

MVS BULLETIN

Mountbatten Vocational School Newsletter



Back to School

School resumed on 4 January 2021 with some new faces and some familiar faces. As the new students were getting to know a new environment, new friends and new teachers, for the old students, especially those in Year-2, it was back to lessons and training.

Last year, the Year-2 students were unable to do their Work-Based-Training with our partners in the industries due to the Covid-19 precautionary measures. With Phase III now in effect, we are hopeful that we will be able to send our students out for their attachments.

RESTAURANT WEEK

To prepare the Year-2 students for their Work-Based-Training (WBT), the training kitchen and restaurant were open for business for three weeks from Jan 18 to February 3. There will be another session of training for them on March 29, 30, 31 and April 5, 6, 7.

This year, we have Ms Jasline Tan and Mr Jack Tan in charge of preparing the students WBT which will begin as early as May for some students.



CHINESE NEW YEAR CELEBRATION

This year's CNY celebration for the school was a more subdued occasion as the COVID-19 safety measures such as physical distancing and limited group activities were still in place. Despite all the precautions, students were still able to enjoy themselves in their various groupings with games and fashion shows. Some of the students came to school decked out in their finest red outfits. The celebration ended with a simple bento set lunch for all.



MICROGREENS PROJECT

MVS Issue 4

The school started a Microgreen Farming class following the government's initiative to strengthen Singapore's food supply through urban farming.

Like sprouts, microgreens are a young vegetable. However, sprouts and microgreens are not the same. Sprouts are newly germinated seeds that people harvest just as the seed begins to grow and before their leaves develop. Conversely, microgreens grow from sprouts, and they have leaves. Scientists see microgreens as a functional food, which means that they can provide key nutrients in a practical way. Some advantages of growing microgreens are it does not need a lot of space, the cost of growing it is relatively low and it can be harvested in a week to ten days.

Below are photos of students planting and harvesting microgreens and how it can be incorporated into the food prepared in the kitchen.



THANK YOU, SHELLEY

Ms Shelley Siu started her volunteer work at MVS in 2019. With her gardening expertise and many years of experience in the Singapore gardening community, she initiated the gardening project at the school.

Shelley has now moved on to other projects in the community. We are very grateful to Shelley for her support of the school and for bringing some colours to our otherwise drab school surrounding.



APPRECIATIONS

"Dear Mdm Yeo, Qiao Juan was very excited this morning before school and very happy returning home. We have not seen her so relaxed and happy attending school. We wish to express our deepest appreciation to the school staff, teachers and management for making today a special day for her and all the students." Qiao Juan's Mom



"Dear Principal and Teachers,
Thank you for being so patient and for the support given to Jolene. We appreciated all the efforts that you have done to help Jolene. We know it is a great challenge to handle Jolene. You are there for Jolene for every step and way to help Jolene...Many thanks especially to Ms Kazay!"
Jolene's parents



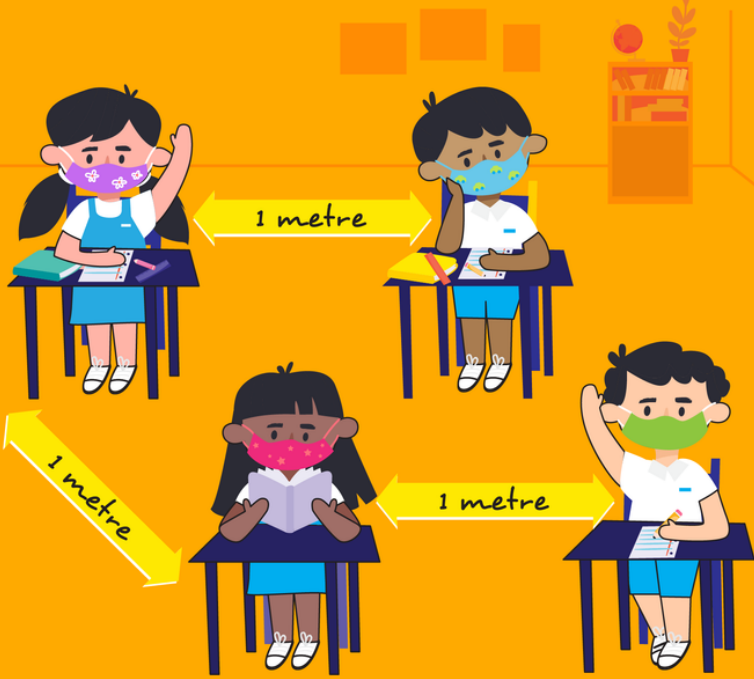
"To all staff of Mountbatten Vocational School,
I would like to take this opportunity to thank all teachers for three years of guiding me. During those 3 years, I learned to be independent. I also wish to thank all teachers for teaching me social skills and life skills."
Xian Yang



"Thanks to all of you, my teachers and staff in the office. I felt like I was studying in a house where I can feel like we are one happy family.
Thanks for tolerating me and making me feel at home. I am proud to be a student at MVS. Goodbye and I will try my best to work and become a useful man and make all of you proud to have me as your student." Gurvinder Singh



- Term 1 School Holidays: 13 to 21 March - School will resume on Monday, 22 March. When school resume, safety measures against the COVID-19 will continue.



 **GOV.SG HOW-TOS**

KEEP SAFE WHEN GOING TO SCHOOL

1. BEFORE SCHOOL

- ✓ **STAY HOME**
If you or someone at home is sick with flu-like symptoms
- ✓ **WEAR A MASK**
When out of home

2. WHILE IN SCHOOL

- ✓ **WASH YOUR HANDS OFTEN**
Or use hand sanitiser
- ✓ **WIPE DOWN SHARED EQUIPMENT**
Before and after use
- ✓ **MONITOR YOUR HEALTH**
Take temperature daily
- ✓ **ALWAYS KEEP MASK ON**
Take it off when eating/drinking; during strenuous activities
- ✓ **KEEP TO YOUR CLASS**
Don't mingle with other classes
- ✓ **ENSURE SAFE MEASURES**
Follow fixed seating rules, staggered arrival and dismissal times

3. AFTER SCHOOL

- ✓ **GO HOME QUICKLY**
Don't hangout; avoid crowds
- ✓ **SPEAK SOFTLY IN PUBLIC**
Avoid spreading droplets



ANNOUNCEMENTS

Vol 1 Issue 2

- Restaurant Week 1 Menu

MARCH 2021
LUNCH MENU

MVS CAFE

APPETISER:

TANGERINE SALAD
Mesclun Greens, Tangerine chunks, Roasted Walnut Nibs & Sliced Onions

MAIN COURSE:

1. **CHICKEN ARRABBIATA SPAGHETTI**
Served with Chilli Padi, Chopped Parsley in Pomodoro sauce

OR

2. **BAKED DORY WITH LEMON CREAM SAUCE**
Served with Roasted Potato & Seasonal Vegetables

Dessert:

RED BEAN & COCONUT PUDDING

Mon 29/03/2021

APPETISER:

CREAM OF CORN SOUP
Served with Charred Corn Kernels and a dash of Cream

MAIN COURSE:

1. **ROTI PRATA WRAP**
Served with Chicken Ham, Egg, cheese & Sliced Tomatoes.

OR

2. **BAKED SABA FISH FILLET WITH TERIYAKI GLAZE**
Served with Rice & Sauteed Vegetables.

Dessert:

RED BEAN & COCONUT PUDDING

Tue 30/03/2021

APPETISER:

WALDORF SALAD
Served with Roasted Walnut nibs, Granny Smith, Celery, Grapes with Mayo

MAIN COURSE:

1. **BAKED SALMON WITH ORANGE GLAZE**
Served with Spaghetti Aglio Olio

OR

BEEF BURGER WITH BLACK PEPPER SAUCE
Lettuce, sliced Tomato & Onions
Add \$0.50 for sliced cheese / fried egg

Dessert:

RED BEAN & COCONUT PUDDING

Wed 31/03/2021

*\$8.00 per set meal

- Restaurant Week 2 Menu

MVS Cafe

LUNCH

05/04/21 (MONDAY)

APPETISER

Minestrone Soup
-served with diced
Vegetables, Beans &
Pesto.

MAINS

Stir Fried Seafood Bee Hoon
- served with Asian Garnish.
Add \$0.50 for fried egg
OR
Korean Spicy Chicken
-served with Rice & Seasonal
Vegetables.

DESSERT

Milk Tea Cake

06/04/21 (TUESDAY)

APPETISER

Cream of Mushroom
Soup
-served with Enoki &
dash of Cream.

MAINS

Crispy Fish with Cereals
-served with Stir Fry Spaghetti
with Kecap Manis Sauce.
OR
Mushroom Risotto
-served with Parmesan cheese
& Chopped Parsley.

DESSERT

Milk Tea Cake

07/04/21 (WEDNESDAY)

APPETISER

Tuna Salad
-Chopped onions,
Capsicums, Parsley
with Lemon
Vinaigrette.

MAINS

Salmon Spaghetti with Alfredo
Sauce
-served with Hon-Shimeiji
mushrooms, Green Zucchini &
Cherry Tomatoes.
OR
Braised Chicken in Dark Soya
Sauce
- with Tau Kwa, Peanuts, Hard
boiled Egg & served with Rice.

DESSERT

Milk Tea Cake

*\$8.00 per set meal