan
8 College Avenue East*

(This email is sent to all CAPT students/staff of AY2021 Sem 1 by the CAPT CSC.)

For any enquiries, please contact CSC directly.

If you wish to unsubscribe to this group, please send an email to capt@nus.edu.sg.