



The 100 Lambs Times

Learners Today, Leaders Tomorrow

1st Edition

January-March 2026

RM 5



WRITING OUR STORY: The 100 Lambs Times will inform you of the events and stories happening in school, acting as an important archive of our school's story. (Photos: Gavriel Goh, S4S1)

Writing Our Story

The 100 Lambs Times, the school's official newspaper, releases its first edition with exciting articles! > page 2

SCHOOL

Ready, set, go!
Captains' quotes for Sports' Day 2026
> page 3



SPEED > page 11

The Mazda RX-7: where Power meets Precision



CULTURE

Japan is turning footsteps into electricity, using tiles!
> page 14



CLUBS

Read an intro to all the clubs in school, plus feature articles written by the Student Union and Psychology Club
> page 17



Welcome to The Times!



Aemon
mushy / S4S1
Chief Editor

The **100 Lambs Times** is a the official school newspaper that gives students the chance to **pick up the pen** and start **Writing Our Story** for all to read.

CONTENT

Did you know, our first edition includes **17 articles?** With news about our **School, Sport, Speed, Culture, Lifestyle, and Clubs**, there's plenty of choice for you!

To kick off your reading, why not start by **flipping to a random page** and see where you land on?



Gavriel
gravy / S4S1
Chief Journalist

POSTING SCHEDULE

The current plan for how often we release will be **up to you!** Check out the 2nd last page and fill in The Times' suggestion form.

WHY RM5 FOR A PAPER?

The price covers the cost for **professional printing** and ensures you get **the full beauty of colour!**

By purchasing a copy, you've joined an **exclusive club of 50 readers** who get first access to our **high quality articles** and a **memento to keep for a lifetime.**

DESIGN

The design is done **entirely in house** by the both of us, and we aim for the best mix of readability and aesthetics.

WRITING ARTICLES

We are so thankful to the team of **12 journalists** who worked hard alongside us 2 to release our first edition. Thank you, Journos!

After each journalist writes their article, **we edit them** carefully to root out errors in accuracy and language. Moreover, any use of **AI** on the paper is fully prohibited.

We hope you enjoy the best of what journalism has to offer in the first release of **The 100 Lambs Times!**

Why a school newspaper is so paramount in 2026



Gavriel
gravy / S4S1
Chief Journalist

As we enter a new era of increased AI prevalence, I argue that the **need for a school newspaper is more important than ever before.**

SHARPENING ENGLISH

Firstly, The Times gives a vital opportunity for the students to **apply skills** that is taught in English classes. By training writers to **think and craft pieces free of AI**, it builds up their writing and readiness for future tasks in

EFL and ESL exams that place a **heavy emphasis on essay writing.** Additionally, our newspaper lays a **strong foundation in reading** for students, helping to grow your vocabulary and practical skills as you read this article!

BE IN THE KNOW

The Times places you in a good position to know more about our **school and club events** whilst also imparting a sprinkling of crucial **general knowledge** that is good to have in life. Our articles act as an archive and reminder of the important activities have occurred.

CREATIVITY PLATFORM

Lastly, the ideas featured in articles sparks **new ideas** and opens your mind to **critical thinking!** It provides our journalists a space to **display their high quality work** and research too!

CONCLUSION

Giving students a quarterly dose of high quality English content serves to **improve skills across the board.** The Times encourages more to take part in *writing our story* by **actively participating.** These are the reasons why I have a strong passion to start **The 100 Lambs Times.**

<h1 style="margin: 0;">BLUE <i>house</i> CHAMPIONS 2025</h1> <p>Captain Desmond Yow</p> <p>“ As Blue Team, we don’t just play to win - we play to bring energy, laughter, and excitement, turning every moment into a vibrant and unforgettable experience.</p> <p>Vice Captains Chai Jia Chen Ruth Hii Theodorus Tan Keshayini Prabaharan</p>	<p>373 POINTS</p> <p>G 14</p> <p>S 12</p> <p>B 17</p>
--	---

<h1 style="margin: 0;">YELLOW <i>house</i> SECOND 2025</h1> <p>Captain Constance Lim</p> <p>“ We are proud to take part in Sports Day and will continue to give our best until the very end.</p> <p>Vice Captains Marcus Lim Saw Jia Rou Anson Lim Tan Li Xin</p>	<p>340 POINTS</p> <p>G 10</p> <p>S 13</p> <p>B 10</p>
---	---

<h1 style="margin: 0;">RED <i>house</i> THIRD 2025</h1> <p>Captain Teh Hong Fei</p> <p>“ To win is to believe.</p> <p>Vice Captains Lau Hui Yu Hansen Liew Sebastian Chin Gladys Lee</p>	<p>320 POINTS</p> <p>G 14</p> <p>S 15</p> <p>B 10</p>
--	---

<h1 style="margin: 0;">GREEN <i>house</i> FOURTH 2025</h1> <p>Captain Kingsley Tan</p> <p>“ Our goal this year is simple: To give everything we have and redefine what Green House stands for. Its a fresh chapter, and we’re writing it with pride.</p> <p>Vice Captains Chong Yu Ge Tee Wei Chong Lavesh A/L Kalaiselvan</p>	<p>283 POINTS</p> <p>G 10</p> <p>S 8</p> <p>B 11</p>
---	--

Points include all Secondary, Primary, and Kindergarten competitions. Medal tallies include Running and Long Jump (10 to 17+) competitions only.

The Times thanks Ms Marie who provided the medal tally. The Times thanks the captains who provided timely comment.

What are my views on life?



Tr. Carol
100 Lambs
School CEO

All my views (personal or professional) are shaped by my relationship with God. It is not easy for me to separate the spiritual from the reality; what I feel stems from what my mind has been renewed from through the years of my being in an intimate relationship with a loving and merciful God.

Such a relationship ultimately shapes all my views and decisions made. Through this amazing and wonderful relationship, I am humbled that I can be so loved by a God who is all-sovereign and all-powerful. I am ever thankful that I have been redeemed for a purpose about which I have the joy of discovering each day.

Running a school is what God has prepared me for – since time immemorial. Teaching and mentoring the young has been my passion since I was 15 years old. Ever since I can remember, I have always been involved with young people of all ages.

Each new day brings untold challenges, but they all somehow end with amazing results – it's as if the dawn of a new day comes miraculously packaged with a survival kit.



Each time I scale a new mountain or surmount a new obstacle there comes an immense sense of satisfaction and achievement

This is because I take everything positively as a learning step – there is a lesson in every event, incident or challenge that we encounter. It is up to us to make all the things that happen each day a lesson to be milked for learning and become better for it or to complain about it and then become bitter. It is our response or the choice we make that determines the kind of harvest that we shall in due time reap.

A message from Tr. Carol



The purpose of school or education is twofold – to grow our cognitive skills and to use such skills broadly to solve life’s problems.

Life comes with a set of issues which we encounter daily. Money, relationships, and personal pursuits are some of the more common ones. Sometimes we use our cognitive skills instinctively when we face problems – we attempt to seek solutions from our ability instead of applying wisdom, knowledge and understanding through prayer, or spiritual counselling for a more informed decision.

So, if we’ve had a higher level of education our ways of solving problems might have been different. Layered discussion attaching perspectives from other angles and an attitude of listening to others brings better outcomes.

With education there comes stronger flexibility and tenacity to learn something new whenever there is a need or demand.

I read voraciously and have been doing so since I was young. Most of my free time goes to reading – books on educational neuroscience (on how to learn better), spiritual growth, current topics affecting our world and the business community, how to grow more healthy food, and how to protect our earth from being affected by global warming to name but a few. I also love a good story – writing narratives to inspire and motivate remains another lifelong ambition.

I am richly blessed with a lot of love from family and friends and colleagues. Not something to take lightly or to brag about. It is a humbling realization that it comes from all parties putting in effort.

The first step is to understand that there must be sacrifices from all involved. Nothing is easy but I am always motivated to build bridges and tear down walls.

I believe God sets up serendipitous moments where we either unknowingly discover great ideas or encounter great people with whom such ideas can be realized. Not something we can plan for or design it to happen but because of our faith such divine connections or discoveries are brought into reality to change lives and history.

I look beyond superficiality and mere outward appearances. What is more important is the strength of character of a person and how much he can be trusted. Skills we can teach and acquire. But integrity and values? Such are harder to see through one’s actions and words. Therefore give me a man with his character that is etched out of suffering and I can let you see his greatness in skills, discipline and wisdom.

I often bemoan the fact that if only our young people can realize that outward appearances are not a guarantee for happiness, but that concretising one’s foundation on relevant skills including problem solving skills is a better way to achieve “happierness”.

What it means to march



Nicholas

kok / S3S1

Journalist

You may have seen the horde of students walking side by side in a military manner marching at last year's Sports Day, or even at lunch time practising our commands, but have you ever thought about what we're doing and why? This article will give you some insights on marching!



Marchers of all 4 houses seen at Sports Day 2025 (Gavriel Goh, S4S1)

COMMANDS

In marching, there are many commands and every action requires at least one stomp when performed.

A left turn requires you to stomp with the right foot and vice versa.

This article is continued on Page 6.

Making the step up



Jing Yi

goldfish / S1E1

Journalist

The transition from being a primary student to a secondary student feels different. In a blink of an eye, we've gone from becoming the oldest of the primary block to being the youngest and newest batch of Sec 1s.

Students in secondary school are exposed to a wide range of new subjects. We've added a few subjects to the mix: Biology, Chemistry, Physics, and Singapore Maths, to name just a few.

With new classes also comes new teachers who I've been able to learn lots from!

While primary school teachers act as a central figure, often hailed as "mums and dads", secondary teachers prepare us to be more like young adults, focusing towards personal responsibility and academic independence. They've been dedicated to their teaching, and preparing us for tests.

Though the lessons have definitely become more challenging, the teachers have also added a sprinkling of fun activities to balance it.

As we grow older, the responsibilities have grown as well. Cleanliness, for example, is one of the most important responsibilities to train as we enter a new era.

I've also noticed an increase in notes and content of lessons. Plus, I've been spending more time doing homework and revising at home, which is a big shift!

In conclusion, a secondary student's life is a beautiful mixture of joy and personal evolution. It is a great time to shape a student's identity, not only for higher academics, but for life itself.



Get in the Debate!

Fight for your cause.
Prove your points.
Meet new friends.
Think **wider** and **better**.

Ready to
JOIN IN?

The party's waiting,
sign up today!

REGISTER IN PERSON
Gavriel Goh (S4S1)

OR DM OUR INSTAGRAM
@debate_100lambs

gravyy

This article, "What it means to march", is continued from Page 5.

ARRANGING POSITION

When the lead marcher commands "Up!", everyone has to **stomp from left foot to right foot**. Depending on their position, one either has to raise their hand and turn their head to the right, followed by **swift movement to adjust their position**, or raise their hand to the front and look straight.

STARTING THE MARCH

The most well known and exciting command is when the instructor shouts "By your left, forward, march!"

This command is one of the **toughest to execute**. It requires the marcher to start with the **left leg moving forward** and the **right hand raising up to a 45 degree angle**.

From then on, all marchers have to shout "**Left! Left! Left, Right, Left!**", where the direction they shout has to **correspond to the leg they move forward with**. It may seem easy, but it's harder said than done, especially when you factor in the need to be **synchronised with all of your fellow marchers**.

WHY MARCH?

For us marchers, we're doing it for our sports house. It helps to encourage **the runners on Sports Day**, letting them know that their **entire team is behind them**.

It's also our way to help **contribute points to a championship** victory, as marching gives out 10 points for the best team out there.

We take pride in **standing for the national anthem** when it plays on the day, knowing a lot of practise has taken place for us to reach the perfection needed.

Why golfing is so pricey



Wei Chong
domino's pizza / S4S1

Journalist

Have you ever been to a golf course and stared at **those eye-dropping prices**? Today, you will find out why going golfing and buying the necessary equipment drains so much of your wallet!

GOLF COURSES

First of all, the course fees. Well-known Pebble Beach asks for US\$695 (RM2,800) just to go and play an 18-hole round of golf!

Johor's local courses start at RM75, but go all the way up to RM600 at the Horizon Hills Golf and Country Club.

So, you may ask, why are green fees and memberships so expensive?

A full 18-hole golf course takes up a huge amount of

space, usually located on prime real estate, and **incurs tremendous costs per year** for maintaining the land, watering the grass, and landscaping.

Additionally, one should account for worker salaries, buggy maintenance, plus the purchase of specialised equipment and fertiliser.

THE GEAR

Now, here comes the gear. While prices vary by brand, many golfers choose to buy from established brands like Titleist or Callaway.

A branded golf club straight off the production line **can fetch up to RM10,000!** Even if you go thrifting, a second-hand golf club can still cost you a few thousands each.

Plus, a golfer is bound to lose some balls in play, and varies from RM5 to RM10 for each new ball.



Some of the gear you'd need for golf (PerformanceGolf)

Now imagine adding in the cost of the golf bag, gloves, shoes and apparel! The cheapest set of gear bought from second-hand sources can still cost RM3,000. This easily jumps to RM50,000 if you fancy the top brands. Isn't that crazy?

CONCLUSION

In a nutshell, the extravagant price of golf places many out of its reach. One has to add up the green fees, golf clubs, golf balls, and other equipment. Think twice before walking into a golf shop, as you might **walk out missing an arm and a leg!**

History is made at the 2026 Winter Olympics



Felicia
raven / S4S1
Journalist

The 2026 Milano Cortina Winter Olympics was held in Italy on February 6 to 22. The 25th Winter Games saw **2,880 Olympians** from **93 countries** compete for medals in 16 disciplines!

Medal Tally		G	S	B	T
1	Norway	18	12	11	41
2	United States	12	12	9	33
3	Netherlands	10	7	3	20
4	Italy	10	6	14	30
5	Germany	8	10	8	26



Alysa Liu takes the Gold, in gold (Joosep Martinson, Getty)
I've been touring Stateside! -gav

NOTABLE SKATERS

Alysa Liu, a figure skating prodigy, soared to the top of the women's singles to become the first American to bring back Gold in the event since 2002. Her famous comeback story resonated with many across the world - having first retired at age 16 due to feeling burnt out, she returned in 2024 to the sport on her own terms.

Ilya Malinin, known as the 'Quad God' for his jumping ability, was the favourite for the men's singles but stumbled and finished 8th. However, he still went home as a Gold Medalist, having won it in the team's category.



Mikhail Shaidorov emerged as Olympic Champion in the Men's singles instead. The Kazakhstani even went on to dance as Po at the gala.

CURLING ROCKED BY CHEATING ALLEGATIONS

Scandal hit the the Men's Curling event when Team Canada were accused of touching the granite stones after the hog line, which is against the rules in this sport where teams slide stones on ice towards a target.

Swedish TV, SVT, captured footage of the incident, but it could not be used as evidence since video replays can't be used to re-umpire game decisions. Team Canada went on to win Gold.

MEDAL TALLIES

Norway led the standings with 18 gold medals, the US came second with 12 gold medals, and the Netherlands ranked third with 10 gold.



A skating panda at the Olympic gala! (Claudia Greco, REUTERS)



Aruwin Salehhudin fights for Malaysia in Women's Slalom (J. Finney, Getty)

CONCLUSION

The 2026 Winter Olympics showed the world the great talent of these competitive athletes and made many memorable moments. The Games brought together contestants and fans from all over in a celebration of talent, teamwork, and the spirit of competition.

9.58 Seconds: How Bolt redefined human speed



Jerome
rome / S3S1
Journalist

In a sport where the winner is determined by mere milliseconds, there are moments that capture the sheer intensity of the **sprint**.

On a historic evening in Berlin, Usain Bolt, considered the greatest sprinter in world history, shook the world with an incredible world record of 9.58 seconds — a 100 meter time that would change track and field forever.



Bolt bolts with World Record pace (Jeff Cohen, @jeffcohenphoto IG)

STRONG DETERMINATION

He lined up alongside dangerous opponents by his side who were ready to snatch the win at any time. Among the best in the pack were Tyson Gay, representing the USA; and Asafa Powell, who hailed from the same Caribbean island as Bolt.

A RECORD BROKEN

As he crossed the finish line, the clock made history: 9.58 seconds. The margin by which he broke his own record (0.11 seconds) was beyond comparable in professional sprinting. The stadium erupted, recognising the magnitude of what had just occurred.



Bolt poses with his record (Getty)

BUILDUP

A year before, he had set the previous world record of 9.69 seconds at the 2008 Beijing Olympics, to take Gold for Jamaica. By the time he arrived at the 2009 World Championships, anticipation was at its peak.

Exploding from the blocks, he accelerated with remarkable power and maintained a flawless stride.

By the halfway mark, he had already pulled clear, dusting the competition. Bolt delivered the most perfect race mankind has ever seen.

Even today, no one has broken that record in the 100 meter sprint. In my view, Bolt's performance in Berlin was not just about speed, but about redefining what is possible. It was a moment that set the stage for the next generation sprinters — a record to one day break.

nature's gift
DrinkSmart

You need water.

Drinking H₂O regularly is how you stay healthy, prevent dehydration, and cool down your body, especially in hot and humid Malaysia.
Drink water, even as you read The Times!
Read more on how to improve health on page 15.
DrinkSmart is Gavriel's 2024 Business Studies project!

DrinkSmart

F1 enters a new season



Zheng Feng

monitor feng / S3S3

Journalist



Gavriel

gravy / S4S1

Chief Journo

The 2026 Formula One season ushers in the most pivotal change in the technical regulations since the sport's start 76 years ago have been implemented, with a complete overhaul of how the car and engine are manufactured.

THE NEW REGULATIONS

These new rules focus how the engine is powered, with a 50/50 split between electric and combustion sources intended to make the sport more road-relevant.

Advanced Sustainable Fuels made from waste, non-food biomass, or captured carbon, have become mandatory for use in the Internal Combustion Engine (ICE) as Formula One aims to become a Net-Zero Carbon sport by 2030.

SUPER-CLIPPING

With limited energy to be stored in the battery, drivers have had to conserve their energy usage - causing the birth of "super-clipping".

Near the end of straights, the ICE acts as a generator to harvest electrical energy back into the depleted battery for use in later parts of the lap.

Drivers' Championship

1		Kimi Antonelli	72
2		George Russell	63
3		Charles Leclerc	49
4		Lewis Hamilton	41
5		Lando Norris	25
6		Oscar Piastri <small>GOAT</small>	21

Teams' Championship

1		Mercedes	135
2		Ferrari	90
3		McLaren	46
4		Haas	18
5		Alpine	16
6		Red Bull Racing	16

This means that cars don't accelerate and are unable to reach top speeds seen in previous seasons.

SLIMMER CARS

The cars themselves are also smaller, a change which is intended to provide for more agile cornering and closer racing. The minimum weight of the cars is now 768 kilograms, which is a drop of 32 kg from 2025. Furthermore, the wheel base (the distance between the front and rear wheels) has decreased by 200mm, and the car width has been lowered by 100mm.

Additionally, Active Aero change the angles of the front and back wings in different parts of the track to reduce drag or increase downforce when needed, and Overtake Mode gives a 0.5MJ energy boost to the engine to aid passing when under 1 second behind.

WHO LEADS THE PACK

Mercedes has cemented itself as the clear frontrunner in the championship, having developed the best answer to the new regulations. The team's two drivers, George Russell and Kimi Antonelli, have able to dominate the season.

While George, the more experienced driver, took the win in the opening round in Australia, momentum swayed towards 19-year-old Kimi who became the youngest pole-sitter and claimed his first win in a memorable Chinese GP. The latter became the youngest to lead the F1 World Championship following yet another win at the Japanese Grand Prix, helped by a lucky safety car.

Further down, Ferrari have shown improvements in pace, with regular visits to the podium shared between drivers Charles and Lewis.

Reigning World Champions, McLaren, have had a frustrating season, with a double Did Not Start (DNS) at the Chinese GP due to electrical issues. Drivers' Champion Lando Norris hasn't claimed a top 3 finish, while Oscar Piastri jumped back after 2 DNS to claim a P2 in his first start, Japan.

CONCLUSION

Fans will be patiently waiting for F1's next instalment in May to see if teams can bring upgrades to their cars and fight at the front. The 2026 Formula 1 World Championship has begun!

The Mazda RX-7: where Power meets Precision



Ragan

railgun / S1E1

Journalist

The Mazda RX-7 is an iconic sports car first produced in Japan over 40 years ago. Well known for its rotary built engine, the car is a legendary staple of the driving community. This article will go over its engine, legacy and the impact it has made in the driving community.



This icon of the Japanese Domestic Market (JDM) is a 2-door coupé featuring three iconic generations: named the FB, FC, and FD.

The first of the 3 types, FB, was fitted with two seats. This contrasts with the following two generations that boast of four seats, two in front and two behind.

Under the hood, one can find a Wankel Rotary Engine, which undergoes combustion by having a rotor spin instead of using conventional pistons. It is also known for producing a high-pitched "brap, brap" sound when idle.

The engine is a 1.3-litre 13B single rotor. The second-generation FC had naturally aspirated or turbocharged 13B engines, while the third-generation FD featured a powerful sequential twin-turbocharged 13B-REW twin rotor engine.

It is renowned as a fierce fighter on the racetrack. In IMSA, an endurance series based in North America, the car holds the record for the most wins achieved with a staggering 106 victories over 8 years. It has also finished the prestigious Daytona Rolex 24-hour race four times.

Beside success on the circuits, the car is also an iconic drift legend and a movie icon. It was most famously featured in *The Fast and the Furious Tokyo Drift* at the hands of Han Seoul-Oh. It was depicted with an orange and black VeilSide bodykit.

Despite all these years, the Rotary Rocket is far from fading. Having experienced a resurgence in status and value, it continues to hold its solidified place as a revered "JDM legend".

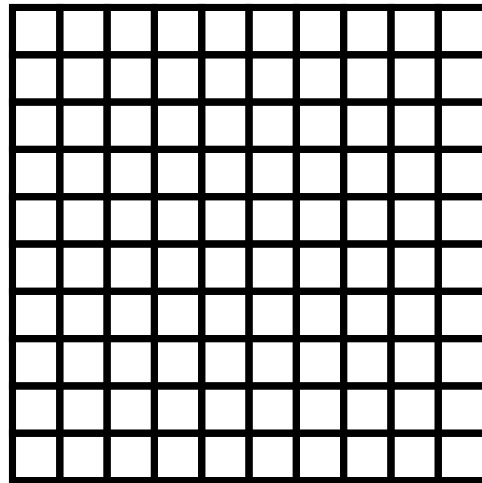


(Photos: Ragan Teo and his father)

GAMES

Letter Roll, a basic game

- Use all 10 letters to make words that connect
- No proper nouns allowed
- Words must be 3 letters or longer



G N K O T U W E R L

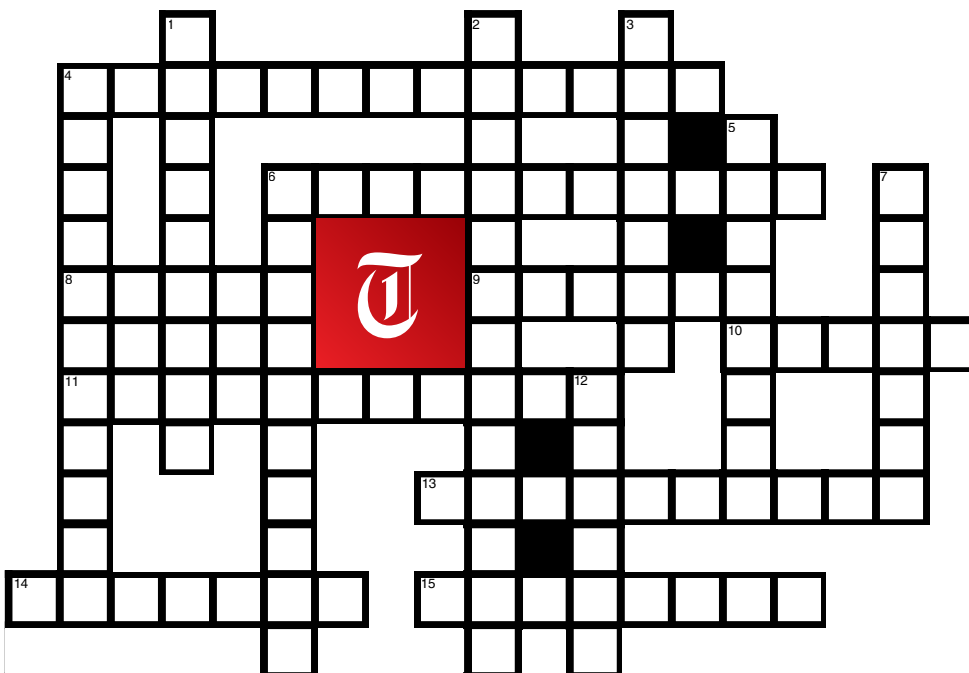
Example:

		J	
C	R	E	W
		L	
		L	
S	H	Y	



Crossword Puzzle

Answers on the next page!



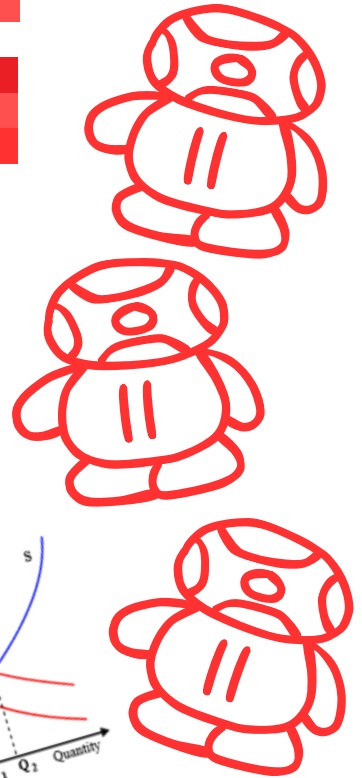
DOWN

- 1 Path for walking on, built next to the sea (9)
- 2 To be sympathetic (13)
- 3 Declare one's public support (7)
- 4 The person that is most likely to win (11)
- 5 A substance that increases the rate of a chemical reaction without being used (8)
- 6 An organization, especially a business (10)
- 7 Usual or fixed way of doing things (7)
- 12 Unhappy and without hope (8)

ACROSS

4. Details, description, or mood that will take on more meaning later (13)
6. To be extraordinary (11)
8. One of the principles on which a belief or theory is based (5)
9. A nap taken after lunch, in Spain (6)
10. Hot drink made from espresso and warm milk (5)
11. Something difficult or important that a person plans to do (11)
13. New or done in a new way (8)
14. A fixed way or method of doing something (7)
15. A change in the environment that triggers a response (8)

T | GAMES



IGCSE MCQ, Advanced level

BIOLOGY (taken from IGCSE, Q24 0610/12/F/M/25)

What is the route taken by an electrical impulse in a simple reflex arc?

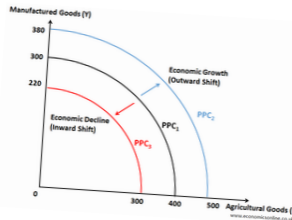
- A effector → motor neurone → relay neurone → sensory neurone → receptor
- B effector → sensory neurone → relay neurone → motor neurone → receptor
- C receptor → motor neurone → relay neurone → sensory neurone → effector
- D receptor → sensory neurone → relay neurone → motor neurone → effector

ECONOMICS (taken from IGCSE, Q25 0455/12/M/25)

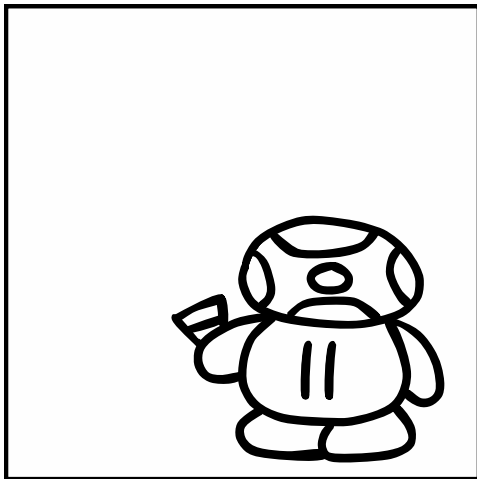
Wealthy countries have people who live in relative poverty.

What is the most likely cause of this?

- A generous state pensions
- B low national minimum wage
- C progressive taxation
- D subsidised healthcare

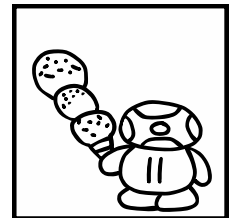


Power of imagination



- 1 Draw, design and colour the flavor's of ice cream from your imagination.
- 2 Describe the flavors of ice cream that you drew and input descriptive and bombastic words.

Example:



ANSWERS

	P		C		E																												
1	F	O	R	E	S	H	A	D	O	W	I	N	G																				
2	R	O	M										5	C																			
3	R	O	N	E	N	6	E	X	C	E	P	T	I	O	N	A	L	7	R														
4	T	E	N	E	T															8	U												
5	R		A		E																	9	S										
6	U	N	D	E	R	T	A	K	I	N	G												10	L									
7	N		E		P																			11	A								
8	N		E		R																				12	O							
9	E				I																					13	I						
10	P	R	O	C	E	S	S																				14	S					
11																												15	T				
12																													16	I			
13																														17	M		
14																															18	S	
15																															19	T	
16																															20	I	
17																																21	M
18																																22	S
19																																23	T
20																																24	I
21																																25	M
22																																26	S
23																																27	T
24																																28	I
25																																29	M
26																																30	S
27																																31	T
28																																32	I
29																																33	M
30																																34	S
31																																35	T
32																																36	I
33																																37	M
34																																38	S
35																																39	T
36																																40	I
37																																41	M
38																																42	S
39																																43	T
40																																44	I
41																																45	M
42																																46	S
43																																47	T
44																																48	I
45																																49	M
46																																50	S
47																																51	T
48																																52	I
49																																53	M
50																																54	S
51																																55	T
52																																56	I
53																																57	M
54																																58	S
55																																59	T
56																																60	I
57																																61	M
58																																62	S
59																																63	T
60																																64	I
61																																65	M
62																																66	S
63																																67	T
64																																68	I
65																																69	M
66																																70	S
67																																71	T
68																																72	I
69																																73	M
70																																74	S
71																																75	T
72																																76	I
73																																77	M
74																																78	S
75																																79	T
76																																80	I
77																																81	M
78																																82	S
79																																	

Japan is turning footsteps into electricity, using tiles!



Jasper

jasperoni / S1E1

Journalist

Have you seen this phrase before and wondered what it actually means? The full text, which goes on to talk about piezoelectricity and its use in Japan, has **taken Instagram and Tiktok captions by storm** in recent months. This article will dive into what the technology actually is about.



“ONE SMALL STEP FOR MAN”: Can you guess how much energy each step generates? Find out in the article! (*Pavegen*)

The tiles have a lifespan of 20 years, and can withstand extreme weather conditions.

PAVEGEN, THE COMPANY

Pavegen, founded in 2009, is the main company that is developing the technology and the tiles. According to their website, the tiles have been implemented at over **250 installations spanning 35 countries**.

In 2014, the company placed the tiles underneath **the turf of a football pitch** in one of Rio De Janeiro's poor favelas (slums) to demonstrate the functionality. The energy harvested from the football players was used to **power up floodlights after dark!**

This invention could be used in **less developed areas** where **electricity is scarce**, providing an important source of energy for local buildings and street lights.

SUSTAINABILITY

The technology lessens the demand for power from the main energy grid, which reduces the need for power stations running on highly polluting, global-warming-inducing fossil fuels. Any carbon emissions emitted during production is paid back within 2 years too.

WHY THE VIRALITY?

The answer is linked to accounts trying to **increase engagement** on their videos. Confused viewers question its meaning and post about it in the comments, causing **algorithms to spread it** further. As more social media influencers pick up on the trend, the cycle repeats!

CONCLUSION

Piezoelectric tiles represent a fascinating intersection of sustainability and energy generation. One day, we may be walking on these tiles instead of boring concrete!



A close up look of these tiles (*Pavegen*)

PIEZOELECTRIC TILES

Piezoelectricity is a word with Greek origins which means **electricity resulting from pressure**, where “piezo” means to press.

When stepping on a piezoelectric tile, your feet push the triangular tile down by 10mm, causing a rotation of the electromagnetic generator within each tile.

Using electromagnetic induction, these tiles **generate 3-5 joules** of electrical potential energy from one step alone, and that's enough to power a lightbulb for 20 seconds!

How Michael Jackson changed Music forever



Shrika
rika / S4S1

Journalist

Michael Joseph Jackson (1958–2009), widely known as the “King of Pop”, is one of the most influential figures in modern music. Rising to fame as a star in the Jackson 5, a band of his brothers, he later achieved unparalleled global success as a solo artist, with **record-breaking works such as *Thriller***, which sold over 60 million copies worldwide to be the best-selling album of all time.

Having reshaped the music industry through his innovation, **Jackson’s legacy extends far beyond commercial success.** His experimenting in sound and dynamic dances left a lasting impact on music and culture.

A MUSIC REVOLUTION

Michael transformed pop music by blending a diverse range of genres. He worked with various producers to create distinct sounds, incorporating Swahili vocals, Brazilian drums, gospel, and operatic choirs.

Off the Wall (1979), a collaboration with Quincy Jones, is a disco album that transcended the times with a partial mixture of Jazz and classical inspired by ABBA with tones of Funk and R&B.



THE KING OF POP: Michael Jackson seen in 2002 performing his song “Dangerous”, first released in 1991. (Photo: M. Caulfield/WireImage)

Thriller (1982), is arguably the height of his innovation. It’s regarded as his most diverse album, keeping the uptempo style with some Country and Western guitar phrasings. The choral background vocals and ad-libs provided a stark contrast to the horror rap. The risky release of “*Beat It*” went against all odds and topped the billboard charts.

RESETTING CULTURE

Looking beyond his music, MJ has inspired generations of performers with his dance moves that became as iconic as his songs. His signature Moonwalk is known and loved even to this day!

The King of Pop also influenced fashion, collaborating with designers from Dior and Tom Ford and popularising clothing like the Fedora, which was seen in *Smooth Criminal*.

FOR A BETTER WORLD

MJ fought against racism in all its forms. The message of tolerance and racial unity was highlighted in the song *Black or White*, where he danced with ethnic dancers.

Furthermore, his dedication to humanitarian causes, including poverty, disease, and support for the youth, has set a good example to us all and paved the way for the modern surge in celebrity philanthropy.

CONCLUSION

Michael Jackson’s influence in music culture is undeniable, having made creative breakthroughs and achievements that are hard to rival. His work outside of the recording studio will forever be etched in our shared memory, and **The King of Pop continues to leave an undying positive impact on today’s world.**

3 ways to improve health



Harris
daibodai /S4S1
Journalist

In today's fast-paced world, maintaining one's health has taken a backseat and studies have shown a significant increase in obesity and high blood pressure in recent years. If you are looking for ways on how to lead a healthier lifestyle, this article is for you!

Staying hydrated, though it may be simple, is a sure-fire way of keeping fit. Proper hydration supports digestion, improves brain performance, and increases energy. Drinking a big glass of water

after a meal allows you to stay awake and attentive, which you need for lessons.

Another way to live a healthier lifestyle is doing a morning stretch **even while you're still in bed**, bending your knees and lifting your legs into the air. A simple warm-up improves blood circulation and promotes relaxation, which boosts your immune system. It sets a positive tone to start your day too!

Lastly, taking a short nap, especially after a weary day of school or a long activity that drains your energy, can boost your alertness. Afternoon naps may boost

cognitive function and recharge a worn-out body, just like charging your phone when your battery's low.

A 2021 study on a group of elderly in China, published in *General Psychiatry*, showed that **nappers had better cognitive function** than non-nappers! The most beneficial naps lasted less than 30 minutes, with a maximum of 4 a week.

In conclusion, achieving a healthier you is about making small, sustainable shifts in your daily routine. By incorporating simple habits, you can unlock a fitter and more balanced you. Start taking that first step today!

Diets: Healthy and Balanced



Justin
moi hao / S4S1
Journalist

Diets: that one thing that less than 1% of the world gets right, according to the 2025 EAT-Lancet Commission. How? Well, let's start by looking at the difference between a healthy diet, and a balanced one.

HEALTHY DIETS...

By definition, maintaining a healthy diet means choosing the foods that provide **REAL benefits** to your body including a myriad of vital nutrients: Vitamins, Minerals, Healthy fats, and so on. Such diets avoid processed foods.

...AND BALANCED DIETS

A balanced diet, however, goes beyond the things you choose to eat: it focuses on meeting **your body's nutritional NEEDS**. Made up of macro and micronutrients, this diet tries maintaining a caloric balance, while intaking a variety of foods.

A GOOD DIET INVOLVES...

To be part of that 1% that has their diets right, it's essential to create and maintain a diet based on the **Planetary Health Diet (PHD)**, which suggests that you get 50% Veggies and Fruits, 25–30% Wholegrain, and 20–25% Protein, while avoiding any processed foods like the plague.

This not only meets the proportions in a balanced diet, but would also have quality nutrients.

BENEFITS OF SUCH DIETS

Now, the juicy part: the benefits could fill up a whole edition of this newspaper! Just to name a few, you lower the risk of diseases, gain better bodily function, plus have a longer lifespan.

CONCLUSION

Balanced, healthy, and sustainable eating means keeping a 50-25-25 diet. Taking in natural, varied foods, while listening to your body's cries for adequate proportions, is the key to a better diet.

The clubs in our school



Jeric
egg / S1E1

 Journalist

Ever wondered what is happening with all the clubs in our school? Worry no further, as this article will go over the organisations in 100 Lambs and give you more insight into their upcoming plans, so buckle right in!

STUDENT UNION

To kick off, I interviewed Gavriel Goh (S4S1) in his capacity as co-President.

Launching The 100 Lambs Times, the paper you're reading now, has been a main mission of the union and he has been proud to work on it as Chief Journalist alongside his best homie, Chief Editor Aemon.

"I'm very grateful for all the effort our journalists, have put in to write excellent articles for **The Times."**

The Union's other role is to improve the school, which is helped by suggestions from students on issues around the school. You can read more on the SU's activities in **a feature article behind!**

BADMINTON CLUB

I messaged Kingsley Tan (S4S1), one of the three co-Presidents. Mini tournaments throughout the year are on top of their list of activities, with one already conducted in the first quarter for the sport's lovers to compete with each other.

PSYCHOLOGY CLUB

Next was Cassandra Yap (S3S1), who launched the Psychology Club this year. She hopes to raise awareness in students and teachers of the importance of good mental health, closely tied to the club's plans for a detective hunt featured in **their feature article exclusive to The Times right behind.**

FOOTBALL CLUB

Jayden Koo (S2E1), the President of the Football Club, stated his plans to do a training program, which aims to keep his club's active members fit. He also mentions that he feels enlightened to help fellow students improve their skills.

ART CLUB

After, I interviewed Tan Li Er (S4S1), who exclaimed that she is honored lead her club and hopes that she can guide others into finding the joy of arts and craft.

She also said that the club will be holding activities such as keychain making, painting, craft making and perhaps art competitions to explore student creativity.

MUSIC CLUB

I received a comment from Lynette Tan (S4S1), the club President. After inactivity from the previous leadership, she has revived the club and now has plans to organise icebreaking sessions, a music workshop, and a competition in 2026 to boost member engagement.

DEBATE CLUB

I received comment from Gavriel in his role as Debate President. He founded the Debate Club last year, which was one of the first student-run clubs in 100 Lambs. This year, their Annual General Meeting attracted 87 members to join the club.

He intends to expand on the success of the Debate Challenge, which attracted over 50 debaters last year, and has hopes to **"nourish the art of debating in our school and build lifelong friendships and skills through our Challenge."**

INTERACT CLUB

Saving the best for last, this club is one of the most paramount in 100 Lambs, led by Constance Yong (S4S1). The club is the main organiser of many annual events on the calendar, including the upcoming International Understanding Day, Earth Day, and Camp Impact 4.0.

Interact aims to strengthen friendships while also raising awareness of global issues, and support charitable causes. She hopes to see Interactors **"enjoy what we have to offer"** in 2026.

CONCLUSION

I hope this article has expanded your knowledge on most of the clubs in our school, and thank all club leaders who provided comments to feature in this article. Why not take the step to join and be part of a club?

Inside the Mind

Psych.
club



Cassandra

Cass / Psychology C.

PC President



Qian Le

Qian / Psychology C.

Vice President

What goes on in our brain that can't be seen? In the Psychology Club, we learn more about human behaviours and why we think in certain ways.

ABOUT OUR CLUB

Psychology is the scientific study of the human mind and behaviour. It helps us understand how emotions work and how the mind affects actions in daily life. We let students know that feelings are VALID!

The Psychology Club is about understanding people — why we think the way we do, how we make decisions, and what influences our behaviour. It's not just a random thought or action but about connecting those ideas to real life situations that students experience every day.

The club will focus on interactive activities like discussions, mini challenges



PSYCH CLUB AGM: Our first meeting was held on 6 February to kickstart the new club to our members! (Photo: Lee Qian Le, S4S1)

and scenario-based thinking. Members are encouraged to share opinions, question assumptions, and see things from different viewpoints, making each session both engaging and thought-provoking.

MORE THAN A CLUB

What makes the Psychology Club stand out is how relatable it feels! Topics like decision-making, habits, social behaviour aren't just concepts — they're things students experience daily.

Our club creates a space where members can openly share ideas, challenge perspectives, and learn from one another without feeling judged.

A GLIMPSE AHEAD

Looking ahead, aspiring detectives will enjoy stepping into exciting investigations. Working in teams, participants will solve puzzles to obtain clues and piece together evidence to identify the culprit, making the experience thrilling.

CONCLUSION

At its heart, the Psychology Club is where curiosity grows into insight. It encourages students to explore the human mind while building critical thinking, empathy, and communication skills in a meaningful way. If you wish to learn more about yourselves, feel free to join us today! Our club is more than welcome to invite you.



Student Union We are by students, for students



Ka Hao

ka ao / Student Union

SU President



Gavriel

gav / Student Union

SU President

The Student Union is the **leading organisation** dedicated to **servicing the students of 100 Lambs** and **improving our school** together. We have two Presidents, Gavriel Goh and Lim Ka Hao.

SUGGESTIONS DEPT.

The Suggestion Department has the role of connecting the concerns of the student population with school management. We **collect feedback from students** through the **suggestion box** and share it with the school.

This is so that **your opinions can be heard** and improvements can be made, for the benefit of all of us.

LISTENING TO YOU

Over the past few months, we have been working to make **student life better**. One of our main achievements has been to raise student feedback about the food quality and variety provided at the school canteen. **Step by step, the dishes have been enhanced** through joint cooperation with the office, bringing **tangible proof** of the Student Union's success.

Several activities have **also been proposed**, including a CPR awareness programme and a mental health care programme. These serve to support students in different ways.

EDITING DEPT.

The Editing Department has **kickstarted The 100 Lambs Times**, which you are reading right now! We've worked to get our first batch of journalists and **are proud to feature all of their articles** in our first edition.

Every article is edited and fact-checked so that you get the **highest quality** only. Furthermore, the design of the paper is made in house and every detail is **checked for the best aesthetics and readability**.

CONCLUSION

At the Student Union, we believe that **every opinion counts**. We will continue to listen to students and do our best to make positive changes in the school.

By Students, For Students.




We want your voice!

Ready to shape the next edition of **The 100 Lambs Times**?


Submit your form into the **SU Suggestion Box** at the Bulletin Board!

The 100 Lambs Times
January-March 2026

Rate this edition of The Times by shading the stars below.



What should we **improve**?

How often would you like to see a new edition released? 

1 month 2 months 3 months

What is the **maximum price** you'd pay for an edition of **The Times**?

RM 0.50 RM 1 RM 2 RM 3

Thank you

for reading the first edition of

The 100 Lambs Times



Gavriel Goh
Chief Journalist
The 100 Lambs Times



Aemon Lim
Chief Editor
The 100 Lambs Times

We thank our dedicated team of

Journalists

Jasper Ker
Culture / S1E1

Ragan Teo
Speed / S1E1

Jeric Tan
Clubs / S1E1

Cheah Jing Yi
School / S1E1

Jerome Tan
Sport / S3S1

Nicholas
School / S3S1

Ng Zheng Feng
Speed / S3S3

Felicia Koh
Sport / S4S1

Tee Wei Chong
Sport / S4S1

Harris Kavinesh
Lifestyle / S4S1

Justin Moi
Lifestyle / S4S1

Shrika Dharma
Culture / S4S1

Writing **Our** Story.

Join The Times!
Advertisement Space
5cm x 18cm