

# Sec 1 Orientation 2025



MERIDIAN SECONDARY SCHOOL  
CHOICE SCHOOL FOR LEADERSHIP AND THE ARTS

“  
**IF YOUR ACTIONS  
INSPIRE OTHERS TO  
DREAM MORE, LEARN  
MORE, DO MORE AND  
BECOME MORE, YOU  
ARE A LEADER.**  
”

John Quincy Adams



MODEL  
THE WAY



INSPIRE  
A SHARED VISION



CHALLENGE  
THE PROCESS



ENABLE  
OTHERS TO ACT



ENCOURAGE  
THE HEART

# OBJECTIVES OF SEC 1 ORIENTATION

## Sec 1s

- To welcome Sec 1s and familiarise them with the school environment and facilities.
- To allow Sec 1s to experience the Meridian Way.
- To communicate expectations of Meridians.
- To provide class bonding opportunities and foster a sense of belonging to school and class.
- To initiate Sec 1s on their MSS leadership journey by introducing them to the K&P 5 Practices of Exemplary Leadership



# ATTIRE



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- Meridian Secondary School Polo T-shirt
- Uniform culottes/pants
- White socks
- Black shoes



MODEL THE WAY	INSPIRE A SHARED VISION	CHALLENGE THE PROCESS	ENABLE OTHERS TO ACT	ENCOURAGE THE HEART

# WELCOME GIFT

- Welcome Gift: Collapsible Lunch Box with Cutlery

## Objectives:

- To make the Sec 1s feel welcomed and to set the tone of a positive experience in Meridian
- To inculcate environmentally sustainable habits and self-discipline by providing all students with a lunch box
- Students to be reminded to bring their lunch boxes for FCE practical lessons



# ITEMS TO BRING



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## 2 Jan (Thursday)

- Small lock with key or small number lock (for school locker)
- Water Bottle
- Wallet
- Cup
- Personal Medication (if needed)

## 3 Jan (Friday)

- Locker key (for school locker if lock requires key)
- Water Bottle
- Wallet
- Cup
- Personal Medication (if needed)
- Welcome Gift: Collapsible Lunch Box with Cutlery



# ITEMS TO BRING



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## 6 Jan (Monday)

- Locker key (for school locker if lock requires key)
- Water Bottle
- Wallet
- Personal Medication (if needed)
- Lesson Materials

## 8 Jan (Wednesday)

- Locker key (for school locker if lock requires key)
- Water Bottle
- Wallet
- Personal Medication (if needed)
- Lesson Materials

Unite  
to Reach New  
Heights



# ITEMS TO BRING



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## 9 Jan (Thursday)

- Locker key (for school locker if lock requires key)
- Water Bottle
- Wallet
- Personal Medication (if needed)
- **Recyclable Materials and Craft Items (for Meridian Classroom Challenge)**

Unite  
to Reach New  
Heights



# Day 1 (2 Jan, Thursday AM)

Time	Facilitator/s	Activity	Venue
0730-0800	FTs and OGLs	Assembly	Parade Square
0800-0830	FTs and OGLs	FT Time Remarks: Morning Routines, Welcome Gift (Lunchbox with cutlery), and Preparation of name tags	Classroom
0830-0900	Principal	Principal's Welcome Address	Hall
0900-0920	YHs and Safety & Emergency Rep	YHs and Safety Briefing	
0920-0955	OGLs	Recess Remarks: Sec 1s to purchase their own food at the canteen/bring their own food.	Canteen
0955-1030	OGLs	Ice Breakers	Hall
1030-1110	SH SLD Student Leaders	Leadership Talk Remarks: K&P Overview and Student Leaders sharing about Meridian's leadership opportunities, Demonstration of Meridian Mass Dance, Meridian Cheer, Meridian School Song, Meridian Family Song, and Meridian Pledge	
1110-1220	OGLs	K&P Personal Values Sorting 	Classroom







# Day 1 (2 Jan, Thursday PM)

Time	Facilitator/s	Activity	Venue
1220-1320	OGLs	Lunch (Buffet) Remarks: Sec 1s to use welcome gift to enjoy the buffet.	Canteen
1320-1430	OGLs	1-1 to 1-4: School Tour Amazing Race 1-5 to 1-8: Meridian Cheer Competition (Practice) and Mass Dance (Practice)	Various Venues/ Classroom
1430-1540	OGLs	1-5 to 1-8: School Tour Amazing Race 1-1 to 1-4: Meridian Cheer Competition (Practice) and Mass Dance (Practice)	
1540-1610	HOD and LH Student Management	Health Promotion Board Skit	Hall
1610-1630		HOD and LH Student Management Talk	



## Day 2 (3 Jan, Friday)

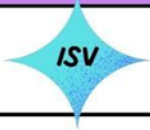
Time	Facilitator/s	Activity	Venue
0730-0800	FTs and OGLs	FT Time Remarks: Morning Routines, Family Song with OGLs, and Timetable Briefing (Timetable team and FTs)	Classroom
0800-0900	OGLs	Mass Dance Practice	
0900-0935	OGLs	Recess Remarks: Sec 1s to purchase their own food at the canteen/bring their own food	Canteen
0935-1130	FTs	CCE	Classroom
1130-1200	HOD CCA	CCA Talk	Hall
1200-1300	OGLs	Lunch (Buffet) Remarks: Sec 1s to bring their own plates and cutlery to enjoy the buffet. Muslim boys will have lunch until 12.30pm before being excused for prayers. 	Canteen
1300-1430	OGLs	Meridian Cheer Competition (Practice)	Classroom
1430-1700	HOD CCA CCA Teachers OGLs	CCA Orientation Tour	Various Venues
			

## Day 3 (6 Jan, Monday)

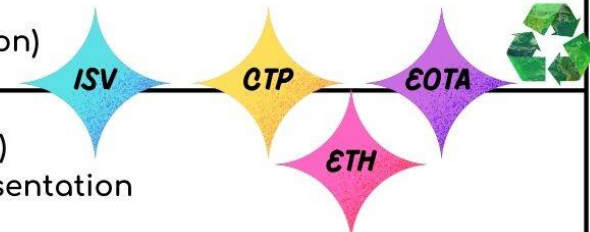
Time	Facilitator/s	Activity	Venue
0730-0810	FTs and OGLs	FT Time Remarks: School Song with OGLs	Hall
	CARE Team	CARE Team Talk	

## Day 4 (8 Jan, Wednesday)

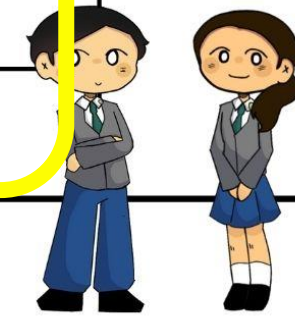
Time	Facilitator/s	Activity	Venue
1105-1215	FTs	CCE Lesson Remarks: Check-in lesson, Class Value Sorting, and Class Vision Discussion	Classroom



# Day 5 (9 Jan, Thursday)

Time	Facilitator/s	Activity	Venue
0730-0745	FTs and OGLs	FT Time Remarks: Morning Routines and Reminder about Friday's schedule	Classroom
0745-0845	OGLs	Meridian Classroom Challenge (Preparation) 	
0845-0920	SLs OGLs	Meridian Classroom Challenge (Showcase) Gratitude Cards and Gratitude Cards Presentation	
0920-0955	OGLs	Recess Remarks: Sec 1s to purchase their own food at the canteen/bring their own food	Canteen
0955-1015	OGLs	Reflection with OGLs	Hall
1015-1115	OGLs	Meridian Cheer Competition (Rehearsal)	
1115-1145	SLs FTs OGLs	Meridian Cheer Competition	
1145-1200		P's Address Consolidation of Winners	
1200-1325		Prize Presentation / Mass Dance / Head Student Leader Address / Administer Sec 1 Orientation Survey / Video Montage of Orientation	

↑  
2 Parents/  
Guardians are  
invited per  
Sec 1 (via Sec 1  
FormSG E-  
Registration)  
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# THANK YOU

*Unite*  
to Reach New  
Heights



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VISION | JOYFUL LEARNERS, CREATIVE THINKERS, COMPASSIONATE LEADERS

VALUES | RESILIENCE . INTEGRITY . COMPASSION . HUMILITY