

# 2026

# Sec 1 Orientation Information Kit

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# 1 Overview of Orientation Programme

| Date           | 2 January<br>(Friday)   | 5 January<br>(Monday)   | 6 January<br>(Tuesday) | 7 January<br>(Wednesday)  |
|----------------|---|---|------------------------|---|
| Programme      | Orientation<br>Day 1  | Orientation<br>Day 2  | Orientation<br>Day 3   | Orientation<br>Day 4<br><br>(Orientation Finale<br>and CCA<br>Orientation Tour) |
| Reporting Time | 8.30am  | 7.30am  |                        | 10am  |
| Dismissal Time | 12.25pm   | 2pm   | 1.30pm                 | 5pm   |
| What to Wear   | Report to school in Meridian Secondary School Polo T-shirt with Uniform culottes / pants (tucked in), white socks and black shoes   | Report to school in Meridian Secondary School Polo T-shirt with Uniform culottes / pants (tucked in), white socks and black shoes<br><br>Optional: Bring PE shorts to change (for “amazing race” and “mass dance” segments) |                        |   |
|                | For students who are not able to purchase the MSS school uniform by the first day of school, he/ she can report to school in his/ her primary school uniform.   |   |                        |   |
| What to Bring  | <ul style="list-style-type: none"><li>- Water Bottle</li><li>- Pencil Case</li><li>- Colour Pencils</li><li>- Sufficient pocket money to buy food and drinks from the canteen during recess</li><li>- Recyclable materials (on 3<sup>rd</sup> day – instructions will be provided)</li><li>- Medication (if required)</li><li>- Hand sanitizer (optional)</li></ul> |   |                        |   |
| Remarks        |   |   |                        | Lunch will be catered.  |

## 2 Programme

### Day 1 (2 Jan, Friday)

| Time      | Facilitator/s                             | Activity  | Venue     |
|-----------|---|---|-----------|
| 0830-0835 | FTs and OGLs                              | Assembly  | Hall      |
| 0835-0850 | Principal                                 | Principal's Welcome Address   |           |
| 0850-0905 | YH  | YH Briefing   |           |
| 0905-0945 | FTs and OGLs                              | FT Time<br>FTs: Distribution of welcome gifts (Meridian planner and number lock for school locker), and Morning Routines (greeting and handphone lockaway)<br>OGLs: Provide overview of Orientation, explain significance of welcome gifts, preparation of name tags, Introduction to Canteen | Classroom |
| 0945-1030 | OGLs                                      | Recess<br>Sec 1s to purchase their own food at the canteen/bring their own food.  | Canteen   |
| 1030-1100 | OGLs and FTs                              | Ice Breakers  | Hall      |
| 1100-1120 | SH Student Leadership and Student Leaders | Student Leadership and School Culture<br>K&P Overview and Student Leaders sharing about Meridian's leadership opportunities, Demonstration of Meridian Mass Dance, Meridian Cheer, and Meridian School Song   |           |
| 1120-1225 | FTs and OGLs                              | *K&P Personal Values Sorting  and All About Me   | Classroom |

#### Glossary

FT: Form Teacher  
YH: Year Head

OGL: Orientation Group Leader  
SH: Subject Head

HOD: Head of Department  
KP: Key Personnel

\*Refer to K&P Glossary for more information on MTW, ISV, CTP, EOTA, and ETH.

## Day 2 (5 Jan, Monday)

| Time      | Facilitator/s                   | Activity  | Venue                        |
|-----------|---------------------------------|---|------------------------------|
| 0730-0820 | FTs and OGLs                    | FT Time<br>Morning Routines (greeting and handphone lockaway), Class Value Sorting, and Meridian Classroom Challenge (Briefing)   | Classroom                    |
| 0820-0850 | Safety & Emergency Rep and OGLs | Safety Briefing   | Hall                         |
| 0850-0930 | OGLs                            | Recess<br>Sec 1s to purchase their own food at the canteen/bring their own food   | Canteen                      |
| 0930-1040 | OGLs                            | 1-1 to 1-4: School Tour Amazing Race<br>1-5 to 1-7: All About Me, Meridian Cheer Competition (Practice) and Mass Dance (Practice) | Various Venues/<br>Classroom |
| 1040-1150 | OGLs                            | 1-5 to 1-7: School Tour Amazing Race<br>1-1 to 1-4: All About Me, Meridian Cheer Competition (Practice) and Mass Dance (Practice) |                              |
| 1150-1225 | HOD CCA                         | CCA Talk  | Hall                         |
| 1225-1230 | OGLs                            | School Cheers   |                              |
| 1230-1400 | Student Management              | Student Management Talk   |                              |



## Day 3 (6 Jan, Tuesday)

| Time      | Facilitator/s                 | Activity  | Venue         |
|-----------|-------------------------------|---|---------------|
| 0730-0800 | FTs and OGLs                  | FT Time<br>School Song and Morning Routines (greeting and handphone lockaway)             | Parade Square |
| 0800-0820 | FTs, OGLs, and Timetable Team | Timetable Briefing  | Classroom     |
| 0820-0850 | OGLs                          | All About Me and School Song (Practice)   | Classroom     |
| 0850-0930 | OGLs                          | Recess<br>Remarks: Sec 1s to purchase their own food at the canteen/bring their own food  | Canteen       |
| 0930-1040 | OGLs                          | Meridian Classroom Challenge (Preparation)  | Classroom     |
| 1040-1150 | OGLs                          | Meridian Cheer Competition (Practice) and Mass Dance (Practice)                           | Classroom     |
| 1150-1300 | OGLs                          | Meridian Cheer Competition Rehearsal  | Hall          |
| 1300-1330 | CARE Team and ECG Counsellor  | School Counsellor Talk and Introduction to Education and Career Guidance (ECG) Counsellor | Hall          |



## Day 4 (7 Jan, Wednesday Morning)

| Time      | Facilitator/s | Activity  | Venue     |
|-----------|---------------|---|-----------|
| 1000-1010 | OGLs and FTs  | Sec 1s to report at 10am<br>Attendance and Morning Routines (greeting and handphone lockaway)             | Classroom |
| 1010-1045 | OGLs          | Meridian Classroom Challenge (Showcase)<br>All About Me, Gratitude Cards and Gratitude Cards Presentation | Classroom |
| 1045-1115 | OGLs          | Reflection with OGLs  | Classroom |
| 1115-1225 | FTs           | CCE Lesson (Check-in lesson + Reminder about timetable)   | Classroom |

## Day 4 (7 Jan, Wednesday Afternoon)

| Time                      | Facilitator/s                           | Activity   | Venue                   |
|---------------------------|---|--|-------------------------|
| 1225-1300                 | OGLs                                    | Lunch (Bento)  | Canteen                 |
| 1300-1310                 | OGLs                                    | Sec 1s move to the hall and get ready for Orientation Finale   | Moving to hall          |
| <i>ORIENTATION FINALE</i> |   |  |                         |
| 1310-1340                 | SLs, FTs, and OGLs                      | Meridian Classroom Challenge (Highlights) and Meridian Cheer Competition   | Hall                    |
| 1340-1355                 | SL                                      | P's Address<br>Consolidation of Winners  |                         |
| 1355-1430                 | SLs, FTs, OGLs, and Head Student Leader | Video Montage of Orientation / Head Student Leader Address / Sec 1 Orientation Survey and Groundwork Signup Form / Prize Presentation / Mass Dance |                         |
| 1430-1700                 | HOD CCA<br>CCA Teachers<br>OGLs         | CCA Orientation Tour   | Hall and Various Venues |

## Day 4 (7 Jan, Wednesday Evening)

| Time      | Facilitator/s     | Activity  | Venue              |
|-----------|-------------------|---|--------------------|
| 1700-1730 | OGLs              | Snack time for Sec 1s whom parents/guardians have indicated will join them for Sec 1 Principal Meets Parents session.                           | Canteen            |
| 1730-1900 | SLs, KPs, and FTs | Parents Engagement<br>1730-1800: Classroom Engagement with FT<br>1800: Hall Session (Principal's address, Year Head address, CCA Talk, and Q&A) | Classroom and Hall |

### 3 School Song, Mass Dance and Makan Cheer

#### Our School Song

##### *Verse One:*

Joyful learners, seeking knowledge,  
Reaching for the highest star.  
Gifted minds, adding value,  
Building our community.

##### *Chorus:*

Let's unite and keep it true.  
Let Meridian guide us through.  
We will strive with all our hearts  
To make Meridian great.

##### *Verse Two:*

Caring people, daring leaders,  
Leading in the thoughtful path.  
Sharing arts, touching hearts,  
Enrich our humanity

##### *Chorus:*

Let's unite and keep it true.  
Let Meridian guide us through.  
We will strive with all our hearts  
To make Meridian great.



**Lyrics:** <https://www.meridiansec.moe.edu.sg/about-us/our-emblem-school-songs/>



**Listen:** <https://tinyurl.com/mssschsong>

## Meridian Mass Dance

- Meridian Secondary School Mass Dance video: <http://tinyurl.com/MSSmassdance>.
- Meridian Secondary School Mass Dance tutorial video: <http://tinyurl.com/MSSmassdancetut>

## Makan Cheer

Facilitators: Are you hungry?

Students: Hungry hungry *Clap* x2

Very very *Clap* x2

Hungry very *Clap* x2

Very hungry *Clap* x2

Chikelaka piya piya

Chikelaka piya piya

Sa! *Clap* x4

Sa! *Clap* x4

Sa! Sa! Sa! Sa!

Xi shua shua xi shua shua

Xi shua shua ooh ooh!

Xi shua shua xi shua shua

Xi shua shua makan!



## 4 K&P Glossary and Reference

Meridian Secondary integrates the Five K&P Practices of Exemplary Leadership in nurturing compassionate leaders. The Five Practices of Exemplary Leadership® is a functional leadership model offered by James Kouzes and Barry Posner (1987) in their book, “The Leadership Challenge.” It reveals a cluster of behaviours identified through a thematic analysis of what people did when they were at their “personal best” in leading others. The Five Practices of Exemplary Leadership are namely Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act and Encourage the Heart.



### MTW: Model The Way

Commitment 1: Clarify values by finding your voice and affirming shared values  
Commitment 2: Set the example by aligning actions and shared values



### ISV: Inspire a Shared Vision

Commitment 1: Envision the future by imagining exciting and ennobling possibilities  
Commitment 2: Enlist others in a common vision by appealing to shared aspirations



### CTP: Challenge the Process

Commitment 1: Search for opportunities by seizing the initiative and looking outward for innovative ways to improve  
Commitment 2: Experiment and take risks by constantly generating small wins and learning from experience



### EOTA: Enable Others to Act

Commitment 1: Foster collaboration by building trust and facilitating relationships  
Commitment 2: Strengthen others by increasing self-determination and developing competence



### ETH: Encourage the Heart

Commitment 1: Recognize contributions by showing appreciation for individual excellence  
Commitment 2: Celebrate the values and victories by creating a spirit of community

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To learn more about the key ideas and phrases from the “Five Practices of Exemplary Leadership” by Kouzes and Posner to develop your leadership skills, explore “The Meridian Student Leadership Guidebook”: <https://tinyurl.com/mssslcg>