

CHIJ St Joseph's Convent

Spirit of SJC

Semester 1, May 2018



SJC

**Stories that Inspire -
Our Legacy of Love**

Transcendence

This woodburning piece reflects the theme of Freedom that teenagers invariably search for as we journey and grow in life. I reflected myself emerging from trials and challenges a stronger, happier person soaring on a Dove of Peace amidst rainbows.

- Law Cheok Mun (4H,2017)

Principal's Message



As we celebrate our 80th Anniversary, our theme for this year is 'SJC Stories that Inspire – Our Legacy of Love'. At SJC, we are driven by our mission to create a Christ-centred school community for the promotion of truth, justice, freedom and love, with special reference to the needs of persons who are disadvantaged in any way. In so doing, we envisage to develop our girls into women of integrity with the passion to pursue excellence.

Our SJC girls have continued to grow and do well. We are happy that SJC has been consistently performing above expectation to achieve high value-added results in both the GCE N and O Level Examinations.

Our girls' learning will not be complete without co-curricular activities which provide a critical platform for character building. We are doing well in Swimming, Shooting and Netball.

Our uniformed groups achieved a breakthrough last year. For the first time, all our 3 Uniformed Groups - the NPCC, Girl Guides and St. John Brigade - were presented with the Gold Award by their respective HQ. Our NPCC girls clinched the Unit Overall Proficiency Gold Award, our Girl Guides the Puan Noor Aishah Gold Award and the St John Brigade the Corps Achievement Gold Award.

Our girls continue to excel in performing arts in the Singapore Youth Festival 2017. Four groups - Angklung and Kulintang

Ensemble, CentreStage, Handbell, and Indian Dance - were awarded the Certificate of Distinction. The other four groups, Band, Choir, Guitar and Modern Dance achieved the Certificate of Accomplishment.

All these achievements would not have been possible without the hard work of the teachers, the guidance from the IJ Board and the support of all partners; our PSG and Alumni, and not forgetting the enthusiasm of our girls in their learning, making them such a joy to teach. Many have indeed contributed to the success of SJC in one way or another. This year we are especially grateful to Ms Susanna Kho who has donated the Lucy and Philip Kho Bursary Award in memory of her parents to encourage our girls who make progress in their learning. We are also grateful to the IJ Board of Management's presentation of the inaugural Sr Deidre O Loan Award. This is a special award in honour of Sr Deidre, former Supervisor of the IJ Board of Management, to carry on her legacy in education and in service of others, as well as her belief in every child and her potential.

As we give thanks to God for His love and blessings showered upon our school for the past 80 years, let's continue to work in partnership to shape the SJC Story for many more generations of girls to come.

Miss Susie Ho
Principal

Our Pupils

Our Pride & Our Joy



Principal's Award 2017

Lee Jing Yu Elizabeth (4E)
Class of 2017

Principal's Award 2017

Reyes Emily Mary (5A)
Class of 2017

Sir Deirdre O'Loan Award

Yashwini Sivakumar (4D)
Class of 2017



(from Left to Right)

Lucy & Philip Kho Bursary Award

Meryl Liau Mei Liya (1A), Anniston Koh Wen Ai (2A), Nur Syafeena Bte Muhammad Tajudin (2C)

Cecile Tan Award

- Janphon Jiraphat (1A)
- Asfar Nihar Binte Jahir Hussain (1C)
- Joelle Joy Lim Xin Yi (1D)
- Anniston Koh Wen Ai (2A)
- Lee Geik Kyn Donna (2E)

Wee Eng Neo Award

- Lemaine Lin Lok Mun (4G)

SJCA Special Achievement Award

- Gayathri D/O Kavimannan (4A)
- Jerrine Ng (4C)
- Yashwini Sivakumar (4D)

17th Awards Ceremony

This year's 17th Awards Ceremony was celebrated on 19th March 2018 to commemorate our 80th Anniversary Founders' Day. Our Guest of Honour was Ms Vivienne Lim, Chairperson, IJ Board of Management.



80th Anniversary Mass at St Anne's Church



Sports Meet & Sports Experience Programme

2018 Sports Day saw Serangoon Stadium a sea of greens, blues, reds and yellows as SJCIans celebrated the 2018 Sports Day in their house t-shirts. The stadium roared with anticipation as the day started with the 100m dash and the crowd cheered friends and peers who blazed a trail down the track.

The winner of the 100m race, Christine Seow (4G), mentioned that "Even though I had a quadriceps pull, I enjoyed the experience as I was able to endure it and make it to the top. Furthermore, this is my last year in SJC so I'm really happy that I was able to achieve first place."

The runner-up of the 200m, Rena Kek (4G), shared with us, "I wanted to create a memory for myself so that when I look back in the future, I know that I contributed to the school in some ways."

As students selected to represent their class and houses respectively lined up on the track with eagerness and nervousness, teamwork was most definitely evident. This was the moment where their hard work would pay off, with success teasingly bidding them to follow.

"All of us were spurred by the thought of winning for our class and houses. In addition, the encouragement from our fellow competitors fuelled our determination to emerge as winners. I think these are the main reasons for our motivation to win," one of the winners of the Secondary One class relay, 1G, replied when interviewed.

On the other hand, when the Elizabetheans were asked how they felt regarding their house grabbing first place in the house relay, one of them replied, "I feel really proud as beforehand, both the senior and junior teams sat down together and discussed our interest in making St. Elizabeth proud. Eventually, it really came true!" They mentioned the challenges that they faced before the race itself. "We didn't train or practise the baton passing beforehand as we were chosen at the last minute to represent our house so we were all really worried. Thankfully though, believing in one another and after many prep talks, we ran smoothly without any hiccups."

"Let us welcome the St. Emilie cheerleaders!" the speakers announced as the individual races came to an end, much to the delight of those anticipating the cheerleading performance. One by one, each group of cheerleaders took to the stage enthusiastically, in their beautiful costumes with matching make-up. They choreographed and danced their way into the audience's hearts with their jaw-dropping dance moves involving somersaults, splits and impressive synchronization.

After the agonising wait for the winners of the cheerleading competition to be announced, the time finally came. "Drum rolls please...the winner of the cheerleading competition 2018 goes to... ST.CATHERINE!" As soon as the winning team was announced, the spectators broke into a roaring applause and the St. Catherine cheerleaders cried with joy.

When asked how they had trained as a group even though they only had a week, they agreed that all of them had made time for the practice. Through hard work and teamwork, they put their routine together and put up a stunning performance.

Returning to school after the track events, the students of SJC were treated to a fine display of swift moves by the SJC Taekwondo Federation. Then, the upper secondary students proceeded with the mass dance led by our very own alumni members! The hall was filled with much laughter and joy as the students interacted and created fond memories with their fellow friends and classmates.

After an exciting morning at the stadium, SJCIans returned to school for the most anticipated event of the day, the Sports Experience Programme!





AIKIDO

As the students entered, many did not have a clue of what was ahead of them. The students started with the proper etiquette of greeting the instructors followed by the crucial warm-up exercises for the wrist. After watching a short but impressive demonstration of various aikido stunts, they proceeded to try out the stunts with close supervision and guidance from the instructors. Vera Ho (4D) said she learnt how to protect herself with the various self-defence moves that she had learnt from the instructors.

MUAY THAI

Students were excited to learn Muay Thai. Muay Thai is a combat sport which originated from Thailand. It mostly involves the use of the fists, elbows and knees. During the session, students were taught basic but applicable self-defence moves especially when one is attacked by a bigger person. Different defence positions were taught by the instructors through the use of possible-attack demonstrations. Overall, the lesson was very enriching and helped many students to gain self-confidence.

TAG ARCHERY

"I truly enjoyed it! We have never tried archery before as SJC does not have such a CCA. So, this is my first time trying it! We had to be focused on our goals so that we could shoot the targets. This can be applied in our daily lives where we learn the importance of being focused so that we can achieve our goals – Natalie Joseph (4G).



KICKBOXING

"It was a fun experience as we got to learn self-defence techniques and we got to bond with our friends as we encouraged each other during the experience" - Sandra Yazhini and Liau Tsian Hsuan (1E).

DANCE SPORT

When some of the students were asked whether they enjoyed the experience, they said that they had really enjoyed it because it had been a long time since they had danced. The last time they danced was during their Primary 6 Farewell session. They also said that the dance that they learnt would be useful in the future, for example, dancing at weddings, birthday parties or putting up a performance for their teachers on Teachers' Day.

INLINE SKATING

The students simply could not wait to put on the skates. Joyce Toh (1H) enjoyed the experience as she learnt how to improve her skating skills. She felt she developed endurance, stamina and perseverance through the process of learning inline skating. However, she wished for a longer duration the following year in order to have time to apply the skills which everyone had just learnt.



KINBALL

As the students stepped into the indoor sports hall, many were in awe of the big, brightly-coloured pink balls on the floor. They were soon split into their various groups, and with the instructions given, they worked together to lift the heavy ball which weighed as much as a kilogram. When interviewed, Lea Grace (3B) mentioned that the sport was definitely fun, engaging and a reminder of the importance of teamwork.

2018 Sport's Day was yet another fun-filled day when SJCians challenged themselves with new experiences. It also allowed students to have a break from their studies and to get to know friends from across streams and classes. SJCians are anticipating an equally refreshing experience next year.



Mother Tongue Festival

Mother Tongue Enrichment Series, Celebrating Our Bilingual Heritage

SJC celebrates the learning of Mother Tongue languages every year with a very well-received Mother Tongue enrichment series that provides students with multiple platforms to deepen appreciation of not only their own but also the other two Mother Tongue languages, and also opportunities to learn the arts and craft of the associated ethnic heritage of these languages.

N1 Malay World Carnival

In collaboration with other N1 primary and secondary schools, our ML students embarked on a learning journey to the Malay World Carnival held at Rosyth School to deepen their understanding of the Malay culture on 29th March 2018. Alongside students from other schools, 10 Secondary Ones engaged in hands-on activities such as creating handcraft and playing traditional games. At the same time, 6 Secondary Twos served as station masters and facilitators. Through conducting demonstrations on the Malay wedding traditions at our booth and bringing students around the different exhibitions, our students developed their presentation skills. Students also got to enjoy Dikirbarat and Malay Dance performances.



Our Student Game Masters

2018 NYJC Mandarin - English Translation Competition

The pre-translation competition workshop aroused my curiosity of how translation is done. Before entering the competition, I was unsure of my capabilities. During the workshop, I took away many things, including the various techniques used and skills required for translation. It was a fulfilling experience, considering that the translation industry is not a popular industry as we have google translate on our phones. I learnt many new things regarding translation. I realise that translation is a crucial way to maintain communication and understanding across the globe. It is a skill that will be useful if acquired. Moreover, it was not as easy as it seems. I remember the teacher saying, "If you understand and can speak both English and Chinese, it does not necessarily mean that you will be able to translate them." Translation requires understanding and interpretation of both languages, together with accuracy and quality of the translated meanings. I think that SJC should explore more translation opportunities for students, even between 2 or even more languages for students whose strengths lie in languages. – **Lynn Ong (3E)**



Budding Sec 3 Translators

I learnt about the traditional games played among the Malay community, such as the 'congkak' and '5 stones'. It was so fun when my teammates and I got to play these traditional games at the games booths.

– **Puteri Nurul Atiqah Binte Abdul Razak (1A)**

Through the demonstrations and presentations that I carried out as station master, I learnt to be more confident when speaking to a large group of people and also about teamwork. Whenever my fellow station masters needed help in providing explanations to visitors to the station, I took the initiative to support them and provided them with the materials needed. A challenge I faced was when student-participants were reluctant to join in the activity – this was probably because they were shy. By motivating them and saying that this was an experience that they should enjoy, I found that they were more open to participation. I struggled too, to speak loud and clearly because the venue was huge and there were other booths and activities happening at the same time. However, I took it upon myself that I should be able to increase my volume so that the student-participants could benefit from learning at our booth.

– **Aqilah Binti Mohammad Sufian (2F)**

MT CoOL - Learning from Arts' Celebrities Seminar Series 2018

Clad simply in striped shirt and jeans, the speaker introduced himself as 'Ah Guo Laoshi 阿果老师', Teacher Kow Fong. Illustrator and author, he creates unique picture books. His book titled 'Xunzhao 寻找', also known as 'The Search', is targeted at teenagers. He explained that he had a grant from the National Arts Council that allowed him to travel to a small village in Korea to write and illustrate a picture book in the time period of about two months. From his sharing, I better understood what the book meant. It meant finding company, peace, freedom...The way the author conducted his talk was interesting as he told us what happened during his trip and his illustrations were creative and meaningful. I was inspired by his illustrations as they made me wonder: If he could draw, why couldn't I?

His illustrations were so similar to the pictures he took in Korea, almost replicas. His artistic expressions made the artworks come alive even though he added unrealistic creatures at the most unimaginable places like a penguin in the autumn season. Other than values of determination to see a creative work through from conceptualization to the book which I read, I also learnt that being an author and illustrator takes great hard work and passion. There is a lot behind-the-scenes going on. I admire his spirit and would like to be like him in the future. – **Sarah Ng (1E)**



Semester 1 Community Service, Competitions And Performances At A Glance



Debators at the Secondary School National Debate Championship (Div 1)



CentreStage students at the Human Drama Values Festival 2018



Indian Dancers performing at a dance exchange at St Margaret's Dance Festival 2018



Handbell Ringers performing at our 17th Awards Ceremony



Modern Dancers performing at Ngee Ann City's Arts-in-the-City 2018 Festival



NPCC 2018 annual camp at Pulau Ubin



Concert Band performing at the Punggol Arts Festival 2018



St John Brigade assisting at ACRES.



Angklung Ensemble performing at the Esplanade Concourse



Girl Guides earning their culinary badge with their fusion recipes



Fencers at their annual fencing friendlies at Catholic Junior College.

Netball

Guided by the Team Values 'StARS': Steadfast, Accountability, Resilience and Sportsmanship, the SJC Netball Team started our preparation for the 2018 North Zone Inter-School Netball Tournament in late October 2017. Both divisions came up with their team code - "Our Game" and "Hustle". The team code provided both a calming and encouraging effect on the players throughout the North Zone Tournament. Both the 'C' and 'B' Division teams advanced into the National Championships Netball Tournament with the 'C' Division team clinching the 1st Runner up Title and the 'B' Division team emerging as the 2nd runner up in the North Zone Inter-School Netball Tournament.

Both 'B' and 'C' division teams emerged Top 16 in the National Championships Tournament. The team hopes to better their performance in the next tournament and will continue to work hard and persevere.

Achievements for 2018:

'B' Division - North Zone 3rd, Nationals Top 16

'C' Division- North Zone 2nd, National Top 16



This journey was no doubt a roller-coaster ride as there were tears of disappointment and unexpected challenges. Yet, the team stayed positive. When I was feeling down and useless, my teammates cheered me on. I feel that our fighting spirit, strong mind-set and close bonds was what got us through this battle. We did not give up on anyone but kept encouraging one another to do better. I learnt to embrace setbacks, to not give up in the face of difficult situations, to focus on the process not the outcome and to trust one another. The values of StARS (steadfast, accountability, resilience and sportsmanship) also reminded me of my role throughout this journey. Of course, all these would not have been possible without the help of the motivating teachers and coaches who always made videos to encourage us. Lastly, I am also appreciative to the school which has constantly supported us in our journey. I am very thankful for everyone who supported the team. We have come so far as a team and learnt so many valuable lessons along the way. This is definitely a memory that I will treasure.

- Nicole Anne Lee (4F)-'B' Division



It was my first time representing the school in a competition. When we first stepped onto the court at Republic Polytechnic we were very nervous but excited. It was a very different experience from all the other carnivals and practice matches that we had taken part in; it was definitely more challenging. Everyone in the team plays a very important role, be it doing all of us proud on court, cheering for each other at the bench, or helping out behind the scenes, I value each experience. I have learnt a lot: having sportsmanship, becoming more disciplined and having the resilience to fight on. Although there were many hurdles on our shared journey, these made us so more closely and stronger together and individually. The tough trainings that we have gone through and the buckets of ice we used for recovery are some of the memories that I will never forget. Although we did not achieve our goals of winning the zonal championship, we are definitely not stopping here. We will continue to work hard and play to our very best in the tournaments to come and to do the school proud!

- Sarah Chua Ern Hwee (2D)-'C' Division

As this was going to be my last time representing the school in the netball zonal competition, I knew I had to give my best and cherish every moment I had on and off court. It was definitely not a smooth journey for the 'B' division as we had our ups and downs throughout the season. However, we did not give up! Apart from the skills, I believe that our fighting spirit were some factors that enabled us to reach the zonal position. I really enjoyed the company of my teammates. The common experience of getting through challenges together, the unique characteristics of each individual in the team was a source of cheer. They have made training and matches more enjoyable. They have become like a family to me! Although we have not met our goal of securing the zonal championship, I am sure that the team is ready to work even harder for the upcoming tournaments. I am very thankful to have been able to spend my last year in this netball team with my batch of players as we have created countless unforgettable memories. I hope that the subsequent batches will continue to work hard and give their all for netball to keep excelling!

- Farah Iffah (4B)-'B' Division



Shooting

Slowly, Steady, Wins the Race – A Shooter's Story of Progress

Cheong Hui Xin Cheryl, 4C, did not find her ideal CCA in Secondary One. However, what is noteworthy is her progress throughout her years in SJC's shooting team as a pistol shooter. Cheryl only joined the team at the end of Secondary One after transferring from another CCA. Nevertheless, she worked her way to become the best pistol shooter of her cohort. She won a medal at the NTU Invitational Shoot competition, achieved her personal best score in Secondary Three, entered B Division finals for 2 consecutive years in Secondary Three and Four, and did much better in her second finals. Now a graduating senior, she finished her 'B' Divisions with a final ranking of 5th position in the 2018 National School Games Shooting Competition. All these would not have been possible without the many hours of training, consistent effort, perseverance, determination and a strong mental focus. Cheryl's story of progress is definitely an inspiration to not rest on our laurels but to keep working to be the best that we can be.

Journey through 'C' & 'B' Division National School Games Shooting Competition: A Shooter's Story of Progress



Cheryl (centre) together with Pistol coach and 'B' Division teammates



Maths Challenge

On the 27th of March, 23 students from the Secondary Four cohort participated in the annual Math Challenge at Ngee Ann Polytechnic. The Math Challenge highlighted how mathematics is used for practical purposes, deepened students' analytical thinking and enabled students to better appreciate the subject. Students competed against 9 other schools on the first day of the challenge which comprised of three components – the Math Quiz, Alpha Blast and the Omega Challenge.

In the Math Quiz, our girls demonstrated their critical thinking skills, solving a series of questions which ranged from mathematical calculations to analysis of sequences and patterns. They were then required to collaborate to solve mathematical and engineering problems quickly and accurately over Kahoot! in the Alpha Blast segment. The highlight of the day was the Omega Challenge where teams were tasked to escape from a pitch dark room by navigating in the dark, looking for clues and solving puzzles.



The three teams demonstrated great teamwork throughout the day and their efforts were rewarded as they won the following prizes:

Math Quiz – 1st runner up (Team 1)

Alpha Blast – Champion (Team 1)

Omega Challenge – Champion (Team 3)

Overall – 2nd runner up

Maths is made more interesting as it requires a lot of critical thinking. I learnt that working together in a group is important. I would like to join the Biomedical or Engineering industry when I grow up.

- Dora Wong (4D)

Maths was made much more interesting. I learnt that speed and accuracy are both important in answering Math questions. Furthermore, looking for clues from the questions is also essential in solving any problem. I would like to work in data security in the future and consider this job as one that requires me to do math due to the coding involved.

- Laraine Lim (4E)

Changi Chapel



My classmates and I visited the Changi Chapel Museum on March 5 at 2.30pm. I thought it would be a more fun and an experiential way to learn instead of the usual classroom lessons. It was a part of the learning curriculum for English and Social Studies. When I first heard about the Museum, I thought it would be a big place with large artefacts and wax figures to depict the dire situation the Prisoners-of-War (POWs) were in.

When we arrived at the Changi Chapel Museum, I saw that the museum was much smaller than imagined. After a brief introduction, we were allowed to explore freely. The most obvious problem facing the POWs was hunger. They were given only a mug of rice porridge every morning and that was all they had for the day. Because of a lack of resources, they had to make their own soup, shoe polish, frying pans, tyres, welding sets, bottles and other daily necessities. Some of the artefacts were touching letters written to their families as well as what they were dressed in. The letters were sobering and expressed the POWs' longing to be with their loved ones.

The museum exhibits were divided into three zones and in one of the zones, we were able to see the murals painted by one of the POWs, Mr Stanley Warren. I was shocked that despite such living conditions, he was still able to paint. I learnt that he wanted to give his fellow POWs the will and motivation to endure the brutality of the Japanese soldiers.

One of the more thought-provoking exhibits featured the door of the prison cell. It was covered in rust, just like how the physical bodies of the POWs gradually wasted away. The door stood as a stark reminder of the frailty of life. Though some of the POWs were without legs, they stood firmly and in dignity against the cruel treatment of the invaders.

They drew their strength from God and in hope and faith, believed that they would survive till the end of war. I learnt that the human spirit is strong, brave and patient in times of adversity. The human spirit believes in justice, freedom and expresses love through creativity. This can be seen from the simple storybooks POWs made in order to retain their sanity. I felt keenly the anguish and helplessness in the hearts of the POWs.

As a young Singaporean, I learnt about the importance of National Service. It is needed to keep our country safe and secure. As an independent nation free of colonial rule, we must ourselves defend Singapore. No one else is responsible for our security and well-being.

I strongly recommend my friends and even my family members to pay the museum a visit and experienced what it was like for these POWs and how they amazingly overcame it.

- Krista Ng (3A)

Editorial Committee: **Ms Berlina Tan & Mrs Lau HP**