



CHIJ ST JOSEPH'S CONVENT

APRIL NEWSLETTER

2016

Dear Family and Friends of SJC, as we begin SA1, here are highlights from Semester 1 and April.

SJC PARENTS' SUPPORT GROUP



CELEBRATING CNY WHILE HELPING OTHERS

SJC's enthusiastic PSG began 2016 with a bang with their annual fund-raising project, *Sale of Chinese New Year Goodies*, for our Financial Assistance Scheme (FAS) for needy students. Parent volunteers were there at all 3 Level Parent-Teacher Meetings (PTMs), working hard promoting the sale of the CNY cookies, co-ordinating orders from within the SJC community and beyond, and seeing to home delivery sales. All this hard work paid off brilliantly with the PSG raising a profit of \$7,328.56 for the FAS after deduction of the non-

profit purchase of the cookies direct from the factory. This was even better than the \$4,967.10 raised in 2014 and \$6,284.50 raised in 2015. We thank the PSG for their enduring dedication and love towards the SJC community, especially our needy students.

2016 RECRUITMENT AND PSG NETWORKING-DINNER

At the Sec One PTM on 7 January, our PSG Executive Committee held a recruitment drive for our Sec One parents. Our Chairwoman and Vice-Chairman, Ms Iris Quek and Mr Terence Teo respectively, introduced the various programmes of the PSG to the Sec One parents. A total of 40 parents have since indicated interest to be



part of the PSG and the monthly PSG meetings have seen an increase in the number of attendees. The first PSG Networking Dinner on 26 January saw newly recruited members participate in the annual *Lo Hei* celebration. The school also presented each member present at the dinner with two mandarin oranges to spread new year blessings and good cheer.

VISIT TO *THE FUTURE OF US* EXHIBITION

The PSG organized a visit to *The Future of Us Exhibition* on the sunny Saturday morning of 27 February. 26 adults and 16 students participated. Here are some reflections:



The exhibition is very impressive. It gave an insight to other Singaporeans' hopes and dreams for future Singapore and also gave all exhibition-goers the chance to voice out for a future for Singapore. Roar Singapore for a better future, a better standard of living, advanced technologies, a safe place to live. – Mdm Lily Law

The exhibition displayed innovative, creative, modern technology and hi-tech equipment for our future homes. This will improve the Singaporean lifestyle and standard of living. - Ms Jacklyn Ting

The exhibition showcased how our lifestyles can be transformed in the next 50 years. Singapore, small and with limited land, has to use smart technology to create space. Thus, the exhibition demonstrated our home of the future, the possible evolution of our lives, the changes in careers and total defence. This



This exhibition demonstrated some initiatives about what to expect when we move towards the building of a smart nation. – Mr Terence Teo.

The exhibition was an adventure of possibility and hope for future collaboration. – Ms Lesley Goonting.

OVER FOOD, FAMILIES FORGE MEMORIES: FATHER-AND-DAUGHTER BREAKFAST INITIATIVE



The PSG ended Term One with their first session of the *Father-and-Daughter Breakfast at School* initiative on 11 March 2016 between 7 and 7.25am in the school canteen. 11 fathers and 12 daughters attended this further bonding opportunity. Participants greatly enjoyed the bonding with their family members as well as the opportunity for cross conversations with other families.

The 25minutes flew by and the parents wished they could have had a longer time for breakfast. Nevertheless, it was a good start and the PSG hopes that more fathers will be encouraged to use such opportunities to deepen their bonds with their daughters if the PSG organizes more parent-daughter bonding sessions such as a Mother-and-Daughter breakfast session.

One father shared, *“it’s the first time I had breakfast with my daughter in a group setting, I only did this in the past when I was in the army, in a platoon.”*

Another participant reflected: *“Thank you for organizing the father-daughter bonding session. It was a good opportunity to have breakfast with our girl before lessons.”*

A third participant shared that, *“We had another dad asking our girl some questions and this allowed our girl to communicate and be more open. For the Sec 1 dads, it allowed them to understand the environment and how their girls start their school day.”*



DEEPENING IJ TIES AT THE ANNUAL IJYM RETREAT

Almost 200 IJYM members from the 5 CHIJ secondary schools attended the annual IJYM retreat from 1-2 April 2016 at CHIJ St. Nicholas Girls' School. The theme for 2016 was ***Dignity Challenged***. We feature here reflections from three SJC participants.



SJC's Dignity Zentangle

We enjoyed our 2-day camp at CHIJ St Nicholas Girls' School. There were many bonding activities which allowed us to get to know one another better. During the camp, our speaker, Ms Sherlyn Kong from charity group act29, also an ex-SJCian, gave a memorable talk. She talked about underprivileged children who do not have access to good education. Her talk made me appreciate my chance at a good education and the conducive learning environment I enjoy in school. I was equally impressed that Ms Sherlyn gave up her comfortable life here and travelled regularly to a foreign country to help those children in need. It must have taken a lot of courage for her to do this. Ms Sherlyn showed us that everyone, poor or rich, deserves the right to a good education. – Joelle Thian, 3H

Through the activities, I have learnt what it takes to uphold and protect someone's dignity and that sometimes it requires more than one person to work together to achieve this. This is something I have come to believe in unequivocally. – Megann Chee, 3H

The 2016 IJYM Camp with the theme **Dignity Challenged** definitely had a significant meaning to me because at first, I was not very sure what this theme meant exactly. The camp taught me that everyone is important. Everyone is worthy of honour and respect. Through the many games and presentations during camp, like the presentation by Ms Sherlyn Kong who shared about her experience doing mission work, I learnt that we being born in a safe and good country take the simple things like food and water for granted while many other young people all over the world lack these basic rights.

We often grumble about what we have to do and are not grateful for what we have. Yes, we face temptations at times, but through this camp I learnt that doing the right thing has pros that outweigh the cons that come with it. The feeling of honour that comes with upholding dignity for others is the best feeling any one can experience. – Siaw Yu Jing, 3B



SJC's NPCC IS THE NATIONAL FIELD COOKING COMPETITION CHAMPION YET AGAIN!



NPCC's winning interpretation of the competition theme, *Cuisine Delights*.

On 24 April, 5 Sec 2 and 3 NPCC cadets, under the continued mentorship of their teacher-officer, Mrs Joanna Goh, participated in the 2016 National Field Cooking Competition and retained SJC NPCC's rein as champions for the sixth straight year!

As one of the participants, Eliza, was also involved in the NPCC Annual Parade Guard-of-Honour contingent and a host of other HQ

activities during the week leading up to the competition on 24 March, the team did not meet until 18 March for their first brainstorming session. Thereafter, the team had only 2 preparation sessions before the competition. The list of required ingredients is only emailed to the teacher-in-charge two weeks before the competition date. Cadets are given 50minutes to cook and 10minutes to plate their food for judging. The following is cadet Aalyyah bte Mohd Imran's (2F) reflection about the experience:

This year, it was a challenge for our unit as the competition was held after the experienced Secondary 4 and 5 cadets had graduated and thus, we took the risk of forming a largely new team comprising of the Secondary 2 and 3 cadets. Despite being new and inexperienced, the cadets were earnest and sincere in their commitment during the trial training sessions and they took it upon themselves to do research and preparation work prior to the trial sessions with their teacher officer, Mrs Joanna Goh, with the end in mind – to sustain the Champion position which our unit has clinched consecutively for the last 5 years.



The theme this year was Cuisine Delights (Fusion) and using only mess tins and stoves with fixed and limited ingredients provided by the hosting school, cadets were challenged to whip up a bistro-café-styled meal which included at least one main dish and a dessert. Our 2016 creative menu was made of a main dish of meat rice burger with ovo-vegetarian chawanmushi, and a dessert of delicious Bubur Chacha.

The plating, props and display of the dishes were definitely extraordinary, as complimented by many other competitors and the judges.

- Aalyyah Bte Mohd Imran, 2F

(From L-R) Siti Nur Natasha Bte Mohamed A (2A), Chng Hwee Yee Ashley (2E), Aalyyah Bte Mohd Imran (2F), Eliza Lim Zi Jing (3E)



(From L-R) Back Row: Class of 2015 alumni supporters, Cadet Inspectors Koh Li Lyn, Lynn Ng Jun Yuan, Konara Mudiyansele Nimesha A, Teacher-Officer-Mentor Mrs Joanna Goh, alumni and Cadet Inspector Choo Ying Zi from the Class of 2014. **Front Row:** Chow Hwee Yee, Ashley (2E), Eliza Lim Zi Jing (3E), Siti Nur Natasha Bte Mohamed A (2A), Aalyyah Bte Mohd Imran (2F).