

Care and Discipline – support for students

In Bowen, we aim to nurture future-ready Bowenians who are self-disciplined individuals of good character. As the growing-up years will present many opportunities and some challenges, we know that you will experience many different emotions and experiences when you are in Bowen. Do strive to grow a strong sense of well-being and self-confidence, to help you remain positive and to overcome challenges.

If you have concerns about yourself or your family, or you are concerned for your friends who may be bullied or may have their personal troubles, do approach your Form Teacher or subject teachers. In addition, the following **Level Teams** of teachers and staff are here for you:

	Year Head	Care Team	Discipline Team	Other relevant key personnel:
		Head / Care – Mr Mohd Farid	Head / Discipline – Mr Wilson Goy	
		Support for all lvls- Mrs Sankar	2nd I/C - Mr Derrick Lim Lower Sec I/C– Mr Sheik Habib Upper Sec I/C– Mr Shafee	
Sec 1 Level Team	Ms Davina Lim	Mr Hairil	Mr Chong How Kiat	Head / Normal Course – Mrs Normala Chang Counsellor - Mrs Magdalene Lim
Sec 2 Level Team	Ms Bernice Tey	Ms Tan Shuming	Mrs Irene Leong	
Sec 3 Level Team	Mr Colin Sim	Mr Ainsley	Mr Alvis Tan	
Sec 4/5 Level Team	Mrs Chan Soo Yong	Mrs Jessica Yong	Ms Ler Kim Har	

From 2018, a team will provide support to students with special needs. The **Special Needs Team** comprises:

Learning Support Educator: Ms Delina Swee

Learning Support Teachers: Ms Angie Goh, Ms Siti Hawa, Mrs Sandra Lim, Ms Cecilia Yeow and Ms Sim Sze Hwei

If you would like to talk to other trained professionals, you can also call the following organisations:

Name of Agency	Hotline	Time
SOS (Samaritans of Singapore)	1800 - 221 - 4444	24 hours
TOUCHline (Touch Youth Services)	1800 - 377 - 2252	Mon - Fri (9am - 6pm)
Teenage Crisis Centre (Teen Challenge)	6793 - 7933	Mon - Fri (9am - 5pm) Sat (9am - 1pm)
Youthline (Youth Challenge)	1800 - 377 - 2252	Mon - Fri (9am - 6pm)